

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)



23RD SUNDAY IN ORDINARY TIME **6TH SEPTEMBER 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 - Thur
10:00am - 12:00md

Safeguarding Officer
Claire Betts
kentishtownsg@safeguardrcdow.org.uk

Morning Prayer:
Tue - Fri: 10:00 am

Exposition:
Fri: 10:45am - 11:15 am

Masses Times:
Tue - Fri: 10:15 am

Masses during the week are celebrated in the daily Chapel

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

Church opening hours:

Tuesdays to Fridays
9:30 am to 4.00 pm

LAST WEEK COLLECTION
£ 418.81

STANDING ORDERS AUGUST
£ 4,152.00

CONTACTLESS INCOME AUGUST
£ 0

Thank you!

This Parish is part of Westminster Roman Catholic Diocesan Trust (WRCDT)
Registered Charity No: 233699

If he listens to you, you have gained your brother.
(Mt 18:15-20)

Meditation: What's the best way to repair a damaged relationship? Jesus offers his disciples spiritual freedom and power for restoring broken or injured relationships.

Don't brood over an offense - speak directly and privately
What can we learn from Jesus' instructions about how to mend a damaged relationship (Matthew 18:15-20)? If you feel you have been wronged by someone, Jesus says the first step is to speak directly but privately to the individual who has done the harm. One of the worst things we can do is brood over our grievance. This can poison our mind and heart and make it more difficult to go directly to the person who caused the damage.

Seek the help of wise Christians
If we truly want to settle a difference with someone, we need to do it face to face. If this fails in its purpose, then the second step is to bring another person or persons, someone who is wise and gracious rather than someone who is hot-tempered or judgmental. The goal is not so much to put the offender on trial, but to persuade the offender to see the wrong and to be reconciled. And if this fails, then we must still not give up, but seek the help of the Christian community. Note the emphasis here is on restoring a broken relationship by seeking the help of other Christians who hopefully will pray and seek a solution for reconciliation based on Christian love and wisdom, rather than relying on coercive force or threat of legal action, such as a lawsuit.

Pray for the offender - for healing and reconciliation
Lastly, if even the Christian community fails to bring about reconciliation, what must we do? Jesus seems to say that we have the right to abandon stubborn and obdurate offenders and treat them like social outcasts. The tax-collectors and Gentiles were regarded as "unclean" by the religious-minded Jews and they resorted to shunning them. However, we know from the Gospel accounts that Jesus often had fellowship with tax-collectors (as well as other public sinners), ate with them, and even praised them at times! Jesus refuses no one who is open to receive pardon, healing, and restoration.

Set no obstacle in seeking to heal your brother's wound
When you are offended, are you willing to put aside your own grievance and injury in order to help your brother's wound? The Lord Jesus wants to set us free from resentment, ill-will, and an unwillingness to forgive. The love of Christ both purifies and sets us free to do good to all - even those who cause us grief. The call to accountability for what we have done and have failed to do is inevitable and we can't escape it, both in this life and at the day of judgment when the Lord Jesus will return. But while we have the opportunity today, we must not give up on praying for those who cause us offense. With God's help we must seek to make every effort to win them with the grace and power of God's healing love and wisdom. Do you tolerate broken relationships or do you seek to repair them as God gives you the opportunity to mend and restore what is broken?

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

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, takes place on Tuesdays morning. 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. 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.

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 5th	6:00 pm	Piera Orizio (RIP)
Sun 6th	9:00 am	For the People of the Parish
	11:00 am	Kathleen Thomas (RIP)
Tues 8th	10:00 am	Roland De Souza (RIP)
Wed 9th	10:00 am	David Plunket (RIP)
Thu 10th	10:00 am	
Fri 11th	10:00 am	
Sat 12th	6:00 pm	Jean Motan & Jackie Ansley (RIP)

ALTAR SERVERS

A reminder of our invitation to all those who made their Holy Communion this year who would like to join our excellent group of Alter Servers at the 6pm Mass on Saturday or the 09 am Mass on Sunday or at the Family Mass at 11 am on Sunday.

Please see Fr Allan, Akua, Tom or Jackie for more information.

OLHC GOSPEL CHOIR

After a successful performance at the Castlehaven celebrations, we are making plans for performances at Christmas.

Please feel free to join us in Tuesday 15th September at 6.30pm, in the hall on Falkland Road.

We're looking forward to what *Singing together .. brings us and where it will take us..*

BAPTISM PREPARATION 2026

The next course preparing parents for the baptism of their child, will be held **on Friday 18 September to Friday 2 October,** from 7:30—8:30 pm.

Please contact the office to book a place.

FR ALLAN

Fr Allan will be away from his desk for sometime.
Please contact the office if you have an enquiry and we will try to help you. Thank you.

SUNDAY MASS READINGS



Scan the QR code with your Phone