

# NEWS AND VIEWS

**Rehearsal Dates for Children's/Mothering Sunday Mass:**  
**Sunday 23rd March after 11.30am Mass**  
**Saturday 29th March @ 10am.**

**CAFOD Family Fast Day Collection:** Thank you to everyone for your generous contributions to the CAFOD collection last week - and to the kind people who give regular donations to CAFOD

**Prayer & Life workshops:** A new prayer and life workshop for adults will begin with a taster session on **Thursday 3rd April**, from 7 pm-9 pm in the meeting room. For more information see the flyers or Contact **Mary: 07828455333 Thelma: 07404026955 who will be at the porch after Mass.**

**Cardinal's Lenten Appeal 2025**

This Holy Year invites us to be 'Pilgrims of Hope'. We invite you to consider supporting work being done in the Diocese of Westminster to bring hope into many lives. Our parish outreach project has benefitted from this appeal. Thank you for your kindness and support.

**Confirmation Classes 6.30pm:** Sessions are as follows on Wednesdays, **March 26th, April 23rd, May 7th, 21st, June 4th, 18th, July 2nd, Sat. 5th (Rehearsals).** Bishop Hudson will celebrate the **Confirmation Mass on 6th July at 11.30am Mass**

**First Holy Communion Lesson Dates in Mar. Sat. 22nd @ 10am Sacrament of Reconciliation, Sun. 30th(Children's Mass/Mothering Sunday) April 27th.** All meetings are in the Meeting Room.

**Donations:** Thank you to those who always respond. We are still taking in food items for our friends at the door, such as biscuits, soups, fizzy drinks, tea & coffee, sardines, pot noodles and any food on the go. We appreciate this donations. Thank you and God bless.

**R.I.P Ann McCarthy** - Our dear Ann who most of us know from the 9am Mass as the quiet lady who always at the repository (shop) after 9am Mass. She passed away on Wednesday morning. Her funeral mass will be announced in due cause. May her soul and the souls of all the faithful departed rest in peace.

**100 Club March draw:** The 1<sup>st</sup> prize of £145 went to no. 76. 2<sup>nd</sup> prize of £58 to no. 27. 3 prizes of £29 to nos. 69, 9 & 82. £290 was raised for parish funds. The **April draw** will take place after the First Friday Service on 4th April. Subscriptions should be handed in at church by the weekend of **29th/30th March** at the latest. New members welcome.

**Legacy:** A gift in your will, left to a registered charity such as the Church, is exempt from inheritance tax and reduces your overall residual tax rate. Legacies may be left either for general purposes or for a specific use. Please remember to include your parish in your will, to continue the good works of our forebearers

**Christian Stewardship:** 9th March 2025

**Envelopes:** £148.60 **Loose:** £361.43 We also receive £700 weekly from standing orders. Thank you for your continuous support for our parish.

**Contactless Machine Update:** In the meantime, anyone who wants to make a donation can pay into the parish account with the details provided below. **Parish account details below: WRCDT St Gabriels Upper Holloway**  
**Sort Code:** 40-05-20 **Account No:** 01097024

**Stations of the Cross:** Every Friday in Lent at 11.30am before noon mass and 6.30pm before 7pm mass.



**spiritans**

**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**

**DIARY DATES**

March 30th:  
**Children's Mass/Mothering Sunday celebration @ 11.30am**

**MARCH DIARY**

Sunday 23rd **First Scrutiny of RCIA candidates** at the 11.30am mass  
 Sunday 30th **Children's Mass/Mothering Sunday / Second Scrutiny of RCIA candidates** at the 11.30am mass  
 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 .

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**GALILEANS BLOOD SINNERS REPENT**  
**PERISH EIGHTEEN TOWER SILOAM**  
**GUILTY PARABLE FIG THREE**



**FOOD FOR THOUGHT**

**"Be somebody who makes everyone feel like a somebody."**

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



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

**3rd Sunday Of Lent Time Year C**

*23rd March 2025*



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.

**REFLECTIONS ON THE GOSPEL**

Today, Jesus emphasizes the necessity of avoiding SIN because that is the real evil, the root of all suffering. It does not suffice to avoid sin merely through fear of the punishment that the sinner may incur. One must truly be converted to the good, so that the law of solidarity can reverse its effectiveness and develop, through communion with Christ's suffering, a positive influence on the other human family. Jesus tells us: "Unless you repent you will perish". It means that if we repent we shall not perish. Repentance means turning away from sin and turning to God. Turning to God means first of all entering into one's self. There is no conversion without this turning to one's core, to one's heart or conscience. Turning to God requires recollection and concentration. The person must discover his/her deepest self and at the same time his/her higher self. Through this process we eliminate the obstacles between us and God., between us and His grace, and letting His life be instilled in us. Being converted means taking on a new mentality by which we see as Jesus sees, we want what Jesus wants and we live as Jesus lived. Living like him is the goal of the Christian, to the point of being able to say with St. Paul, "It is no longer I who live, but it is Christ who lives in me" (Gal. 2:20). Let us heed the word of Our Lord: "Unless you repent, you will all. perish"(Lk 13, 3).

**Mass Times & Intentions 23rd – 29th March 2025**

**Sat 22nd 6:30pm:** Compton Munian (12<sup>th</sup>) (ANN), Private Ints (INT)  
**Sun 23rd 9:00am:** Ann McCarthy (RIP), Essien-Oku family, Tunu & Philip, Queeneth & Ekpo, Amy & Laurence (INT)  
**11:30am** Michael Joyce, Tommy Screene, John Reese, May Togher (RIP), Muzey Zeray (INT)  
**6:30pm:** Ann McCarthy (RIP), Mary Mullee (INT)  
**Mon 24th 12 noon:** May Togher, (RIP), John Stephen Phelan (ANN)  
**Tue 25th 12 noon:** Elizabeth Asharkuma Achebo-Awusu (RIP), Anna Marie Lydon (Healing Mass), Bernadette Kennedy, Maura & David Wright, Joan Fitzgerald (INT)  
**Wed 26th 12 noon:** Peter & Mary Hehir (ANN), People of the Parish (INT)  
**Thurs 27th 12 noon:** Thomas Patrick Walters (RIP), People of the Parish (INT)  
**Fri 28th 11:30am:** Stations of the Cross followed by Mass: Vanio Rodrigues (RIP), People of the Parish (INT)  
**6:30pm:** Stations of the Cross followed by Mass: People of the Parish (INT)  
**Sat 29th 12 noon:** People of the Parish (INT)



Rebecca Campbell, Ella Humphreys, Rita Avanzi, Jarlet Fallon, Christopher Jerome, John Bruno, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Christopher Nelson, Paddy Essang, Phillip Duggase, Terry Earley, Elizabeth Earley, Mary Mullarkey, Bernadette Ikwuka, Margaret Togher, Mary Dunne, Christy & Maria Christopher, Lourdes Sisneros, Angela Fairbank, Emmanuel & Magdalene Debonne, Douglas Meyers, Sylvia Traynor, Frances Quinn, Tony Colbert, Kathleen Panayiotou, aureen Walsh, Gabby Mehmet, Freda Glackin, Maureen Currie, Joan McGonigal, Madeleine Hourihan, Stella Anakor, Jacinta, Marie Therese Tourette, Mary Gallagher, Gloria Munian, Teresa O'Dea, Percy Shackell, Eddy Renwick, Gino Avanzi, Nicholas Stephens, Anastasia Nervais, Margaret Foley, Prince Henshaw, John Alan, Rashmi, Joan Fitzgerald, Savindra de Alwis, Innocent Teme, Winston Fernando, Lourdes Bastardo, Norman Wills, Cronin Hehir, Maura O'Leary, Artoro Davila, Margaret Nelson, Mary Brady, Anne-Marie Lydon, Teresa McDonagh, Dee-Arn Sewell, Christine Cheah, Valentine Olayemi, Patricia & Christopher Howe, Mary Mullee, Ann McCarthy

**Parish Projects**

1. Refurbishing 722 Holloway Road, Church reclaimed property (Ozzy Home Repairs Ltd) £20,000 paid in full by National Lottery Fund  
 2. 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 £40,201.83 Thanks.  
 WRCDT St Gabriels Parish, Upper Holloway Sort Code- 40-05-20 ACCT: 91099450 (Church Development Fund Acct)

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

**Parish Priests:** Fr. Moses Enehizena CSSp, Fr Augustine Isah Katuka CSSp, Fr Martin Goba CSSp  
**Parish Office Team:** Patricia Essien-Oku, Maureen Tayler, Mary Aherne, Joan FitzGerald, Jerrico Luna CSSp  
**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

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

# TODAY'S READINGS

## Entrance Antiphon

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

## Opening Prayer

O God, author of every mercy and of all goodness, who in fasting and prayer and almsgiving have shown a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. 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 Exodus 3:1-8. 13-15

In those days: Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the LORD appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, 'I will turn aside to see this great sight, why the bush is not burned.' When the LORD saw that he turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' Then he said, 'Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground.' And he said, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God. Then the LORD said, 'I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey.' Then Moses said to God, 'If I come to the people of Israel and say to them, "The God of your fathers has sent me to you", and they ask me, "What is his name?" what shall I say to them?' God said to Moses, 'I AM WHO I AM.' And he said, 'Say this to the people of Israel: "I AM has sent me to you."' God also said to Moses, 'Say this to the people of Israel: "The LORD, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for ever, and thus I am to be remembered throughout all generations.'

## Responsorial Psalm (Ps 102)

R. **The Lord is compassionate and gracious.**

Bless the LORD, O my soul,  
and all within me, his holy name.  
Bless the LORD, O my soul,  
and never forget all his benefits.

It is the Lord who forgives all your sins,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with mercy and compassion

The LORD does deeds of justice,  
gives full justice to all who are oppressed.  
He made known his ways to Moses,  
and his deeds to the children of Israel.

R.

The LORD is compassionate and gracious,  
slow to anger and rich in mercy.  
For as the heavens are high above the earth,  
so strong his mercy for those who fear him.

R.

## Second Reading 1 Corinthians 10:1-6. 10-12

I do not want you to be unaware, brothers and sisters, that our fathers were all under the cloud, and all passed through the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness. Now these things took place as examples for us, that we might not desire evil as they did, nor grumble, as some of them did and were destroyed by the Destroyer. Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore let anyone who thinks that he stands take heed lest he fall.

## Gospel Acclamation

Glory to you, O Christ, you are the Word of God.  
Repent, says the Lord,  
for the kingdom of heaven is at hand.  
Glory to you, O Christ, you are the Word of God.

## Gospel Luke 13:1-9

There were some present at that very time who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. And he answered them, 'Do you think that these Galileans were worse sinners than all the other Galileans because they suffered in this way? No, I tell you; but unless you repent, you will all likewise perish. Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? No, I tell you; but unless you repent, you will all likewise perish.' And he told this parable: 'A man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. And he said to the vine dresser, "Look, for three years now I have come seeking fruit on this fig tree, and I find none. Cut it down. Why should it use up the ground?" And he answered him, "Sir, let it alone this year also, until I dig round it and put on manure. Then if it should bear fruit next year, well and good; but if not, you can cut it down."

R.

R.

## Prayer over the gifts

Be pleased, O Lord, with these sacrificial offerings and grant that we who beseech pardon for our own sins, may take care to forgive our neighbour. Through Christ our Lord.

## Communion Antiphon

The sparrow finds a home, the swallow finds a nest for her young, nearby your altars, O Lord of hosts, my King, my God! Blessed are they who dwell in your house, for ever singing your praise.

## Prayer after Communion

As we receive the pledge of things yet hidden in heaven and are nourished while still on earth with the Bread that comes from on high, we humbly entreat you, O Lord, that what is

being brought about us in mystery may come to true completion. Through Christ our Lord

## SPIRITUAL COMMUNION PRAYER (For Online Mass)

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.

## Mass

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

## Readers

Ann Heekin  
Paula Zandre  
Joseph Baffoe  
Eugenia Ackah

## Eucharist Minister

June G  
Olga Monpeke  
June G & Mary A  
Roxanne C

## Stewards

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

## 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 NICENE CREED

I believe in one God, the Father Almighty, Maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God; begotten not made, consubstantial with the Father. Through Him all things were made. For us men and for our salvation He came down from heaven, (*all bon*) and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake He was crucified under Pontius Pilate. He suffered death and was buried and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father and the Son who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. 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
- Vulnerable people **MUST be** accompanied in the Church.

**Parish Data Protection Champion Officers:** Ann Waldron 07449110910 **Email:** archway@rcdow.org.uk  
Tom McDonnell

**Parish Health and Safety:** Jeanette Fayers 07738929756, Evette Parnell-Ogu 07985256344

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