



Our Lady Help of Christians

Twenty-Eighth Sunday in Ordinary Time

11th October, 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.

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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, 11 th October Twenty-Eighth Sunday in Ordinary Time <i>Prisoners' Sunday</i>	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)	Anne-Marie Lyons (Anniversary) Private Intention Maria Liu Andrew Miracle Araujo D'Jesus Martin McDonagh
Monday, 12 th October Optional Memorial of St. Wilfrid, Bishop	7.00 am Mass 8.00 am Office of Readings and Morning Prayer	Special Intention (Naomi)
Tuesday, 13 th October Optional Memorial of St. Edward the Confessor	8.00 am Office of Readings and Morning Prayer 9.15 am Mass	John White
Wednesday, 14 th October Op. Mem. of St. Callistus I, Pope	No Public Mass Today	The People of the Parish
Thursday, 15 th October Memorial of St. Teresa of Jesus, Doctor of the Church	8.00 am Office of Readings and Morning Prayer (7.00 pm Mass at Sacred Heart)	The Wanja Family (Intentions)
Friday, 16 th October Optional Memorials of St. Hedwig, or St. Margaret Mary Alacoque	8.00 am Office of Readings and Morning Prayer 6.00 pm Exposition and Benediction 7.00 pm Mass	Tommy Gildea (Anniversary)
Saturday, 17 th October Memorial of St. Ignatius of Antioch, Martyr	8.00 am Office of Readings and Morning Prayer (10.00 am Mass at Sacred Heart) (1.00 pm Mass for the Sick at Sacred Heart) 5.30 pm Vigil Mass for Sunday	Nossa Senhora De Fatima The Sick of the Parish Asha Gill (Get Well)
Sunday, 18 th October Twenty-Ninth Sunday in Ordinary Time <i>World Mission Sunday</i>	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 Cecilia Michael Zegen Liam Rodrigues 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
Vitalija	Mabel and Asha	This Weekend	Ann	Fletcher and Maria
Nora	Jane and Anne	Next Weekend	Henry	John

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

Mission Appeal. This weekend, we welcome Sr. Mary Sebastian Ogwuikwe, from the Sisters of the Immaculate Heart of Mary, Mother of Christ. She will tell us about the work of the Missionary Sisters of England and Wales to support the poor and marginalised. They work in different countries of the world serving the homeless, destitute, vulnerable children and adults, refugees, widows and elderly people. The second collection this weekend will be to support their work.

*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.*

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)

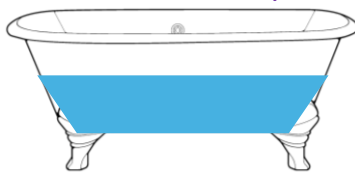
Please pray for the sick, especially: Bridie Barry, Claire French, Jean Carpenter, Mary Cross, Sheila Cuddy, Maggie Durkin, Inna, Tony Davis, John Hudgell, Pat Walsh, Doreen Teagle, Mary Barry, Mary Cairns, Lisa Birch, Dantas Luis Galucho Rosa, Julio Madeira Cabral Soares, Thomas Durkin, Bogumila (Gina)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

Please pray for Joe and Charlie Healy, Gloria Katipunan and all those who have died recently, and those whose anniversaries fall this week: Bishop Michael Glancy, Canon William Withers, Mgr. Paul Joseph Watson, Frs. Terence Whatmore and Seamus Gilroy, Deacon Louis Kelly, and also Patrick O'Connell, Kathleen Parker, Tommy Gildea and Patricia Ann Olive Ashley-Morgan. May they rest in peace.

**The Sacred Heart Candle is burning this week for Tommy Gildea (Anniversary).
Our Lady's 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 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!



Will you help to get the level in our overdraft bath down, please? Donations can be given to me or made on either of the contactless machines - one

near the piety shop at the back of the church, or a second one in the hall - using the "Parish Overdraft Fund" option (and please Gift Aid if you are eligible). Thank you.

From the Saint Carlo Acutis Youth Group

Dear Parishioners, from the bottom of our hearts, we



would like to thank everyone who supported our youth group and helped make our pilgrimage to Assisi possible.

Thank you for your prayers, financial support, kind words, and for taking part in our fundraising activities. Thanks to your support, our children were able not only to go on this journey, but also to experience a truly special spiritual pilgrimage — visiting places connected with Saint Francis of Assisi, Saint Clare and Saint Carlo Acutis, taking part in Holy Mass, and learning more about their faith.

For the children, this was not simply a trip or a new experience. It was an opportunity to grow closer to God, reflect on their faith, and see that holiness is possible even in our own time.

Thank you to our whole parish community for being part of this pilgrimage with us. May the Lord bless and reward each of you for your kindness, generosity and support.



Parish Mass for the Sick. On Saturday, 24th October at 1.00 pm we shall have a special Mass for those who are ill, with the Sacrament of the Anointing of the Sick. All welcome. If you know someone who is unwell, please tell them about this Mass.

World Mission Sunday. Next Sunday there will be a second collection at Masses for Missio, the Holy Father's official charity for overseas mission.

Parish Fundraising Event.

Bingo, with soup and a roll, in the Don Bosco Centre after the 5.30 pm Mass next Saturday, 17th October. All welcome. Please see the poster for details of costs.

If you can donate any prizes for the evening, I should be very happy to receive them. Please leave them in the piety shop at the back of the church, or in the sacristy.



November Mass for the Dead — for our relations and friends who have died, especially those who have died during the last twelve months, 11.00 am, Saturday, 14th November. If you would like anyone's name to be included for prayers in the Mass, please let me know in writing.

Tailpiece: A dietitian was giving a lecture: "The material we eat is terrible. Red meat is awful. Soft drinks erode your stomach lining. Take-away food is loaded with mono-sodium glutamates. Vegetables can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will have, eaten it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" An elderly man in the front row stood up and said, "Wedding cake".

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