

Our Lady Help of Christians

4 Lady Margaret Road, London, NW5 2XT

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



19TH SUNDAY IN ORDINARY TIME — **10TH AUGUST 2026**

PARISH TEAM

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

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

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Safeguarding Officer
Claire Betts
kentishtownsg@safeguardrcdow.org.uk

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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

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Church opening hours:

Tuesdays to Fridays

9:30 am to 4.00 pm

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LAST WEEK COLLECTION

£ 362.77

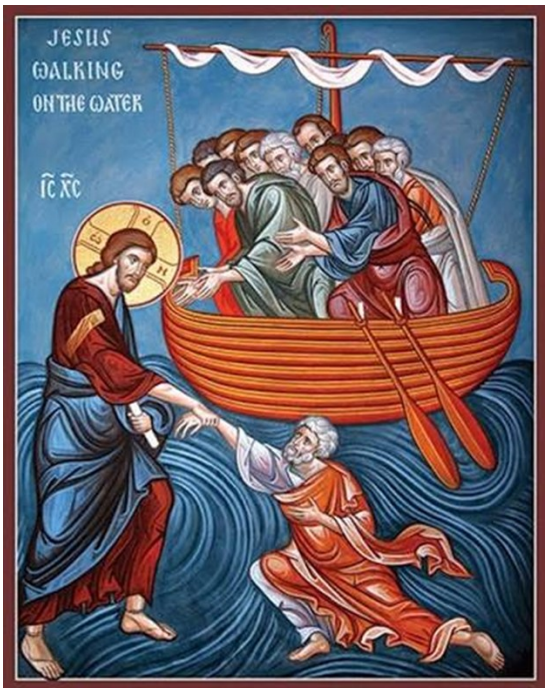
STANDING ORDERS JULY

£ 4,550.37

CONTACTLESS INCOME JULY

£ 723.27

Command me to come to you on the water. (Mt 14:22-33)



Meditation: Does the Lord Jesus seem distant when trials or adversity come your way? It was at Jesus' initiative that the disciples sailed across the lake, only to find themselves in a life-threatening storm. Although they were experienced fishermen, they feared for their lives. While Jesus was not with them in the boat, he, nonetheless watched for them in prayer. When he perceived their trouble, he came to them on the sea and startled them with his sudden appearance. Do you look for the Lord's presence when you encounter difficulty or challenges?

Fight fear with faith

This dramatic incident on the sea of Galilee revealed Peter's character more fully than others. Here we see Peter's impulsiveness - his tendency to act without thinking of what he was doing. He often failed and came to grief as a result of his impulsiveness. In contrast, Jesus always bade his disciples to see how difficult it was to follow him before they set out on the way he taught them. A great deal of failure in the Christian life is due to acting on impulse and emotional fervour without counting the cost. Peter, fortunately in the moment of his failure clutched at Jesus and held him firmly. Every time Peter fell, he rose again. His failures only made him love the Lord more deeply and trust him more intently.

The Lord keeps watch over us at all times, and especially in our moments of temptation and difficulty. Do you rely on the Lord for his strength and help? Jesus assures us that we have no need of fear if we trust in Him and in his great love for us. When calamities or trials threaten to overwhelm you, how do you respond? With faith and hope in God's love, care and presence with you?

Prayer

Lord Jesus, help me to trust you always and to never doubt your presence and your power to help me. In my moments of doubt and weakness, may I cling to you as Peter did. Strengthen my faith that I may walk straight in the path you set before me, neither veering to the left nor to the right.

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.

REPOSITORY

The repository is open after 11.00 o'clock mass on Sundays.

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.

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



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

Thank you.

MASS INTENTIONS

Date	Time	Intention
Sat 8th	6:00 pm	For the People of the Parish
Sun 9th	9:00 am	Thanks Giving Mass
	11:00 am	Marie Donagher (RIP)
Tues 11th	10:00 am	
Wed 12th	10:00 am	
Thu 13th	10:00 am	Agnes Fernandes (RIP)
Fri 14th	10:00 am	
Sat 15th	6:00 pm	

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.

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.

SUNDAY MASS READINGS

Scan the QR code with your Phone