

Our Lady Help of Christians

4 Lady Margaret Road, London, NW5 2XT

Telephone: 020 74854023
Email: kentishtown@rcdow.org.uk
Website: https://parish.rcdow.org.uk/kentishtown/
The parish is part of Westminster Roman Catholic Diocesan Trust (WRCDT)



16TH SUNDAY IN ORDINARY TIME **19TH 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

£ 336.74

STANDING ORDERS JUNE

£ 4,836.00

CONTACTLESS INCOME JUNE

£ 500.00

Thank you!

'Let both grow together until the harvest.'
(Mt 13:24-43)

Meditation: What can malicious weed-sowing tell us about the kingdom of God (Matthew 13:25)? The image Jesus uses in this parable is a common everyday example of planting, harvesting, and sorting the good fruit from the bad. Weeds can spoil and even kill a good harvest if they are not separated and destroyed at the proper time. Uprooting them too early, though, can destroy the good plants in the process.

Letting God's word take deep root in the heart

Just as nature teaches us patience, so God's patience also teaches us to guard the seed of his word which he has planted in our hearts and to beware of the destructive force of sin and evil that can destroy it. God's word brings life, but Satan seeks to destroy the good seed which has been planted in the hearts of those who have heard God's word. God's judgment is not hasty, but it does come. And in the end, God will reward each according to what they have sown and reaped in this life. In that day God will separate the evil from the good. Do you allow God's word to take deep root in your heart?

Growth and transformation from within

What can mustard seeds and leaven teach us about the kingdom of God? The tiny mustard seed literally grew to be a tree which attracted numerous birds because they loved the little black mustard seed it produced. God's kingdom works in a similar fashion. It starts from the smallest beginnings in the hearts of men and women who are receptive to God's word. And it works unseen and causes a transformation from within.

The Holy Spirit transforms us

Leaven is another powerful agent of change. A lump of dough left to itself remains just what it is, a lump of dough. But when the leaven is added to it a transformation takes place which produces rich and wholesome bread when heated - the staple of life for humans. The kingdom of God produces a transformation in those who receive the new life which Jesus Christ offers. When we yield to Jesus Christ, our lives are transformed by the power of the Holy Spirit who dwells in us. Paul the Apostle says, *"we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us"*(2 Corinthians 4:7). Do you believe in the transforming power of the Holy Spirit?

Good and evil are sown in our hearts like tiny seeds which germinate, and in due time yield a harvest of good or bad fruit. Charles Read said: "Sow an act and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny." In the day of judgment each will reap what he or she has sown in this life. Those who sow good *will shine in the kingdom of their Father.* They will radiate with the beauty, joy, and fullness of God's love. Do you allow the love of Christ to rule in your heart and in your actions?

Fr Allan

PARISH ACTIVITIES

PARISH ACTIVITIES

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

ALTAR SERVERS

If you have received First Holy Communion you are welcome to join our team of Servers at any of our weekend Masses. While we encourage young children to serve after their first holy communion, adults are welcome too. To make contact please come to the Day Chapel behind the Sanctuary and speak to Jackie, Akua, Tom, Joel or Fr Allan.

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
(Session lasts about 30 minutes).

OVER 60's BINGO CLUB

The over 60's Bingo Club is run by SanKTus every Tuesday morning in Our Lady's Hall. All parishioners and friends in our Local Community are most welcome to join in. The programme :
Refreshments 10.40am, BINGO 11.00 – 12.00 pm,
Two Course Meal -12noon –1pm.
There is a charge of £5 to cover all activities.

FREE HOT LUNCH SERVICE

SanKTus also offers a free hot lunch service to all-comers on Sunday afternoon at 2pm and a sandwich service on Wednesdays.
Prospective volunteers to help with any part of this activity are invited to get in touch with Richard Mallon, our Welfare Officer, at sanktus.welfare@gmail.com

CONTACTLESS



Our Machine is not working, please donate by scanning the QR code with your phone.

Thank you.

WORLD WIDE ROSARY

Shrine of Our Lady of Willesden

Wednesday 26th August at 3:00pm

Radio Maria UK is hosting a World Wide Rosary on Wednesday, 26th August at 3:00pm at the Shrine of Our Lady of Willesden. The Rosary will be broadcast live across our network of Radio Maria stations worldwide, with almost a billion people praying together. We warmly invite pilgrims to join us at the Shrine and bring their voices to this extraordinary moment of global prayer.

Further information is available at www.RadioMaria.uk.

MASS INTENTIONS

Date	Time	Intention
Sat 18th	6:00 pm	Carlo Nassini & Anna Primaveri
Sun 19th	9:00 am	For the People of the Parish
	11:00 am	Elisabeth Bugnon (RIP)
Tues 21st	10:00 am	Dennis Compton (RIP)
Wed 22nd	10:00 am	
Thu 23rd	10:00 am	
Fri 24th	10:00 am	
Sat 25th	6:00 pm	

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.

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.