

NEWS AND VIEWS

Sunday 11.30am Mass streaming link: You can also scan with the QR Code below. <https://bit.ly/st-gabriel> Sunday Masses will be streamed during **11.30am**



Diocesan Pilgrimage to Walsingham will take place on the Saturday 21st September, any parishioners who are interested should please indicate their availability at the parish office. The cost will be **£35**. The first pickup point will be at **6.30am** in front of St Gabriel of Our Lady of Sorrows, then it will proceed to the next pickup point at **6.45am**, which will be Sts. Peter and Paul, Clerkenwell, 5 Amwell Street, EC1R 1UL. All will depart at 7am to Walsingham. Any form of lateness

First Holy Communion & Confirmation 2024: It is time to register for these 2 sacraments. The catechism classes will start in September. To be eligible for First Communion, the child must be 7years by the 31st of August. For confirmation, the candidate must be 13years by the 31st of August. Please pick up the registration forms from the Parish Office.

Catechist Training: There will be a refresher course for our Catechists by the Diocese on the following dates; **14th Sept.- 10am - 12noon, 1pm-3pm, 21st Sept.-10am-12noon, 1pm-3pm** Here in St Gabriel's meeting room.

Parish Office Hours: During the month of August the office will open for half day between **9am-1pm**. The priest will also be in to attend to people as usual.

Parish Whatsapp Group: People will be added back on the group gradually. If you want to be added on the group, kindly indicate your interest at the parish office.

The Youth Praise & Worship Concert will take place on Saturday **21st September, 2024** at St Mellitus Church, Tollington Park. More information to come. **Keep the date in your diary.**

Food Donations for the needy: Thank you to parishioners that have responded to our call for help. We humbly request for the following; **pot noodles, tinned fish, biscuits, soft drinks, tea, milk (longlife), sugar and coffee.**

Christian Stewardship: 4th August 2024

Envelopes: £214.50 **Loose:** £393.60 **Contactless:** £43.00 We also receive £700 weekly from standing orders. Thank you for your continuous support for our parish.

August Diary

Thursday 15th: **Feast of the Assumption of the Blessed Virgin Mary.** Masses at 12 noon and 7pm

Weekend 30th/31st—**Parish Project Collection**

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 (Resumes in September)**

Important Diary Dates

- **Sept 1st**— Sunday Social Hour
- **Sept. 21st**—Youth Praise & Worship Concert
- **October**—Parish Charity Auction/ Fundraising/Entertainment Evening.

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**JEW'S
FATHER
MOTHER
DRAWN
PROPHETS
HEAR
LEARN
BELIEVES
MANNA
DESERT
DEAD
LIFE**



Food For Thought

"Wounds can become wisdom with the right perspective."

"Nothing can dim the lights which shine from within."

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

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

+ 19th Sunday In Ordinary Time, Year B
11th August 2024

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

Christians believe that the best way to see God is to go through Jesus. He is the image of God; whoever looks at him sees the Father. This is what the Jews complained about; they cannot understand how a man could make such a claim. Jesus explains; they do not understand that God can be in a person. The Jews are sure that the Almighty has His throne in the heavens, far from the world, and He manifests His majesty and forces through impressive phenomena: thunder, lightning, earthquakes, or through powerful deeds, but certainly not through the son of a carpenter. How can a weak feeble person reveal the countenance God? Jesus admits that nobody has ever seen the Father (John 6: 46) and states that if one wants to reach God, he has to pass through him; it is necessary to see what Jesus does, where he goes, the people he prefers, those he reproaches, those he approaches and those he allows to touch him. The humanity of Jesus Christ, therefore, is for some the means to rise to God, while for others he may be a hindrance. Some prefer to seek Jesus for the material food they need to satisfy their hunger. These do not accept the idea of bread sent from heaven to give life to all. The consequences of such refusal to believe are very serious. The god the pagans believe in is a god far away from people, who takes no interest in the life of a person. On the contrary, the Father revealed by Jesus is completely different: he loves everyone and never punishes anybody and does not get angry with sinners; he saves them. What could be the reason the Jews refuse to see God in Jesus? Jesus puts it as: "No one can come to me unless drawn by the Father who sent me" What does this mean? Is the God revealed by Jesus bad? No! God gives all the chances and possibilities to know Him: "They will all be taught by God" But not all accept His advances. Some behave like the Jews at the time of Jesus: they close their hearts and refuse the bread of life. Jesus draws us to himself everyday through the Eucharistic table in order to nourish and strengthen us.

Mass Times & Intentions

11th – 17th August 2024

Sat 10th Vigil Mass 6:30pm: People Of The Parish

Sun 11th 9:00am: Miranda Avanzi (RIP), Paula Zanre, Philip Etim-Bassey, Essien Oku family, Gabriel Essien-Oku, Mfonobong Etim, Maureen Esspay & family (INT)

11:30am: Miranda Avanzi (RIP), Jide Maduako (Birthday), The Spiritans (INT)
6:30pm: Harry Chingwundoh (ANN)

Mon 12th 12 noon: Spiritans and Marists Communities, Archway

Tue 13th The 12 noon: Assunta Turin (posthumous birthday), Sr. Margaret Naughton, Colin Restal (Posthumous birthday), Richard Taylor (RIP), Bel Druce, Heather Allan (2nd) (ANN), Morisson Dias, Paula Zanre, Philip Etim-Bassey, Toju Ogbe, Jasmine S-H, Huw Evans, Maureen Coelho (INT)

Wed 14th St Maximilian Mary Kolbe 12 noon: *Funeral Mass of Miranda Avanzi*

Thurs 15th The Assumption of the Blessed Virgin Mary *Masses at 12 noon and 7:00pm:*

Fri 16th 12 noon: Gabriel Essien-Oku (INT)

Sat 17th 12 noon: John & Mary Duffy & family (RIP)



Rebecca Campbell, Ella Humphreys, Rita Avanzi, Jarlet Fallon, Christopher Jerome, John Bruno, Mary Slow, Isabella King, Derek Gomes, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Christopher Nelson, Paddy Essang, Padra Williams, Phillip Duggase, Terry Earley, Elizabeth Earley, Mary Mullarkey, Mary O'Connell, Bernadette Ikwuka, Margaret Togher, 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, Teresa O'Dea, Percy Shackell, Ola Gam-Ikon, Eddy Renwick, Gino Avanzi, Nicholas Stephens, Anastasia Nervais, Margaret Foley, Sr Joseph, Prince Henshaw, Maureen Esspay, John Alan, Private Intentions. Rashmi, Joan Fitzgerald, Savindra de Alwis,

Parish Projects

1. Replacing expired Church meeting room roof (Abbey Roofing) £17,900 + VAT= bal. £9,900. **Trinity Fund £8,000 granted**
 2. Refurbishing 722 Holloway Road, Church reclaimed property (Ozzy Home Repairs Ltd) £20,000 paid in full by **National Lottery Fund**
 3. 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 **£35,701.36** Thanks.

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

Parish Priests: Fr. Moses Enehizena CSSp, Fr. Remigius Ndubuisi CSSp, Fr Isah Katuka CSSp

Parish Office Team: Patricia Essien-Oku, Maureen Talyer, 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

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

TODAY'S READINGS

ENTRANCE ANTIPHON

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O, God, and defend your cause, and forget not the cries of those who seek you.

OPENING PRAYER

Almighty and ever-living God, whom, taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised. 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 1Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

RESPONSORIAL PSALM (Ps 33)

R. Taste and see that the Lord is good.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

R.

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set free.

R.

Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress.

R.

The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. **R.**

SECOND READING Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God, as children of his that he loves, and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him.
Alleluia!

GOSPEL John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. 'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. 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.'

PRAYER OVER THE GIFTS

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation. Through Christ our Lord.

COMMUNION ANTIPHON

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

PRAYER AFTER COMMUNION

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth. Through Christ our Lord.

Mass	Readers	Eucharist Minister	Stewards
Sat. 6.30pm	Joanna Hemingway	Debra	Joan Fitzgerald/Jeanette Fayers
Sun. 9.00am	Maureen Tayler	Innocent	Essien E-Oku/ Gabriel E-Oku
Sun. 11.30am	Ignatius Etukudoh	June G & Joyce McD	Bernie Shevlin/Joseph Baffoe
Sun. 6.30pm	Bridget O'Dea	Michelle C	Joseph Ogbonna

The Spiritual Communion Prayer (For Online Mass) ONLY

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.

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