

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)



20TH SUNDAY IN ORDINARY TIME — **16TH 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:

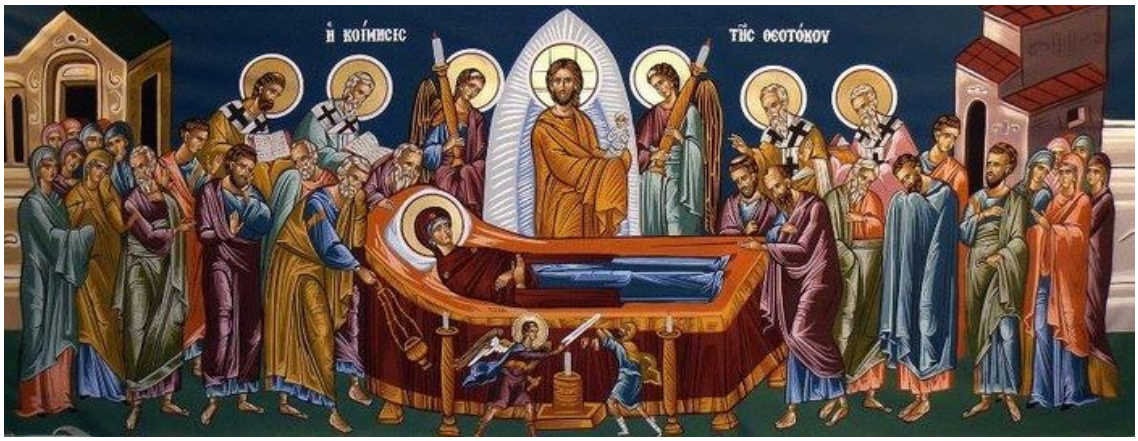
Tuesdays to Fridays: 10:00 am
Saturday: 6:00 pm
Sunday: 9:00 am (Sung Mass)
11:00 am (Family Mass with Children's Liturgy)

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
£ 396.77
STANDING ORDERS JULY
£ 4,550.37
CONTACTLESS INCOME JULY
£ 723.27



He who is mighty has done great things for me; he has exalted those of humble estate
(Lk 1:39-56)

Meditation: How strong is your hope in the promises of God? Mary is a model of faith and hope for us. And she is among "the first-fruits" of "all those who belong to Jesus" and who share in his triumph (1 Cor 15:20-24). There is a venerable tradition dating back to the early church which marks Mary's "falling asleep" (called the Feast of Dormition in many Eastern churches) and her heavenly birthday when she was received into heaven. Her reception into heaven is seen as a sign to all believing Christians of the promise Jesus made that we too would be received into paradise. At the last supper Jesus told his disciples that he would prepare a place for them in his Father's house. "And when I go to prepare a place for you, I will come again and will take you to myself, that where I am you may be also" (Jn 14:3).

The Holy Spirit makes faith come alive within us
What enabled Mary to grow in faith and to persevere in hope in the face of obstacles and trials? The Gospel of Luke reveals the presence and power of the Holy Spirit in Mary's life. When Elizabeth and Mary greeted one another, they were filled with the Holy Spirit and with a joyful anticipation of the fulfilment of God's promise to give a Saviour. John the Baptist, even before the birth of the Messiah, pointed to his coming and leapt for joy in the womb of his mother as the Holy Spirit revealed to him the presence of the Anointed King in the womb of Mary.

Those who are humble and hungry for God receive his Spirit
The Holy Spirit is God's gift to us to enable us to know and experience the indwelling presence of God and the power of his kingdom. The Holy Spirit is the way in which God reigns within each of us. Mary accepted her mission with uncompromising faith and obedience. She acted with unwavering trust and faith because she believed that God would fulfil the word he had spoken. Her great hymn of praise echoes the song of Hannah (see 1 Sam 2:1-10) and proclaims the favour of the Lord: *God exalts the lowly and he fills the hungry*.

The Holy Spirit fills us with the joy and hope of heaven
The Holy Spirit is ever ready to renew your faith and hope in God's promises and to make you strong in love for God and your neighbour. Do you live in the joy and confidence of God's indwelling presence with you through his Holy Spirit?

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.

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 15th	6:00 pm	
Sun 16th	9:00 am	John Pham & Anna Hoang (RIP)
	11:00 am	For the People of the Parish
Tues 18th	10:00 am	
Wed 19th	10:00 am	
Thu 20th	10:00 am	
Fri 21th	10:00 am	
Sat 22th	6:00 pm	Daphney McIntosh (RIP)

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