

# NEWS AND VIEWS

**Confirmation Mass:** We welcome Bishop Hudson to our Confirmation Mass this Sunday, as always we are delighted and blessed to have him in our parish. We also congratulate all our Candidates and we continue to pray for them.

**New Parish Priest Appointment:** Fr Moses Enehizena CSSP will be taking over from Fr Chinedu Udo from September 2023 as the Parish priest of St Mellitus, Tollington park in addition to our Parish, we will continue to keep them in our prayers.

**Peter's Pence collection:** This will take place at all next weekend Masses, please give generously.

**First Holy Communion 2024:** It is time to start registering candidates for this sacrament. The catechism classes will start in September. To be eligible for First Communion, the child must be 7 years by the 31<sup>st</sup> of August. **Please parents/guardians before making this decision, kindly prepare to be at least 90% committed to see our young ones through this journey.** Our Catechists are all selfless volunteers. We emphasise on respecting them and committing to this spiritual journey for our children. Registration forms can be picked from the Parish Office.

**Parish Summer Outing:** Based on popular request, we shall be going to the seaside on **Saturday the 22nd of July**. The cost of **each** seat will be **£25** and it will be on a first come bases. The coach is a **50 seater coach**, please book on in the parish office as soon possible.

**Parish Pilgrimage to Aylesford:** Proposed date will be **23rd September** and the cost will be **£20** a seat, again we will need committed numbers to be able to book any coach. Book on in the parish office.

**Request For Volunteers:** We will be advertising for volunteers in a few of our groups. If you feel you can commit to these groups, kindly speak to the priest or let the parish of be aware. The groups will be on the notice board and in the bulletin for subsequent weeks.

**Christian Stewardship:** 25th June 2023 Envelopes: £167 Loose: £569.43 Contactless: £ 71.00 Parish Project- (Help At Home - £3,966.42 so far. We also receive £500 weekly from standing orders. Thank you for your continuous support for our parish.

## July Diary

Sunday 2nd at 11.30am: **Confirmation Mass for 2023 candidates**  
 Friday 7th @ 12noon: **Healing Mass/Holy Hour/Benediction followed by 100 club draws.**  
 7.45pm: **Parish Quiz in the Meeting Room**  
 Thursday 13th @ 7.15pm: **Finance Committee meeting**  
 Saturday 22nd @ 7.30am: **Proposed Parish Seaside trip**  
 Every Saturday at 10.30am: **Faith Sharing/RCIA sessions in the main Sacristy**  
 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**

S	I	P	N	Y	L	O	H	O	Y	PREFERS	FATHER	MOTHER
M	P	R	E	O	H	O	Y	L	R	WORTHY	DAUGHTER	CROSS
O	S	E	A	F	S	T	D	C	E	FOOTSTEPS	LIFE	WELCOMES
C	E	F	T	P	I	A	R	R	T	PROPHET	HOLY	WATER
L	M	E	R	S	U	L	E	O	A			
E	O	R	E	G	T	C	H	S	W			
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T	E	F	A	T	H	E	M	F	C			
R	W	A	F	I	N	D	S	N	O			

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

### Food For Thought

**Psalm 46:1-3**  
 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.



spiritans

**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 Reg. Charity No.233699 Website: www.stgabes.uk

## + 13th Sunday In Ordinary Time Year A

2nd July 2023

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.

### REFLECTION ON THE GOSPEL

#### The wounded healers

As Jesus sends his apostles out on mission in today's Gospel, he tells them that they must be driven by an unrivalled reciprocal love for him who gave his life for them. The true messenger of Christ is the person who has found a reason to live and a reason to die, and that reason is Jesus Christ himself who gave himself for us and by the virtue of his resurrection we have the hope of eternal life. Faced with difficulties in our Christian witness, we must therefore look up to Christ and take courage in him who himself suffered humiliation and rejection and yet never gave up on humanity. To take up one's cross and follow Jesus is to be ready to enter into death as he did trusting wholly in the power of God to overcome. Jesus furthermore admonished the apostles that they are to be sustained in their mission by the love they receive from others. The high rate of physical, mental and spiritual exhaustion experienced by church ministers today is heightened by the belief that the minister is there for everybody without a corresponding recognition that ministers themselves also need to receive care and support. Ministers can be generally slow to accept help from people with the notion that it belongs to them to support others. But ministers are better off as wounded healers; in appreciating their own vulnerabilities they are empowered to greater empathy for those who struggle. There are lots of stresses that weigh on priests' psychological well-being in a way that doesn't seem to happen in other professions e.g. the expectations that priests have to live up to. Priests have to contend with the expectations of the Diocese, those of fellow priests but especially those of the parishioners who regard the priest as the centre of the parish. Perhaps they are right to some extent, but ideally Christ should be at the centre not the priest. The priest also grapples with the expectations of the society in general. Christ knows that the solidarity and understanding of the people are important for the sanity of his ministers. Last Sunday we read as the prophet Jeremiah was almost driven into paranoia by people's expectations including those who expect him to fall. The friendship and solidarity of parishioners can bring companionship and teamwork to what can otherwise be a lonely job. The priests need such support to flourish in what they do best: serving God and the faithful in whatever context they find themselves. Remember, we do not need to give gold or silver; a cup of cold water is enough.

#### Mass Times & Intentions 2nd - 8th July 2023

**Sat 1st Vigil Mass 6:30pm:** Anne Quinlan (2<sup>nd</sup>) (ANN), Greta Martin (INT)  
**Sun 2nd 9:00am:** Anthony Maguire (2<sup>nd</sup>) (ANN), Rosalind Edge & family, Etukudoh family, John Kelly, Hero Anioke (INT)  
**11:30am:** Valerie Chowdhury, Mary Boothby (RIP), Bridie Gutherie (ANN), Catechists & Confirmation group (INT)  
**6:30pm:** Essien-Oku family, Uche & Ekanem, Philip & Tunu, Udoh family, Amy & Laurence, Uche & Awo family (INT)  
**3rd St Thomas 12 noon:** Tony Brennan (RIP), Canon Gerard King (Ord. ann), Thanksgiving for Brennan family, Hero Anioke (INT)  
**Tue 4th St Elizabeth of Portugal 12 noon:** Hero Anioke, Wendy Winsler, Rita Rawlings, Paani Dias, Anne Coelho (INT)  
**Wed 5th St Anthony Zaccaria 12 noon:** Hero Anioke (INT)  
**Thur 6th St Maria Goretti 12 noon:** Amy Akoshile, Hero Anioke (INT)  
**Fri 7th 12 noon:** *First Friday Healing Mass/Holy Hour/Benediction*  
**Sat 8th 12 noon:** Tony Glackin (ANN), Karen Birot, Mary Stephens (INT)

Please Pray For:

Rebecca Campbell, Ella Humphreys, Rita Avanzi, Nancy Olaiya, Jarlet Fallon, Nora Hoare, Ann Larkin, Mary Wallace, Christopher Jerome, John Bruno, Mary Slow, Isabella King, Derek Gomes, Mary Burton, Frank Gibbons, Maria Kuozwatski, Philip Mayne, Bridget Munnely, Brian Coleman, Shiela Farrell, Tina Okelue, Mary Theresa Madigan, Christopher Nelson, Paddy Essang, Padra Williams, Phillip Duggase, Terry Earley, Elizabeth Earley, Mary Mullarkey, Mary O'Connell, Bernadette Ikwuka, Margaret Togher, Geraldine McKeane, Mary Dunne, Lina Piroli, Christy & Maria Christopher, Lourdes Sisneros, Angela Fairbank, Emmanuel & Magdalene Debonne, Douglas Meyers, Sylvia Traynor, Danielle, Lilian Montague, Frances Quinn, Tony Colbert, Kathleen Panayiotou, Maureen Walsh, Gabby Mehmet, Freda Glackin, Maureen Currie, Joan McGonigal, Emo Essang, Madeleine Hourihan, Stella Anakor, Jacinta, Marie Therese Tourette, Mary Gallagher, Gloria Munian, Brian Robinson, Teresa O'Dea, Percy Shackell, Rosario De Cruz

Parish is served by the **Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit**  
**Parish Priests:** Fr. Moses Enehizena CSSp, Fr. Martin Goba CSSp, Fr. Oliver Ugwu CSSp, Seminarian Raphael Muendo  
**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 Web: www.stgabes.uk (Reg. Charity No.233699)  
**Pastorals/Devotions:** Confessions Sat 11am, 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

All peoples, clap your hands. Cry to God with shouts of joy!

## OPENING PRAYER

O God, who through the grace of adoption, chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. 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 II Kings 4:8-11, 14-16

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.' One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi, his servant, answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said, 'you will hold a son in your arms'

## RESPONSORIAL PSALM (Ps 88: 2-3, 16-19)

**R. I will sing for ever of your love, O Lord**

I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens

**R.**

Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss.

**R.**

For it is you, O Lord, who are the glory of their strength; it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel.

**R.**

## SECOND READING (Rom 6:3-4, 8-11)

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life. But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

## GOSPEL ACCLAMATION

**Alleluia, alleluia**

**You are a chosen race, a royal priesthood, a people set apart to sing the praises of God who called you out of darkness into his wonderful light.**

**Alleluia.**

## GOSPEL Mt 10: 37-42

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it. Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me. Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward. If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward'

## PRAYER OVER THE GIFTS

O God, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts. Through Christ our Lord.

## PRAYER AFTER COMMUNION

May this divine sacrifice we have offered and received fill us with life, O Lord, we pray, so that, bound to you in lasting charity, we may bear fruit that lasts for ever. Through Christ our Lord.

## COMMUNION ANTIPHON

Bless the Lord, O my soul, and all within me, his holy name.

Mass	Readers	Eucharist Minister	Stewards
Sat. 6.30pm	Joanna Hemmingway	June Gray	Joan Fitzgerald/Jeanette Fayers
Sun. 9.00am	Maureen Tayler	Innocent	Essien E-Oku/ Gabriel E-Oku
Sun. 11.30am	Confirmation Group	Joyce /Mary A	Bernie Shevlin/Joseph Baffoe
Sun. 6.30pm	Bridget O'Dea	Roxanne	Samson Bamidele

## The Prayer Of the Synod: Adsumus Sancte Spiritus

Attributed to St. Isidore of Seville (560-636), it has been traditionally used at Councils and Synods for hundreds of years. The version below was specifically designed for the Church's Synodal journey from 2021 to 2023.

We stand before You, Holy Spirit, as we gather together in Your name.

With You alone to guide us, make Yourself at home in our hearts;

Teach us the way we must go and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.

Do not let ignorance lead us down the wrong path nor partiality influence our actions.

Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right.

All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever.

Amen.

### 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.

**Parish Safeguarding Officers:** Tracey Mullett 07957158861 **Email:** archwaysg@safeguardrcdow.org.uk,  
Joan Fitzgerald 07811419531 **Email:** archwaysg1@safeguardrcdow.org.uk  
Sade Afolabi 07943565430 **Email:** archwaysg2@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:** Joan Fitzgerald 07811419531, Maria Okerefor 07830000919, Jeanette Fayers 07738929756, Evette Parnell-Ogu

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