

# PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER  
1 December 2024. 1st Sunday of Advent. Year C. Psalter I

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## THE SECOND COMING



As usual, the great Season of Advent begins, not by talking about Christmas, but about the Second Coming. We have had this theme already for the past two weeks, but there is a slight change of emphasis in the Scripture readings offered for this Sunday: here the tone is positive: it is the “promise” of what is to come that we contemplate. Even in the Gospel, though it talks of the dreadful signs that mark the end times, we hear of a promise - “liberation”. For this we should stand erect and hold our heads high. The central theme is that we welcome the coming of a person - Jesus Christ, the promised Messiah, and this is what links this Sunday to the coming feast of his birth: we are now preparing to celebrate how he once came: may these preparations also help us to prepare for him when he comes again.

*Diocese of Salford Office for Liturgy*

## MASS TIMES

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### **Sunday 1 December – 1st Sunday of Advent**

8.45am *Intention of Mr Kelly*  
10.45am *Elisabetta de Liddo RIP*  
1.45pm *Syro-Malabar Rite Mass*  
6.00pm *People of the Parish*

### **Tuesday 3 December – St Francis Xavier, Priest**

6.30pm *For the terminally ill*

### **Wednesday 4 December**

9.30am *Mr Welsh RIP*  
Holy Rosary after Mass  
Refreshments in St Richard Reynolds Centre

### **Thursday 5 December**

9.30am *Canon Paul Cummins*  
6.00pm *Adoration of the Blessed Sacrament*

### **Friday 6 December**

6.30pm *Private Intention*

### **Saturday 7 December – St Ambrose, Bishop & Doctor**

9.30am *Charles Edward Grant RIP and deceased members of the Grant Family*

### **Sunday 8 December – 2nd Sunday of Advent**

8.45am *People of the Parish*  
10.45am *Dan Docherty RIP*  
6.00pm *Diocese of Plymouth*

### **Tuesday 10 December**

6.30pm

### **Wednesday 11 December**

9.30am *Sr Maire DHS RIP*

### **Thursday 12 December**

9.30am  
6.00pm *Adoration of the Blessed Sacrament*

**Friday 13 December** – St Lucy, Virgin & Martyr

6.30pm *For those suffering with visual impairment*

**Saturday 14 December** – St John of the Cross, Priest & Doctor

9.30am *Escolanta Rodrigues RIP*

**Sunday 15 December** – 3rd Sunday of Advent – *Gaudete Sunday*

8.45am

10.45am *People of the Parish*

6.00pm

**Tuesday 17 December**

6.30pm

**Wednesday 18 December**

9.30am *Mrs Barbara Billson RIP*

Holy Rosary after Mass

Refreshments in St Richard Reynolds Centre

**Thursday 19 December**

9.30am

6.00pm *Adoration of the Blessed Sacrament*

**Friday 20 December**

6.30pm

**Saturday 21 December**

9.30am

**Sunday 22 December** – 4th Sunday of Advent

8.45am

10.45am

6.00pm *People of the Parish*

## Liturgy of the Word for Children

During term time at 10.45am Mass on Sunday. For children aged 3 – School Year 3.

Please register as you arrive at church.

Do you feel called to help our young children hear the Word of God and grow to love it? Then please speak to one of the catechists or Fr Jonathan.

**Live stream Mass** [Access the parish YouTube page at this link.](#)

**Confessions** Saturdays after 9.30am Mass or by appointment.

## Mass intentions

If you would like a Mass to be offered for a particular intention, please contact the Parish Office and we will find a suitable date. It may be that the date you would prefer is not available. It is not a requirement to make an offering, but if you would like to do so, please use one of the small brown envelopes found in the church porch.

# NEWS & EVENTS

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## De la Salle Mission appeal

This Sunday, 1 December, we will be welcoming Brother John Deeney FSC, a De La Salle Brother, who will be appealing at all Masses on behalf of Lasallian Projects. To find out more about their work [follow this link](#).

## ADVENT & CHRISTMAS Advent and Christmas diary dates

### **Confessions before Christmas**

Tuesday 10 December 7.00pm – Adoration with Confessions

Thursday 19 December 7.00pm – Adoration with Confessions

Saturday 21 December 10.00am following 9.30am Mass

### **Parish Carol Service**

Sunday 22 December 3.00pm followed by Refreshments

### **Christmas Masses**

Tuesday 24 December – CHRISTMAS EVE

6.00pm Vigil Mass

11.30pm Vigil of Carols and Readings

Midnight Mass

Wednesday 25 December – CHRISTMAS DAY

8.45am Mass

10.45am Mass

No evening Mass

### **Heralding the New Year**

Tuesday 31 December – New Year's Eve

5.30pm Holy hour followed by Mass at 6.30pm

Wednesday 1 January – New Year's Day

12.00pm Mass followed by drinks and nibbles

### **Epiphany Praise**

Saturday 4 January 4.00pm followed by Mince Pies and Sherry

## Love Christmas

For some people Christmas can be a very lonely time or a time of great sadness rather than joy. As in the last 2 years at Blessed Sacrament Church we're taking part in a national initiative, run locally, called 'Love Christmas'. Our aim is to bring joy where it's needed into the lives of people we know, or know of, who need a treat. This consists of a Bag of Kindness containing something special at Christmastime.

### **How can I help?**

“Our Love Christmas” initiative depends on the generosity of our parishioners. I'd like to thank you if you have already donated - and, if you haven't, ask you to please consider making even a small donation to help bring a little extra joy to others. It's so heartwarming to see the delight on the faces of the people receiving our “Bags of

Kindness”- can you help to spread the joy a little further? Donations can be made in cash or via the bank, cashless giving machine or QR code this week. Thank you in advance! Sheila

**And if you think of someone** who might welcome a Bag of Kindness - a friend or neighbour, someone alone or struggling financially, sick or disabled, a carer or housebound, please pop their name and address on the card and give it to the welcomers or pop it into the presbytery or parish office. We will do the rest. As one recipient said last year: *“I am just so grateful to receive the surprise Bag of Kindness given to me. It’s so heartwarming to know that someone is thinking of me. I don’t feel so alone now!”* Let’s bring a little joy where it’s needed this Christmas! The closing date for nominations/donations is this weekend – 1 December.

## Safeguarding News

I have taken over from Lesley Hooper as safeguarding representative for Blessed Sacrament Parish. The other rep is Maria Edwards. If you have any safeguarding questions or concerns, please contact me on 01392 274724 [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk) or Maria Edwards 07870 696530. Catherine Odams

## Information about the DBS Update Service

The Diocese Safeguarding Office has received several notifications via Parish Safeguarding Reps of a possible scam email originating from the DBS Update Service. *This email suggested that as no body or organisation has accessed your DBS details for 12 months you need to confirm that your details are still current to prevent your Update Service account from being deactivated.*

The Safeguarding Office has spoken with the DBS Update Service and confirmed that the email is NOT a scam and that you should follow the link within your email to confirm your details. The emails were initiated by the DBS back office, and apologies were given for any confusion caused. If you have any doubts as to whether you should respond to the email, please speak with either our Parish Safeguarding Representatives Catherine Odams and Maria Edwards, Fr Jonathan or the Safeguarding office as all have been provided with a copy of the genuine DBS email.

## Walk With Me

There are some copies the Advent Walk With Me prayer and scripture reflection booklets available in the church porch, priced £1. Please put your money in the box marked 'books and papers'.

## Force Christmas Fayre. Help needed

Jane and Gary are organising a Christmas Fayre in aid of Force Cancer Charity. This is being held in the URC church just down the road on Saturday 7 December 11.00am until 2.00pm. They would like some help please! Particularly lovely volunteers to work on stalls, but also donations of books, jigsaws, toys, games, bottles, tombola prizes and baked cakes. If you can help please call Jane on 07890373617.

## Advent Retreat. Jesus is coming. Why?

Saturday 7 December 2024 St Rita's Centre, Honiton led by Fr Jonathan Bielawski. The day will begin with coffee/tea on arrival at 9.30am. The talk will start at 10.00am. post-talk questions – reflections will be at 11.05am. Adoration in silence (with an opportunity for Confession) will be at 12.00pm. Lunch will be served at 1.00pm. Mass will be celebrated at 2.45pm. Depart at 3.30pm. Cost including lunch £25.00. Book by phone, email, or online [by following this link](#). Payment can be made on the day.  
St Rita's Centre Telephone 01404 42635 Email [admin@stritascentre.org](mailto:admin@stritascentre.org)

## Hosanna House and Children's Pilgrimage Trust (HCPT) Advent Celebration Sunday 8 December

HCPT Westcountry invite you to an Advent Celebration at Blessed Sacrament Church and in the St Richard Reynolds Rooms.

2.30-3.30pm Advent activities for children

3.45-4.15 tea and cake

4.30-5.15pm Advent service

Everyone welcome. For more info contact; Richard King [westcountry@hcpt.org.uk](mailto:westcountry@hcpt.org.uk)

## Aid to the Church in Need

We have had a very nice letter from Steve Riedlinger, who recently gave an appeal for the charity, thanking us for the donation that will make a difference to lives. Steve says, "Your gift will assist our work in responding to the needs of suffering and persecuted Christians. Alongside our long-term projects, in places where there is great need, ACN also provides emergency aid and at present we are responding to the needs of people in Southern Lebanon.

Please keep our beneficiaries in your prayers and at ACN we will pray for you and everyone in the parish without whom we cannot respond to our suffering brothers and sisters. Our beneficiaries are also keen to pray for the people who support them and you will be in their prayers."

## Gift Aid

The parish is immensely grateful to all donors who have supported the parish and helped keep our doors open to achieve our Mission. If you don't already do so, please consider whether you could increase the value of your donation by signing up for GiftAid (more details and form available from your parish GiftAid organiser Lesley Hooper. [exeter-heavitree-giftaid@prcdtr.org.uk](mailto:exeter-heavitree-giftaid@prcdtr.org.uk))

**Gift Aid donors.** You should have received an individual statement of how much you gave in the year so that you can check you have paid enough tax to cover the gift aid that the parish will claim. This statement will go to the address that is currently held by the gift aid organiser. If you are expecting a letter but do not receive one, please contact [exeter-heavitree-giftaid@prcdtr.org.uk](mailto:exeter-heavitree-giftaid@prcdtr.org.uk)

## Did you know that we are a Live Simply Parish?

'Live Simply' began in about 2006, in the run up to the anniversary of 'Populorum Progressio'. The 'Live Simply' principles of **living simply, sustainably and in solidarity** were drawn up by a group of theologians, for CAFOD.

The movement built on Pope Francis' 2015 encyclical **Laudate Si** 'On Care for our Common Home' which reminds us that Creation is an expression of God's love, and encourages us to recognise that all our actions, however small, have an impact on each other and on our environment. Our 'ecological conversion' leads us to a new lifestyle of **living simply, sustainably, and in solidarity with those in poverty**. As a parish, we officially received our Live Simply award from CAFOD in 2019 having set out on the journey in 2018. To achieve this, we took actions to care for our common home and our global family.

In this spirit, parishioners are invited to commit to simplicity this Advent, in a season that can mistakenly be focused on gifts and consumption, as we prepare in hope for the coming of Jesus and the restoration of the earth.

Some ways we can try and do this may be to:

- **Buy presents from CAFOD.** Cafod World Gift selection can be found here, or booklets can be found in the porch.
- **Use recycled wrapping paper**
- **Shop locally** for Christmas food.
- **Buy Fairtrade.** Supermarkets also stock a wide range of Fairtrade goods. There's a fair-trade buying guide [here](#)
- **Reflect.** Find a few minutes each day during advent to read the reflection on the CAFOD Advent calendar [here](#)
- **Christmas crafts.** Where possible, make rather buy things, perhaps decorations out of pinecones, paper or leaves. It can be great to involve children.
- **Preparing a special grace for the Christmas day meal** – great to get children to think about the real meaning of Christmas.

*"We are called to be instruments of God our Father, so that our planet might be what he desired when he created it and correspond with his plan for peace, beauty, and fullness"*  
(Pope Francis LS 53)

## An appeal for more Welcomers

Welcomers at Mass are crucial - they help people feel welcome and a part of the church community - which can create a positive experience for everyone.

I am appealing for more people to come forward to join our lovely team. Information and training will be given. Call Jane on 07890 373617 if you'd like to join the team!

Welcomers add so much to every Mass:

**Create a sense of belonging** Welcomers help people feel like they are part of the parish community.

**Make people feel valued** A friendly welcome can make people feel valued and appreciated.

**Help newcomers feel at ease** A warm welcome can be especially important for people who are visiting the parish for the first time or after a long time away.

**Help people participate in the liturgy.** Welcomers can help people feel free to express themselves in the liturgy by creating a welcoming atmosphere.

**Provide practical assistance** Welcomers can hand out any information, help people into church if needed, and, of course, direct people to the toilets!

## St Nicholas School News

### Autumn Term News

We have started to rehearse for Nativity plays and lovely songs can be heard throughout the school. We are also looking forward to a performance by our school rock bands who have been practising all term to learn to play and sing rock songs with RockSteady; a whole school pantomime – Cinderella; a Reindeer Run to raise money for Hospiscare; Christmas jumper and dinner day and a PTA Christmas fair! It is a really lovely term!

### Reception Admissions

The online application portal for new Reception admissions in September 2025 is now open **The closing date for applications is 15 January 2025.** That means that you can apply for your child's school place if they are born between the 1 September 2020 and the 31 August 2021.

Please visit [www.devon.gov.uk/admissionsonline](http://www.devon.gov.uk/admissionsonline) to make your application and for more information.

If you are applying to St Nicholas School under the faith-based criteria or medical need please ensure you collect a supplementary form from the office or download from our website and submit it to the school by the 15 January.

### Vacancies

1:1 Teaching Assistants 8.30 – 3.15 Monday to Friday, starting from £12.45 per hour.

Mealtime Assistants 11.30 – 1.15 Monday to Friday, starting from £12.26 per hour.

Nursery Practitioner with Level 3 qualification 8.00am – 4.00pm Monday – Friday, starting from £12.45 per hour.

After School Club Assistant, Tuesdays and Wednesdays, starting from £12.26 per hour.

To find out more about these jobs please contact Mrs Brocksom [vacancies@stncls.uk](mailto:vacancies@stncls.uk)

### Admissions

If you would like to find out more about joining our school from Nursery to Yr 6 please contact [admissions@stncls.uk](mailto:admissions@stncls.uk).



## Catholic Children's Society Plymouth (CCSP)



### **Recycle your ink cartridges**

and help support CCSP. Please pop your used ink cartridges in the box situated in the Baptistry at Blessed Sacrament.

Unfortunately, we are unable to accept toner/laser cartridges. Thank you.

### **Orange Box**

De-clutter and help the children in our Diocese. There is an orange box in the St. Richard Reynolds Centre where items can be placed, and every box filled will raise much needed funds for the CCSP. Items that can be collected in the boxes include coins and banknotes, precious metals, medals and badges, costume jewellery, metals, watches, keys and locks. Also collected are small antiques and collectibles, anything unusual, contact CCS if not sure. In addition, scientific and photographic items can be donated, but please contact CCSP first. [CCS@prcdtr.org.uk](mailto:CCS@prcdtr.org.uk), 01364 645420

### **CCSP Christmas Cards**

A couple of years ago, we held two 'Design a Christmas card' competitions in conjunction with the Catholic primary schools in the Diocese. The four winning designs from each competition were turned into packs of Christmas cards and we have a few packs leftover, which we would like to sell this year.



Rather than setting a price, we are asking for a donation only and if you would like to order some, please click on [this link](#) or scan the QR code to make a donation through our Give a Little page. You will be prompted to send an email to [ccs@ccsplymouth.org.uk](mailto:ccs@ccsplymouth.org.uk) to provide us with your postal address and the number of packs you would like. Thank you for your support.

## Caritas Newsletter

Click [here](#) to read the latest news about upcoming events and love in action around the diocese in the November Caritas newsletter.

To subscribe to the Caritas newsletter [follow this link](#).

## CAFOD Advent Appeal

This Advent you can help CAFOD to continue to support families fleeing conflict in Ukraine, Gaza, Sudan and across the world. [Click here](#).

## Legion of Mary Pilgrimage

To celebrate the Jubilee Year of 2025, you are invited to join the Legion of Mary's weekend Pilgrimage to Walsingham in the summer. Three nights: from Friday 11th to 13th July (returning Monday 14th). Dinner, B & B from £74/night (may change).

Reserve your place(s) by 15th November as early booking is essential. For details and a booking form call Adrian Wardle on 01752 830113 or e-mail [arwardle@talk21.com](mailto:arwardle@talk21.com)

## Light a Candle-Tamar Lay Dominican Group

Once again, this Advent, the Tamar Lay Dominican Group would like to warmly invite you to join us to 'Light a Candle' for a loved one or any other intention, at Christ the King Church, Armada Way, Plymouth. We will be outside the church offering candles to late night shoppers and those on their way home from, or going to, work; to find a quiet place to be in the busyness of their lives. We will be at Christ the King from 6:15 until 7:30pm on Thursday 5th, 12th and 19th December. At this incredibly busy time of the year when there are pressures of all kinds upon and all of us, please, come join us to spend a few moments of peace in the presence of our Lord and Saviour. Please see the poster in the porch for more details.

## Guided Retreats at Buckfast Abbey 2025

Offering spiritual nourishment and reflection. To book and for more information, please visit [www.buckfast.org.uk/retreats](http://www.buckfast.org.uk/retreats) ,or see the poster in the porch for details including dates.

## Catholic Bishops' Conference

The latest news from the Catholic Bishops' Conference can be accessed [here](#)

## Catholic South West

Copies are in the porch. Please put your money in the wall box marked 'newspapers'.

## Exeter Food Bank:

Priority items: tins of meat, fish, vegetables, fruit, noodle and pasta snacks, jams and spreads, small jars of coffee, rice pudding.

There is a basket at the back of the church for your donations.

# GROWING IN FAITH TOGETHER

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## GIFT News

### Sacramental Preparation

There are a number of Blessed Sacrament GIFT families currently preparing their children for the sacraments of Reconciliation and Holy Communion. Please keep the Ajayi, Fitzpatrick, Jones, Lynde, Ngotho and Peri families in our prayers.

## Forming in Faith

Join us as we continue to journey through the Word on Fire series 'Priest, Prophet King'. Discover Jesus as the Anointed One: the ultimate priest, prophet and king foreshadowed throughout Scripture. All are welcome to our next fortnightly meetings on **Monday, 2 and 16 December** from **10:30-12:00** in the Sacred Heart Lower Room. Please note there will be no session on Monday 18 November.

## Baptism Preparation Courses 2025

Are you expecting a baby and/or wish to have your child baptised? We look forward to supporting you in preparation for this important sacrament and welcoming you and your family into the community of the Church. Courses are over two consecutive Saturday mornings from 10:15-12:15 delivered via zoom.

Forthcoming Dates: **15 & 22 February 2025** Godparents are especially welcome to attend the course as the role of Godparents is explored. Click on this link at the end of this article to register. If you have any problem accessing this, contact Catherine in the parish office at [Exeter-heavitree@prcdtr.org.uk](mailto:Exeter-heavitree@prcdtr.org.uk) or 01392 274724. Click [here](#) to register for the February Course.

## GIFT tots

Our next session will be on **Friday 13 December** in the St Richard Reynolds Centre. If you and your little one(s) would like to join us please register using this link: [GIFT Tots Registration Form](#)

## GIFT families and youth

GIFT is for primary and secondary aged families and supports them to live and grow as Catholics. It enables parents to prepare their children to receive the sacraments of Reconciliation, Holy Communion and Confirmation.

Next GIFT session **Saturday 7 December 2024** at St Nicholas School.

Register for GIFT and GIFT Youth at the links below:

[GIFT Registration Form](#)

[GIFT Youth Registration Form](#)

## GIFT youth socials

**Please note** Parents of any young person wishing to come to GIFT Youth socials please register them before they attend by using the link above. This helps ensure everyone's safety. If you've signed up for GIFT Youth, details of the next session will be sent to you.

## Wednesday Word Scripture Reflection

Wednesdays 2.00 – 3.00pm via zoom. We meet to pray, read, meditate and reflect on the upcoming Sunday's Gospel. We are a friendly and inclusive group from different walks of life, and we'd be delighted if you joined us. Contact Maria [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk) if you would like to join us.

## Going into hospital?

If you, or someone you know is going into hospital for any length of time and would like the Chaplaincy team to know, please let the parish office know.

## Getting Married?

Congratulations. If you are hoping to marry at Blessed Sacrament Church or any other place, including abroad, we require at least six months' notice. Please contact the parish office to arrange an appointment to meet with the parish priest.

# PRAYER & LITURGY

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## We commend to the Lord...

Angela Shaw who has died. Angela's funeral will take place at St Paul's Chapel, Exeter Crematorium on Thursday 12 December at 11.00am. Please keep her in your prayers as we ask God to welcome her into paradise and grant her eternal rest.

## Pope's November Prayer Intention

For those who have lost a child [The Pope Video](#)

Let us pray that all parents who mourn the loss of a son or daughter find support in their community, and may receive peace of heart from the Spirit of Consolation.

Let us pray that the Church continue to sustain a synodal lifestyle in every way, as a sign of co-responsibility, promoting the participation, communion and mission shared by priests, religious and laity.

## Worship Thursday

Adoration of the Blessed Sacrament in church each Thursday 6.00–7.00pm.

Come and spend time with the Lord, opening your heart to all he has for you.

**Holy Rosary** After Mass every first and third Wednesday each month.

# THE WORD

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## **Sunday 1 December** – 1st Sunday of Advent

**First Reading** Jeremiah 33:14-16. *I will cause a righteous Branch to spring up for David.*

**Psalms Response** To you, O Lord, I lift up my soul.

**Second Reading** 1 Thessalonians 3:12-4:2

*May the Lord establish your hearts for the coming of Christ.*

**Gospel** Luke 21:25-28, 34-36. *Your redemption is drawing near.*

## **Sunday 8 December** – 2nd Sunday of Advent

**First Reading** Baruch 5:1-9. *God will show your splendour.*

**Psalms Response** What great deeds the Lord worked for us! Indeed we were glad.

**Second Reading** Philippians 1:3-6, 8-11. *Be pure and blameless for the day of Christ.*

**Gospel** Luke 3:1-6. *All flesh shall see the salvation of God.*

## **Sunday 15 December** – 3rd Sunday of Advent

**First Reading** Zephaniah 3:14-18a. *The Lord will exult over you with loud singing.*

**Psalms Response** Shout aloud and sing praise, for great in your midst is the Holy One of Israel.

**Second Reading** Philippians 4:4-7. *The Lord is at hand.*

**Gospel** Luke 3:10-18. *And we, what shall we do?*

# CONTACT US

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## Blessed Sacrament Parish

29 Fore Street, Heavitree, Exeter EX1 2QJ

01392 274724

[exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)

Parish Priest *Fr Jonathan Stewart*

Priest in retirement *Fr John Watkins*

Pastoral Assistant *Maria Quinn* [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

Parish Secretary *Catherine Odams*

Parish Office *Open Tuesday – Friday 10.00am–4.00pm*

Gift Aid enquiries: [exeter-heavitree-giftaid@prcdtr.org.uk](mailto:exeter-heavitree-giftaid@prcdtr.org.uk)

Parish website [blessedsacrament.org.uk](http://blessedsacrament.org.uk)

Parish Facebook [Facebook Catholic Exeter](https://www.facebook.com/CatholicExeter)

## Safeguarding

*If you have any concerns about a vulnerable child or adult, please contact the parish office on 01392 274724 or by email: [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)*

## Parish Safeguarding Representatives

*Catherine Odams 01392 274724*

*Maria Edwards 07870 696530*

## St Nicholas School

St Nicholas Catholic Primary School, Ringswell Avenue, Exeter EX1 3EG

01392 445403

[admin@stnics.uk](mailto:admin@stnics.uk)

[www.st-nicholas-exeter.devon.sch.uk](http://www.st-nicholas-exeter.devon.sch.uk)

Head Teacher *Mr D Railston*

## Useful links

[Bishops' Conference Updates](#)

[Churches Together Devon News](#)

[Churches Together Exeter News](#)

[Churches Together in England News](#)