

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)



22ND SUNDAY IN ORDINARY TIME **30TH 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
£ 401.29
STANDING ORDERS JULY
£ 4,550.37
CONTACTLESS INCOME JULY
£ 723.27

If anyone would come after me let him deny himself
(Mt 16:21-27)

Meditation: What is the way to glory and victory in the kingdom of God? Jesus told his disciples that he must first suffer rejection, be crucified, and then rise again on the third day. In so many words he explained that there could be no victory and no glory without the cross. Jesus' prediction of his suffering and death on the cross caused his disciples great dismay and disbelief. Peter, who was often the first to react to whatever Jesus had to say, wanted to protect Jesus from any threat or harm. That is why he rebuked the very thought of Jesus having to face rejection, condemnation, and crucifixion.

"My way or God's way"

Why did Jesus use the word "Satan" when he addressed Peter? When Jesus went out into the wilderness to prepare for his public ministry, Satan came to tempt him to follow a different path than the one chosen by the Father in heaven. Now Jesus recognizes in Peter's response another temptation to seek a different and less costly path for accomplishing his mission than the way of the cross. The word "Satan" literally means "adversary" - one who stands in opposition. Jesus reminds Peter that his role is not to be an *adversary* but a *disciple* - one who gets *behind his Master* to follow with trust and obedience.

Victory and glory through the cross

Jesus knew that the cross was the only way he could ransom us from slavery to sin with the price of his blood which was shed for our freedom. Through his sacrificial death on the cross, Jesus defeated Satan who held us in bondage to sin and condemnation. And Jesus defeated the power of death and overcame the grave through his resurrection. Through his obedience to his heavenly Father's will, Jesus reversed the curse of Adam's disobedience. His death on the cross-won pardon for the guilty, freedom for the oppressed, healing for the afflicted, and new life for those condemned to death. His death makes possible our freedom to live as the adopted sons and daughters of the merciful Father in heaven.

The paradox of God's economy

Jesus told his disciples that they, too, must be willing to lay down their lives in order to gain new everlasting life with the Father in his kingdom. There's a certain paradox in God's economy. We lose what we gain, and we gain what we lose. When we try to run our life our own way, we end up losing it to futility. Only God can free us from our ignorant and sinful ways. When we surrender our lives to God, he gives us new life in his Spirit and the pledge of eternal life. God wants us to be spiritually fit and ready to do his will at all times. When the human body is very weak or ill, we make every effort to nurse it back to health. How much more effort and attention should we give to the spiritual health of our hearts and minds!

The great exchange

What will you give to God in exchange for freedom and eternal life? Are you ready to part with anything that might keep you from following the Lord Jesus and his perfect plan for your life? Jesus poses these questions to challenge our assumptions about what is most profitable and worthwhile in life. In every decision of life we are making ourselves a certain kind of person. It is possible that some can gain all the things they have set their heart on, only to wake up suddenly and discover that they missed the most important thing of all. Of what value are material things if they don't help you gain what truly lasts for eternity. Neither money nor possessions can buy heaven, mend a broken heart, or cheer a lonely person.

Losing all to gain all with Jesus Christ

A true disciple gladly gives up all that he or she has in exchange for an unending life of joy and happiness with God. God gives without measure. The joy he offers no sadness or loss can diminish. The cross of Jesus Christ leads to victory and freedom from sin and death. What is the cross which Jesus Christ commands me to take up each day? When *my* will crosses with *his* will, then his will must be done. Are you ready to lose all for Jesus Christ in order to gain all with Jesus Christ?

Fr Allan

PARISH ACTIVITIES

TEAS AFTER MASSES

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.

CHRISTIAN MEDITATION SESSIONS

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

OVER 60's BINGO CLUB

The over 60's Bingo Club, run by SanKTus, will resume on Tuesday 1st of September. All parishioners and friends in our local community are most welcome to join us and there is the chance of winning a cash prize!

The programme is as follows:

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. All activities will resume the first week of September.

Prospective volunteers to help with any part of this activity are invited to get in touch with Richard Mallon at sanktus.welfare@gmail.com

REPOSITORY

It is open before and after 11 am mass on Sundays.

FUNERALS

Mr Roland De Souza

The funeral of the late Roland De Souza will take place

Wednesday 2nd September at 11.30 am

Please keep him and his family in your prayers.

CONTACTLESS

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

Thank you.

MASS INTENTIONS

Date	Time	Intention
Sat 29th	6:00 pm	Peggy Gaffney (RIP)
Sun 30th	9:00 am	For the People of the Parish
	11:00 am	Roland De Souza (RIP)
Tues 1st	10:00 am	Mass for the Holy Souls
Wed 2nd	10:00 am	
Thu 3rd	10:00 am	Thanksgiving Mass for Bridget
Fri 4th	10:00 am	Thanksgiving Mass for good exams results
Sat 5th	6:00 pm	Piera Orizio (RIP)

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.

SUNDAY MASS READINGS

Scan the QR code with your Phone