



**FROM THE PARISH PRIEST**  
**Ave Crux Spes Unica!**

This Sunday, the entire Church across the world celebrates the Feast of the Exaltation of the Holy Cross!

But why? Why does the Church celebrate a feast commemorating an instrument of tyranny and torture?

The reason is very simple, through the passion and death of Christ, the cross, a symbol of fear throughout the ancient world, becomes a symbol of liberation and freedom.

Through the cross, Christ has liberated each and every one of us from the greatest enemy, that of death itself.

In celebrating this feast, the entire Church is celebrating the victory of Christ over sin and death for ever.

**EXALTATION OF THE HOLY  
CROSS**

The Feast of the Exaltation of the Holy Cross commemorates the day after the consecration of the church of the Holy Sepulchre in 335 when the faithful were invited to venerate the relics of the true cross. The Feast also commemorates the recovery of the true cross by the Emperor Heraclius in 628.

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Look down upon me, good and gentle Jesus while before Your face I humbly kneel and, with burning soul pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity; true contrition for my sins, and a firm purpose of amendment.

**Amen**



**PARISH OFFICE  
OPENING TIMES**

**Monday - 10 am - 12 pm**

**Tuesday - 10 am - 12 pm**

**Wednesday - 10 am - 12 pm**

**Thursday - CLOSED**

**Friday - CLOSED**

**Sat. / Sun. - CLOSED**

**Pastor & Diocesan Chancellor**

*Very Rev. Brendan Seery, JCL*  
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**Parish Administrator**

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**Parish Safeguarding  
Representatives (PSR)**

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**www.olhc.uk**  
**www.lutonpastoralarea.org**  
**www.northamptondiocese.org**

*VISIT OUR WEBSITE FOR MORE INFORMATION*  
*WWW.OLHC.UK*

## REQUIESCAT IN PACE

Please pray for all of those who have died. In a particular way, please pray for the following whose funeral will take place here at Our Lady Help of Christians.

**-Maria Ambrus RIP** whose Funeral Mass will take place on Monday 22<sup>nd</sup> of September at 12 pm.

**-Mary Hyland RIP** whose Funeral Mass will take place on Friday 26<sup>th</sup> September at 11 am.

**-Angela Fleckney RIP** whose reception into church will take place on Monday 6<sup>th</sup> of October at 5 pm and whose Funeral Mass will take place on Tuesday 7<sup>th</sup> of October at 10.30 am.

*Eternal rest grant unto them O Lord and let perpetual light shine upon them. May they rest in peace! Amen.*

## SACRAMENTAL PROGRAMMES

Registration for the Sacramental Programmes (First Confession and Holy Communion / Confirmation) will take place from **THIS WEEK**.

## HAVE A GO AT PLAYING THE ORGAN

Margaret, our organist, will be available after 9.30 am Mass until 12 pm on Saturday 20<sup>th</sup> September to welcome anyone who would be interested in playing / learning the organ to give it a try! She will, of course, give you plenty of help and encouragement. Her contact number is 07743180492.

## PUBLIC ROSARY

There is an opportunity to pray the Rosary outside of the church (Castle Street side) from 4 pm every Sunday.

The Rosary is a beautiful opportunity to pray with Our Lady as we contemplate the life of Christ.

## STOP ASSISTED SUICIDE

As the Assisted Suicide Bill progresses through the House of Lords, Peers have made it clear that receiving physical letters will have the most influence at this stage of the process.

Right To Life UK has launched a new *EasyAction* tool that creates a personalised letter to be sent in the post to a Peer highlighting a key concern with the Bill, selects a Peer to receive it, and customises the letter so that it is addressed from you.

***Please take action now and visit [www.righttolife.org.uk/aspeersletter](http://www.righttolife.org.uk/aspeersletter) to send a letter to Peers asking them to oppose assisted suicide***

## PRO LIFE VIGIL

Everyone is invited to take part in a pro - life vigil on Saturday 20<sup>th</sup> September between 11 am - 12 pm. This vigil is an opportunity to pray for all those affected by abortion and to pray for the safeguarding of all life.

The vigil will take place at the junction of Pasture Way and Legrave Hight Street.

## OCIA PROGRAMME

Anyone interested in learning more about the Catholic faith, or who perhaps would like to celebrate the sacraments of initiation (baptism, Confirmation, Holy Communion) as adults, are invited to take an application card from the abck of the church.

## CHURCH OPENING TIMES

As we move into the Autumn season, please note the change in opening times for the church itself.

**Monday - Saturday: 7 am - 4 pm**

**Sunday - 7 am - 6.30 pm**

It is great that our church is able to remain open throughout the day to allow anyone passing by to pray.

## RECEIVING HOLY COMMUNION

A reminder that the reception of Holy Communion is for Catholics who have already celebrated their First Holy Communion.

If we receive Holy Communion on the hand, please consume the Sacred Host as soon as possible and in front of the priest or extraordinary minister.

## RETRouvaille MARRIAGE SUPPORT

Alone or bored in your marriage? Considering separation or are already divorced?

If you are open to try again – Retrouvaille could be the solution. We have helped thousands of couples get back on track.

To find out more visit [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk) or call 07973 380443

## DIOCESAN PILGRIMAGE

**19–24 October 2025.**

Join Bishop David Oakley and Canon John Udris on a spiritual pilgrimage to France marking the 350th anniversary of the Sacred Heart apparitions. Destinations include Paray-le-Monial (Sacred Heart), Nevers (St Bernadette), Ars (St John Vianney), Cluny, and the ecumenical community of Taizé. For more information and booking visit the following website:

<https://www.jcjourneys.com/norhampton-burgundy>

## QUOTE OF THE WEEK

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home"

- Aboriginal Proverb

## BETHANY MASS

The next Mass for our SEN brothers and sisters will take place on Sunday 21<sup>st</sup> of September at 3 pm at Sacred Heart Parish.

All are welcome and there will be refreshments in the Parish Hall afterwards.

## VOCARE

There is an opportunity to hear more about Fr Brendan's vocation story by watching the "Vocare" programme on ShalomTV.

For anyone who would like to watch the episode, please use the link below!

<https://watch.shalomworld.org/view/Video/68bf12a7bbdb5ee401c9d250/vod>

Please continue to pray for priests and vocations to the priesthood.

## MASS INTENTIONS

Whilst every effort will be made to keep the requested date for a Mass Intention, there will be occasions when other liturgies such as Weddings and Funerals will result in the cancelation of the Parish Mass.

In this instance, the Mass Intention will be moved to the next available Mass at the same time.

## PARISH PRAYERS

**Please pray for:** Danny Harding, Sally Rhodes, Robert Roe, Alexander El-Lamaa, Christopher Parfitt, Jimmy, Tina, John McCormick, Mary Williams, Michael Curtin, and all who are sick.

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**Please pray for:** Johanna O'leary, Caterina La Viola, Thomas O'Boyle, Francis Farrell, Augustine Abara, Bill Molloy, Mary Marshall, Jane Matthews, Margarete Spring, Brandon Cassian, and all our loved ones who have died.

## POPE'S PRAYER INTENTIONS SEPTEMBER

For humanities relationship with all of creation. Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

## ANNUAL FINANCIAL REPORT

The Parable of the Talents reminds us that we are all called to be good stewards and to use our gifts and talents to continue to proclaim Christ to the world of today and to build up to the Church.

As part of that stewardship, we are called to use our financial assets wisely. As members of our parish, it is important that we are all aware of where we are concentrating resources and where we can improve to continue to build on the legacy left to us by those who made sacrifices before us.

At the end of Mass this weekend, Fr Brendan will present a brief overview of parish income and expenditure for all of us.

A more detailed report will be available at the back of the church or from the Parish Office.

## NEWSLETTER

Please note that the deadline for newsletter articles and Mass Intentions for the coming week will be the Tuesday of that week.

It will not be possible to include anything after this day. Mass Intentions may be requested and mentioned at Mass, but they will not be written in the Newsletter.



## OFFERTORY ENVELOPES

We encourage all taxpayers enrolled on the scheme to register for Gift Aid in order for our parish to claim 25% extra on donations. Please ask at the Parish Office for a Gift Aid declaration form to complete.

Anyone interested in joining the scheme should contact the Parish Office for a set of Giving Envelopes.

## CONTACTLESS DONATIONS

If you would like to make your offering via card, this can be done using the Dona Card Machine at the back of the church.

All major payment types accepted. Please do not forget to Gift Aid if eligible - it is simple and only has to be done once on the machine.

## PARISH OFFERTORY

If you would like to make an offering to the ministry of the parish online, please use the bank details below:

**Bank:** Natwest

**Account Name:** Our Lady Help of Christians

**Sort Code:** 60-06-11

**Account Number:** 91052181

## MASS READINGS AND PRAYERS

Please scan the QR code to access the daily Mass readings and prayers.



# LITURGIES AND EVENTS THIS WEEK

<b>SUNDAY</b> 14 <sup>th</sup> September  Exaltation of the Holy Cross	9 am ADORATION 9.30 am MASS  11 am ADORATION 11.30 am MASS  5 pm MASS	Dhiren Rasaiya Int., Immaculene Kumar Int., Deacon Mick O'Leary RIP.  Rik Suenens RIP, Joe Morton RIP, Eilesh & Tommy Grant RIP, Mary Kelleher RIP.  Pro Populo, Jason Hoyles Int., Dennis Bell RIP.
<b>MONDAY</b> 15 <sup>th</sup> September  Our Lady of Sorrows	7 am MASS (Latin)  12 pm ADORATION & CONFESSIONS 12.45 pm MASS	Francis Sweeney RIP.  Romycin Manzano Int., Kevin Farrell RIP.
<b>TUESDAY</b> 16 <sup>th</sup> September  SS Cornelius & Cyprian	7 am MASS (Latin)  12 pm ADORATION & CONFESSIONS 12.45 pm MASS	Fr Barrie McKenzie Int.  Rosaleen Mary Fannin RIP, Brandon Cassian RIP.
<b>WEDNESDAY</b> 17 <sup>th</sup> September  S. Robert Bellarmine	7 am MASS (Latin)	Charlotte Seery Int., Paula Seery Int., James Seery RIP.
<b>THURSDAY</b> 18 <sup>th</sup> September	NO PUBLIC MASS TODAY	The church is open for private prayer.
<b>FRIDAY</b> 19 <sup>th</sup> September  S. Januarius	12 pm ADORATION & CONFESSIONS 12.45 pm MASS (followed by veneration of the relic of the Holy Cross)	Pope Francis RIP, Pope Benedict XVI RIP.
<b>SATURDAY</b> 20 <sup>th</sup> September  Korean Martyrs	9 am ADORATION & CONFESSIONS  9.30 am MASS (followed by veneration of the relic of Saint Carlo Acutis)	Conversion of Souls.
<b>SUNDAY</b> 21 <sup>st</sup> September  25th Sunday in Ordinary Time	9 am ADORATION 9.30 am MASS  11 am ADORATION 11.30 am MASS  5 pm MASS	Maria Amos Int., Hud Michael Bartlett Int., Peggy Ryan RIP.  Anne Perkins RIP, Kay Dowling RIP.  Pro Populo.