

NEWS AND VIEWS

Parish Auction meeting: Next one will take place on Friday 19th September at 7pm to discuss further the action plans for the 25th of October. All volunteers are welcome to come, join and share ideas. **Raffle tickets for the event goes on sale this weekend.**

Fundraising Musical Event for St Mellitus Parish Hall will take place on Thursday 18th September @ 7.30pm. Entry fee will be £10 at the door. Please see poster for more details

Spiritans Youth Concert: This will take place on the 25th October and doors will open at 9am. It will be refreshing to worship God through praise and worship. Kindly scan the QR code on the poster in the porch for your **free tickets.**

First Holy Communion 10.15am Lesson Dates in Sept. 28th, Oct. 5th, 19, Nov. 9th, 23rd, 30th **Enrolment Mass @11.30am, Dec. 7th, 14th. More dates to be announced**

100 Club Draw: The next draw is on **Friday 3rd October after the First Friday Service.** Subscriptions due in by the weekend of 30th/31st August. **NEW MEMBERS WELCOME!** Application forms at the back of the church.

Parish Project collection will be taken 27th/28th weekend. Please pick up the envelopes for this. Thank you.

Secondary Schools Open Days Events:

St Aloysius: September 18th-4.30pm-6pm, 20th-9am-11.30am, 22nd 9am-11.30am
LaSainte Union (LSU): September 30th, October 14th & 16th, visit <https://www.lasainteunion.org.uk/Admissions/Open-Day>
Finchley Catholic Boys(FCHS): September 30th 5pm-7pm

Donations: Thank you to those who always respond. We are now 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.

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 forbearers

Christian Stewardship: 7th September 2025


Envelopes: £175 **Loose:** £350.09. 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.

WRCDT St Gabriels Upper Holloway
Sort Code: 40-05-20 Account No: 01097024




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)
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+ The Exaltation of The Holy Cross

14th September 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's feast of the exaltation or triumph of the Holy Cross is not like Good Friday. Our focus is not so much on the sufferings of Jesus. Rather, we celebrate what the gospel reading refers to as the lifting up of the **Son of Man**. The term 'lifting up' suggests not just his being lifted up physically on the cross but also his being lifted up in glory. There are some depictions of the cross which highlight this double sense of Jesus being lifted up, where the body of Jesus on the cross is almost glorified. You may be familiar with the cross of San Damiano in Assisi. When Saint Francis was praying before it, he heard the Lord call on him to rebuild the church. The image of Jesus that is painted on that cross has a glorious, luminous, quality. It is this kind of depiction of the cross that reflects the meaning of today's feast, which is the feast of the triumph or exaltation of the cross. *In what sense was the crucifixion of Jesus a triumph?* It was firstly the triumph of love over hatred, the triumph of **G**od's love over human sin. All authentic love is life-giving and God's love is supremely life-giving. That is why the crucifixion of Jesus was a triumph in an other sense, the triumph of life over death, of God's life over human death, a triumph in which we can all share. That verse in today's gospel reading which has spoken to believers down the centuries really sums up the meaning of today's feast, '**God loved the world so much that he gave his only Son, so that everyone who believes may have eternal life in him**'. Today we are invited to look upon the cross as the '*explosion of God's life-giving love for us all*' and then to allow ourselves to be drawn into that love so that we can reflect it to others through our lives.

- Mass Times & Intentions 14th – 20th September 2025**
- Sat 13th Vigil Mass 6:30pm:** Frank Cheah (posthumous birthday) (RIP), Anna Cocobassey (ANN)
 - Sun 14th 9:00am:** Lisa Finn (RIP), Anna Cocobassey (ANN), Maria Piroli, Essien-Oku family (INT)
 - 11:30am:** Kathleen McNice (ANN), Liz Bruno (INT)
 - 6:30pm:** Philip & Tunu, Amy & Laurence, Queeneth & Ekpo (INT)
 - Mon 15th Our Lady of Sorrows 12 noon:** Bridget McCarthy (ANN)
 - Tue 16th Sts Cornelius & Cyprian 12 noon:** Claire Tobin (RIP), Bingo Club members (INT)
 - Wed 17th 12 noon:** Pat McAndrew (ANN), Maria Piroli (INT)
 - Thurs 18th 12 noon:** Volunteers of the Parish
 - Fri 19th 12 noon:** Bernard Etim-Bassey (posthumous birthday), Martin Bradley (posthumous birthday) (RIP), Louisa Umuokoro (INT)
 - Sat 20th Saints Andrew Kim Tae-gön, Paul Chông Ha-sang and Companions 12 noon:** Lina Piroli (RIP)

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, Maureen 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, Padra Williams, Winston Fernando, Lourdes Bastardo, Norman Wills, Cronin Hehir, Maura O'Leary, Artoro Davila, Margaret Nelson, Mary Brady, Teresa McDonagh, Dee-Arn Sewell, Christine Cheah, Valentine Olayemi, Mary Mullee, Elizabeth Ortega, Gomes family, Private Intentions, Agnes Quainoo, Hannah Conwell, Stephanie Kafari, Angela Gallagher, Errol Roberts

Parish is served by the Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit
Parish Priests: Fr. Moses Enechizena CSSp, Fr Augustine Isah Katuka CSSp, Fr Martin Goba CSSp, John Duong 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

September Diary

Feast Of Our Lady Mass 8th: **12noon and 7pm**
 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.**

DIARY DATES


25th October: Parish Auction Event
12th December: Parish Community Carol Concert
14th December : Volunteers Mass @ 11.30am
21st December: Nativity Rehearsal starts.

S	E	Y	P	E	E	H	S	E	D
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C	H	E	A	F	A	M	A	I	A
I	O	H	N	S	T	C	E	N	M
O	U	C	A	R	S	H	N	M	H
J	L	U	M	E	E	N	I	A	C
E	D	A	O	N	O	D	O	F	A
R	E	B	W	N	C	C	L	S	R
O	R	E	N	I	M	A	F	I	D
E	S	D	I	S	C	L	F	L	W

SINNERS
SHEEP
WILDERNESS
SHOULDERS
REJOICE
WOMAN
DRACHMAS
SONS
ESTATE
DEBAUCHERY
FAMINE
CALF



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



FOOD FOR THOUGHT

"Enjoy being yourself and you'll feel no need to copy others."

"Kindness changes everything."

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

TODAY'S READINGS

ENTRANCE ANTIPHON

You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.

OPENING PRAYER

O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. 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 (Numbers 21: 4b- 9)

In those days: The people became impatient on the way. And the people spoke against God and against Moses, 'Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we loathe this worthless food.' Then the LORD sent fiery serpents among the people, and they bit the people, so that many people of Israel died. And the people came to Moses and said, 'We have sinned, for we have spoken against the LORD and against you. Pray to the LORD, that he take away the serpents from us.' So Moses prayed for the people. And the LORD said to Moses, 'Make a fiery serpent and set it on a pole, and everyone who is bitten, when he sees it, shall live.' So Moses made a bronze serpent and set it on a pole. And if a serpent bit anyone, he would look at the bronze serpent and live.

RESPONSORIAL PSALM (Ps 78 (77): 1-2, 34-35)

R. Never forget the deeds of the Lord!

Give ear, my people, to my teaching; incline your ear to the words of my mouth. I will open my mouth in a parable and utter hidden lessons of the past.

When he slew them, then they sought him, repented and earnestly sought God. They would remember that God was their rock, God the Most High their redeemer.

Yet they deceived him with their mouths;

they lied to him with their tongues. For their hearts were not steadfast towards him; they were not faithful to his covenant. **R**

Yet he who is full of compassion forgave them their sin and spared them. So often he held back his anger, and did not stir up all his rage. **R**

SECOND READING (Philippians 2-6.11)

Christ Jesus, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

GOSPEL ACCLAMATION

Alleluia, alleluia!

We adore you, O Christ, and we bless you, because by your Cross you have redeemed the world.

Alleluia!

GOSPEL (John 3:13-17)

At that time: Jesus said to Nicodemus, 'No one has ascended into heaven except he who descended from heaven, the Son of Man. And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.'

R

PRAYER OVER THE GIFTS

O God, who give us the gift of true prayer and peace, graciously grant that, through this offering, we may do fitting homage to your divine majesty and, by partaking of the sacred mystery, we may be faithfully united in mind and heart. Through Christ our Lord.

COMMUNION ANTIPHON

Like the deer that yearns for running streams, so my soul is yearning for you, my God, the living God.

PRAYER AFTER COMMUNION

Grant that your faithful, O Lord, whom you nourish and endow with life through the food of your Word and

heavenly Sacrament, may so benefit from your beloved Son's great gifts that we may merit an eternal share in his life. Who lives and reigns for ever and ever.

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	Readers	Eucharist Minister	Stewards
Sat. 6.30pm	Bridget O'Dea	Debra	Joan Fitzgerald/Jeanette Fayers
Sun. 9am	Isaac Biblian	Olga	Essien Ekpenyong-Oku
Sun 11.30am	Ignatius Etukudoh	Mary A & Joyce McD	Bernie Shevlin/Joseph Baffoe
Sun 6.30pm	Joanna Hemingway	Roxanne C	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