

Our Lady Help of Christians

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The parish is part of Westminster Roman Catholic Diocesan Trust (WRCDT)



14TH SUNDAY IN ORDINARY TIME

5TH JULY 2026

PARISH TEAM

Parish Priest
Fr Allan Alvarado Gil
allanalvarado@rcdow.org.uk

Parish Secretary
Liliana Bragadin
kentishtown@rcdow.org.uk
Parish office open:
Mon, Tues, Wed, Thurs 10:00am - 12:00md

Safeguarding Officer
Claire Betts
kentishtownsg@safeguardrcdow.org.uk

Masses Times:

Tuesdays to Fridays: 10:00 am
Saturday: 6:00 pm
Sunday: 9:00 am (Sung Mass)
11:00 am (Family Mass with Children's Liturgy)

Masses during the week are celebrated in the daily Chapel

Church opening hours:

Tuesdays to Fridays
9:30 am to 4.00 pm

LAST WEEK COLLECTION
£ 335.22
STANDING ORDERS JUNE
£ 4,836.00
CONTACTLESS INCOME JUNE
£ 500.00
Thank you!

I am gentle and lowly in heart.
(Mt 11:25-30)

Meditation: Do you want to know the mind and heart of God? Jesus thanks the Father in heaven for revealing to his followers the wisdom and knowledge of God. What does Jesus' prayer tell us about God and about our relationship with him? First, it tells us that God is both Father and Lord of the earth as well as heaven. He is both the Creator and Author of all that he has made, the first origin of everything. His authority, wisdom, and gracious care extend to every living thing, and his boundless love and goodness is directed to the welfare of each person made in his image and likeness. He is the source of all human life. That is why all fatherhood and motherhood are ultimately derived from him (Ep 3:14-15).

Pride - the root of sin

Jesus' prayer contrasts the "wisdom of the world" with the wisdom which comes from above - from the Father of heaven who is all wise and good. Jesus' prayer contains an implicit warning that pride can keep us from the love and knowledge of God. What makes us ignorant and blind to the wisdom of God? Certainly, intellectual pride, coldness of heart, and stubbornness of will shut out God and his wise rule and fatherly care for our personal lives. Pride is the root of all vice and evil and the strongest influence propelling us to sin against God and to do wrong to our neighbour. Sinful pride first vanquishes the heart, making it cold and indifferent towards God. It also closes the mind to God's truth and wisdom for our lives. What is pride's flaw? It is the inordinate love of oneself at the expense of others and the exaggerated estimation of one's own knowledge, power, importance and position over others.

Simplicity and lowliness of heart

Jesus contrasts pride with child-like simplicity and humility. The simple of heart is like "little children" in the sense that they see purely and simply without any pretence or falsehood. They instinctively recognize their utter dependence and reliance on others - especially those who can teach and form them to live strong, healthy, mature lives. No one can grow in wisdom and maturity unless they are willing to be taught and formed in how to live wisely and to distinguish between good and evil, truth and falsehood.

Simplicity of heart is closely linked with humility - the queen of virtues that forgets oneself in order to love and serve others for their sake. The humble of heart are the freest of all - emptied of vanity and self-concern they can single-mindedly focus on the welfare of others. The Lord Jesus is our model. He proclaimed to his disciples, "I am gentle and lowly of heart" (Mt 11:29). Jesus came "not to be served, but to serve and to give his life as a ransom for the many" (Mt 20:28). Jesus' "gentleness" is not weakness or powerlessness. It is "strength under control" which is at the service of good rather than evil.

Jesus humbled himself to lift us out of our misery and slavery to sin in order to raise us up to glory with him and the Father. Jesus came not to bruise the weak but to heal, to pardon and not to condemn, to restore us to abundant life by defeating sin, Satan, and death. It was love for his eternal Father and for each one of us that motivated Jesus to humble himself to death on the cross in order to rescue us from slavery to sin and death. The Lord Jesus shows us the true path of love and victory, freedom and joy, through the cross that defeated pride and hatred, greed and selfishness, guilt and condemnation.

True humility - which is the opposite of false modesty or feeling bad about oneself - frees us to pursue what is good, right, holy, and true. Scripture tells us that *God opposes the proud, but gives grace to the humble* (Proverbs 3:34, James 4:6). Only the humble in heart can receive the wisdom which comes from God and the understanding of God's perfect goodness and plan for our lives. Do you acknowledge your utter dependence on God and do you trust him with your whole heart, mind, and being?
The greatest reward for those who seek the "summum bonum" or "greatest good" is to be united with God - the one and only true source of peace, joy, and happiness that will last forever.

Fr Allan

PARISH ACTIVITIES

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TEAS after masses in the Don Bosco Hall:
After 9am Mass every Sunday.
After 11am Mass once a fortnight.

CHILDREN'S LITURGY

This takes place during the Liturgy of the Word at the 11am Mass.

CHRISTIANS MEDITATIONS SESSION

Every Thursday at 4pm in the Day Chapel (sessions lasts about 30 minutes).

REPOSITORY

The repository is open after 11.00 o'clock mass on Sundays. Please note: the repository is cash-only.

ST PATRICK'S SCHOOL

St Patrick's Primary School Nursery is enrolling! We are now offering nursery places for children aged 3-4 years and free full time Nursery Care from 9.00 am to 3.30 pm.

If you would like to book a visit to our school, both for the primary and/or the nursery places, please contact the school office on admin@stpatricks.camden.sch.uk and we would be very happy to meet with you.

PARISH REGISTRATION 2026

We are updating our parish records to get an accurate sense of how many parishioners are currently in the community and who has recently relocated.

To help us maintain precise records and offer better support, we kindly ask everyone to update their details.

Who Needs to Fill Out the Form?

Everyone: Even if you have been in the parish for decades (including those who have been here since the parish moved from Falkland Road) or have just arrived
Families with children: This is especially important so we don't miss you during the key steps of the Christian life.

Please, when submitting your details, use **capital letters** when filling out the form and ensure all contact details (email, phone number, address) are double-checked . Thank you.

CONTACTLESS

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SCAN ME

MASS INTENTIONS

Date	Time	Intention
Sat 4th	6:00 pm	Juan Jose & Juan Bautista (RIP)
Sun 5th	9:00 am	For the Holy Souls
	11:00 am	For the People of the Parish
Tues 7th	10:00 am	
Wed 8th	10:00 am	
Thu 9th	10:00 am	School mass (Yr 6)
Fri 10th	10:00 am	Filipe De Sousa (RIP)
Sat 11th	6:00 pm	Thanksgiving Mass

SUNDAY MASS READINGS

Scan the QR code with your Phone

CONFIRMATION CLASSES 2026-2027 ST DOMINIC'S

The Confirmation session for 2026-27 will take a different approach. The course will still take place at St Dominic's but will start in September 2026. It will last 30 minutes per session and will run from September 2026 to May 2027. Each session will be on Sundays between 10am and 12 noon Masses (the precise starting time will be communicated later).

The decision was made as the catechists have noticed that the catechism sessions are longer than lessons would be in school and that a longer course with shorter sessions might help keep children's attention better, encourage them to get to know others in the group more, and be less of a problem with absences unlike on a shorter course. The confirmation Mass will be Pentecost next year.

Anyone who wants to register please talk to Fr Allan or get in touch with the office. Thank you.

Bright Women, Bold Futures

La Sainte Union CATHOLIC SCHOOL

We are delighted to invite prospective students and their families to our upcoming Open Events.

Come and explore our outstanding facilities, dedicated careers centre and learn about our inspiring work in STEM and the Performing Arts. Meet our passionate staff, speak to current students, and discover how we support every girl to achieve her bold future.

Open Evening: Tuesday 29th September 2025 4pm-7pm (no booking required)

Open Mornings: Tuesday 13th October and Thursday 15th October (book on website)