

# NEWS AND VIEWS

## The Season of Lent

- Ash Wednesday: Option to celebrate at home**  
 Given the pandemic, the church has provided a format for celebrating the Ash Wednesday at home so as to decongest the church service. Families are especially encouraged to use this format whereby members can sign one another with the ash. Find the format in the leaflet enclosed in the bulletin.
- Masses:** For those who must come to the Church for Ash Wednesday service, we shall have only the 9.30am and 7pm Masses. We encourage younger parishioners to please come for the 7pm Mass so as to decongest the 9.30am Mass. We shall be signed with ashes using swab cotton buds
- Obligation of fasting and abstinence:** 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 18<sup>th</sup> birthday until they reach their 60<sup>th</sup> year. Abstinence means abstaining from meat and applies to all who have reached their 14<sup>th</sup> birthday with no upper age limit. Please remember to observe these obligations on Wednesday.
- Stations of the Cross** will be held every Friday of Lent at 9.30am followed by Mass at 10am. Stations of the Cross in the evening at 7pm will be online (via Zoom/Facebook). This will be followed by Mass.

**Live-streamed Masses via ZOOM/Facebook on Weekdays:** Beginning Thursday after Ash Wednesday, we shall experiment having online 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. The online Masses will be quiet and prayerful. However, sustaining it will depend on attendance – the number that connects.

**Zoom link for weekday evening Masses @ 7pm GMT** beginning Thursday 18th February, 2021.

[https://us02web.zoom.us/j/85326453939?](https://us02web.zoom.us/j/85326453939?pwd=djB4eW5BLzJiOHVXS0txR3lKSzkdz09)

Meeting ID: **853 2645 3939**

Passcode: **758172**

**Link is for the week**

**How can we serve you better at this time?** Parishioners are encouraged to suggest ways we can have a more resourceful pastoral experience during this pandemic and lockdown. Please tell us how we can serve you better. Text 07533726467, email [archway@rcdow.org.uk](mailto:archway@rcdow.org.uk) or call 02072728195

**Parish Safeguarding Officer:** Julia Ballantyne who has served us exceptionally dutifully through the years has asked to be relieved of the role. She keeps serving us in other capacities. We are very grateful to Julia. We are equally very grateful to Tracey Mullet and Sade Afolabi who have generously accepted to take up the role. Safeguarding is at the heart of the services we provide so please support the officers in your prayers. While we await the confirmation of the new officers, Percy Aggett (02077989350) from St Mellitus, Tollington Park will be covering for us.

**Christian Stewardship:** (7th February 2021) Envelopes: £190.10. Loose: £328.11. We receive £520 weekly from standing orders. Thank you for our continuous support of our parish.

## February Diary

Wednesday 17<sup>th</sup> **Ash Wednesday and beginning of Lent:** Home service of the ash is encouraged. Mass at 9.30am & 7pm.

Fridays of Lent: **Stations of the Cross** at 9.30am followed by Mass at 10am. Online Stations/Mass @ 7pm

Friday 26<sup>th</sup> 8pm : **Zoom Quiz night followed by 100 club draw**

Saturday 27<sup>th</sup> **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



Once upon a time there was a woman married to an annoying man named Steve. He would complain about everything. One day he went to their creek with his mule. He complained so much that the mule got annoyed and kicked him to death. At the funeral, when all the men walked by the wife she shook her head yes and every time the women walked by she shook her head no.

The minister asked "Why are you shaking your head 'yes' for men and 'no' for women?"

Her response was, "The men would say how sorry they felt for me and I was saying, 'Yes, I'll be alright.' When the women walked by, they were asking if the mule is for sale...."



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](mailto:archway@rcdow.org.uk)



**+ 6th Sunday in Ordinary Time**  
14th 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

### Pastoral Letter for the Sixth Sunday in Ordinary Time on Ash Wednesday

Ash Wednesday marks the beginning a Lent, a time for turning again to the practice of our faith, in prayer, self-denial (fasting) and practical generosity (almsgiving). It is the doorway into this season of renewal. As we cross this threshold we customarily receive ashes on our foreheads, in the sign of the cross. This is a public mark of our turning again to God, seeking his mercy, forgiveness and help. We use these words: 'Remember that you are dust, and to dust you shall return'. Yes, we cannot pretend otherwise. Or: 'Repent, and believe in the Gospel'. Yes, we seek the one thing that is absolutely necessary: the grace of God. Some churches will of course be open for the celebration of Mass as usual but we must all be very careful about travelling too far. We must be so careful and cooperative in the measures we must take, to protect ourselves and to protect others. Receiving ashes is an outward sign of an inner step, a movement of the heart towards our beloved Lord. This year I invite you to concentrate much more on this inner, spiritual movement than on its outward manifestation in the imposition of ashes. My suggestion is this: celebrate Ash Wednesday at home, with your family, in the household or 'support bubble' of which you are a part. Gather for a while. Read the prayer which I offer (find these in the leaflet inserted into the bulletin). Bless each other by making the sign of the cross on each other's forehead. Spent some time praying in a way that you know. But please, make this a prayer of your heart for God's mercy upon this world struggling to cope with the terrible pandemic and the devastation it is bringing. Please do not hesitate, within your household or 'bubble', to bless each other on this Ash Wednesday. We do well to remember together our need of the good Lord. Together, and through each other, he wants to comfort and reassure us of his loving presence. If, on this day, we set aside every pretence that we can do everything of ourselves, then we create in our hearts and lives the space for God's grace and strength to find a home in us. This is the great invitation of Ash Wednesday and of the weeks of Lent which follow. Please do take up this invitation. Open your hearts to the gift of God's presence to support, comfort and strengthen you. This year, it may be best to do this, not by going to church, but by sharing the prayer, the blessing and this moment of dedication within the love of your family and friends. Please do include me in your prayers, too. May God bless you all,  
+ Cardinal Vincent Nichols, Archbishop of Westminster

### Mass Times & Intentions 14th – 20th February 2021

**Sat 13th Vigil 6:30pm:** David Barber, Sheila Govier, Bridie Redmond, Thelma Monisse (RIP), William Haggart (ANN)

**Sun 14th 9:00am:** Tess McNaney, Karen Brennan, Bridie Redmond (RIP), Edna & Herman du Plessis (ANN), Denis Coelho, Mullee family, Teresa & P.J. Brennan family, Gabby Emmett, Margaret Togher (birthday) (INT)

**11:30am:** Mary Slattery, Pat Quinn, Molly Collins (RIP), Tom Waldron (ANN), Etukudoh family, Aherne family, Private intentions, Ann Mahoney (get well), Margaret Togher (birthday), ICAU families thanksgiving (INT)

**6:30pm:** Joan Joe Donohoe, Theresa Keogh, Anna May Murtagh (RIP), Shauna Cullen (INT)

**Mon 15th:** Marcel & Paulette Guérin, Bridie Redmond, Colin Skate (RIP), Private intentions, Ann Marie Lydon (INT)

**Tue 16th:** Thelma Monisse (RIP), Arthur Warren, Geraldine Bird (ANN)

**Wed 17th 9.30am & 7pm : Ash Wednesday**

**Thur 18th:** Bel Druce (RIP)

**Fri 19th:** Frank & Margaret Shields (ANN), Paani Dias & family (INT)

**Sat 20th:** Erik van der Vloed (RIP), Marie Straughan (birthday) (INT)



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 Munnally, 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, Anonymous

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, Precious Ohiambe CSSp (Seminarist)

**Parish Office Team:** Patricia Essien-Oku, Maureen Taylor, 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:** [parish.rcdow.org.uk/archway](http://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

Be my protector, O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name.

## OPENING PRAYER

O God, who teaches us that you abide in hearts that are just and true, grant that we may be so fashioned by your grace as to become a dwelling to please you. 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 Leviticus 13:1-2.44-46

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons. 'The man is leprosy: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean." As long as the disease lasts he must be unclean; and therefore he must live apart: he must live outside the camp.'

## RESPONSORIAL PSALM (Psalm 31)

R. **You are my refuge, O Lord;  
You fill me with the joy of salvation.**

Happy the man, whose offence is forgiven, whose sin is remitted.

O happy the man to whom the Lord imputes no guilt, in whose spirit is no guile. **R.**

But now I have acknowledged my sins; my guilt I did not hide.

I said: 'I will confess my offence to the Lord.'

And you, Lord, have forgiven the guilt of my sin. **R.**

Rejoice, rejoice in the Lord, exult, you just!

O come, ring out your joy, all you upright of heart. **R.**

## SECOND READING 1 Corinthians 10:31- 11:1

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

## GOSPEL ACCLAMATION

**Alleluia, alleluia  
May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind,  
so that we can see what hope his call holds  
for us.  
Alleluia.**

## GOSPEL Mark 1:40-45

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

## PRAYER OVER THE GIFTS

May this oblation, O Lord, we pray, cleanse and renew us and may it become for those who do your will the source of eternal reward. Through Christ our Lord.

## COMMUNION ANTIPHON

They ate and had their fill,

and what they craved the Lord gave them; they were not disappointed in what they craved.

## PRAYER AFTER COMMUNION

Having fed upon these heavenly delights, we pray, O Lord, that we may always long for that food by which we truly live. 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

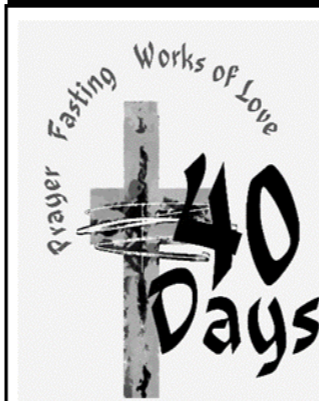
Joan Fitzgerald/Jeanette Fayersn

Precious Ohiambe/Gabriel Essien-Oku

Precious Ohiambe/Bernie S /Ignatius E

Precious Ohiambe

## FEAST OF THE WEEK



### Ash Wednesday

Ash Wednesday marking the beginning of the Season of Lent, takes place 46 days before Easter Sunday and is a season of fasting and prayer, chiefly observed by Catholics, although many other Christians observe it too. The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass. The distribution of ashes comes from an ancient ceremony, when Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins -- just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

### 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:** Percy Aggett (Temporary) 02077989350 Email: tollingtonparksg@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