

# NEWS AND VIEWS

## Notes From Fr Ugo:

Dear family,  
I'm happy to be home from home. My annual leave experience was a bit different this time around. The scourge of the pandemic is very far reaching. Though the statistics of infection and death provided in Nigeria are quite low compared to what we have over here, the anxiety is quite high especially as reports keep coming of prominent people dying of covid. The reaction to the pandemic in Nigeria is mostly in 2 extremes; there are those who go about their businesses without observing any safety protocols. Some of these are even in denial of the existence of the virus. On the other hand, some have become paranoid and compulsive regarding safety. People are buying up and storing oxygen cylinders and masks just in case... Understandably, such reactions are fueled by the inadequacy of services. There are the middle-roads who observe the protocols as mere formality. Yet, credit must go to the private GPs and pharmacies over there that have risen to the occasion and are successfully treating people. In the course of my holiday, I had 4 covid tests. All tested negative. First was here in the UK as a requirement for travelling to Nigeria, second was on arriving in Nigeria as a requirement for staying in Nigeria, third was following my bout of malaria and the fourth was a requirement for returning to the UK. Yes, having been out here for a while, my immunity for malaria has gone low so I had a very serious episode of malarial attack. I was aggressively treated at a local Catholic hospital. I underwent 4 courses of treatment in 3 weeks; first with tablets, second and third with injections (average of 3 a day) and last with tablets. I'm really grateful to the doctors and nurses who took care of me. They were compassionate and really knew what they were doing. I was however able to be present at a few of the many functions that had taken place during the time e.g. at my nephew's wedding and Patricia's mum's funeral which was very well organized with all the covid-secure protocols. I can't remember anyone wearing a face mask at my nephew's wedding reception though it took place in an open arena. Another bright side of the experience was finding my mama much sound in mind and body than I thought. She's approaching 90 but with computer memory. She pretends to be going blind but could clearly distinguish between denominations of currency notes. Meanwhile, this time around, she gave me a bottle of peanuts for my parishioners. That would go approximately one peanut per parishioner, unless she's now beginning to think that her son is Jesus who multiplies bread to feed multitudes. I'm grateful to Fr Ben and Precious the seminarian who supported him to run the parish in my absence. They've done exceedingly well. Fr Ben told me to make the most of the isolation period and rest because many pastoral duties are lined up. I get that. I am also immensely grateful to the Parish Office team who rose to the occasion, working hard remotely especially in Patricia's absence. The parish volunteers/stewards were also available. Thanks dear folks for your steadfastness. Many parish activities have also continued through this time; breakfast for the needy, social exercises like the Quiz & 100 club, spiritual exercises like the meditation and

pastoral exercises like catechism classes, all done online. Bravo to facilitators and participants. I'm saddened to learn of the passing on of some parishioners, a couple of these died of covid related complications. I was able to see some of them before my holiday, all very loving parishioners. I'm glad that I'll have the opportunity to be at the funeral services of some of them. I keep them and their families in my prayers. Please let's not rest on our oars as we contend with this rampaging virus. Once out of isolation, I'll be going for my covid vaccine jab as one who ministers to the sick and elderly. While the world is in a depressed mood, we have the opportunity now to bear witness of hope. We must seize the moment. I am renewed and recommitted to the provision of quality pastoral care for God's people. Isn't it providential that this 17th of February we shall begin the journey of Lent with Ash Wednesday. It is a journey of hope for we are assured that all will end well with Easter. How joyful that we could be celebrating the Holy Week in our Church after the painful omission of last year. In the coming days, we shall be providing information on our pastoral plans going ahead. While all the activities that could be accommodated within the restricted open church will go ahead, we shall explore other means of reaching out to more parishioners in their homes. This may include the use of social/electronic media. Be assured that we are all in it together, making this pilgrimage. With Love, Fr Ugo.

## The Season of Lent

### Ash Wednesday 17th February: Masses at 9.30am & 7pm.

Catholics are obliged to observe the laws of **fasting and abstinence** on Ash Wednesday. Fasting means the eating of only one main meal with two smaller ones permitted, and applies to all who have reached their 18th birthday until they reach their 60th year. Abstinence means abstaining from meat and applies to all who have reached their 14th birthday with no upper age limit. Please remember to observe these important obligations on Wednesday.

**Stations of the Cross** will be held every Friday of Lent at 9.30am followed by Mass at 10am. **There will be no evening Stations/Mass.** Let us avail ourselves of these spiritual exercises to enrich our Lenten experience.

### Live-streamed Masses via ZOOM and Facebook on Weekdays:

Beginning Thursday after Ash Wednesday, we shall experiment having Mass at 7pm on weekdays (Monday – Friday). This is in addition to the daily Masses in the Church at 9.30am. We want to provide more opportunities for spiritual nourishment at this time especially connecting with our Parish. The online Masses will be quiet and prayerful. However, sustaining it will depend on attendance - the number that connects.

**Christian Stewardship:** (31st January 2021) Envelopes: £181.00. Loose: £386.63. We receive £460 weekly from standing orders. Thank you for our continuous support of our parish.

## February Diary

Wednesday 17th **Ash Wednesday and beginning of Lent:** Mass at 9.30am only. **Stations of the Cross** every Friday at 9.30am followed by Mass.

Saturday 27th **Feast of St Gabriel of Our Lady of Sorrows (Patron of our Parish).** Mass at 9.30am

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

**Wife texts husband on a cold winter morning: "Windows frozen, won't open."**

**Husband texts back: "Gently pour some lukewarm water over it and then gently tap edges with hammer."**

**Wife texts back 10 minutes later: "Computer really messed up now."**



spiritans

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

Contact: 15 St John's Villas, N19 3EE Tel: 02072728195 (option 2) 07533726467 (text only)  
Email: archway@rcdow.org.uk



**+ 5th Sunday in Ordinary Time**  
**7th February 2021**



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

On this fifth Sunday of ordinary time, the holy mother church invites us to praise Christ, who continues doing good. He and his apostles carried out their mission as a responsibility and not as a burden or just for wages. Therefore, he liberates and calls us to serve others freely. In today's gospel, Jesus tirelessly went about teaching, healing, delivering, and empowering people. This includes the mother-in-law of Peter. Also, Jesus saw his ministry as a responsibility, not principally as a wage earner for him. So, above everything, he was passionate about it, and about the welfare of his people. Like Jesus, we ought to see our call and mission as a responsibility, instead of a burden or a wage-earner, or solely for mundane reward. Wages or rewards does not refer to only money or material things. Deliberately seeking praise for our work and mission is a way of demanding wages too. If we do so, we have already received our wages. So, when we attract undue attention to ourselves for the work we do, it is also a way of gaining a salary for what merely ought to be our responsibility. Jesus preached, healed, and delivered people from all kinds of infirmities and problems. No one encountered him with faith without being healed. If Jesus must heal us, we too must have faith in him. Also, If the good news must liberate us, we must believe it. The power of Jesus is still the same today. He is ready to heal those who come to him in faith. He is prepared to have a life-changing encounter with those who are prepared to approach him with humility. Therefore, let us "praise the Lord who heals our broken hearts."

## Mass Times & Intentions 7th -- 13th February 2021

**Sat 6th Vigil 6:30pm:** Louise McDonnell, Joan Lavin (INT)

**Sun 7th 9:00am:** Karen Wojcik, Nora Ryan (RIP), Essien-Oku family (INT)

**11:30am:** Christy Columb, Eileen Stevens, Tess McNaney, Agnes Muoneke, Emeka Ekwebelem (RIP), John Sherlock (23rd), Tom Waldron (26th), Jose Luis (12th) (ANN), Nancy Quirke, John Clarke, Etukudoh family (INT)

**6:30pm:** Tess McNaney, Peter McAree, Fahy Pati (RIP)

**Mon 8th St. Jerome Emiliani:** Winnie Warry, Tess McNaney (RIP), Bridget Walsh (36th), John Teatum (4th), Tom Waldron (ANN), Mary Stephens, Private intentions (INT)

**Tue 9th:** Nancy Quirke, John Gilhooley, Tess McNaney (RIP), Tom Waldron (ANN), Mary McKinney, Beryl Tamsett, Carol Belsten (INT)

**Wed 10th St. Scholastica:** Mary & Ellen Togher, Tom Waldron (ANN), Alan Harrison & family (INT)

**Thur 11th Our Lady of Lourdes:** Martin & Ellen Togher (RIP), Tom Waldron, Roddy von Bock, John Fielding (ANN), John & Lucie Thompson (INT)

**Fri 12th:** Tom Waldron (ANN), Paani Dias & family (INT)

**Sat 13th:** Claire Redmond-Burnside (RIP), Tom Waldron (ANN)



Rebecca Campbell, Babs Kavanagh, Ella Humphreys, Rita Avanzi, Nancy Olaiya, Jarlet Fallon, Nora Hoare, Anne Quinlan, Ann Larkin, Philip O'Connor, Mary Wallace, Christopher Jerome, John Bruno, Theresa Reilly, Mary Slow, Isabella King, Derek Gomes, Mary Burton, Cornelia Henshaw, Rebecca Ononogbo, Magdalene Koronyo, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Giovanna Spittle, Bridget Munnely, Brian Coleman, Shicla Farrell, Augustina Okelue, Mary Theresa Madigan, Maria Cecile Perine, Christopher Nelson, Paddy Essang, Padra Williams, Phillip Duggase, Terry Earley, Elizabeth Earley, Caroline de Vasconcellos, Mary Mullarkey, Mary O'Connell, Bernadette Ikwuka, Margaret Togher, Diane Sewell, Geraldine McKeaney, Mary Dunne, Lina Piroli, Pilar, Christy & Maria Christopher, Lourdes Sisneros, Angela Fairbank, Emmanuel & Magdalene Debonne, Special intention, Douglas Meyers, Sylvia Traynor, Danielle, Lilian Montague, Fr Kevin, Paani Dias

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

**Parish Priests:** Fr. Dr Ugo Ikwuka CSSp, Fr. Benedict Baka CSSp, Fr. Oliver Ugwu CSSp

**Parish Office Team:** Patricia Essien-Oku, Maureen Tayler, Mary Aherne, Joan FitzGerald, Karen Birot

**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:** parish.rcdow.org.uk/archway (Reg. Charity No.233699)

**Pastorals/Devotions:** Confessions Sat. 11.30am & 6pm, **Exposition of the Blessed Sacrament/Meditative Rosary:** Sun. 10.30am, **Healing Mass/Holy Hour/Benediction:** First Fridays (New time) 9.30am – 10.45pm. **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

O come, let us worship God and bow low 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 Job 7:1-4.6-7

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

## RESPONSORIAL PSALM (Ps 146)

**R. Praise the Lord who heals the broken-hearted.**

Praise the Lord for he is good; sing to our God for he is loving; to him our praise is due.

**R.**

The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken-hearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name.

**R.**

Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the dust.

**R.**

## SECOND READING 1 Corinthians 9:16-19, 22-23

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me. So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessing.

## GOSPEL ACCLAMATION

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

## GOSPEL Mark 1:29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them. That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

## PRAYER OVER THE GIFTS

O Lord, we bring to your altar these offerings of our service; be pleased to receive them, we pray; and transform them into the Sacrament of our redemption. Through Christ our Lord. Amen.

## COMMUNION ANTIPHON

Blessed are the poor in spirit, for theirs is the Kingdom of

Heaven. Blessed are the meek, for they shall possess the land.

## PRAYER AFTER COMMUNION

Nourished by these redeeming gifts, we pray, O Lord that through this help to eternal salvation true faith may ever increase. Through Christ our Lord. Amen.

## Mass

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

## Readers

Bridget O'Dea  
Rachel McGonigal  
Mark Renner  
Tracey Shevlin

## Stewards

Joan Fitzgerald/Bernie Shevlin  
Precious Ohiambe/Gabriel Essien-Oku  
Precious Ohiambe/Bernie S /Ignatius E/Keisha H  
Precious Ohiambe

## FEAST OF THE WEEK



### St. Scholastica

#### Feast Day: 10th February

Scholastica was born in 480 in Nursia, Umbria, of wealthy parents and, according to Gregory the Great's *Dialogues*, was dedicated to God from a young age. She and her brother Benedict were brought up together until the time he left to pursue studies in Rome. A young Roman woman of Scholastica's class and time would most likely have remained in her father's house until marriage (usually arranged) or entry into religious life. But wealthy women could inherit property, divorce, and were generally literate. On occasion several young women would live together in a household and form a religious community. Benedictine tradition holds that Scholastica lived in a convent at Plumbariola about five miles from Monte Cassino and that this was the first Benedictine convent. Scholastica is the foundress of the women's branch of Benedictine Monasticism. She was selected as the main motif for a high value commemorative coin: the Austrian €50 'The Christian Religious Orders', issued 13 March 2002. On the obverse side of the coin Scholastica is depicted alongside Benedict. Scholastica is the patron saint of nuns, and convulsive children, and is invoked against storms and rain.

### 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.

### Key Notes:

**Parish Safeguarding Officer:** Juliea Ballantyne 07985694199 Email: archwaysg@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 Team:** Maria Okereafor 07830000919, Jeanette Fayers 07738929756, Joan Fitzgerald 07811419531

**Parish Security Reps:** Maurice Richards 07904021798 and Essien Ekpenyong-Oku 07305608832