



Our Lady Help of Christians

Eighteenth Sunday in Ordinary Time

2nd August, 2026

Rev. Canon Harry Curtis, Parish Priest

(Also serving Sacred Heart, Blackbird Leys)

Parish Secretary (also Giving and Gift Aid): Geraldine Griffin

The Presbytery, 59 Hollow Way, Cowley, Oxford, OX4 2ND.

Telephone: 01865 770 910 Email: olhoc.oxford@rcaob.org.uk

Website: www.olhoccowley.co.uk (a copy of this newsletter can be found on our website)

This church live streams Mass and other events. Please see notice in church porch for more details.

Livestreaming: <https://www.mcn.live/Camera/our-lady-help-of-christians>

Sunday, 2 nd August Eighteenth Sunday in Ordinary Time	5.30 pm Saturday Vigil Mass for Sunday 7.45 am Office of Readings & Morning Prayer 8.45 am Syro-Malabar Community Mass (9.00 am Mass at Sacred Heart) 11.00 am Mass 1.00 pm Baptism (6.00 pm Mass at Sacred Heart)	Nicky Clarke Private Intention Angel Antonio and Josefa Antonio Josie Griffiths (Month Mind) Kendrick Onuh John-Paul The People of the Parish
Monday, 3 rd August	7.00 am Mass 8.00 am Office of Readings and Morning Prayer 6.00 pm Reception of Josie Griffiths	Cornelia Salon (Birthday)
Tuesday, 4 th August Memorial of St. John Mary Vianney, Priest	8.00 am Office of Readings and Morning Prayer 10.00 am Requiem Mass 2.00 pm Requiem Mass	Josie Griffiths John Batey
Wednesday, 5 th August Op. Mem. of the Dedication of the Basilica of St. Mary Major	No Public Mass Today	In Thanksgiving, and for Clare and Robert Curtis
Thursday, 6 th August Feast of the Transfiguration of the Lord	8.00 am Office of Readings and Morning Prayer (7.00 pm Mass at Sacred Heart)	Brian Noble
Friday, 7 th August Optional Memorial of St. Sixtus II & Companions, or of St. Cajetan	8.00 am Office of Readings and Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	Abhimanyu Joshi (Anniversary)
Saturday, 8 th August Memorial of St. Dominic, Priest	8.00 am Office of Readings and Morning Prayer (10.00 am Mass at Sacred Heart) 5.30 pm Vigil Mass for Sunday	Daiva & Gregorio (Wedding Anniv.) Nicky Clarke (Birthday)
Sunday, 9 th August Nineteenth Sunday in Ordinary Time	7.45 am Office of Readings & Morning Prayer 8.45 am Syro-Malabar Community Mass (9.00 am Mass at Sacred Heart) 11.00 am Mass 2.00 pm Baptism (6.00 pm Mass at Sacred Heart)	Private Intention Cecilia Michael The People of the Parish Rosie Dell Benefactors of the Johnson Assoc.

Confessions: Friday, 6.00 – 6.45 pm (and at Sacred Heart, Thursday, 6.00 – 6.45 pm and Saturday, 10.30 – 11.30 am).

Saturday 5.30 pm Eucharistic Ministers	Sunday 11.00 am Eucharistic Ministers		Saturday 5.30 pm Readers	Sunday 11.00 am Readers
Henry	Rachel and Sandra	This Weekend	Shanthi	Fletcher and Maria
Josie	Michelle and Sr. Giovanna	Next Weekend	Henry	John

Welcome to Mass at Our Lady's today, especially if you are new to our parish or just visiting.

We are a parish with a clear identity and purpose: to be a Catholic community, formed by the Holy Spirit in the name of Jesus, for the glory and praise of God the Father and the service of His Kingdom, and also for the mutual building up and support of its members. The core message that we feel called to live is contained in Jesus' words:

I have come that they may have life, and have it to the full. (John 10:10)

Our Lady Help of Christians Parish is part of the Archdiocese of Birmingham: Registered Charity Number: 234216

To see the Diocesan Privacy Notice go to <https://www.birminghamdiocese.org.uk/privacy-policy>

*Our Parish Prayer: Help us, Lord, to receive you with an open heart this day.
May our community receive your grace and deepen its faith in you.
Make us lights to shine forth with your love, giving life and hope to those who have fallen away
or who have never known you. Amen.*

Please pray for the sick, especially: Bridie Barry, Claire French, Jean Carpenter, Terry Jackson, Mary Cross, Inna, Sheila Cuddy, Maggie Durkin, Tony Davis, John Hudgell, Pat Walsh, Doreen Teagle, Mary Barry, Mary Cairns, Lisa Birch, Dantas Luis Galucho Rosa and Julio Madeira Cabral Soares.

Please pray for Agus Crianto Alves, Josie Griffiths, Antonietta Aprea (Salesian Cooperator), John Batey (former headteacher at Cardinal Newman Middle School), Andrew Scully, Sr. Hanora O'Brien and all those who have died recently, and for those whose anniversaries occur around this time: Frs. David Ford, Cuthbert Brown and Francis Gwinnett, Deacon John Leach, and also Nora Griffin, John (Sean) O'Meara, Ursula Teresa Lillis, John Hennigan, Mrs. Doreen Reilly, Tony Reilly, Brian Nolan, Moran Family and Jimmy Doyle. May they rest in peace.

Josie will be received into church at 6.00 pm on Monday, 3rd August, and her funeral will be at 10.00 am on Tuesday, 4th August.

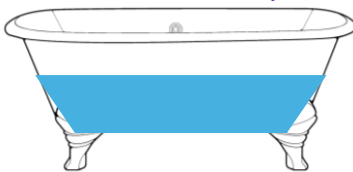
John's funeral Mass will also be on Tuesday, 4th August at 2.00 pm.

Antonietta will be received into church at 6.00 pm, Monday, 10th August, and her funeral will be 11.00 am, Tuesday, 11th August.

**The Sanctuary Candle is burning this week for a Special Intention.
Our Lady's Candle is burning this week in Thanksgiving (Fr. Harry).
The flowers in the church this week are sponsored for Cornelia Salon (Birthday).**

Our Lady Help of Christians Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdioceses policies and procedures at all times. Our Parish Safeguarding Representative is Andres Guerrero who can be contacted at sg.olhoc.oxford@rcaob.org.uk or the Diocesan Safeguarding team can be contacted on 0121 230 6240 or safeguarding@rcaob.org.uk if you have any concern.

Please help to empty our bath!



Thanks to your generosity, the level in our overdraft bath is going down, despite some nasty "ups" as we go along. Will you help it on its way, please?

A Message from the Bishops' Conference.

Act Now to prevent the legalising of assisted suicide:

Archbishop Richard Moth, president of the Bishops' Conference, explains our opposition to this legislation:

"The Terminally Ill Adults (End of Life) Bill which aims to legalise assisted suicide has returned to the House of Commons, and Members of Parliament will vote on its Second Reading on 11th September. This bill is wrong in principle. It is also deeply flawed and, if passed, could lead to vulnerable people feeling pressured into ending their lives. I urge you to write to your Members of Parliament to petition them to vote against the Bill at Second Reading."

This Friday is the First of the Month. We shall say the Novena Prayers to the Sacred Heart during Exposition before Mass, and offer to God the intentions that have been placed in the basket.

The Season of Creation 2026: "Make Living Water Flow". Each year from 1st September to 4th October, the Christian family unites for this worldwide celebration of prayer and action to protect our common home. This year, the theme for the Season is "Living Water", from Ezekiel 47:1-12, which portrays God's life-giving water flowing from the temple of God. The river grows deeper and deeper, restoring barren land, reviving waters, and sustaining flourishing ecosystems.

Oxford Community Emergency Foodbank. There is a box in the church porch for donations. Thank you.



Parish Day Out. On Thursday, 13th August, we are planning an outing by coach to Millets Farm Centre, near Abingdon (10.00 am from Sacred Heart, 10.30 am from Our Lady's, and leave to come back, 4.00 pm). £15 for adults, £5 for children under eleven years old. (Children must be accompanied by a responsible adult). Millets is a family-oriented farm with plenty to see and do: an animal walkway, a play-area, places to eat, a farm shop, a garden centre, and more. If you would like to go, please sign up on the list in the church porch or email Geraldine (olhoc.oxford@rcaob.org.uk).



Handyman wanted. Are you a good odd-jobber? Are you looking for things to do and would like to help your parish? I should love to meet you; please come and speak to me.

Annual Diocesan Novena to pray for the Canonisation of Blessed Dominic Barberi, 18th August, until his feast day on 26th August. Blessed Dominic arrived in the Archdiocese from Italy in February, 1842. He was known for holiness of life and for his love for the poor. He received many people into the Catholic Church, the most famous being St. John Henry Newman in October 1845.

Tailpiece: A man had a habit of grumbling at the food that was put in front of him at family meals. Then he would lead the family in praying the Grace Before Meals. One day his little girl asked, "Daddy, does God hear us when we pray?" "Of course," he replied. "He hears us every time we pray." She thought about this, and then asked, "Does he hear everything we say the rest of the time?" "Yes, dear, every word," he told her. She thought about it a bit more and then asked, "Then which one does God believe?"

**May God bless you and all those whom you love.
Fr. Harry**