

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



Parish Project Collection will be taken at all Masses next weekend. Thank you for your generosity in continuing to support your parish.

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.

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. The first pickup point will be at 6.30am in front of St Gabriel of Our Lady of Sorrows, then it will proceed to the next pickup point at 6.45am, which will be Sts. Peter and Paul, Clerkenwell, 5 Amwell Street, EC1R 1UL. All will depart at 7am to Walsingham.

First Holy Communion & Confirmation 2025: 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 31st of August. For confirmation, the candidate must be 13years by the 31st of August. Please pick up the registration forms from the Parish Office.

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

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. See posters at the entrance to scan your free tickets and take note of the date and time of the event.

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: 11th August 2024

Envelopes: £181 **Loose:** £1002.51 **Contactless:** £20.00 We also receive £700 weekly from standing orders. Thank you for your continuous support for our parish.

August Diary

Weekend 24th/25th—**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.

S	E	L	F	D	A	E	R	B	E
H	R	O	O	D	A	F	E	R	A
E	O	O	E	F	I	L	T	E	N
S	L	B	T	S	W	E	J	A	C
B	A	I	E	S	F	S	O	R	E
D	N	E	V	A	E	H	T	E	S
R	R	W	H	I	T	C	A	H	T
E	E	I	T	T	N	T	N	T	E
J	T	A	N	S	A	G	P	A	L
O	E	I	N	K	I	F	A	F	S

LIVING BREAD JEWS HEAVEN FLESH EAT DRINK BLOOD ETERNAL LIFE FATHER ANCESTORS



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 Reg. Charity No.233699 Website: www.stgabes.uk

+ 20th Sunday In Ordinary Time, Year B
18th 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

The long discourse on Jesus as the bread of life which started four Sundays ago eventually comes to a climax this Sunday with Jesus declaring: "I am the living bread which has come down from heaven. Anyone who eats this bread will live forever. The bread that I shall give is my flesh, for the life of the world. Recall that although the Jews were delivered from Egyptian bondage with the Passover event, they were not liberated as they still craved for the foods of Egypt. Like one walking to freedom from addiction, there is the tendency to look back, to crave for what is being left behind. To sustain them in that journey therefore, God fed them manna through Moses. But, being a material food, they still died in their sin and rebellion against God. However, that Passover event mainly foreshadowed the ultimate liberation from sin and death which will come in Christ through whose cross we are freed from sin and death. Yet, in our weakness, sometimes like the Jews in the desert, we are tempted to go back to the old ways from which Christ has liberated us. Hence, to sustain us, this time around, Christ the new Moses gives us the Eucharistic manna from heaven. His body and blood which we receive in the form of bread and wine from the Eucharistic Table is thus the food that is sure to sustain us unto eternal life. Yet, when Jesus refers to himself as the bread of life, it is not only about Jesus in the Holy Eucharist, it encompasses his whole way of life; teaching, attitudes, relationships towards his Father and people. Indeed, everything the Gospel tells us about him is real nourishment and food for our daily living. Thus, the invitation to eat of this bread is an invitation to listen to him, to believe in him and to follow in his way. It implies being totally united with him and filled with his spirit and vision. It is to be able to say with St Paul, "I live, no, it is not I, but Jesus lives in me." It is to be prepared to enter totally with him into the paschal mystery of his love-centred life, his self-giving in suffering, and death as a way to life. To make him the way of life, in thoughts, words and actions, that is what it means to live the fullness of life, a life which we can begin to live here and now.

Mass Times & Intentions

18th – 24th August 2024

Sat 17th Vigil Mass 6:30pm: Miranda Avanzi, Alan Mullee, Tom Redmond, Angela Nallion, Una & PJ McGettigan (RIP), Oliver Jeanette & family, Pauline & Sara (INT)

Sun 18th 9:00am: Miranda Avanzi, Carlo Avanzi (RIP), Essien-Oku family, Avanzi family, Manny, Lily Ekong & family (INT)

11:30am: Patrick Harte, Geraldine McGuinness, Mossie Fitzgerald, Muzev (INT)

6:30pm: James McFadden (ANN)

Mon 19th 12 noon: Spiritans and Marists Communities, Archway

Tue 20th St Bernard 12 noon: Annie Dwyer, Mattie Gravells, Miranda Avanzi (RIP), Manny Ekong (50th birthday) Rita Avanzi & family (INT)

Wed 21st St Pius V 12 noon: Patrick Dagddy (RIP)

Thurs 22nd The Queenship of the Blessed Virgin Mary Chris Kennedy-Wilson (RIP), Joe Carr (1st) (ANN)

Fri 23rd St Rose of Lima 12 noon: Babs Kavanagh (ANN)

Sat 24th St Bartholomew 12 noon: People of the Parish



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 (Ozy 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 (Spiritans) Congregation of the Holy Spirit**

Parish Priests: Fr. Moses Enehizena 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 **Web:** 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

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



Food For Thought

"If it doesn't challenge you, it won't change you."

"Don't let the fear of what could happen stop anything from happening."

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

TODAY'S READINGS

ENTRANCE ANTIPHON

Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.

OPENING PRAYER

O God, who have prepared for those who love you good things which no eye can see, fill our hearts, we pray, with the warmth of your love, so that, loving you in all things and above all things, we may attain your promises, which surpass every human desire. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

FIRST READING Proverbs 9:1-6

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her breasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: "Who is ignorant? Let him step this way." To the fool she says, "Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception."

RESPONSORIAL PSALM (Ps 33)

R. Taste and see that the Lord is good.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
But those who seek the Lord lack no blessing.

Come, children, and hear me
That I may teach you the fear of the Lord.
Who is he who longs for life
And many days, to enjoy his prosperity?

They keep your tongue from evil
And your lips from speaking deceit.
Turn aside from evil and do good;
Seek and strive after peace. **R.**

SECOND READING Ephesians 5:15-20

Be very careful of the sort of lives that you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

GOSPEL ACCLAMATION

Alleluia, alleluia!

The Word was made flesh and lived among us, to all who did accept him He gave power to become children of God. Alleluia.

GOSPEL John 6:51-58

Jesus said to the crowd: "I am the living bread which has come down from heaven. Anyone who eats this bread will live forever; and the bread that I shall give is my flesh, for the life of the world." Then the Jews started arguing with one another: "How can this man give us his flesh to eat?" they said. Jesus replied: "I tell you this most solemnly, if **R.** you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real **R.** drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven, not like the bread our ancestors ate; they are dead, but anyone who eats this bread will live forever. **R.**

PRAYER BEFORE COMMUNION

Receive our oblation, O Lord, by which is brought about a glorious exchange, that, by offering what you have given, we may merit to receive your very self. Through Christ our Lord.

COMMUNION ANTIPHON

With the Lord there is mercy; in him is plentiful redemption

PRAYER AFTER COMMUNION

Made partakers of Christ through these Sacraments we humbly implore your mercy, Lord, that, conformed to his image on earth we may merit also to be his coheirs in heaven. Who lives and reigns for ever and ever. Amen

Mass

Sat. 6.30pm
Sun. 9.00am
Sun. 11.30am
Sun. 6.30pm

Readers

Ann Heekin
Paula Zanre
Joseph Baffoe
Eugenia Ackah

Eucharist Minister

June G
Olga M
June G & Joyce McD
Roxanne C

Stewards

Joan Fitzgerald/Jeanette Fayers
Essien E-Oku/ Gabriel E-Oku
Bernie Shevlin/Joseph Baffoe
Joseph Ogbonna

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, Maria Okerefor 07830000919, Jeanette Fayers 07738929756, Evette Parnell-Ogu 07985256344

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