

NEWS AND VIEWS

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. 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 July. 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.

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 4th /5th April. New Members Welcome! Application forms at the back of the church or ask in the parish office.

Clocks move forward an hour on Sunday 29th please take note to avoid missing or being late for the masses.

Planned Giving envelopes: are ready for collection, this is only for those still on the scheme. No new entries are available.

Parish October Event meeting will take place **Monday 23rd March at 7pm. Please volunteers take note.**

Funeral Notice: The Requiem Mass for Derek Gomes who was a Lay reader here in our parish many years ago will take place on Thursday 26th March at 12noon. May his soul rest peacefully..

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, candles, 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: 15th March 2026

Envelopes: £173 **Loose:** £ 308.57. 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.



March Diary

Sunday 22nd **Third Scrutiny of RCIA candidates** at the 11.30am mass
Sunday 29th **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.**

Holy Week Schedule

Palm Sunday 29th March: Masses start with Palm Procession from the Car Park (weather permitting). Please keep the Car Park free. **Mon. 30th March & Wed 1st April: Normal Week-day Masses at 12noon Tues. 31st 12noon Chrism Mass** at the Cathedral. **(No Mass in the Parish) 7pm Penitential Service/Confessions** (Guest Priests will be available)
Holy Thursday 2nd @ 7pm Mass of the Lord's supper - Renewal of Commitment by EM & Ministers of the word - Night Watch with Jesus after Mass till 11pm.
Good Friday 3rd - 12noon Children Stations of the Cross 3:00pm Celebration of the Lord's Passion (begins with Stations of the Cross) **Good Friday is Day of Fasting & Abstinence.**
Holy Saturday 4th 9:30pm Easter Vigil Mass: (Mass begins with the Ceremony of Light at the Car Park).
Easter Sunday 5th 9am, 11:30am Mass of the Resurrection. NB: No Evening Mass

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

LAZARUS
BETHANY
SISTERS
MARTHA
MARY
OINTMENT
FEET
BROTHER
JUDAEA
TOMB
STONE
PRAYER



FOOD FOR THOUGHT

"The comeback is always stronger than the setback ."

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



spiritans

St. Gabriel of Our Lady of Sorrows Catholic Church, Archway
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+ 5th Sunday Of Lent Year A
22nd 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 Gospel of the Fifth Sunday is perhaps the deepest meditation on the mystery of Baptism and membership of the Church. It is a prelude to the events of Easter Sunday, when we celebrate the triumph of life over death. To be plunged into the waters of baptism is to be buried with Christ, only to rise with him from the waters. This paradox of life and death is the content of today's readings. There is no more important part of our faith that the resurrection: that Christ rose from the dead is the very centre and heart of all that we believe - without it, our faith is useless. In the same way our belief in our own resurrection is vital: it is the most deeply needed gift that Christ gives us. This is why the climax of the instructions given to candidates for Baptism was this teaching: that Christ would give them life after death. Look ahead to the 3rd Sunday of Easter, where Saint Peter preaches to the crowds - what he teaches them is that life comes after death, as it did for Lazarus, and for Christ himself.

Mass Times & Intentions 22nd - 28th March 2026

Sat 21st Vigil Mass 6:30pm: Charlotte Barran (RIP), Bridget Harvey & family, Aidan Bowden, Barran family, Joan Fitzgerald (INT)

Sun 22nd 9:00am: Thomas Cooke (RIP), Ann McCarthy (1st), Carlos Mendonca, David Mendonca, Nelio Mendonca, Richard & Margaret Costello (ANN), B.I. Etim-Bassey family, Essien-Oku family, Frank Costello, James Costello (INT)

11:30am: Sean & Aonghus Layton, John Foley, Alf Humphreys, Louis Thomas (RIP), Mary & Tony, Robert Pelleri, Derry Cooney & family (INT)

6:30pm: Simon Comerford (Month's Mind) (RIP), Fr Henri, Rita Avanzi & family (INT)

Mon 23rd 12 noon: Michael & Annie Roarty (RIP), Seamus & family, Fr Gerard King, Fr Jim Overton, Fr Alexander (INT)

Tues 24th 12 noon: Mary Waldron (RIP), Bingo Club Members, Joan Fitzgerald (INT)

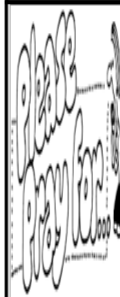
Wed 25th The Annunciation of the Lord 12 noon: People of the Parish

Thurs 26th 12 noon: *Funeral Mass for Derek Gomes*

Fri 27th 11:30am: *Stations of the Cross followed by Mass:* Babs Kavanagh, Margaret Reilly (posthumous birthday) (RIP), Bridie Ronan (INT)

6:30pm: *Stations of the Cross followed by Mass.*

Sat 28th 12 noon: Holy Souls (RIP)



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, Julie Antwi, Stephanie Kafari, Angela Gallagher, Errol Roberts, Louisa Carter, Doreen Timoney, Oliver Chime, Stella Chime, Maura Eivers, Ann Forester, Danielle, Margarita, June Gray, Carmel C

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

Parish Priests: Fr. Moses Enehizena 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

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

OPENING PRAYER

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death. 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 Ezekiel 37: 12-14

Thus says the Lord GOD: Behold, I will open your graves and raise you from your graves, O my people. And I will bring you into the land of Israel. And you shall know that I am the LORD, when I open your graves, and raise you from your graves, O my people. And I will put my Spirit within you, and you shall live, and I will place you in your own land. Then you shall know that I am the LORD; I have spoken, and I will do it, declares the LORD.

RESPONSORIAL PSALM (Ps 130 (129))

R. With the LORD there is mercy, in him is plentiful redemption.

Out of the depths I cry to you, O LORD; Lord, hear my voice!

O let your ears be attentive to the sound of my pleadings.

R.

If you, O LORD, should mark iniquities, Lord, who could stand?

But with you is found forgiveness, that you may be revered.

R.

I long for you, O LORD, my soul longs for his word.

My soul awaits the Lord more than watchmen for daybreak.

R.

More than watchmen for daybreak, let Israel hope for the LORD.

For with the LORD there is mercy, in him is plentiful redemption.

It is he who will redeem Israel from all its iniquities.

R.

SECOND READING Rom 8: 8-11

Brothers and Sisters: Those who are in the flesh cannot please God. You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you

GOSPEL ACCLAMATION

R. Glory to you, O Christ, Son of the living God.

I am the resurrection and the life, says the Lord.

Everyone who believes in me shall never die.

Glory to you, O Christ, Son of the living God.

GOSPEL John 11: 1-45

At that time: A certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. It was Mary, who anointed the Lord with ointment and wiped his feet with her hair, whose brother Lazarus was ill. So the sisters sent to him, saying, 'Lord, he whom you love is ill.' But when Jesus heard it he said, 'This illness does not lead to death. It is for the glory of God, so that the Son of God may be glorified through it.' Now Jesus loved Martha and her sister and Lazarus. So, when he heard that Lazarus was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, 'Let us go to Judea again.' The disciples said to him, 'Rabbi, the Jews were just now seeking to stone you, and are you going there again?' Jesus answered, 'Are there not twelve hours in the day? If anyone walks in the day, he does not stumble, because he sees the light of this world. But if anyone walks in the night, he stumbles, because the light is not in him.' After saying these things, he said to them, 'Our friend Lazarus has fallen asleep, but I go to awaken him.' The disciples said to him, 'Lord, if he has fallen asleep, he will recover.' Now Jesus had spoken of his death, but they thought that he meant taking rest in sleep. Then Jesus told them plainly, 'Lazarus has died, and for your sake I am glad that I was not there, so that you may believe. But let us go to him.' So Thomas, called the Twin, said to his fellow disciples, 'Let us also go, that we may die with him.' Now when Jesus came, he found that Lazarus had already been in the tomb four days. Bethany was near Jerusalem, about two miles off, and many of the Jews had come to Martha and Mary to console them concerning their brother. So when Martha heard that Jesus was coming, she went and met him, but Mary remained seated in the house. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask from God, God will give you.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?' She said to him, 'Yes, Lord; I believe that you are the Christ, the Son of God, who is coming into the world.' When she had said this, she went and called her sister Mary, saying in private, 'The Teacher is here and is calling for you.' And when she heard it, she rose quickly and went to him. Now Jesus had not yet come into the village, but was still in the place where Martha had met him. When the Jews who were with her in the house, consoling her, saw Mary rise quickly and go out, they followed her, supposing that she was going to the tomb to weep there. Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, 'Lord, if you had been here, my brother would not have died.' When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. And he said, 'Where have you laid him?' They said to him, 'Lord, come and see.' Jesus wept. So the Jews said, 'See how he loved him!' But some of them said, 'Could not he who opened the eyes of the blind man also have kept this man from dying?' Then Jesus, deeply moved again, came to the tomb. It was a cave, and a stone lay against it. Jesus said, 'Take away the stone.' Martha, the sister of the dead man, said to him, 'Lord, by this time there will be a smell, for he has been dead four days.' Jesus said to her, 'Did I not tell you that if you believed you would see the glory of God?' So they took away the stone. And Jesus lifted up his eyes and said, 'Father, I thank you that you have heard me. I knew that you always hear me, but I said this on

account of the people standing around, that they may believe that you sent me.' When he had said these things, he cried out with a loud voice, 'Lazarus, come out.' The man who had died came out, his hands and feet bound with linen strips, and his face wrapped with a cloth. Jesus said to them, 'Unbind him, and let him go.' Many of the Jews therefore, who had come with Mary and had seen what he did, believed in him.

PRAYER OVER THE GIFTS

Hear us, almighty God, and, having instilled in your servants the teachings of the Christian faith, graciously purify them for the working of this sacrifice. Through Christ our Lord.

COMMUNION ANTIPHON

Everyone who lives and believes in me will not die for ever, says the Lord.

PRAYER AFTER COMMUNION

Bless, O Lord, your people, who long for the gift of your mercy, and grant that what, at your prompting, they desire they may receive by your generous gift. 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

Bridget O'Dea

Paula Zanre

Tracey Mullett

Maureen Tayler

Eucharist Minister

Debra

Innocent Teme

Mary A & Joyce McD

Michelle C

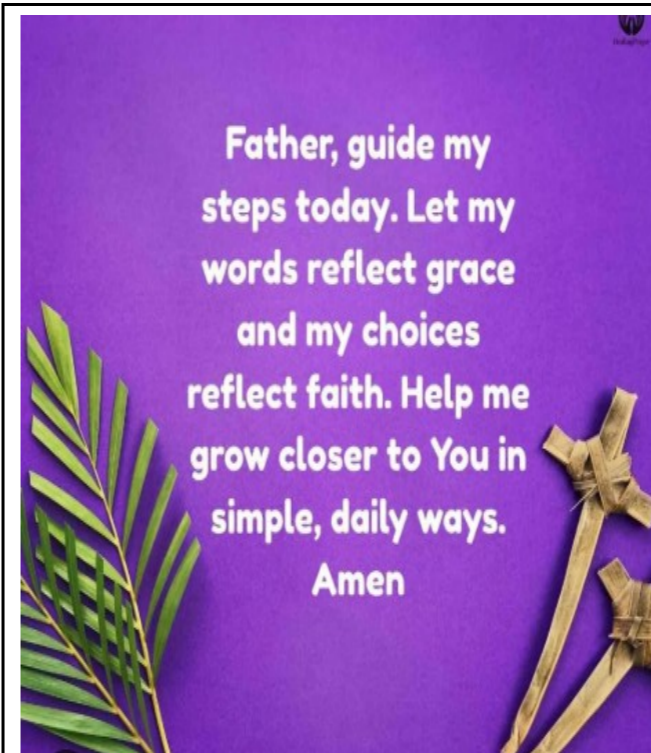
Stewards

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