

# NEWS AND VIEWS

**Sunday 11.30am Mass streaming link:** You can also scan with the QR Code below. <https://bit.ly/st-gabriel>  
Sunday Masses will be streamed during **11.30am**

SCAN ME



**Parish First Holy Communion** comes up this Sunday (Corpus Christi) 2nd June at the 11.30am Mass. We have 12 candidates. Please pray for them.

**The Youth Praise & Worship Concert** will take place on Saturday 21st September, 2024 at St Mellitus Church, Tollington Park. More information to come. **Keep the date.**

**Parish Summer Fair** will take place on **Sunday 21st of July** in the car park, parishioners are encouraged to take ownership as always. Followed by a **football novelty match for our parish community at the Whittington park.** More information to come.

**Young People's Day Trip To Dover:** All young people starting from **16 years** and above should indicate interest. **Date Saturday 27th July. Please contact, the parish priests or the parish office.**

**100 Club June draw** will take place after the First Friday Healing Mass on 7th June. Subscriptions should be handed in at church or the parish office by this weekend. New members welcome! Application forms at the back of the church.

**Food Donations for the needy:** Thank you to parishioners that have responded to our call for help. We humbly request for the following; **pot noodles, tinned fish, biscuits, soft drinks, tea, milk (longlife), sugar and coffee.** Please drop these in the basket in the porch or at the priests' house. The generosity of parishioners have been pivotal in our ministry of care to the needy in our community

**Christian Stewardship:** 26th May 2024  
**Envelopes:** £259 **Loose:** £390.26 **Contactless:** £25  
We also receive £700 weekly from standing orders.  
Thank you for your continuous support for our parish.

## June Diary

Monday 3rd: **Spiritans away on their Retreat.**  
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 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**

E	V	E	N	V	A	E	H	S	E	BREAD	HEAVEN	LIVE
L	I	V	E	N	D	A	E	R	B	EVER	FLESH	DRINK
A	E	D	Y	A	E	N	Y	O	E	BLOOD	ETERNAL	FATHER
N	D	O	O	R	E	V	E	T	H	ANCESTORS	DEAD	ANYONE
R	N	O	S	E	D	F	A	S	T			
E	F	L	E	H	O	R	E	E	A			
T	A	B	D	T	E	L	I	C	H			
E	V	R	E	A	F	A	B	N	I			
L	S	E	L	F	E	E	V	A	K			
A	N	R	E	T	E	D	A	E	L			

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

## Food For Thought

**John 7:38**

**"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."**



**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](mailto:archway@rcdow.org.uk) Reg. Charity No. 233699 Website: [www.stgabes.uk](http://www.stgabes.uk)

## +The Body & Blood Of Christ Year B

2nd June 2024

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 key to today's readings is the word "Covenant". A Covenant is a solemn and binding agreement between two parties, which establishes the way in which each party will behave towards the other. It establishes rights and duties, and forges a new relationship between two people or groups of people. In the Ancient World, a Covenant was always sealed with a sacrifice and a meal: the sacrifice brought divine blessing on the covenant, and the meal sealed the relationship between the participants. In the Covenant that God forged with his people in the Old Testament, it was expressed very simply: God said, "You will be my people, and I will be your God." God would remain faithful to the people, and they were to remain faithful to God (this is where the commandments come in). This Covenant was sealed in its greatest form on Mount Sinai, as we hear in the first reading. When the Old Covenant had been broken beyond repair, God sent his only Son to establish a New Covenant: the sacrifice and meal of this New Covenant is Calvary and the Last Supper, where Christ is both priest and victim and altar. When we eat and drink this sacred meal at every Mass we are renewed in the New Covenant and the relationship with God, because Calvary and the Upper Room are present once more and the New Covenant is sealed for us anew.

- Mass Times & Intentions 2nd – 8th June 2024**
- Sat 1st Vigil Mass 6:30pm:** Patrick Kyne, Renée Evans (RIP), Phylis & Tom McGowan (INT)
  - Sun 2nd 9:00am** Hubert & Marie Casey, Bill Cryan (RIP)
  - 11:30am:** First Communion Children 2024 (INT)
  - 6:30pm:** Mary Teresa Madigan, Elizebeth Loftus (RIP), Valerie Chowdury (ANN)
  - Mon 3rd St Charles Lwanga & Companions 12 noon:** Brian Robertson (deceased) & Mary Robertson (29th Wedding anniv) (INT)
  - Tue 4th 12 noon:** Spiritans Community, Archway
  - Wed 5th St Boniface 12 noon:** People of the parish
  - Thurs 6th 12 noon:** Sean Joy (RIP)
  - Fri 7th The Most Sacred Heart of Jesus 12 noon:** 1st Friday Healing Mass/Holy Hour/Benediction
  - Sat 8th The Immaculate Heart of Mary 12 noon:** Marists Community, Archway

Rebecca Campbell, Ella Humphreys, Rita Avanzi, 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 Munnelly, Brian Coleman, Shiela Farrell, Christopher Nelson, Paddy Essang, Padra Williams, Phillip Duggase, Terry Earley, Elizabeth Earley, Mary Mullarkey, Mary O'Connell, Bernadette Ikwuka, Margaret Togher, 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, Teresa O'Dea, Percy Shackell, Ola Gam-Ikon, Eddy Renwick, Gino Avanzi, Nicholas Stephens, Anastasia Nervais, Margaret Foley, Sr Joseph, Prince Henshaw, Maureen Esspay, John Alan

- Parish Projects**
- Replacing expired Church meeting room roof (Abbey Roofing) £17,900 + VAT – bal. £9,900. **Trinity Fund £8,000 granted**
  - Refurbishing 722 Holloway Road, Church reclaimed property (Ozzy Home Repairs Ltd) £20,000 paid in full by **National Lottery Fund**
  - New Security Gate around Parish Carpark/ Exit on Holloway Road (Harling Security Solutions) £25,522 + VAT
- Donations towards the projects would be highly appreciated. Donations so far received **£35,061.36** Thanks.

**Parish is served by the Holy Ghost Fathers (Spiritans) Congregation of the Holy Spirit**  
**Parish Priests:** Fr. Moses Enechizena CSSp, Fr. Remigius Ndubuisi CSSp, Fr Isah Katuka CSSp  
**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](mailto:archway@rcdow.org.uk) **Web:** [www.stgabes.uk](http://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

He fed them with the finest wheat; and satisfied them with honey from the rock

## OPENING PRAYER

O God, who in this wonderful sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

## FIRST READING Exodus 24:3-8

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, 'We will observe all the commands that the Lord has decreed.' Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, 'We will observe all that the Lord has decreed; we will obey.' Then Moses took the blood and cast it towards the people. This he said 'is the blood of the Covenant that the Lord has made with you, containing all these rules.'

## RESPONSORIAL PSALM (Ps 115)

**R. The cup of salvation I will raise;  
I will call on the Lord's name.**

How can I repay the Lord  
for his goodness to me?  
The cup of salvation I will raise;  
I will call on the Lord's name.

O precious in the eyes of the Lord  
is the death of his faithful.  
Your servant, Lord, your servant am I;  
You have loosened my bonds.

A thanksgiving sacrifice I make:  
I will call on the Lord's name.  
My vows to the Lord I will fulfil  
before all his people.

**R.**

## SECOND READING Hebrews 9:11-15

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God. He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

## GOSPEL ACCLAMATION

**Alleluia, alleluia!**

**I am the living bread which has come down from heaven, says the Lord; anyone who eats this bread will live for ever**

**Alleluia.**

## GOSPEL Mark 14:12-16.22-26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover. And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.' After psalms had been sung they left for the Mount of Olives.

## PRAYER OVER THE GIFTS

Grant your church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present. Through Christ our Lord.

## COMMUNION ANTIPHON

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

## PRAYER AFTER COMMUNION

Grant, O Lord, we pray, that we may delight for all eternity in that share in your divine life, which is foreshadowed in the present age by our reception of your precious Body and Blood. Who live and reign for ever and ever.

### Mass

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

### Readers

Ann Heekin  
Rachel McGonigal  
1st Communion Group  
Bridget O'Dea

### Eucharist Minister

June Gray  
Innocent Teme  
June G & Mary A  
Michelle Carr

### Stewards

Joan Fitzgerald/Jeanette Fayers  
Essien E-Oku/ Gabriel E-Oku  
Bernie Shevlin/Joseph Baffoe

## The Spiritual Communion Prayer (For Online Mass) ONLY

**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.**

### 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