

# NEWS AND VIEWS

**Feast of St Gabriel of Our Lady Of Sorrows:** This year our feast day (27th February) will be celebrated with the only Mass on that day being at 6pm. Followed by refreshments (*bring and share*) and entertainment at our 722 Holloway road, parish centre 2.

**Repository:** Our repository is stocked up for the upcoming yearly events. Please ask inside the shop for all your St Patrick's day sham-rock brooches, cards, candles, etc. We have you covered.

**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** based on shared accommodation. Initial deposit of **£350 will be made by February 16th**, final payment is expected in **August**. For more information please contact the parish office.

**Parish Community Birthday Celebrations:** To this effect, any parishioner who wishes to join in the *bring-and-share* after the 11:30am Mass is kindly asked to indicate their name and month of birth at the parish office. February birthday thanksgiving will take place on Sunday 22nd after the 11.30am Mass. **If people drop their names in the parish office.**

**First Holy Communion 10.15am Lesson Dates in Feb.** 1st, 8th, Mar. 1st, Saturday 7th Reconciliation@10am, 15th, 22nd, Apr. 12th, 19th, 26th, May 10th, 17th, 31st, June Saturday 6th @10am Reconciliation/Rehearsal, Sunday 7th Celebration of the First Holy Communion.

**Annual Mass of Thanksgiving for the Sacrament of Matrimony Westminster Cathedral, Saturday 23rd May 2026 at 2:30pm.** The Archbishop is inviting to this Mass all couples in the Diocese, who are celebrating their **5th 10th, 25th, 30th, 40th, 50th and 60th (and every year over 60)** wedding anniversary of Catholic marriage

in 2026. If you are celebrating an anniversary, please give your parish clergy the following details: husband and wife's names, wedding date, full postal address and contact email (or telephone number, if no email).

**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 join hands and celebrate each other.

**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 February 2026

**Envelopes:** £159 **Loose:** £438.88. 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!!!!**

## February Diary

Wednesday 18th: **Ash Wednesday beginning of Lent**  
Saturday 21st @ 2.30pm: **Rite of Election for RCIA at Westminster Cathedral**  
Sunday 22nd after the 11.30am Mass: **February birthday celebration bring-and-share in the meeting room.**  
Friday 27th @ 6pm: **Feast day of St Gabriel of Our Lady of Sorrows followed by socials**  
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

**Feb 27th @ 6pm- Feast of St Gabriel**

T	L	U	N	D	E	R	D	O	S
B	O	A	E	I	C	E	I	S	E
U	L	O	M	T	L	Y	E	E	I
T	H	E	F	P	H	L	T	N	G
E	L	I	M	R	E	G	O	I	H
A	S	A	L	T	E	T	I	H	C
R	R	I	S	L	H	D	O	S	T
T	Y	A	A	I	T	G	N	O	U
H	T	I	N	R	O	O	I	U	F
B	U	G	C	U	P	I	P	L	E

SALT  
EARTH  
TASTELESS  
NOTHING  
TRAMPLED  
CITY  
LIGHT  
UNDERFOOT  
HILLTOP  
LAMP  
TUB  
SHINES  
SIGHT  
MEN  
PRAISE



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



## FOOD FOR THOUGHT

**"Only look back to see how far you've come."**

**"Everyday is another chance."**



**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](mailto:archway@rcdow.org.uk) Reg. Charity No.233699 Website: [www.stgabes.uk](http://www.stgabes.uk)



## + 5th Sunday In Ordinary Time Year A

### 8th February 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

Jesus tells us today : " You are the salt of the earth"( Mt 5 , 13). Salt is something very useful. There is no kitchen without salt. There is hardly any food which we eat that is not seasoned with salt. Salt is a symbol of the covenant between man and God. " You shall not omit from your grain offerings the salt of the covenant with your God; with all your offerings you shall offer salt." (Lev 2, 13) In Baptism, the Christians share in this pact which endures for ever. Salt is also a sign of hospitality. " Have salt in yourselves, and be at peace with one another." (Mk 9,50) To be the salt of the earth means to be a channel of peace and a witness to love. Salt is also used to preserve food, to give it flavour, and it becomes a symbol of endurance and immortality. To be salt of the earth means to be the bearer of an eternal promise. We must be like salt. We have entered into a covenant with God. Our existence must give flavour to the life of the world. We must make known the profound And ultimate meaning of creation. We must ourselves savour the divine mysteries. We must be witness to the divine realities. We must cultivate wisdom, understood not merely as human wisdom but divine wisdom. Our faith must be to our life what salt is to food. It must give us a holy relish in a living and loving union with God and our brothers and sisters. We must inject joy and hope into our brothers and sisters.

**Mass Times & Intentions 8th – 14th February 2026**  
**Sat 7th Vigil Mass 6:30pm:** Jerry Leonard (Month's mind) (RIP), Barran family (INT)  
**Sun 8th 9:00am:** Karen Brennan (RIP), Tom Waldron (ANN), Olga Monpeke, Essien-Oku family, Frank Obeten family, Odeyemi family (INT)  
**11:30am:** June Besagni, Margaret Togher, Leona Cox, Bridget Costigan, Kathleen Panayiotou, Bridie Shaughnessy (RIP), Walsh family, Teatum family (ANN), Maura Eivers, Etukudoh family (INT)  
**6:30pm:** Ermitas Varela Garcia (Month's mind), Janet Nelson, Marcellino Kodjo Martins, David Hewitt (RIP), Hewitt family (INT)  
**Mon 9th 12 noon:** Tom Waldron (ANN)  
**Tues 10th St Scholastica 12 noon:** Mary Mahon, Bridget Finnerty (RIP), Ellen & Martin Togher, Tom Waldron (ANN), Ray Shaughnessy (INT)  
**Wed 11th Our Lady of Lourdes 12 noon:** Tom Waldron (ANN), Lillian Ekong birthday (INT)  
**Thurs 12th 12 noon:** Funeral mass for Brigid Irvine  
**Fri 13th 12 noon:** Margaret Togher (Posthumous birthday) (RIP), Tom Waldron (ANN)  
**Sat 14th: No 12noon Mass here in St Gabriel's (New Cardinal's Mass in Westminster Cathedral)**

Ella Humphreys, Rita Avanzi, Jarlet Fallon, Christopher Jerome, John Bruno, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Christopher Nelson, Paddy Essang, Phillip Duggase, 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, Arturo 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

Parish is served by the Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit  
**Parish Priests:** Fr. Moses Enehizena CSSp, Fr Augustine Isah Katuka CSSp, Fr Martin Goba CSSp, John Duong 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](mailto:archway@rcdow.org.uk) Web: [www.stgabes.uk](http://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

O come, let us worship God and bow down before the God who made us, for he is the Lord our God.

## OPENING PRAYER

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. 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 Isaiah 58:7-10

Thus says the Lord:

Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the LORD shall be your rearguard. Then you shall call, and the LORD will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

## RESPONSORIAL PSALM (Ps 112 (111))

**R. A light rises in the darkness for the upright.**

A light rises in the darkness for the upright; he is generous, merciful, and righteous.

It goes well for the man who deals generously and lends, who conducts his affairs with justice. **R.**

He will never be moved; for ever shall the upright be remembered. He has no fear of evil news; with a firm heart, he trusts in the LORD. **R.**

With a steadfast heart he will not fear. Open-handed, he gives to the poor; his justice stands firm for ever. His might shall be exalted in glory. **R.**

## SECOND READING 1 Corinthians 2:1-5

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

## GOSPEL ACCLAMATION

**Alleluia, alleluia**  
**I am the light of the world, says the Lord; whoever follows me will have the light of life.**

**Alleluia.**

## GOSPEL Matthew 5: 13-16

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

## PRAYER OVER THE GIFTS

O Lord, our God, who once established these created things to sustain us in our frailty, grant we pray, that they may become for us now the Sacrament of eternal life. Through Christ our Lord.

## COMMUNION ANTIPHON

Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

## PRAYER AFTER COMMUNION

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. 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	Readers	Eucharist Minister	Stewards
Sat. 6.30pm	Ann Heekin	June G	Joan Fitzgerald/Jeanette Fayers
Sun. 9am	Paula Zanre	Innocent Teme	Essien Ekpenyong-Oku
Sun 11.30am	Joseph Baffoe	Joyce McD & Roxanne C	Bernie Shevlin/Joseph Baffoe
Sun 6.30pm	Eugenia Ackah	Michelle C	Joseph Ogbonna

## 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 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 born*) 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