

Our Lady Help of Christians

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



CHRIST THE KING

22ND NOVEMBER 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 - Thu
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

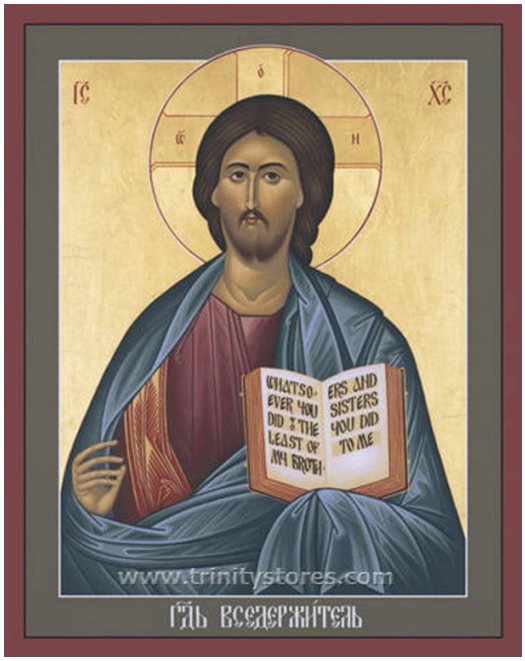
LAST WEEK COLLECTION
£ 352.54

STANDING ORDERS OCTOBER
£ 3,833.36

CONTACTLESS INCOME OCTOBER
£ 0

Thank you!

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



He will sit on his glorious throne and he will separate people one from another
(Mt 25:31-46)

Meditation: Do you allow the love of Christ, who is your Lord and King, to rule in your heart? Augustine of Hippo (354-430 A.D.) said, *"Essentially, there are two kinds of people, because there are two kinds of love. One is holy, the other is selfish. One is subject to God; the other endeavours to equal Him."* Jesus came not only to fulfil the law of righteousness (Lv 19), but to transform it through his unconditional love and mercy towards us.

The Lord Jesus proved his love for us by offering up his life on the cross as the atoning sacrifice for our sins. His death brings freedom and life for us - freedom from fear, selfishness, and greed - and new abundant life in the Holy Spirit who fills our hearts with the love of God (Rm 5:5). Do you allow God's love to purify your heart and transform your mind to think, act, and love others as the Lord Jesus has taught through word and example?

The lesson of separating goats and sheep at the end of the day
Jesus' description of the "Son of Man", a Messianic title which points to the coming of God's anointed Ruler and Judge over the earth (Jn 5:26-29, Dn 7:13ff), and his parable about the separation of goats and sheep must have startled his audience. What does the separation of goats and sheep have to do with the Day of God's Judgement over the earth? In arid dry lands such as Palestine, goats and sheep often grazed together during the day because green pasture was sparse. At nightfall, when the shepherd brought the sheep and goats to their place of rest, he separated them into two groups. Goats by temperament are aggressive, domineering, restless, and territorial. They butt heads with their horns whenever they think someone is intruding on their space.

Goats came to symbolize evil and the expression "scape-goat" become a common expression for someone bearing blame or guilt for others. (See Lv 26:20-22 for a description of the ritual expulsion of a sin-bearing goat on the Day of Atonement.) Jesus took our guilt and sins upon himself and nailed them to the cross. He paid the price to set us free from sin and death. Our choice is either to follow and obey him as our Lord and Savior or to be our own master and go our own separate way apart from God's way of truth and righteousness (moral goodness).

We cannot remain neutral or indifferent to the commands of Christ. If we do not repent of our wrongdoing (our sins and offenses against God and neighbour) and obey the Gospel we cannot be disciples of the Lord Jesus nor inherit his kingdom of righteousness, peace, and joy. Separation of the good from the bad is inevitable because one way leads to sin, rebellion, and death and the other way leads to purification, peace, and everlasting life with God.

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On the day of judgment Jesus will ask "whom did you love"?
When the Lord Jesus comes again as Judge and Ruler over all, he will call each one of us to stand before his seat of judgment to answer the question - who did you love and put first in this life? Inordinate love of self-crowds out love of God and love of neighbour. Those who put their faith in Jesus Christ and follow his way of love and righteousness will not be disappointed. They will receive the just reward - life and peace with God in his everlasting kingdom.

If we entrust our lives to the Lord Jesus today, and allow his Holy Spirit to purify our hearts and minds, then he will give us the grace, strength, and freedom to walk and live each day in the power of his merciful love and goodness. Let us entrust our lives into the hands of the merciful Saviour who gave his life for us. And let us ask the Lord Jesus to increase our faith, strengthen our hope, and enkindle in us the fire of his merciful love and compassion for all.

Prayer
Lord Jesus, be the Master and Ruler of my life. May your love rule in my heart that I may only think, act, and speak with charity and good will for all.

Fr Allan

PARISH ACTIVITIES

MONTH OF THE HOLY SOULS

November is the month traditionally dedicate to the Holy Souls. It is part of our Catholic culture and faith to have Masses offered for the dead. The Mass is the greatest prayer that we offer to God when the very Act of Redemption, Christ's death and resurrection, are made present again on the altar and bread and wine become the reality of our Lord's body, blood, soul and divinity.

Having Mass offered is a way of showing our love both for the living and the dead. The death of a family member or friend does not end our relationship with them and we can help them gain heaven through the offering of the Mass and our prayers.

Envelopes with a list where to write the names of your beloved will be left at the back of the church for you to take. Please remember to include a donation for the offering of Mass. As mentioned before, the donation given is supposed to keep a priest for the day which includes his meals etc. The diocese have stipulated that this should be at least £10.

CONTACTLESS

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

MASS INTENTIONS

Date	Time	Intention
Sat 21st	6:00 pm	Mass offered for the Sick
Sun 22nd	9:00 am	Fr Anthony Hogarth (RIP)
	11:00 am	For the People of the Parish
Tue 24th	10:00 am	Book of Remembrance
Wed 25th	10:00 am	McCabe Family (RIP)
Thu 26th	10:00 am	Book of Remembrance - School Mass (Yr 1& 2)
Fri 27th	10:00 am	Fr Richard Healy (RIP)
Sat 28th	6:00 pm	Anna Coutinho (RIP)



COULD YOU HELP THIS CHRISTMAS?

Meeting 1st December 6.00 pm

We will be meeting in the **Nursery Hall** on **Tuesday 1 December at 6:00 pm** to discuss and finalise arrangements for our Parish Christmas Lunch.

This meeting is open to everyone who would like to help. It will give us an opportunity to plan together, share ideas, and organise the practical preparations needed to make the event a success.

We are particularly looking for a volunteer who would be willing to help coordinate and facilitate the event, supported by our existing volunteers and anyone else who would like to become involved.

Whether you can help with planning, shopping, prepping the vegs, setting up, serving, welcoming guests, or clearing up afterwards, your contribution will be greatly appreciated.

Many hands make light work, and we would be grateful for any time and assistance you can offer. For further information please speak to Father Allan or Gina (email: ginacusumano@hotmail.co.uk)

WILLS & LEGACIES

Have you consider making a legacy gift in your Will in favour of Our Lady Help of Christians?
To find out more about the difference a legacy gift can make, please take a leaflet or visit https://rcdow.org.uk/donate/gift-in-wills/

SUNDAY MASS READINGS

Scan the QR code with your Phone