



Our Lady Help of Christians

Nineteenth Sunday in Ordinary Time

9th 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, 9 th August Nineteenth 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 2.00 pm Baptism (6.00 pm Mass at Sacred Heart)	Nicky Clarke Private Intention Cecilia Michael The People of the Parish Rosie Dell Benefactors of the Johnson Assoc.
Monday, 10 th August Feast of St. Lawrence, Deacon, Martyr	7.00 am Mass 8.00 am Office of Readings and Morning Prayer 12.00 noon Requiem Mass 6.00 pm Reception of Antonietta Aprea	Gilberto Madeira and Mario Soares Madeira Agus Crianto Alves
Tuesday, 11 th August Memorial of St. Clare	8.00 am Office of Readings and Morning Prayer 11.00 am Requiem Mass	Antonietta Aprea
Wednesday, 12 th August Optional Memorial of St. Jane Frances de Chantal	1.00 pm Nuptial Mass	Aida Guimarraes and Olivio Assuncao
Thursday, 13 th August Op. Mem. of Bl. William Freeman, or St. Pontian & St. Hippolytus	8.00 am Office of Readings and Morning Prayer (7.00 pm Mass at Sacred Heart)	Michael Cullen (Birthday)
Friday, 14 th August Memorial of St. Maximilian Mary Kolbe	8.00 am Office of Readings and Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	Herminah Madeira and Martinah Madeira
Saturday, 15 th August	8.00 am Office of Readings and Morning Prayer (10.00 am Mass at Sacred Heart) 5.30 pm Vigil Mass for Sunday	Special Intention (Daiva) Filomeno Martins
Sunday, 16 th August Solemnity of the Assumption of the Blessed Virgin Mary	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 (6.00 pm Mass at Sacred Heart)	Private Intention Fernando Neves Liu and Luzia Pereira Paul Watts (4 th Anniversary) The People of the Parish

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
Josie	Michelle and Sr. Giovanna	This Weekend	Henry	John
Maureen	Mabel and Asha	Next Weekend	Naomi	Michelle

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.*

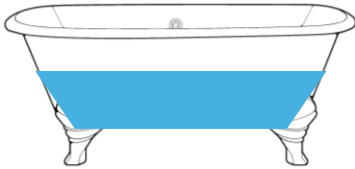
Please pray for the sick, especially: Bridie Barry, Claire French, Jean Carpenter, Terry Jackson, Mary Cross, Inna, Sheila Cuddy, Maggie Durkin, Tony Davis, John Hudgell, Pat Walsh, Doreen Teagle, Mary Barry, Mary Cairns, Lisa Birch, Dantas Luis Galucho Rosa, Julio Madeira Cabral Soares and Thomas Durkin.

Please pray for Agus Crianto Alves, Josie Griffiths, Antonietta Aprea, John Batey, Andrew Scully, Sr. Hanora O'Brien and all those who have died recently, and those whose anniversaries fall at this time: Frs. Denis Manion, Thomas Dennison and Michael Francis McGrath, and also Bridget (Bridie) Keane, Eric Charles Williams and Donna Bernadette Vaughan. May they rest in peace.

The Sacred Heart Candle is burning this week for Nalini's Intentions.

Our Lady Help of Christians Parish operates in accordance with Statutory Safeguarding Guidance and the National and Archdiocesan 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?

Next Sunday is the transferred Solemnity of the Assumption of the Blessed Virgin Mary.

Oxford Community Emergency Foodbank. There is a box in the church porch for any donations you wish to be passed on. Thank you.

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.



Parish Day Out to Millett's Farm: this Thursday. The coach is now full. Thank you to those who have signed up. If you find you can't come with us, please let me know so that I can offer your place to someone else. The coach will leave from Sacred Heart at 10.00 am and 10.30 am from Our Lady's,

and leave to come back at 4.00 pm. £15 for adults, £5 for children under eleven years old. (Children must be accompanied by a responsible adult). If you have questions or need to change your arrangements, please email Geraldine (olhoc.oxford@rcaob.org.uk).



The Children's Liturgy of the Word and the Music Group are both taking a break over the Summer and will resume again in September at the 11.00 am Sunday Masses. Our thanks to those who use their talents so generously in these ministries.

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.

Assisted Suicide Bill. On Friday, 11th September the House of Commons will debate and vote on a Bill to legalise assisted suicide. We believe this is wrong for many reasons. Please contact your MP, urging him/her to attend the debate and vote against the Bill.

Marriages. In the next few weeks Aida and Olivio, and also Carla and Francisco will be celebrating the Sacrament of Matrimony. Please remember them in your prayers.

The Summer holidays are here. Whatever your plans may be, I hope you have a refreshing time and safe journeys. Whilst away, don't forget to find a Catholic church for Sunday Mass – just because you are on holiday doesn't mean the obligation to attend Mass is on holiday as well.

Mobile phones. Throughout history, God has called many people – but rarely has He called via a mobile phone. Please remember to switch your mobile phones off or put them on silent mode when you come to Mass.

Fire Alarms Alert. In September we hope to sound the fire alarms at the end of Mass so that you know what they sound like and what you should do if you hear them.

Tailpiece: One day a zoo-keeper was passing the monkey enclosure when to his great surprise he noticed that the gorilla was sitting there, reading. In fact, he was studying not one but two books -- the Bible, and Darwin's 'Origin of Species'. Amazed, the zoo-keeper blurted out: "What on earth are you doing, reading those books?" The gorilla put down the books, looked at him over his glasses, and spoke. "It's simple," he said. "I am trying to answer the question, am I my brother's keeper or my keeper's brother."

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