

# NEWS AND VIEWS

**Peter's Pence collection:** This will take place at all this weekend Masses, please give generously.

**Parish Summer Outing to Southend :** Coaches depart at 7.30am on Saturday the 22nd. Please arrange your own refreshments. The cost of each seat will be £25 and it will be on a first come bases. The coach is a 50 seater coach, please book on in the parish office as soon possible, the coach is filling up.

**First Holy Communion 2024:** It is time to start registering candidates for this sacrament. The catechism classes will start in September. To be eligible for First Communion, the child must be 7 years by the 31st of August. **Please parents/guardians before making this decision, kindly prepare to be at least 90% committed to see our young ones through this journey.** Our Catechists are all selfless volunteers. We emphasise on respecting them and committing to this spiritual journey for our children. Registration forms can be picked from the Parish Office.

**Parish Pilgrimage to Aylesford:** Proposed date will be 23rd September and the cost will be £20 a seat, again we will need committed numbers to be able to book any coach. Book on in the parish office.

**Meeting with all the Catechists** on the 23rd of July at 10am.

**Request For Volunteers:** We will be advertising for volunteers in a few of our groups. If you feel you can commit to these groups, kindly speak to the priest or let the parish of be aware. The groups will be on the notice board and in the bulletin for subsequent weeks.

**Christian Stewardship:** 2nd July 2023 Envelopes: £190.50 Loose: £638.82 Contactless: £105.00 Parish Project- (Help At Home - £3,966.42 so far. We also receive £500 weekly from standing orders. Thank you for your continuous support for our parish.

## July Diary

Friday 7th @ 12noon: **Healing Mass/Holy Hour/Benediction followed by 100 club draws.**  
7.45pm: **Parish Quiz in the Meeting Room**

Thursday 13th @ 7.15pm: **Finance Committee meeting**

Saturday 22nd @ 7.30am: **Proposed Parish Seaside trip**

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 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**

E	R	R	E	V	E	L	C	E	D	BLESS	EARTH	CLEVER
S	S	E	L	B	L	U	H	E	E	ENTRUSTED	LABOUR	YOKE
A	T	E	D	A	B	E	T	R	S	GENTLE	HUMBLE	HEART
G	A	S	B	L	M	S	T	E	A	REST	BURDEN	LIGHT
A	E	O	E	H	U	T	K	B	E			
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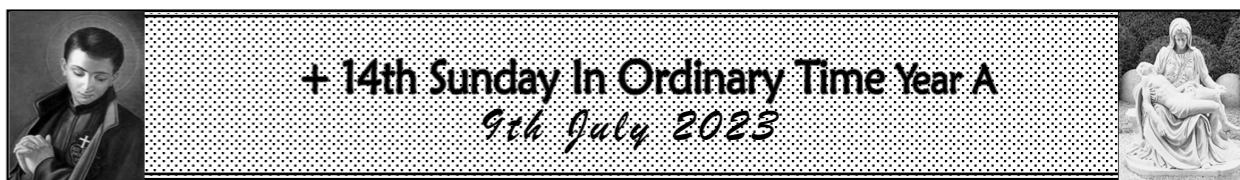
We wish those who celebrate their birthdays and anniversaries during this week a happy celebration

**Food For Thought**

**James 4:10**  
Humble yourselves in the sight of the Lord, and He will lift you up."



**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



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

**JESUS BEARS ALL**

Jesus' coming into this world is to constantly guide people to live and see the God present amongst them. He comes to identify with sinful humanity and so save it. Jesus' acts bring out the fact that he is very much aware of his origins, his family history and above all, he knows the mission of God and thus fits himself perfectly into this mission and willingly carries it out. His incarnation in the Jewish milieu provokes a lot of tension and discomfort. The obvious one comes from King Herod who is threatened, and so is everyone else in Jerusalem, on receiving the news of Jesus' birth from the Wise Men. The restlessness in Herod pushes him to plot evil when he says to the Wise Men, 'Go and make a careful search for the child, and when you find him, let me know, so that I too may go and worship him.' (Mt. 2:8) The end result is nasty as it gives rise to the killing of baby boys born around the same period as Jesus. In fidelity to God's design, Jesus calls close collaborators in his mission to spread the good news of the Kingdom of God. These are not the learned, they are not the highly placed in the Jewish society, but they are feeble creatures of God with professions that are not noble. He calls fishermen and tax collectors – the dejected of the society. They are the little ones who are fortunate to have the mysteries of the Kingdom revealed to them. It is not strange that Jesus tells his apostles, 'you have been given the secret of the Kingdom of God... But the others, who are on the outside, hear all things by means of parables, so that, they may look and look, yet not see; they may listen and listen, yet not understand.' (Mk. 4:11-12). However to be a follow of Jesus entails that difficulties, challenges and suffering will come one's way. In the midst of these difficulties, Jesus chooses to bear all our worries and difficulties. He gives his follower a blessed assurance of a good rest. The yoke is heavy and uncomfortable to bear but the ultimate sacrifice of the Word Made Flesh makes it easy and light. The invitation of Jesus is crucial in our faith journey because this points out that Jesus does not call us in order to leave us stranded in our faith journey. He ever supports us as he relieves us of our heavy burdens! Lord Jesus, help us to believe that you are always with us. Amen.

**Mass Times & Intentions 9th – 15th July 2023**

**Sat 8th Vigil Mass 6:30pm:** Muriel & George Roberts (RIP), Tony Glackin (ANN)  
**Sun 9th 9:00am:** Brian Coyle (RIP), Tony Glackin (ANN), Bridget McDonnell (INT)  
**11:30am:** Brendan Nelson, Bridie Butler, Eileen Fitzgerald (RIP), Tony Glackin (ANN), Etukudoh family, Crizel Dias (INT)  
**6:30pm:** Willy Gormley (RIP), Theresa McFadden, Frances Herlihy (3rd), Phil White (ANN), Beryl Tamsett, John & Lucie Thompson, Alan & Felicity Harrison (INT)  
**Mon 10th 12 noon:** Spiritans Archway  
**Tue 11th St Benedict 12 noon:** Regina Offiong, Kathleen Foley, Fr Martin Goba (14th anniv of Ordination) (INT)  
**Wed 12th 12 noon:** People of the Parish  
**Thur 13th 12 noon:** Fr Andrew, Anthony & Bianca Gammelleri (INT)  
**Fri 14th St Camillus de Lellis 12 noon:** Marist Sisters, Archway  
**Sat 15th St Bonaventure 12 noon:** All Parish Volunteers

*Please Pray For:*

Rebecca Campbell, Ella Humphreys, Rita Avanzi, Nancy Olaiya, Jarlet Fallon, Nora Hoare, Ann Larkin, Mary Wallace, Christopher Jerome, John Bruno, Mary Slow, Isabella King, Derek Gomes, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Tina Okelue, Mary Theresa Madigan, Christopher Nelson, Paddy Essang, Padra Williams, Phillip Duggase, Terry Earley, Elizabeth Earley, Mary Mullarkey, Mary O'Connell, Bernadette Ikwuka, Margaret Togher, Geraldine McKeane, 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, Brian Robinson, Teresa O'Dea, Percy Shackell, Rosario De Cruz

**Parish is served by the Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit**  
**Parish Priests:** Fr. Moses Enchizena CSSp, Fr. Martin Goba CSSp, Fr. Oliver Ugwu CSSp, Seminarian Raphael Muendo  
**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)  
**Pastorals/Devotions: Confessions** Sat 11am, 6pm, **Exposition of the Blessed Sacrament/Meditative Rosary:** Sun. 10.30am **Healing Mass/Holy Hour/Benediction:** First Fridays (New time) 12noon **Legion of Mary:** First Wed. 6.30pm **Monday Prayer Group:** 1st & 3rd Mon. 6.30pm  
**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

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

## OPENING PRAYER

O God, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness. 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 Zech 9: 9-10

The Lord says this:  
 "Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth."

## RESPONSORIAL PSALM (Ps 144)

**R. I will bless your name for ever,  
 O God my King.**

I will give glory, O God my King,  
 I will bless your name for ever.  
 I will bless you day after day  
 and praise your name for ever

**R.**

The Lord is kind and full of compassion,  
 slow to anger, abounding in love.  
 How good is the Lord to all,  
 compassionate to all his creatures

**R.**

All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God. **R.**

The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down. **R.**

## SECOND READING Romans 8:9 11-13

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong in him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you. So then my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

## GOSPEL ACCLAMATION

**Alleluia, alleluia**  
**Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children.**  
**Alleluia.**

## GOSPEL Mt 11: 25-30

Jesus exclaimed, "I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. "Come to me, all you who labour and are overburdened and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

## PRAYER OVER THE GIFTS

May this oblation dedicated in your name purify us, O Lord and day by day bring our conduct closer to the life of heaven. Through Christ our Lord.

## PRAYER AFTER COMMUNION

Grant, we pray, O Lord, that, having been replenished by such great gifts, we may gain the prize of salvation and never cease to praise you. Through Christ our Lord.

## COMMUNION ANTIPHON

Taste and see that the Lord is good; blessed the man who seeks refuge in him.

### Mass

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

### Readers

Ann Heekin  
 Rachel McGonigal  
 Joseph Baffoe  
 Eugenia Ackah

### Eucharist Minister

Jackie O'Shea  
 Olga Monpeke  
 June G & Roxanne  
 Michelle Carr

### Stewards

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

## The Prayer Of the Synod: Adsumus Sancte Spiritus

Attributed to St. Isidore of Seville (560-636), it has been traditionally used at Councils and Synods for hundreds of years. The version below was specifically designed for the Church's Synodal journey from 2021 to 2023.

We stand before You, Holy Spirit, as we gather together in Your name.

With You alone to guide us, make Yourself at home in our hearts;

Teach us the way we must go and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.

Do not let ignorance lead us down the wrong path nor partiality influence our actions.

Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right.

All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever.

Amen.

### 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,  
 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