

# NEWS AND VIEWS

**Sunday 11.30am Mass streaming link:** You can also scan with the QR Code below. <https://bit.ly/st-gabriel> Sunday Masses will be streamed during **11.30am**



**Diocesan Pilgrimage to Walsingham will take place** on the Saturday 21st September, any parishioners who are interested should please indicate their availability at the parish office. The cost will be **£35**. All will depart at 7am to Walsingham. Any form of lateness

**First Holy Communion & Confirmation 2024:** It is time to register for these 2 sacraments. The catechism classes will start in September. To be eligible for First Communion, the child must be 7years by the 31<sup>st</sup> of August. For confirmation, the candidate must be 13years by the 31<sup>st</sup> of August. Please pick up the registration forms from the Parish Office.

**Catechist Training:** There will be a refresher course for our Catechists by the Diocese on the following dates;  
**10th Aug.-10am-12noon, 1pm-3pm 14th Sept.- 10am - 12noon, 1pm-3pm 21st Sept.-10am-12noon, 1pm-3pm**  
Here in St Gabriel's meeting room.

**Parish Office Hours:** During the month of August the office will open for half day between **9am-1pm**. The priest will also be in to attend to people as usual.

**Parish Whatsapp Group:** People will be added back on the group gradually. If you want to be added on the group, kindly indicate your interest at the parish office.

**The Youth Praise & Worship Concert** will take place on Saturday **21st September, 2024** at St Mellitus Church, Tollington Park. More information to come. **Keep the date in your diary.**

**Food Donations for the needy:** Thank you to parishioners that have responded to our call for help. We humbly request for the following; **pot noodles, tinned fish, biscuits, soft drinks, tea, milk (longlife), sugar and coffee.**

**Christian Stewardship:** 28th July 2024

**Envelopes:** £250.50 **Loose:** £341.69 **Contactless:** £43.00 We also receive £700 weekly from standing orders. Thank you for your continuous support for our parish.

## August Diary

Thursday 15th: **Feast of the Assumption of the Blessed Virgin Mary. Masses at 12 noon and 7pm**

Weekend 30th/31st—**Parish Project Collection**

Every Last Saturday of the month: **Baptism (always confirm in the parish office)**

Every Saturday at 10.30am: **Faith Sharing/RCIA sessions in the main Sacristy**

Every Saturday evening after Mass: **Bingo in the meeting room**

Every Tuesday after the noon Mass: **Parish social forum in the Meeting Room**

Every 1st Friday: 12 noon **Healing Mass / Holy Hour / Benediction** followed by **100 Club in the Meeting Room**  
7.45pm **Parish Quiz in the Meeting Room (Resumes in September)**

## Important Diary Dates

- Sept 1st— Sunday Social Hour
- Sept. 21st —Youth Praise & Worship Concert
- October—Parish Charity Auction/ Fundraising/Entertainment Evening.

E	L	E	A	S	E	S	E	O	M	BOATS	RABBI	BREAD
L	O	F	O	O	D	O	O	D	A	FOOD	ETERNAL	SEAL
F	L	I	D	A	E	R	B	D	N	BELIEVE	SIGN	MANNA
D	A	L	A	N	D	E	O	E	N	DESERT	MOSES	LIFE
O	N	S	I	N	L	O	T	S	E			
O	R	M	E	I	N	O	T	E	R			
M	E	A	E	S	S	A	S	R	A			
O	T	V	B	D	O	E	M	T	B			
S	E	A	O	B	O	M	A	L	B			
E	I	S	N	G	I	S	E	L	A			

We wish those who celebrate their birthdays and anniversaries during this week a happy celebration

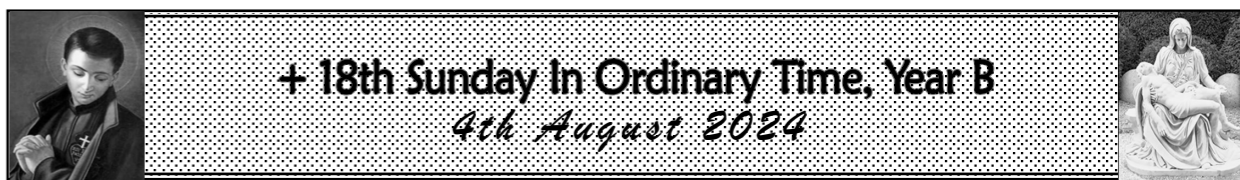
**Food For Thought**

**"We only regret the chances we didn't take."**

**"Kindness changes everything."**



**St. Gabriel of Our Lady of Sorrows Catholic Church, Archway**  
 Contact: 15 St John's Villas, N19 3EE Tel: 02072728195 Mobile: 07533726467 (text only)  
 Email: [archway@rcdow.org.uk](mailto:archway@rcdow.org.uk) Reg. Charity No.233699 Website: [www.stgabes.uk](http://www.stgabes.uk)



**+ 18th Sunday In Ordinary Time, Year B**  
*4th August 2024*

We welcome all to today's Mass, especially visitors who are celebrating with us for the first time. Please take this bulletin home with you for further reflection on this week's celebration and to follow the activities in the Parish during the week.

## REFLECTION ON THE GOSPEL

Last Sunday, Jesus miraculously multiplied bread to feed the hungry crowd primarily as a sign pointing to the higher spiritual food that he was providing for the human soul. But the crowd mistakes the sign for the substance; they went after him for another free lunch in today's Gospel. Jesus berates them for not seeing beyond their stomachs: "I tell you most solemnly" he said, "you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you". Yet, they still didn't get it so they ask him to give them that bread always. How disturbing that while Jesus speaks of spiritual reality, the crowds get stuck in their material world. Materialistic minds cannot comprehend spiritual truths. Along with physical hunger, there is within each of us a more basic hunger; we may have all the material food in the world but if we lack such spiritual food as freedom, truth and especially love which is God Himself, we shall remain famished. In telling the people off for mistaking the sign for the substance, Jesus invites us to do a soul searching ourselves. Why am I a Christian? Why am I a follower of Christ? Why do I go to church? Is it simply that God can solve my problems? Should my relationship with God be reduced to solving all the nitty-gritty issues of my daily life? Do we seek the bread given by the Father or the Father himself who gives the bread? God provides our material needs to draw us into more intimate relationship with Him. In fact when material things are desperately and blindly pursued as ends in themselves, they always lead to self-destruction. When the people asked what they must do to get the bread of life, the answer was simple and straightforward: "You must believe in the one God has sent." To believe IN Jesus is to commit oneself totally and unconditionally to his Way. It is an act of faith, of trust and a letting go. Jesus nourishes us by giving us his Word in the Scriptures which feeds our minds and hearts, enriching and giving meaning and direction to our lives. Jesus also nourishes us through the Church; through the fellowship and mutual support we get as active members of a Christian community. He also nourishes us through the Holy Eucharist; the sacrament of his Body and Blood. There too, we give thanks for all the graces by which God, through Jesus, nourishes us daily. Indeed, Jesus nourishes us through every loving and enriching experience from the world around us that adds value and meaning to our lives.

## Mass Times & Intentions 4th – 10th August 2024

- Sat 3rd Vigil Mass 6:30pm:** Eileen Monks (RIP), Denis & Mary Curran, Francis Curran, Sharon Gaudio (ANN)
- Sun 4th 9:00am:** Tony & Kitty Waldron, Miranda Avanzi (RIP), Essien-Oku family (INT)
- 11:30am:** Kitty Waldron, Jane Amooty (posthumous birthday), Joseph Still, Margaret O'Neill (RIP), Peter Harte, Margaret Riordan, Tom D'Arcy (ANN), Madora Martins (Special Int), Maria Piroli, Carmel Dunne (Birthday) (INT)
- 6:30pm:** Joan Fitzgerald, Avanzi family, Maureen Esspay, Fr David Atuanya (INT)
- Mon 5th 12 noon:** Patricia Gethin, Patricia McCormack (RIP), Kitty Waldron (ANN), Bridget O'Callaghan (Birthday), Jean Johnson (Birthday) (INT)
- Tue 6th The Transfiguration of the Lord 12 noon:** Kitty Waldron (6th) (ANN), Maureen McMannis (INT)
- Wed 7th St Ignatius of Loyola 12 noon:** Kitty Waldron (6th) (ANN)
- Thurs 8th 12 noon:** Kitty Waldron (6th) (ANN)
- Fri 9th St Teresa Benedicta of the Cross 12 noon:** Muriel Roberts (4th), Kitty Waldron (6th) (ANN), Roberts family (INT)
- Sat 10th St Lawrence 12 noon:** Mary Anne Evans & Rob Mills (INT)

**Please Pray For**

Rebecca Campbell, Ella Humphreys, Rita Avanzi, Jarlet Fallon, Christopher Jerome, John Bruno, Mary Slow, Isabella King, Derek Gomes, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Christopher Nelson, Paddy Essang, Padra Williams, Phillip Duggase, Terry Earley, Elizabeth Earley, Mary Mullarkey, Mary O'Connell, Bernadette Ikwuka, Margaret Togher, Mary Dunne, Lina Piroli, Christy & Maria Christopher, Lourdes Sisneros, Angela Fairbank, Emmanuel & Magdalene Debonne, Douglas Meyers, Sylvia Traynor, Danielle, Lilian Montague, Frances Quinn, Tony Colbert, Kathleen Panayiotou, Maureen Walsh, Gabby Mehmet, Freda Glackin, Maureen Currie, Joan McGonigal, Emo Essang, Madeleine Hourihan, Stella Anakor, Jacinta, Marie Therese Tourette, Mary Gallagher, Gloria Munian, Teresa O'Dea, Percy Shackell, Ola Gam-Ikon, Eddy Renwick, Gino Avanzi, Nicholas Stephens, Anastasia Nervais, Margaret Foley, Sr Joseph, Prince Henshaw, Maureen Esspay, John Alan, Private Intentions. Rashmi, Joan Fitzgerald, Savindra de Alwis,

**Parish Projects**

1. Replacing expired Church meeting room roof (Abbey Roofing) £17,900 + VAT= bal. £9,900. **Trinity Fund £8,000 granted**
2. Refurbishing 722 Holloway Road, Church reclaimed property (Ozzy Home Repairs Ltd) £20,000 paid in full by **National Lottery Fund**
3. New Security Gate around Parish Carpark/ Exit on Holloway Road (Harling Security Solutions) £25,522 + VAT

Donations towards the projects would be highly appreciated. Donations so far received **£35,701.36** Thanks.

**Parish is served by the Holy Ghost Fathers (Spirans) Congregation of the Holy Spirit**

**Parish Priests:** Fr. Moses Enechizena CSSp, Fr. Remigius Ndubuisi CSSp, Fr Isah Katuka CSSp

**Parish Office Team:** Patricia Essien-Oku, Maureen Tayler, Mary Aherne, Joan FitzGerald

**Office Hours:** Mon, Wed, Fri. -(9am – 3pm) Tue, Thur. - (9am-1pm)

**Contact:** 15 St. John's Villas, Archway, London N19 3EE. Tel: 020 7272 8195, M: 07533726467 - (TEXT ONLY)  
Email: [archway@rcdow.org.uk](mailto:archway@rcdow.org.uk) Web: [www.stgabes.uk](http://www.stgabes.uk) (Reg. Charity No.233699)

**Confessions Sat. 11am. 6pm, before Masses Exposition of the Blessed Sacrament/Meditative Rosary: Sun. 10.30am**

**Healing Mass/Holy Hour/Benediction: First Fridays 12noon Prayer/Faith Group: Sat. 10am**

**Mission Statement:** To animate a loving multicultural Christian community

*Gentle reminders: Please turn off your mobile phones. You have the right to remain silent ...*

# TODAY'S READINGS

## ENTRANCE ANTIPHON

O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.

## OPENING PRAYER

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory to you as their Creator and guide, you may restore what you have created and keep safe what you have restored. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unit of the Holy Spirit, one God for ever and ever.

## FIRST READING Exodus 16:2-4

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!' Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not. 'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God.'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

## RESPONSORIAL PSALM (Ps 77)

R. **The Lord gave them bread from heaven.**

The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. **R.**

He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. **R.**

Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. **R.**

## SECOND READING Ephesians 4:17-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

## GOSPEL ACCLAMATION

**Alleluia, alleluia**  
I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me. **Alleluia.**

## GOSPEL John 6:24-35

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.' Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.' Jesus answered: 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.' 'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

## PRAYER OVER THE GIFTS

Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you. Through Christ our Lord.

## COMMUNION ANTIPHON

You have given us, O Lord, bread from heaven endowed with all delights and sweetness in every taste.

## PRAYER AFTER COMMUNION

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never failing care for them, make them worthy of eternal redemption. Through Christ our Lord.

Mass	Readers	Eucharist Minister	Stewards
Sat. 6.30pm	Bridget O'Dea	June G	Joan Fitzgerald/Jeanette Fayers
Sun. 9.00am	Ann Waldron	Olga Monpeke	Essien E-Oku/ Gabriel E-Oku
Sun. 11.30am	John Obligar	June G & Mary A	Bernie Shevlin/Joseph Baffoe
Sun. 6.30pm	Maureen Tayler	Michelle C	No Steward

## The Spiritual Communion Prayer (For Online Mass) ONLY

**My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You.**

### THE GLORIA

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise You,  
We bless You,  
We adore you,  
We glorify You,  
We give You thanks for Your great glory.  
Lord God, heavenly King, O God, the almighty Father.  
Lord Jesus Christ, the Only-begotten Son.  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us; You take away the sins of the world, receive our prayer.  
You are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
You alone are the Lord.  
You alone are the Most High. Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.

### THE APOSTLES' CREED

I believe in God,  
the Father Almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
He descended into hell;  
on the third day He rose again from the dead;  
He ascended into heaven,  
and is seated at the right hand of God the Father Almighty;  
from there He will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of Saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

**Parish Safeguarding Officers:** Tracey Mullett 07957158861 **Email:** archwaysg@safeguardrcdow.org.uk,  
Joan Fitzgerald 07811419531 **Email:** archwaysg1@safeguardrcdow.org.uk  
Sade Afolabi 07943565430 **Email:** archwaysg2@safeguardrcdow.org.uk

- Minors **MUST not** go to the toilets, rooms, or outside the church during services unaccompanied.
- There **MUST be** at least 2 adults present at any ministry to minors e.g. Children's Liturgy, Catechism and Youth Club.
- Vulnerable people **MUST be** accompanied in the Church.

**Parish Health and Safety:** Joan Fitzgerald 07811419531, Maria Okerefor 07830000919, Jeanette Fayers 07738929756, Evette Parnell-Ogu

**Parish Security Reps:** Maurice Richards 07904021798 and Essien Ekpenyong-Oku 07305608832