



Our Lady Help of Christians

Twenty-Second Sunday in Ordinary Time

30th 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, 30 th August Twenty-Second 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 (6.00 pm Mass at Sacred Heart)	Winston Borthwick Private Intention Jim McCann Kitty Ryan (Anniversary) Felix Saulong Jr. (Birthday)
Monday, 31 st August Op. Mem. of St. Aidan, Bishop, & the Saints of Lindisfarne	8.00 am Office of Readings and Morning Prayer 10.00 am Mass	Alejandro 'Alex' Estuita (1 st Anniversary)
Tuesday, 1 st September World Day of Prayer for the Care of Creation – Beginning of the Season of Creation	No Public Mass Today	Anthony Newton Rodrigues (Birthday)
Wednesday, 2 nd September	No Public Mass Today	The People of the Parish
Thursday, 3 rd September Feast of St. Gregory the Great	(7.00 pm Mass at Sacred Heart)	Ebin Paul and Rose Geordy (1 st Wedding Anniversary)
Friday, 4 th September Op. Memorial of St. Cuthbert First Friday	8.00 am Office of Readings and Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	Augustito Catiis
Saturday, 5 th September Optional Memorial of St. Teresa of Calcutta	8.00 am Office of Readings and Morning Prayer (10.00 am Mass at Sacred Heart) 2.00 pm Baptism 5.30 pm Vigil Mass for Sunday	Nossa Senora de Fatima Daniela Da Costa Antonio D'Souza
Sunday, 6 th September Twenty-Third 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 (6.00 pm Mass at Sacred Heart)	Private Intention Adrian Gaughan John Hudgell (Get Well) 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 – 11.00 am).		

Saturday 5.30 pm Eucharistic Ministers	Sunday 11.00 am Eucharistic Ministers		Saturday 5.30 pm Readers	Sunday 11.00 am Readers
Nora	Rachel and Sandra	This Weekend	Fallon	Romy
Zoja	Michelle and Sr. Giovanna	Next Weekend	Shanthi	Aziel

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

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)

This Friday is the first of the Month. The Novena Prayers to the Sacred Heart will be said before Mass.

*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, Mary Cross, Sheila Cuddy, Maggie Durkin, Inna, 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 Andrew Scully, Florence McCormack, Joseph White, Terence Jackson and all those who have died recently, and those whose anniversaries fall at this time: Mgr. James Crichton, Canon Joseph Nightingale, Frs. Brendan O'Malley, Thomas O'Doherty, James Holland and Paul Devaney, Deacon Francis Andrews, Sr. Iolanda Marsella FMA, and also John Joseph Patrick O'Connor, Trevor Dean, James Moore and Pamela Kathleen Campbell. May they rest in peace.

The Sanctuary Candle is burning this week for Debbie (In Thanksgiving).

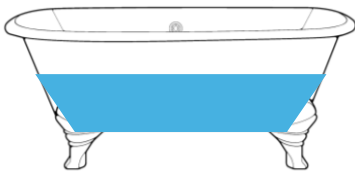
The Sacred Heart Candle is burning this week for Nalini's Intentions.

Our Lady's Candle is burning this week for a Private Intention.

St. Joseph's Candle is burning this week for Joseph White.

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?

Situations Vacant.

1. The Brothers at Greyfriars (St. Edmund and St. Frideswide) are looking for someone to cook for them: 15 hours/week, Monday-Friday. Please see the notice in the church porch for more information.
2. Here at Our Lady's we are looking for someone to clean the hall and its kitchen, the chapel, and the toilets. Starting at 4 hours/week. Please see me for more details or email olhoc.oxford@rcaob.org.uk
3. We are also looking for a volunteer to run the piety shop. It involves keeping the shop in good condition, ordering and pricing stock. Please see me, or email as above.

Fence-Painting Party. Are you doing anything tomorrow (Bank Holiday Monday)? If not, how would you like to watch paint dry – after putting it on the fence in the car park? If you can lend a hand between 11.00 am - 2.00 pm please let me know and come along. Bring a paint brush.

Kenelm Youth Trust. It is not too late for those aged 18-25 to apply to join the Kenelm Youth Trust Mission Team this year. Whether you are thinking about deferring university, taking a gap year, joining the Diocesan Mission Team could be the perfect opportunity. Contact Hannah: hannah.smith@kenelmyouthtrust.org.uk 01538 703224.

Accommodation needed. Theodora, a member of our community, urgently needs new accommodation. Please see her letter on the church noticeboard for information and call her if you can help.

Citizens UK is an organisation that deals with the social welfare of local people. We should like to launch a group in this deanery. Please come and see me if you are interested.

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.

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.

News for Young Parishioners. On Saturday, 26th September, for the Jubilee of St. Francis, the Kenelm Youth Trust will be doing a Pilgrimage Walk from St. Michael's Church in Penn, Wolverhampton, to St. Francis of Assisi Church, Walsall. All are welcome to join (please see me).

Young Adult Community in Oxford. Are you aged 18-35 and looking for community in Oxford. ACTS29 is a vibrant young adult community in Oxford who meet monthly to share friendship, pray and grow in faith together. You will find something for you in this warm and welcoming community. Come along at 4.00 pm every 1st Sunday at Corpus Christi, Headington, OX3 8AJ. Email Christian: Christian.fitzgerald@kenelmyouthtrust.org.uk

Tailpiece: One day, three men were trekking through a jungle when they came across a violent, raging river. They had no idea how to cross. The first man decided to pray: "Please, God, give me the strength to cross this river." Immediately he grew enormous muscles in his arms and legs. He dived into the river and with a great effort just managed to swim across it in a couple of hours. The second man saw this and he prayed "Please, God, give me the strength AND the tools to cross this river." A boat appeared from nowhere. He jumped into it and battled across the river in an hour, nearly capsizing many times. The third man saw this and prayed "Please, God, give me the strength, the tools AND the intelligence to cross this river." Immediately he turned into a woman. She looked at the map, walked upstream a hundred yards, and crossed over the bridge to the other side.

May God bless you and all those whom you love.

Fr. Harry