

Our Lady Help of Christians

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



18TH SUNDAY IN ORDINARY TIME **2ND AUGUST 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
£ 317.30
STANDING ORDERS JUNE
£ 4,836.00
CONTACTLESS INCOME JUNE
£ 500.00
Thank you!

'They all ate and were satisfied.'
(Mt 14:13-21)

Meditation: What can truly satisfy our deepest hunger and longing? Wherever Jesus went multitudes of people gathered to meet him - people from every part of society - rich and poor, professionals and labourers, even social outcasts and pagans. What drew them to Jesus? Were they simply curious or looking for a healing? Many were drawn to Jesus because they were hungry for God. Jesus' message of God's kingdom and the signs and wonders he performed stirred fresh hope and expectation that God was acting in a new and powerful way to set people free from sin and oppression and to bring them the blessings of his kingdom.

God never rests in caring for our needs
Jesus never disappointed those who earnestly sought him out. We see a marvellous example of this when Jesus and his twelve disciples got into the boat to seek out a lonely place for some rest along the lake of Galilee, only to discover a crowd of a few thousand people had already gathered in anticipation of their arrival! Did Jesus' disciples resent this intrusion on their plan to rest awhile? Jesus certainly didn't - he welcomed them with open-arms. His compassion showed the depths of God's love and care for his people. Jesus spoke the word of God to strengthen them in faith and he healed many who were sick.

God multiplies the little we have to bring great blessing to others
As evening approached the disciples wanted Jesus to send the people away. Jesus, instead, commanded his disciples to feed the whole crowd. Why did Jesus expect his disciples to do what seemed impossible - to feed such a large and hungry crowd when there was no adequate provision in sight? Jesus very likely wanted to test their faith and to give them a sign of God's divine intervention and favour for his people. Jesus took the little they had - five loaves and two fish - and giving thanks to his heavenly Father, distributed to all until they were satisfied of their hunger. Twelves baskets full of fish and loaves that were leftover show the overflowing generosity of God's gifts to us - gifts that bring blessing, healing, strength, and refreshment.

Bread from heaven to sustain us on our journey
Jesus' feeding of the five thousand is the only miracle recorded in all four Gospel accounts (Lk 9:10-17, Mk 6:34-44, Jn 6:51-58, Mt 14:13-21). What is the significance of this miracle? The miraculous feeding of such a great multitude recalled the miraculous provision of manna in the wilderness under Moses' leadership and intercession for his people (Ex 16). The daily provision of food for the people of Israel during their forty years of journeying in the barren wilderness foreshadowed the true heavenly bread which Jesus would pass on to his disciples at his last supper meal on the eve of his sacrifice on the cross.

Jesus makes a claim which only God can make: He is the *true bread of heaven* that can satisfy the deepest hunger we experience (Jn 6:32-35). The miracle of the multiplication of the loaves, when Jesus said the blessing, broke and distributed the loaves through his disciples to feed the multitude, is a sign that prefigures the superabundance of the unique bread of the Eucharist, or Lord's Supper which sustains us on our journey to the kingdom of heaven.

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God multiplies the little we have so we can bring his blessing to others

The feeding of the five thousand shows the remarkable generosity of God and his great kindness towards us. When God gives, he gives abundantly. He gives more than we need for ourselves that we may have something to share with others, especially those who lack what they need. God takes the little we have and multiplies it for the good of others. Do you trust in God's provision for you and do you share freely with others, especially those who lack?

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.

OVER 60's BINGO CLUB

The over 60's Bingo Club will be paused during the month of August. It will restart again on Tuesday 2 September 2026.

FREE HOT LUNCH SERVICE

The free hot lunch service on Sundays will be stopped during the month of August. It will start again on Sunday 6 September 2026.

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.

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 1st	6:00 pm	For the People of the Parish
Sun 2nd	9:00 am	The Sullivan Family
	11:00 am	Santina & Antonio Bracchi (RIP)
Tues 4th	10:00 am	
Wed 5th	10:00 am	
Thu 6th	10:00 am	
Fri 7th	10:00 am	
Sat 8th	6:00 pm	For the People of the Parish

SUNDAY MASS READINGS

Scan the QR code with your Phone

OFFICE CLOSURE

The office will be closed until Monday 24th August 2026.

There will be no one available to handle hall bookings, mass intentions and any other parish business during these dates. The mailbox will be checked rarely, too. If you have any urgent matter, please contact Fr Allan directly at allanalvarado@rcdow.org.uk.

CONTACTLESS



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

Thank you.

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.