

# NEWS AND VIEWS

**Parish First Holy Communion this Sunday** at the 11.30am Mass. We congratulate our 10 candidates. We thank our Catechists (Joyce & Bernie) for their dedication and love, we also thank Parents/guardians for supporting them through the journey.

**Dates for Confirmation Sessions:** June 21st, 28th - (Rehearsal in the Church). Confirmation Ceremony is on Sunday July 2nd at 11.30am Mass.

**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. Registration forms can be picked from the Parish Office.

**CHILDREN'S LITURGY** in the meeting room: From next Sunday all children **7 years old and above** should **sit inside the Church** during **11.30am Mass**. All babies, toddlers and children 6 years old and younger can go into the meeting room with at least a parent.

**Parish Pentecost Raffle winners: Blue tickets:** 715 Doreen Timoney. 769 & 772 Margaret Nelson. 785 Margaret Reilly. 851 Jeremy Platten. 877 & 880 Patsy Whitehead. 888 Leo Barran. 895 Sally Staples. **Green tickets:** 118, 126 & 129 Hero Jonathan. **White tickets:** 326 Jacqueline. 348 KC. 380 Joana Ntim. 384 Jennifer Wood. 386 Everton Wood. 391 & 393 Rosemary Oware. 400 Afua Johnson. 425 Joan Fitzgerald. 462 Fr Martin's Mum. 463 Ann Breslin. 468 Champika Peiris. 474 Anna Marie Lydon. 502 & 504 Bob Kafari, Fr Oliver, Mary Aherne, Jennifer Pamboe.

**Christian Stewardship:** 28th May 2023 Envelopes: £174 Loose: £447.62 Contactless: £65.00. Parish Project- (Help At Home - £3,956.42 so far. We also receive £500 weekly from standing orders. Thank you for your continuous support for our parish.

## June Diary

Sunday 11th at 11.30am: **First Communion Celebrations**

Sunday 18th: **Father's Day Celebration**

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	V	E	N	V	A	E	H	S	E
L	I	V	E	N	D	A	E	R	B
A	E	D	Y	A	E	N	Y	O	E
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E	F	L	E	H	O	R	E	E	A
T	A	B	D	T	E	L	I	C	H
E	V	R	E	A	F	A	B	N	I
L	S	E	L	F	E	E	V	A	K
A	N	R	E	T	E	D	A	E	L

**BREAD**      **HEAVEN**      **LIVE**  
**EVER**      **FLESH**      **DRINK**  
**BLOOD**      **ETERNAL**      **FATHER**  
**ANCESTORS**      **DEAD**      **ANYONE**



## Food For Thought

**1st Corinthians 10:17**

*For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes*

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



spiritans

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

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## + The Most Holy Body & Blood of Christ Year A

11th June 2023



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

### Corpus Christi: How God and Man became Blood Relatives

To truly understand the significance of what Jesus did at the Last Supper, when he offered bread as his body and wine as his blood in anticipation of his death the next day, we must understand the importance of blood sacrifice to the traditional Jews of the time. In our First Reading on this Feast of the Body and Blood of Christ (Corpus Christi), Moses performed an animal sacrifice at the foot of Mount Sinai to seal the covenant God made with the people. He took the blood from the sacrificed animals (blood signifies life) and sprinkled some of it on the altar and the rest on the people. Think of this as God and His people becoming blood relatives; the people pledging their life to God and God pledging His life to them. The Second Reading from the Letter to the Hebrews also talks about blood sacrifice. It describes the activity of the High Priest in the Temple on the Day of Atonement when the High Priest is allowed to enter the Holy of Holies to offer sacrifice in atonement for people's sins. The High Priest will take with him two animals; a goat and a sheep. He would symbolically place the sins of the people on the goat (the scapegoat) and it would thereafter be driven into the wilderness to die (with the sins of the people). He would thereafter slaughter the sheep and sprinkle some of its blood around the Holy of Holies. Subsequently, he would emerge to sprinkle the people. Again, think of this as God and His people becoming blood relatives; the people pledging their life to God and God pledging His life to them following the atonement of their sins. It is only against this rich complex ritual background that we can understand what Jesus did at the Last Supper in anticipation of the cross, as we read in today's Gospel whereby he took bread and said: "This is my body which will be given up for you." Then, even more evocatively, he took the cup and said: "This is my blood, the blood of the new and eternal covenant, which would be shed for you, for the forgiveness of sins." The next day, what is anticipated at the Last Supper is done in reality. In essence, the sacrifice at Sinai, the uncountable sacrifices in the Temple and indeed the blood sacrifices of all traditional societies were ultimately perfected by Christ's blood sacrifice on the Cross which definitively reconciled humanity with God. This reconciliation won by Christ on the cross of Calvary is replicated daily at Catholic Mass where the great sacrifice of Christ is represented (sacramentally) – bread becoming body and wine becoming blood, as anticipated at the Last Supper. From the Sanctuary, the priest comes down with the very life-giving blood of Jesus, not just sprinkling it upon us but offering it to us as drink. What more can show that divinity (God) and humanity have become blood relatives; that the broken relationship has been restored, and that divine life is offered again to us.

### Mass Times & Intentions 11th – 17th June 2023

**Sat 10th Vigil Mass 6:30pm:** Muriel & George Roberts, Bernie Meaney (RIP)

**Sun 11th 9:00am:** Iwona & Jasmine, Essien-Oku family Anne Collins (Get Well) (INT)

**11:30am:** First Holy Communion Catechist and Group 2023

**6:30pm:** John & Lucie Thompson (INT)

**Mon 12th 12 noon:** Spiritan Community, Archway

**Tue 13th St Anthony of Padua 12 noon:** Tommy Reilly (RIP), Alan & Felicity Harrison (INT)

**Wed 14th 12 noon:** Marists Community, Archway

**Thur 15th 12 noon:** People of the Parish

**Fri 16th The Most Sacred Heart of Jesus 12 noon:** Parish Volunteers

**Sat 17th The Immaculate of the Blessed Virgin Mary 12 noon:** Parish Admin Team



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 Toghner, 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](mailto:archway@rcdow.org.uk) Web: [www.stgabes.uk](http://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

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 Deuteronomy 8:2-3.14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known'.

## RESPONSORIAL PSALM (Ps147)

R. **O praise the Lord, Jerusalem.**

O praise the Lord, Jerusalem!  
Zion, praise your God!

He has strengthened the bars of your gates,  
He has blessed the children within you. **R.**

He established peace on your borders,  
He feed you with finest wheat.

He sends out his word to the earth  
and swiftly runs his command. **R.**

He makes his word known to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
He has not taught them his decrees. **R.**

## SECOND READING 1 Corinthians 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

## 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 John 6:51-58

Jesus said to the Jews: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; 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 most solemnly, if 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 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 for ever.'

## 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 lives and reigns for ever and ever.

### Mass

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

### Readers

Jackie O'Shea  
Rachel McGonigal  
First Communion Group  
Eugenia Ackah

### Eucharist Minister

June Gray  
Innocent Teme Teme  
June/Mary A  
Michelle C

### 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,  
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