

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER
24 November 2024. *Our Lord Jesus Christ, King of the Universe. Year B. Psalter 2*



Every time we complete the cycle of the liturgical year, there is a seamless blending into the new year: so, just as this week we hear of the King who is to come, next week, we begin a new year and the Season of Advent by more meditation on the end of time, and the One who is to come again, as he once came among us. This feast affirms that Christ is King, that he is Judge, that he is Ruler of the kings of the earth. By his own words we know that this is true, as he stands before Pilate and says, "Yes, I am a king." But his kingship is different: it is not of the same kind as earthly kings, whose empires fade and pass away. His kingship is eternal, and holy until the end of time. Through his love for us, we share in this sovereignty - this holiness - as priests and kings who "serve his God and Father". We end our year in simple, awe-filled praise of the One who is, who was, and who is to come - the Almighty. Alleluia! Amen! *Diocese of Salford Office for Liturgy*

MASS TIMES

Sunday 24 November – 34th Sunday in Ordinary Time

Our Lord Jesus Christ, King of the Universe – Youth Sunday

8.45am *Young People of the Parish*
10.45am *Teresa, Peter and Kieran McDonagh
and the deceased members of both families*
6.00pm *People of the Parish*

Tuesday 26 November St

6.30pm *Benjit and Diniz Families RIP*

Wednesday 27 November

9.30am *Jolly Joseph RIP*

Followed by refreshments in St Richard Reynolds Centre

Thursday 28 November

9.30am *Private Intention*
6.00pm *Adoration of the Blessed Sacrament*

Friday 29 November – St Cuthbert Mayne, Priest & Martyr

6.30pm *Kath Jenkinson RIP and Adrian Jenkinson RIP*

Saturday 30 November – St Andrew, Apostle

9.30am *John and Inacin Godinho RIP*

Sunday 1 December – First Sunday of Advent

8.45am *Intention of Mr Kelly*
10.45am
1.45pm *Syro Malabar Rite Mass*
6.00pm

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

Dignity of Human Life

Opposing Assisted Suicide

The Bishop's Conference are calling on Catholics in England and Wales to unite in prayer and compassionate action to oppose assisted suicide. [Follow this link](#), where you will find resources laying out the Catholic position on assisted suicide, and what you can do to stop its legalisation. There is also a link to contact your MP via the Right to Life website. Please also see the posters in the porch.

Society for the Protection of Unborn Children

A Bill to allow assisted suicide will be laid before Parliament this month. If passed, it would cause a complete change in the way society deals with terminally and chronically ill people.

People must be treated as equal in value and dignity and not as lives 'not worth living.' Assisted Suicide would place pressure on vulnerable people. Most palliative care doctors denounce these measures. Palliative Care is the Cinderella of the NHS and will remain so if assisted suicide is introduced.

Please write to your MP as soon as possible. More information can be obtained from the [SPUC website](#). This will give you information on what to include in your letter and invites you to enter your postcode which will bring up your MP and allow you to write an email which they will send. Alternatively, you can write a letter by hand and send it to your MP at: The House of Commons, Westminster, London, SW1A 0AA Get a disabled person's perspective on assisted suicide by watching Liz Carr's BBC Documentary: [Follow this link](#). Further info: Christine Hudson 07742320717

The [Anscombe Bioethics Centre](#) (formerly the Linacre Centre for Healthcare Ethics), which is the national Catholic bioethics centre for the UK and Ireland), has some resources on this.

Right to Life

Want to be the first to know about pro-life developments? [Sign up here](#) to receive action alerts from Right to Life along with tools to help change hearts and minds.

De la Salle Mission appeal

Next Sunday, 1 December, we will be welcoming Brother John Deeney F.S.C., 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](#).

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 next weekend - 01 December.

Thank you.

Safeguarding – 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 your Parish Safeguarding Representative, your Parish Priest or Deacon, or the Safeguarding office as all have been provided with a copy of the genuine DBS email.

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 Gift Aid (more details and form available from your parish gift aid organiser .

Exeter-heavitree-giftaid@prcdtr.org.uk)

Gift Aid donors You should soon receive 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

Growing in Faith Together (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 your prayers.

Free Flower and Vegetable Seeds: Get in touch!

A GIFT family are offering a variety of flower, vegetable and herb seeds leftover from the family business. They are happy to make up packs of 5 flowers and 5 vegetable seeds or give them away individually. If you would like to receive some seeds, please get in touch with Krzysztof: kwveggie@gmail.com Happy growing!

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 37361 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!



Encountering God in the Mountains

Every trip to the mountains brings some kind of transformation, but my last trip to the Pyrenees was simply life changing. I'll be sharing my experience of encountering God in the mountains together with some stunning views that I brought back with me. Come and join me on the 29th of November at 7:15 pm in St Richard Reynolds' Centre. *Ola Godbeer*

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.

St Nicholas School News



We had a spotty clothes day at St Nicholas school last week raising money for Children in Need. Even Alfie the school dog joined the fun.

We have been informed that we are one of only 50 schools in the country that the Department for Education will be investing in significantly to improve the quality of the environments used to deliver teaching and learning. This is absolutely fantastic for the school and we are delighted to be one of them. This will involve a rapid

rollout of decarbonisation initiatives to improve lighting, heating, solar energy and ventilation systems to name but a few. We are very excited about this huge investment in the school.

We currently have vacancies for:

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) 8am - 4pm 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

Admissions If you would like to find out more about joining our school from Nursery to Yr 6 please contact 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, 01364 645420

CCSP Christmas cards are now on sale

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 to provide us with your postal address and the number of packs you would like. Thank you for your support.



Lament and Light

An ecumenical service will be held on Monday 25 November at 3.00pm, at St Mary's Church, Market Road, Plympton, Plymouth, PL7 1QW. The service is being held to mark the 16 days of activism against gender-based violence (25 November – 10 December), which is a campaign for the prevention and elimination of violence against women and girls. Fr Mark Skelton and Rev Lizzi Green will lead the service. Refreshments will be available afterwards. All welcome.

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

Individually Guided Advent Retreats

Ignatian silent and individually guided retreats are available locally in the Diocese of Plymouth for Advent 2024. For those who would like to step back from everyday life for a little while, to review their journey in faith and make a little extra space and time for God.

6–8 December (Friday – Sunday) Weekend Retreat £160

6–10 December (Friday – Tuesday) Extended Weekend Retreat £280

9–13 December (Monday – Friday) Midweek Retreat £275

6–13 December (Friday - Friday) 6-day retreat£475)

Venue: St Rita's Centre Honiton, East Devon, a well- appointed retreat house with comfortable ensuite accommodation situated in the Vale of Honiton.

Cost includes full board & lodging. Help is available for those who would like to go on retreat but have difficulties with the recommended donations.

Dates for similar 2025 Lent retreats of varying lengths: Friday 7 & 14 March 2025

For further details and bookings contact Plymouth Diocesan Ignatian Spirituality Group at diocesan-ignatian-retreats@prcdtr.org.uk

or phone 01752 769164 or 07823 447637. Please also see the poster in the porch.

Caritas Diocese of Plymouth- Love in Action

Humanity –Where do you see God's love in action around you?

Caritas would like to see your photographs that depict your interpretation of Humanity. We know that many of our parishes are doing great things in and for their communities and we want to gather photos to illustrate this. Do you have an SVP group or similar that does home visits or offers help around the home? Are you working towards gathering Christmas donations for a little extra help for those who need it? You may have held a wave of light event to remember lost babies or are planning something similar for November's focus on our Holy Souls. Are you opening a warm space or planning some other act of solidarity and pledge of action? We would love to see your photos to share the wonderful ways in which God's love is being put into action in your area. Please share your photos by following [this link](#), or email caritas@prcdtr.org.uk

Caritas November 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-DEC Middle East Humanitarian Appeal

The conflict in the Middle East is getting worse and the families affected need our help. Please donate today to the CAFOD-DEC Middle East Humanitarian Appeal and support our local Caritas partners in Gaza and Lebanon as they continue to provide essential food, water and shelter: [Follow this link to donate.](#)

Legion of Mary

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 11 to 13 July (returning Monday 14). Dinner, B & B from £74/night (may change). Reserve your place(s) by 15 November as early booking is essential. For details and a booking form, call Adrian Wardle on 01752 830113 or e-mail arwardle@talk21.com

Catholic Bishops' Conference

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

Catholic South West

Please put your money in the wall box marked "newspapers" (50p)

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

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 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 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

We commend to the Lord...

Angela Shaw who has died. Please keep her in your prayers as we ask God to bring her into paradise and grant her eternal rest.

Welcome to the life of faith...

Nneoma, who will be baptised on Sunday. May **she** grow in knowledge and love of the Lord and be richly blessed. Please keep **her** in your prayers.

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

Sunday 24 November – 32nd Sunday in Ordinary Time

First Reading: Daniel 7:13-14

His sovereignty is an eternal sovereignty

Psalm Response: The Lord is king, with majesty enrobed.

Second Reading: Apocalypse 1: 5-8

Ruler of the kings of the earth...he made us a line of kings, priests to serve his God.

Gospel: John 18: 33-37 *It is you who say that I am a king.*

Gospel: Mark 13: 24-32 *He will gather his chosen from the four winds.*

Sunday 1 December – 1st Sunday of Advent

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

Psalm Response: To you, O Lord, I lift up my soul.

Second Reading: 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.*

CONTACT US

Blessed Sacrament Parish

29 Fore Street, Heavitree, Exeter EX1 2QJ

01392 274724

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

Parish Secretary *Catherine Odams*

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

Gift Aid enquiries: Exeter-heavitree-giftaid@prcdtr.org.uk

Parish website 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

Parish Safeguarding Representatives

Lesley Hooper 07712 216724

Maria Edwards 07870 696530

St Nicholas School

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

01392 445403

admin@stnics.uk

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](#)