

# NEWS AND VIEWS

**Mothering Sunday:** We happily look forward to the celebration of our dear mothers and mother figures next Sunday. As the event will tie with **March birthday thanksgiving after the 11.30am Mass. It is also Laetere Sunday. March celebrants can bring and share items after the 11.30am mass.**

**Parish Pilgrimage To Assisi 2026** This will commemorate with the 800th year of Francis of Assisi, we will also visit the final resting place of the first millennial saint, Saint Carlos Acutti. The itinerary will be pasted in the porch. The dates and cost will be **26th-30th October, 2026. The cost for the trip will be £1440** per person based on shared accommodation. For more information contact the parish office.

**First Holy Communion 10.15am Lesson Dates in Mar.** 1st, Sat. 7th Reconciliation@10am, 15th, 22nd, **Apr.** 12th, 19th, 26th, **May** 10th, 17th, 31st, **June** Sat. 6th @10am Reconciliation/Rehearsal, **Sunday 7th Celebration of the First Holy Communion.**

**Parish thanksgiving mass for milestone birthdays** will take place in June. If any parishioner here in our parish is turning the following years **30th, 40th, 50th, 60th, 70th, 80th, 90th & every year after their 90th.** Please kindly send your name and birth month via the parish email or just leave a note with the details. Let us celebrate.

**Mary's Meals Foreign Currency Initiative:** Mary's Meals would like to thank everyone in the parish for their generosity in response to our Foreign Currency initiative. It raised a terrific £430.16 which means Mary's Meals will be able to feed 22 children one good meal every school day for a whole year because of your support. Please continue to pray for the work of Mary's Meals. God bless you all.

**Clocks move back an hour early Sunday 29<sup>th</sup>** please take note to avoid missing or being late for the masses.

**Death:** Our dear Charlotte Barran funeral service will take place on Friday 13th at 11.30am here in our parish. Please let us continue to keep Leo, the boys and all their families and friends in our thoughts and prayers during this difficult time. May she rest in perfect peace

**100 Club April draw:** The next draw is on **Friday 10th April during the quiz night session at 7.45pm, please take note of these alterations for April ONLY.** Subscriptions due in by the weekend of 4<sup>th</sup> /5th April. New Members Welcome! Application forms at the back of the church or ask in the parish office.

**Repository:** Our repository is stocked up for the upcoming yearly events. Please ask inside the shop for all your Lenten stations of the cross booklets for children, St Patrick's day shamrock brooches, cards, candles, Mothering Sunday cards, etc. We have you covered.

**Donations of Food items for the less privileged:** As we are in the cold season, there is increasing demand on us for food handouts from the less privileged. We count on our parishioners for the generous donations of non-perishable food items; tins, beverages, confectioneries, cereals, grains etc. A plastic container is made available for these under the desk for Mass sheets at the back.

**Christian Stewardship:** 1st March 2026

**Envelopes:** £157 **Loose:** £ 358.27. We also receive £700 weekly from standing orders. Thank you for your continuous support for our parish. 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  
**OR**

Scan this QR Code here on the newsletter, the ones on the benches and on the doors.



**REPOSITORY IS STOCKED UP!!!!**

## March Diary

Sunday 8<sup>th</sup> **First Scrutiny of RCIA candidates** at the 11.30am mass  
 Sunday 15<sup>th</sup> **Mothering Sunday/March birthday celebrations:**  
 Tuesday 17<sup>th</sup> **St. Patrick's Day:** Masses at 12noon and 7pm. (Socials/Refreshments after the 12 noon mass)  
 Sunday 24<sup>th</sup> **Third Scrutiny of RCIA candidates** at the 11.30am mass  
 Sunday 29<sup>th</sup> **Palm Sunday: Holy Week begins**  
 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 Last Sunday of the month: **Parish birthday celebrations for each month.** (except stated otherwise).  
 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.**

### IMPORTANT DATES

**1st Scrutiny-**  
8th March  
**2nd Scrutiny-**  
15th March  
**3rd Scrutiny-**  
22nd March

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

**SAMARITAN** JOSEPH WATER BUCKET  
**SYCHAR** WELL DRINK CATTLE  
**JACOB** WOMAN JEW HUSBAND



### FOOD FOR THOUGHT

**"We all have the ability. The difference is how we use it."**  
**"Everyday is another chance."**

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



**+ 3rd Sunday Of Lent Year A**  
**8th March 2026**



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

The Samaritan woman in today's Gospel represents those whom life circumstances have pushed to desperate limits; only God can restore meaning to their broken lives. Among the Samaritan women of today could therefore be the less privileged in our society. We see a broken woman who has experienced rejection. She knows that she is a public ridicule. Along the line, she got carried away by the amazing friendliness of Jesus. She was basking in the excitement of being accepted when suddenly it turns out that Jesus is a prophet, a man of God who knows her past and present, before whom she is not qualified to stand! She was immediately humbled. Her emptiness once more stared her in the face. To save her face, she immediately changed the topic stammering "Our fathers (i.e. Samaritans) worshipped on this mountain, while you (the Jews) say that Jerusalem is the place where one ought to worship". This has no connection with the issue at hand but it gave Jesus the break to present her with the one thing she needed to turn her life around, the gift of hope. Her situation had meant that salvation is impossible for her since salvation is tied to worshipping in Jerusalem which is open only to the Jews, moreover, she is limited by her gender, then a public sinner. Put together, these obstacles it prevent her from entering Jerusalem not to talk of venturing into the Temple hence the hope of redemption was closed on her. But Jesus tells her that none of these barriers will stop her from finding God because the easiest way to God is one's heart where one can find him with sincerity. The woman could not believe this. So she says, "Well; I know that the Messiah who is the Christ will come some day and perhaps tell us the real situation of things." And Jesus said to her "I am that Messiah". How extraordinary! It is a religious outsider and a multiple adulterer who is the first in John's Gospel to hear this revelation! It calls us to come before the Lord in sincerity of spirit, not as saints but rather as broken, weak and vulnerable as we are.

### Mass Times & Intentions 8th – 14th March 2026

**Sat 7th Vigil Mass 6:30pm:** Charlotte Barran (RIP), Sharon Gaudio (15<sup>th</sup>) (ANN), Thanksgiving Mass, Bridie Lynch & family, Barran family, Carmel Cannon, Irada Fracassi & family (INT)

**Sun 8th 9:00am:** Mary Dolores McNanny, Bridie Brooks, Mary Anne Toner (RIP), (Baby) Ethan Patrick Russo (2<sup>nd</sup>) (ANN), Essien-Oku family, B.I. Etim-Bassey family (INT)

**11:30am:** William Ronan (Posthumous birthday), Anthony Heavin (Athlone) (RIP), Brendan Nelson, Bridie Bradley (ANN), Ngozi Ikeji (INT)

**6:30pm: Young People of the Parish**

**Mon 9th 12 noon:** Maura Ennis, Rose Bradley (RIP), Ellan Curley, Dillan Curley (ANN), Seamus Roarty (INT)

**Tues 10th 12 noon:** Holy Souls (RIP), Sharon Gaudio (ANN), Bingo Club members, Eliseo Fracassi (INT)

**Wed 11th 12 noon:** Mary Ellen Burke, Bridie Bradley (RIP)

**Thurs 12th 12 noon:** Paddy Phelan, Mary O'Halloran, Private Intention (INT)

**Fri 13th 11.30am:** *Funeral service of Charlotte Barran*  
**6:30pm: Stations of the Cross followed by Mass**

**Sat 14th 12 noon: Volunteers of the Parish**



Ella Humphreys, Rita Avanzi, Christopher Jerome, John Bruno, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Christopher Nelson, Paddy Essang, Phillip Dug-gase, Terry Earley, Mary Mullarkey, Bernadette Ikwuka, Mary Dunne, Christy & Maria Christopher, Lourdes Sisneros, Emmanuel & Magdalene Debonne, Douglas Meyers, Sylvia Traynor, Frances Quinn, Tony Colbert, Maureen Walsh, Gabby Mehmet, Freda Glackin, Maureen Currie, Joan McGonigal, Madeleine Hourihan, Stella Anakor, Jacinta L, 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, Mary Brady, Teresa McDonagh, Christine Cheah, Valentine Olayemi, Mary Mullee, Elizabeth Ortega, Gomes family, Agnes Quainoo, Hannah Conwell, Stephanie Kafari, Angela Gallagher, Errol Roberts, Louisa Carter, Doreen Timoney, Oliver Chime, Stella Chime, Maura Eivers, Ann Forrester, Danielle, Margarita, June Gray, Mary Asforis, Carmel C

Parish is served by the Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit  
**Parish Priests:** Fr. Moses Enechizena CSSp, Fr Augustine I.Katuka CSSp, Fr Martin Goba CSSp, Fr Henri M. Mvomo CSSp  
**Parish Office Team:** Patricia Essien-Oku, Maureen Tayler, Mary Aherne, Joan FitzGerald, John Duong CSSp  
**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

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on mercy, for I am alone and poor.

## OPENING PRAYER

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted by your mercy. 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 Exodus 17: 3-7

In those days: The people thirsted for water, and the people grumbled against Moses and said, 'Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?' So Moses cried to the LORD, 'What shall I do with this people? They are almost ready to stone me.' And the LORD said to Moses, 'Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink.' And Moses did so, in the sight of the elders of Israel. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the LORD by saying, 'Is the LORD among us or not?'

## RESPONSORIAL PSALM (Ps 95 (94))

**R. O that today you would listen to his voice!  
'Harden not your hearts.'**

Come, let us ring out our joy to the LORD;  
hail the rock who saves us. Let us come into his presence, giving thanks; let us hail him with a song of praise. **R.**

O come; let us bow and bend low. Let us kneel before the LORD who made us, for he is our God, and we the people, the people of his pasture, the flock of his hand. **R.**

O that today you would listen to his voice!  
'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your forebears put me to the test; when they tried me, though they saw my work.' **R**

## SECOND READING Rom 5: 1-2,5-8

Brothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die — but God shows his love for us in that while we were still sinners, Christ died for us.

## GOSPEL ACCLAMATION

**Glory to you, O Christ, you are the Word of God.  
Lord, you are indeed the Saviour of the world;  
give me living water, so that I will not be thirsty.  
Glory to you, O Christ, you are the Word of God.**

## GOSPEL Jn 4: 5-42

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. A woman from Samaria came to draw water. Jesus said to her, 'Give me a drink.' (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask for a drink from me, a woman of Samaria?' (For Jews have no dealings with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.' The woman said to him, 'Sir, give me this water, so that I will not be thirsty or have to come here to draw water.' Jesus said to her, 'Go, call your husband, and come here.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you now have is not your husband. What you have said is true.' The woman said to him, 'Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people ought to worship.' Jesus said to her, 'Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming — he who is called Christ. When he comes, he will tell us all things.' Jesus said to her, 'I who speak to you am he.' Just then his disciples came back. They marvelled that he was talking with a woman, but no one said, 'What do you seek?' or, 'Why are you talking with her?' So the woman left her water jar and went away into town and said to the people, 'Come, see a man who told me all that I ever did. Can this be the Christ?' They went out of the town and were coming to him. Meanwhile the disciples were urging him, saying, 'Rabbi, eat.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Has anyone brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to accomplish his work. Do you not say, "There are yet four months, then comes the harvest"? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. Already the one who reaps is receiving wages and gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' Many Samaritans from that town believed in him because of the woman's testimony, 'He told me all that I ever did.' So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world.'

## PRAYER OVER THE GIFTS

Be pleased, O Lord, with these sacrificial offerings, and grant that we who beseech pardon for our own sins, may take care to forgive our neighbour. Through Christ our Lord.

## COMMUNION ANTIPHON

For anyone who drinks it, says the Lord, the water I shall give will become to him a spring welling up to eternal life.

## PRAYER AFTER COMMUNION

As we receive the pledge of things yet hidden in heaven and are nourished while still on earth with the Bread that comes from on high, we humbly entreat you, O Lord, that what is being brought about in us in mystery may come to true completion. Through Christ our Lord.

## 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

Sat. 6.30pm  
Sun. 9am  
Sun 11.30am  
Sun 6.30pm

### Readers

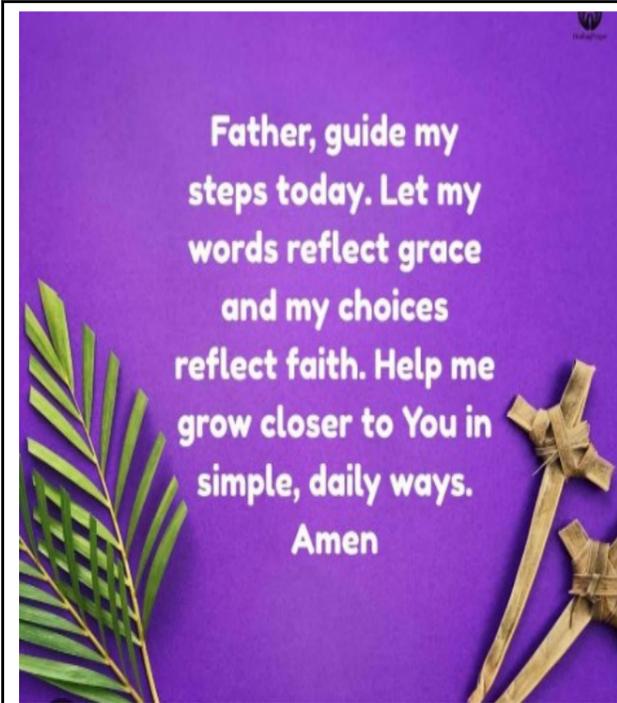
Ann Heekin  
Paula Zanre  
Joseph Baffoe  
Eugenia Ackah

### Eucharist Minister

June G & Debra  
Innocent Teme  
Joyce McD & Roxanne C  
Michelle C

### Stewards

Joan Fitzgerald/Jeanette Fayers  
Essien Ekpenyong-Oku  
Bernie Shevlin/Joseph Baffoe  
Joseph Ogbonna



## 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

- 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