

# NEWS AND VIEWS

**August Break:** The Parish Office will close at 1pm (after the weekday Mass) during the month of August. Please take note.

**Flirting with God: Refreshing Sunday Homilies for all Cycles.** This book from Fr Ugo has just been published. It is a fruit of his 20 years of priestly ministry and covers all the Sundays of the Church's three liturgical year cycles. It is a great spiritual resource that helps to dispose us to get the most from the lessons of every Sunday. It is 380 pages. The book has been significantly discounted so that EVERY parishioner can grab a copy for only £15. Please get copies for family and friends too. It has been adjudged one of the best and the writing is very elegant. Congratulations to Fr Ugo.

**Basic Covid Secure** Protocols will remain in place in our Church until the time of uncertainty is over. We therefore require that people sanitise their hands, have their face masks and maintain the 1m social distance for sitting in the Church. People from a bubble could sit together. Thanks for your understanding.

**Contactless Giving:** The Diocese has launched a card/contactless giving to help make our offertory collection safer. It will not replace the other means of giving but is considered a safer alternative. Please find the unit by the left as you exit the Church. Thank you.

**100 Club August draw:** The 1<sup>st</sup> prize of £210 went to no. 39, 2<sup>nd</sup> prize of £70 to no. 38, 3<sup>rd</sup> prize of £35 to no. 68, and the 4<sup>th</sup> prize of £35 to no. 75. £365 was raised for parish funds. September draw is on Friday 3rd September

**First Holy Communion & RCIA (Adult programme of Christian initiation) 2022:** Please pick the forms for Children who would be seven by the 31<sup>st</sup> of August. RCIA is for adults who want to convert to or be fully received into the Catholic Church. The forms are also available in the Parish Office.

**Endorsement/Signing of Documents:** The Parish Priest is happy to endorse/sign documents at no cost for IDENTIFIABLE PARISHIONERS ONLY. Please encourage non-parishioners to please see an attorney or their GP.

**Important Note for our Diaries:** On 15<sup>th</sup> of Sept (Feast of Our Lady of Sorrows), at 7pm, the Auxiliary Bishop Nicholas Hudson will be celebrating a Mass in our Church and he will also unveil the painting of Our Lady of Sorrows that was donated to our Church by the renowned English artist Alexander Talbot-Rice. All should please endeavour to be present at the Mass.

**Christian Stewardship:** (1st August 2021)

**Envelopes:** £218.00 **Loose:** £315.46. **Contactless:** £68.84. We also receive £500 weekly from standing orders. Thank you for our continuous support of our parish.

P	O	T	S	A	I	R	E	T	S
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JEW  
FATHER  
MOTHER  
DRAWN  
PROPHETS  
HEAR  
LEARN  
BELIEVES  
MANNA  
DESERT  
DEAD  
LIFE



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



A young priest was sitting in a restaurant eating lunch. He opened a letter he'd just received that morning from his Mom. As he opened it a twenty-dollar bill fell out. He thought to himself, Thanks, Mom, I sure needed that right now. As he finished his meal, he noticed a beggar outside on the sidewalk leaning against the light post. Thinking that the poor man could probably use the twenty dollars more than he, he crossed out the names on the envelope and wrote across the top in large letters, PERSEVERE! So as not to make a scene, he put the envelope under his arm and dropped it as he walked past the man. The man picked it up and read the message and smiled. The next day, as the priest enjoyed his meal, the same man tapped him on the shoulder and handed him a big wad of bills. Surprised, the young pastor asked him what that was for. The man replied, "This is your half of the winnings. Persevere came in first in the fourth race at the track yesterday and paid thirty to one."



**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 Website: www.stgibabes.uk

**+ 19th Sunday In Ordinary Time Year B**  
*8th August 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

**We need the touch of an angel more than drugs**

The long discourse on Jesus the Bread of Life which began with his miraculous multiplication of loaves that we read two Sundays ago will extend to the next couple of Sundays. As an interlude therefore, we have based this Sunday's reflection on the First Reading which recounts the Prophet Elijah's depression following a threat to his life by Queen Jezebel – a fallout from Elijah's defeating and consequent massing of the priests of Baal in that epic test to determine the true God. Depression is probably the most common mental disorder and is currently among the ten leading causes of disability adjusted life years (DALYs). The mega pharmaceutical companies de-emphasise the traditional reliance on social networks to cope with crises while promoting person-centred "treatments" usually with their medications. Depression turns people inward; we withdraw from others when we are hurting. In the case of Elijah, he ran away from his faithful companion and was trying to go it all alone. When the renowned psychiatrist Carl Menninger was asked his advice for someone who suspects a nervous breakdown, most people thought he would immediately prescribe some pills or ask that the person see a therapist, but he didn't. Much to everyone's surprise he replied: "Lock up your house, go across the road, find somebody in need, and help that person." "To overcome discouragement," he said, "don't focus on yourself, get involved in the lives of others." That, too, was Mother Teresa's approach when she noticed her sisters showing signs of sadness. She would say, "Get out to the people." Elijah's story is a case study in clinical depression with God as the therapist. Among the many classic symptoms of clinical depression in the story are Elijah's irrational thoughts that lead to crippling fear. If Elijah is thinking rationally, he would have realised that considering all the marvels the Lord had done through him including defeating 450 priests of Baal, Jezebel was no match for God. Another irrational behaviour that brings distress is comparing oneself to others. Elijah moaned: "O Lord, take my life, for I am not better than my fathers." So what? Who put that pressure on him to be better than his fathers but himself! The only valid comparison we can make is with our very selves; how is my today compared to my yesterday? That's the true measure of progress. In the end, God healed Elijah, not by prescribing anti-depressants or making Jezebel die by fire but by ordering him to quit focusing on himself and start looking out for others. But first, God made him take some practical steps. He lets Elijah sleep. Then, He lets an angel feed him. Indeed, at the toughest moments of our lives, we need the touch of an angel more than drugs. We too can give this touch to those who are troubled. Sometimes we overlook these practical healing steps to focus on miracles.

**Mass Times & Intentions**

**8th – 14th August 2021**

**Sat 7th Vigil Mass 6:30pm:** Tony Glackin, Grace O'Flynn, Henry Harmon, Bridie McGahern, Pat Quinn (RIP), Frances Curran, Sharon Gaudio (ANN), Bernie Carr (INT)  
**Sun 8th 9:00am:** Bridie McGahern, Patricia Etim-Bassey (RIP), Kitty Waldron, Carlo Avanzi (posthumous birthday) (ANN), Priests of St Gabriel's parish, Essien-Oku family, Mary Stephens (INT)  
**11:30am:** Anthony McGuire, Bridie McGahern, Eugene O'Connor, Ifenyinwa Obidegwu, Tony Glackin (month's mind) (RIP), Dolores McDonnell (ANN), Jasmine (13th birthday), Muriel Roberts (INT)  
**6:30pm:** Ekanem & Uche, Philip & Tunu, Ushang & Larry, Theresa & Eyo, Nsikan Udoh family (INT)  
**Mon 9th St. Teresa Benedicta of the Cross 12 noon:** Conci Fernandes, Tony Glackin (RIP), Muriel Roberts (1st), Kitty Waldron (ANN), Beryl Tamsett, Carol Belsten (INT)  
**Tue 10th St. Lawrence 12 noon:** Tony Glackin, John Cahillane (RIP), Kitty Waldron (ANN), Mary Mullarkey, Alan & Felicity Harrison, Mary Anne & Rob Mills (INT)  
**Wed 11th St. Clare 12 noon:** Tony Glackin, Jenan Jalty (RIP), Patrick & Margaret Reaney (ANN), John & Lucie Thompson  
**Thur 12th St. Jane Frances de Chantal 12 noon:** Bel Druce, Freda von Bock (ANN)  
**Fri 13th Sts Pontian & Hippolytus 12 noon:** Hugh Swalwell (ANN), Phillip Etim-Bassey, Bernie, Toju Ogbe (INT)  
**Sat 14th St. Maximilian Mary Kolbe 12 noon:** Lewis Parnell, Mick Kerrigan (RIP)



Rebecca Campbell, Babs Kavanagh, Ella Humphreys, Rita Avanzi, Nancy Olaiya, Jarlet Fallon, Nora Hoare, Ann Larkin, Mary Wallace, Christopher Jerome, John Bruno, Theresa Reilly, Mary Slow, Isabella King, Derek Gomes, Mary Burton, Cornelia Henshaw, Rebecca Ononogbo, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Giovanna Spittle, Bridget Munnelly, Brian Coleman, Shiela 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, 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, Frances Quinn, Tony Colbert, Kathleen Panayiotou, Fr. Aodh, Maureen Walsh, Gabby Mehmet, Freda Glackin, Maur

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

**Pastorals/Devotions:** Confessions Sat. 6pm, **Exposition of the Blessed Sacrament/Meditative Rosary:** Sun. 10.30am

**Healing Mass/Holy Hour/Benediction:** First Fridays (New time) 12noon **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

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O, God, and defend your cause, and forget not the cries of those who seek you.

## OPENING PRAYER

Almighty and ever-living God, whom, taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised. 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 1Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

## RESPONSORIAL PSALM (Ps 33)

**R. Taste and see that the Lord is good.**

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

**R.**

Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set free.

**R.**

Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress.

**R.**

The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. **R.**

## SECOND READING Ephesians 4:30-5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God, as children of his that he loves, and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

## GOSPEL ACCLAMATION

**Alleluia, alleluia!**  
**If anyone loves me he will keep my word,**  
**and my Father will love him,**  
**and we shall come to him.**  
**Alleluia!**

## GOSPEL John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. 'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

## PRAYER OVER THE GIFTS

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation. Through Christ our Lord.

## COMMUNION ANTIPHON

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

## PRAYER AFTER COMMUNION

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth. Through Christ our Lord.

### Mass

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

### Readers

Jeanette Fayers  
Rachel McGonigal  
Mark Renner  
Joseph Ogbonna

### Stewards

Joan Fitzgerald/Jeanette Fayers/Bernie S  
Ann Waldron/ Gabriel E-Oku  
Bernie Shevlin / Ignatius Etukudoh  
Joseph Ogbonna

## FEAST OF THE WEEK



### 9th August

St. Teresa Benedicta of the Cross

Teresa Benedicta of the Cross was born Edith Stein in 1891, into a prominent Jewish family in Breslau, Germany, now Wroclaw, Poland. She abandoned Judaism in her teens. She was an outstanding student and was well-versed in philosophy. Captivated by reading the autobiography of Teresa of Avila, she eventually she became interested in the Catholic Faith, and in 1922, she was baptised at the Cathedral Church in Cologne, Germany. She continued as a university teacher until 1922 when she moved to a Dominican school in Speyer; her appointment as lecturer at the Educational Institute of Munich ended under pressure from the Nazis. After living for four years in the Cologne Carmel, Sister Teresa Benedicta moved to the Carmelite monastery in Echt, Netherlands, in 1938. The Nazis occupied that country in 1940. Teresa Benedicta and her sister Rosa, also a Catholic, were sent to the concentration camp at Auschwitz, where they died in the gas chambers in on 9 August 1942. On 1 May 1987, she was beatified in the large outdoor soccer stadium in Cologne by Pope John Paul II, and canonised by him on 11 October 1998 in Rome.

### 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 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 and Youth Club.
- Vulnerable people **MUST be** accompanied in the Church.

**Parish Health and Safety Team:** Maria Okerefor 07830000919, Jeanette Fayers 07738929756, Joan Fitzgerald 07811419531

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