

# NEWS AND VIEWS

**First Holy Communion:** We congratulate our candidates who make their First Holy Communion this Sunday. We thank their parents and guardians for presenting them for the Sacrament. We are most grateful to their Catechists for generously accompanying them through their year of preparations. We appreciate family and friends for coming to celebrate with us. May the love of God made visible in the Holy Eucharist abide with us today and always.

**Proposed Pilgrimage** to Walsingham will take place on the **2nd of July**. All interested should make their payments of **£30** which will be heavily subsidised by the parish for it to be affordable. It will also be on a first come bases. For more information speak to anyone in the parish office.

**Breakfast Volunteer opportunity:** We are appealing for volunteers who will be available any day of the week/weekend for our daily breakfast serving and most importantly can work within a team at our Outreach centre in Hatchard road. Any interested person/people can speak to the parish office and the priests for more clarity.

## June Diary

Thursday 23rd @ 6.30pm: **Baptism preparation session**  
 Saturday 25th @ 12noon Mass: **Baptism follows immediately after 12noon Mass**  
 Every Saturday at 10.30am: **Faith Sharing/RCIA sessions**  
 Every Last Saturday at 12noon: **Baptism**  
 Every 1st Friday: 12 noon **Healing Mass / Holy Hour / Benediction**  
 8pm **Parish Zoom Quiz night followed by 100 Club Draw**

**Fathers' Day:** We congratulate all the fathers and potential fathers on the occasion of Fathers' Day. We appreciate all your hard work. We pray that God provides for you as you keep providing for all. Thank you too for your support for our parish

**Peter's Pence Collection** will be taken after all Masses next Sunday to mark the Feast of Sts Peter and Paul.

**Christian Stewardship:** (12th June 2022) **Envelopes:** £181.10 **Loose:** £314.80 **Contactless:** £49.18 We also receive £500 weekly from standing orders. Thank you for your continuous support of our parish.

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CROWDS HEALING VILLAGES LOAVES  
 WELCOME AFTERNOON FARMS TWO  
 CURED TWELVE FIVE FISH



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

A young man was asked to look after his baby sister while their parents went into town for shopping. He decided to make it adventurous and fun, so he went fishing and he took her along. When their parents got home he moaned about their day outing, "I'll never do that again!" he told his mother. "I didn't even catch a thing!" "Oh, next time I'm sure she'll be quiet and not scare the fish away," his mother said. "How I wish it was the noise, rather than eating all the bait."



spiritans

**St. Gabriel of Our Lady of Sorrows Catholic Church, Archway**

Contact: 15 St John's Villas, N19 3EE, Tel: 02072728195 (option 2) 07533726467 (text only)  
 Email: archway@rcdow.org.uk Website: www.stgabes.uk



## + The Most Holy Body & Blood Of Christ Year C 19th June 2022



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 Solemnity of the Most Holy Body and Blood of Christ – (Corpus Christi)

Today we celebrate the feast of Corpus Christi, the Body of Christ. The three readings today invite us to reflect on the meaning of the Eucharist. The Eucharist is nourishment. It is not like a medicine that does something automatically, it must be received with faith, accepting the commitment that the act of eating and drinking the body and blood of Christ entails. All three readings insist on the close link between the Eucharist and life, between the Bread that is Christ and the bread that nourishes the body. We cannot be in communion with the Body of the Lord without sharing what we have. We see this in the first reading and in the Gospel. The second reading stresses the incompatibility between the "breaking of bread" and the dissensions and divisions in the community. Furthermore, all the three readings fit together in reminding us of the priesthood of Christ and the gifting of Himself to us through feeding us not only physically, but more importantly, spiritually. The gift of life is given to each of us through Jesus' great sacrifice of Himself on Calvary. Melchizedek's sacrifice was earthly and thus temporary. Sacrifices thus had to be offered over and over again. The sacrifice of Christ was heavenly and since He was God it was a total gift and sharing of self which was made once on the Cross of Calvary. Jesus does not need to die again as His sacrifice was perfect. However, He memorialized this offering through the gift of Eucharist about which St. Paul reminds the Corinthians. Christ changed the bread and wine into His Body and Blood at the Last Supper and He invites us to celebrate this gift each Sunday. The miracle of the loaves and fishes was the miracle of sharing in the bread and fish. Jesus gives us a greater miracle in changing the bread and wine into His body and Blood. This gift is the source of our spiritual life. Christ comes to heal us, change us and sustain us each time we receive Eucharist. We shall take time to reflect on these powerful three readings of today's feast. And as we do, may we ask God for the gift to be receptive of all that He wishes to grant us and for an open heart to respond to all these gifts. There is no cost except that of acceptance and desire to grow.

### Mass Times & Intentions 19th – 25th June 2022

**Sat 18th Vigil Mass 6:30pm:** Brendan Nelson, Ann Colbert (RIP)  
**Sun 19th 9:00am:** Alan Mullee, Elsie Quinlan (RIP), Jimmy & Mary Kelly, Roza Merzer (ANN), Pauline Mullee, Erna Joy, Bart Gawel, Stella Anakor (INT)  
**11:30am:** Ann Colbert, Caroline Earley, Nora O'Connell, Haroulla Demetriou (RIP), James McDaid (ANN), Stella Anakor, Amaobi Maduako (INT)  
**6:30pm:** Williams McDaid (RIP), Philip & Tunu, Ekanem & Uche, Amy & Larry, Udoh family, Emo & Paddy, Stella Anakor, Essien-Oku family, Effy Inam & family (INT)  
**Mon 20th: St Alban 12 noon:** People Of The Parish  
**Tue 21st St Aloysius Gonzaga 12 noon:** Bobby Sewell (ANN)  
**Wed 22nd Sts John Fisher & Thomas More 12 noon:** David Pollard, Peter Lewis (ANN), Jeremy Platten, Stella Anakor (birthday) (INT)  
**Thur 23rd The Nativity of St John the Baptist 12 noon:** Spiritans & Marists Communities, Archway  
**Fri 24th The Most Sacred Heart of Jesus 12 noon:** Bernie D'Arcy (26th) (ANN)  
**Sat 25th The Immaculate Heart of the Blessed Virgin Mary 12 noon:** Pietro Piroli, Carlo Avanzi, Theresa Reilly (RIP), Russell family (INT)



Rebecca Campbell, Babs Kavanagh, 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, Giovanna Spittle, Bridget Munnely, Brian Coleman, Shiela Farrell, Augustina 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 McKeaney, Mary Dunne, Lina Piroli, Pilar, 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, Debbie Whitehead, Emo Paddy Essang, Melissa Fallon, Madeleine, Jimmy Mills, Stella Anakor, Jacinta, Marie Therese Tourette, Mary Gallagher, Rita Atuanya, Gloria Munian

Parish is served by the Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit  
**Parish Priests:** Fr. David Atuanya CSSp, Fr. Benedict Baka CSSp, Fr. Oliver Ugwu 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: parish.rcdow.org.uk/archway (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

He fed them with the finest wheat and satisfied them with honey from the rock.

## OPENING PRAYER

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God for ever and ever.

## FIRST READING (Genesis 14:18-20)

Melchizedek, king of Salem, brought bread and wine; he was a priest of God Most High. He pronounced this blessing: 'Blessed be Abraham by God Most High, creator of heaven and earth, and blessed be God Most High for handing over your enemies to you.' And Abraham gave him a tithe of everything.

## RESPONSORIAL (Psalm 109: 1-4)

**R. You are a priest for ever,  
a priest like Melchizedek of old.**

The Lord's revelation to my Master:  
'Sit on my right:  
I will put your foes beneath your feet.'

The Lord will send from Zion  
your sceptre of power:  
rule in the midst of all your foes

A prince from the day of your birth  
on the holy mountains;  
from the womb before the dawn I begot you. **R**

The Lord has sworn an oath he will not change.  
'You are a priest forever,  
a priest like Melchizedek of old.'

## SECOND READING (1 Corinthians 11:23-26)

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

## GOSPEL ACCLAMATION

**Alleluia, alleluia!** I am the-living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live forever. **Alleluia!**

## GOSPEL (Luke 9: 11-17)

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing. It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' 'For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

## PRAYER OVER THE GIFTS

Grant your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present. Through Christ our Lord.

## COMMUNION ANTIPHON

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

## PRAYER AFTER COMMUNION

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever.

| Mass         | Readers              | Eucharist Minister | Stewards                                       |
|--------------|----------------------|--------------------|--|
| Sat. 6.30pm  | Joanna Hemingway     | June Gray/Debra    | Joan Fitzgerald/Bernie Shevlin/Jeanette Fayers |
| Sun. 9.00am  | Maureen Tayler       | Innocent/Olga      | Essien E-Oku/ Gabriel E-Oku                    |
| Sun. 11.30am | First Communion Grp. | June/Roxanne       | Joseph Baffoe / Ignatius Etukudoh              |
| Sun. 6.30pm  | Tracey Mullett       | Michelle Carr      | Joseph Ogbonna                                 |

## 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,  
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 Team:** Maria Okerefor 07830000919, Jeanette Fayers 07738929756, Joan Fitzgerald 07811419531

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