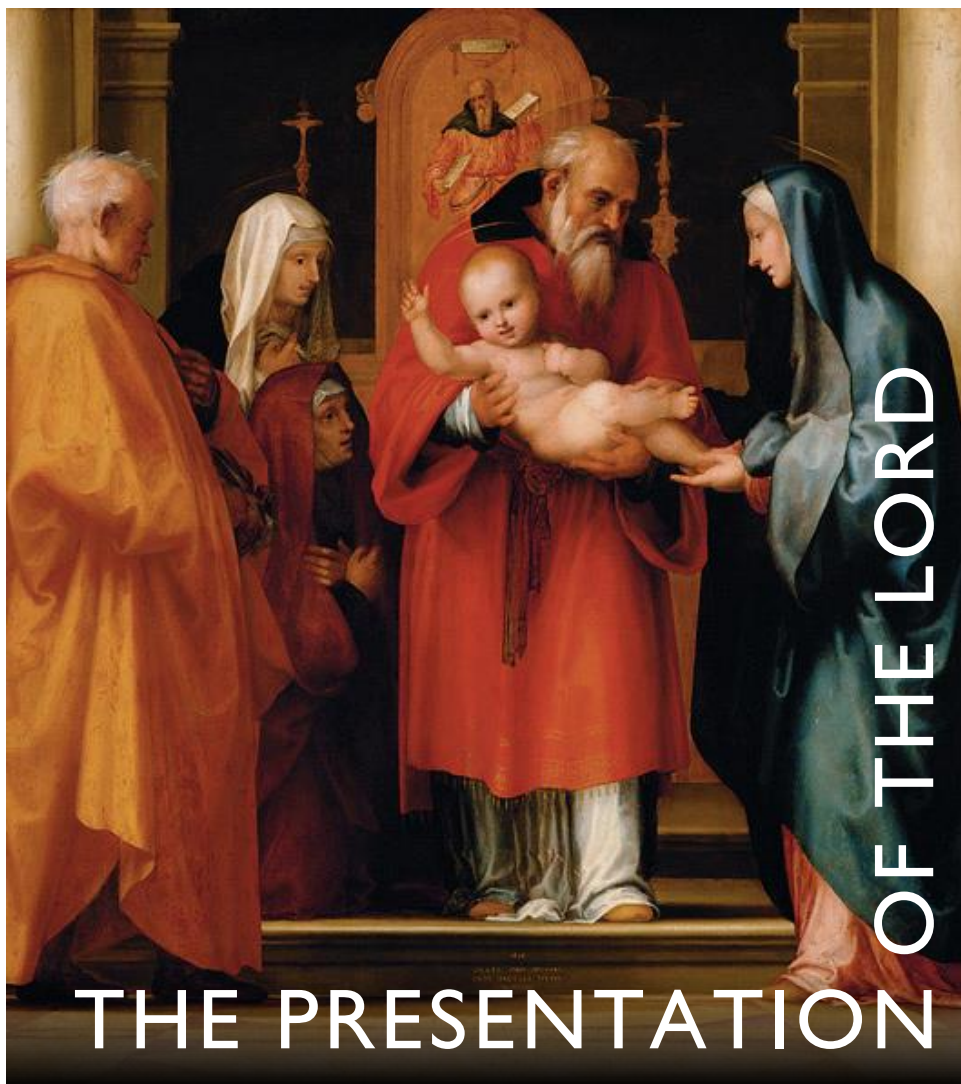


PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

2 February 2025. 4th week in Ordinary Time. Year C1. Psalter 4



OF THE LORD

THE PRESENTATION

Today we celebrate The Presentation of the Lord. This is the moment when the parents of the baby Jesus take him to the Temple in Jerusalem for, as St Luke writes: 'their purification according to the Law of Moses'. During their visit they encounter Simeon who was in the Temple every day waiting for the consolation of Israel. He recognises Jesus as the Messiah, the salvation that God had prepared for his people. Taking the baby in his arms he blesses God, calling Jesus 'a light for revelation to the Gentiles, and for glory to your people Israel'. As we celebrate this wonderful feast let us pray that we too may be a light for the nations, bring hope to all we meet.

MASS TIMES

Sunday 2 February – The Presentation of the Lord.

Day for Consecrated Life

8.45am *David Duben RIP*

10.45am *People of the Parish*

6.00pm *Michael Sargeant RIP*

Tuesday 4 February

6.30pm *In thanksgiving*

Wednesday 5 February – St Agatha, Virgin & Martyr

9.30am *Pat Stewart RIP*

Followed by refreshments in St Richard Reynold Centre

Holy Rosary after Mass

Thursday 6 February – St Paul Miki and Companions, Martyrs

9.30am *Private Intention*

6.00pm Adoration of the Blessed Sacrament

Friday 7 February

6.30pm

Saturday 8 February

Day for Victims of Human Trafficking and those who work to combat it.

9.30am

Followed by Confessions

Sunday 9 February – 5th Week in Ordinary Time.

8.45am *People of the Parish*

10.45am

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. If you feel called to help our young children hear the Word of God and grow to love it please speak to one of the catechists.

Confessions Saturdays after 9.30am Mass or by appointment.

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

NEWS & EVENTS

Force Spring Fayre with Breakfast

On **8 March** there is a fund raising event at the URC church next door. This is in aid of Force Cancer Charity. It starts at 11.00am and will have lovely breakfast offerings, raffles, tombolas, bric a brac, books, jewellery, jigsaws and lots of singing and games. Many of our parishioners are helping out and it would be lovely if as many of you as possible could come along and support us. Thank you, Jane and Gary (07890 37317)

HCPT

HCPT is a registered charity offering pilgrimage holidays, to Lourdes in the south of France, for disabled and disadvantaged people from around the UK and further afield. The letters "HCPT" stand for the Hosanna House and Children's Pilgrimage Trust. [HCPT Group 141](#) serves East Devon and takes between 8 and 12 children with various disabilities, along with our Group Leader, Nurse and helpers. On the 8 February they are holding a Basic Life Support fund raiser. No registration requirements. All welcome. £5 donation fee can be card or cash.



141 Basic Life Support Session Fundraiser

Saturday 8th February
10:00am-11:30am
St. Richard Reynolds Centre,
Blessed Sacrament Church, Exeter
£5 course fee (paid on the day)

An opportunity to learn about the necessities of saving a life from 3 of our medical student 141 helpers! Infant, child, and adult basic life support skills will be covered. Please note that this is not an accredited course.

Registered Charity England & Wales 281074

Lost and Found

There is a gold coloured ring in the office which was recently found after a 10.45 Sunday Mass. Please contact the office if you think it may be yours.

St Nicholas School News

As Spring approaches, we are looking for volunteers to help us tidy and improve the school grounds. We are hoping to organise a 'ground force' day to do this, weather permitting! If any parishioners would be interested in coming in to do this or can offer any specific help please can you contact Mrs Brocksom, Senior Administrator by emailing school@stncls.uk. Once we have arranged the date we will then contact you and see if you are available. All help gratefully received!

If you would like to find out about joining the school from Nursery to Yr 6 please contact our Senior Administrator Mrs Brocksom by emailing admissions@stncls.uk

The Catholic Chaplaincy at the University of Exeter :

Accommodation for 2025-2026 is now open – Our Catholic Chaplaincy offers affordable accommodation from September to June each year for full-time second and third-year students. We have four single rooms available, each furnished with a bed, wardrobe, shelves, desk, chair, and desk lamp. Bathroom and shower facilities are shared. If you wish to apply, please email Maria M.G.Giannone@exeter.ac.uk or Mirtha exeter-university@prcdtr.org.uk, and we will send you an application pack. The deadline to submit your application is Monday 3 March.

Exeter Foodbank

Donations of the following priority items are especially needed: tins of meat, fish, vegetables and fruit, noodle and pasta snacks, jams and spreads, small jars of coffee, rice pudding. There is a collection basket at the back of the church. Please email Mark at info@exeterfoodbank.org.uk to find out how you can help. More information about Food Bank can be found at [this link](#).

Christians Together Across Exeter

Exeter City Centre Chaplaincy is recruiting.

Contact exeterccchaplaincy@gmail.com for more information and see the poster in the porch.

Diocese of Plymouth Vacancies

Property Administrator

We are recruiting a Property Administrator based at St Boniface House, Ashburton.

To express your interest please contact recruitment@prcdtr.org.uk

Closing date for applications: Monday 3 February 2025

Caritas Diocese of Plymouth – Cost of Living

Caritas Plymouth have developed a fact sheet to help people to access information about where to get help with the cost of living. They hope that it will provide some useful sources of free financial support and information. There is a copy in the porch.

[You can access the information by following this link.](#)

Keeping warm and well

There is also information from **Age UK** about how to stay warm and well this winter. Please visit www.ageuk.org.uk/winterprep or phone 0800 169 6565. There's also a leaflet in the church porch.

Caritas Love in Action

Caritas Diocese of Plymouth latest Newsletter

To read more about love in action around the diocese please [follow this link](#)

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

<https://www.plymouth-diocese.org.uk/category/diocese-news/>

Catholic Bishops' Conference- Ending Child Poverty

Child poverty levels have remained alarmingly high over the last decade. Caritas Plymouth supports the call from the Catholic Bishops' Conference (CBCEW) to lift the two-child benefit cap as one of the ways in which we can help thousands of children out of poverty. We invite people to join the CBCEW campaign by writing to your local MP. It will take just two minutes to follow the link below and make your voice heard to end the two-child benefit cap: [Take action on the two-child cap policy - Catholic Bishops' Conference](#)

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

Catholic Social Teaching: an introduction

Caritas Social Action Network (CSAN) is offering a new online course on Catholic Social Teaching for parishioners. The course will be spread over five one-hour Zoom sessions on each **Tuesdays in Spring 2025, from 12 noon to 1.00pm, on 4, 11, 18, 25 March, and 1 April.**

The course is aimed at parishioners who are not so familiar with Catholic Social Teaching, or who would welcome a refresh. It will be grounded in the reality of CSAN members and their work on the front line of poverty and exclusion, with inputs from member organisations.

The course fee is £95, which includes a copy of Raymond Friel's book, *Catholic Social Teaching: an introduction for schools, parishes and charities*. Please let us have a postal address to send the book to before the course starts. To ensure you receive the book before the course starts, please register by **12 noon on Friday 14 February 2025**. [Please click here](#).

Catholic South West

Catholic South West is a monthly newspaper for Catholics in the Plymouth, Clifton and Portsmouth Dioceses. Copies are in the porch. Please put your money in the wall box marked "newspapers" (50p)

Catholic Children's Society Plymouth (CCSP) News

2024 was a wonderful year for the Catholic Children's Society (Plymouth) thanks to the generosity of all our loyal supporters, parishes, schools and grant funders. Our

Annual Appeal, Crib appeal, Great Big Diocesan Quiz, orange box recycling scheme and ink cartridge recycling scheme all raised record breaking totals for our small children's charity. We receive some wonderful feedback from families who tell us what a massive difference our support makes to their family life. Here is just one recent example -

"A huge thank you to the Catholic Children's Society for your kind help, the washing machine arrived today, and everyone is delighted. It is such a huge relief to be able to do our own washing at home again. I'm just so thankful to you. One day when we are in a better position, we will pay the kindness forward and help someone else in a situation similar to mine. Again, thank you."

Wills Week

Following our successful inaugural Wills Week last June, we will have another Wills Week slightly earlier this year: **w/c 28 April 2025**. This is a wonderful opportunity for you to provide security for you, your loved ones and the children of the future.

We have teamed up again with Tozers Solicitors, who have offices in Exeter, Newton Abbot and Teignmouth. Arrangements can be made for appointments to be made for a short while after the Wills Week.

Writing a will may seem complicated but it doesn't have to be, and it is vitally important because it makes our relatives' grief journey a little easier to navigate when we are gone. Making a will can be costly but if you need to make one, or need to make an adjustment to an old will, please join in our Wills Week. You will benefit from the expertise of Tozers free of charge – we just ask you to make a small donation to CCSP as a thank you.

Perhaps you could include a legacy for CCSP which doesn't have to be a large sum of money. A gift in a will, however large or small, plays an important part in continuing the work of our charity.

To request more information, or to book an appointment to make a simple will with a member of the team from Tozers in one of their offices, please email enquiries@tozers.co.uk or call **01392 207020**. Please allow up to 5 working days for a response.

2025 Great Big Diocesan Quiz

Friday, 9 May 2025

Last year, 8 parishes took place on Friday, 10 May 2024 and helped to raise just over £1,500. Another 2 parishes joined in a week or two later and a further £1,427.50 was raised bringing the total to almost £3,000.

All you have to do is find a venue and a quiz master, then as many parishioners as possible to make up the teams and CCSP will supply the rest.

Could one of the teams from your parish be crowned Overall Diocesan Champion 2025, the title which is currently held by 'The Only Ones' from St Peter & St Thomas More in Plymouth who scored 104 out of a possible 130 marks in our 2024 Great Big Diocesan Quiz?



Join our 50:50 club?

Helping Hands is a simple and effective way of raising funds for CCSP as half of the money raised in subscriptions is used for our Essential Grants programme and Pro-active Parenting courses and the other half is returned to members as prize money. For example, if we have £200 in subscriptions from members each month, then £100 would be used to help children and their families/carers and the other £100 will be distributed as prize money eg £50 first

prize, £30 second prize and £20 third prize. The distribution of prize money will be determined each time by the number of members in the draw.

It costs £12 a year for entry into all twelve monthly draws and you can enter each draw more than once by increasing your subscription to £24 for two entries, £36 for three entries and so on. If your name is drawn out, we will post a cheque to you.

To start your Helping Hands membership, all you need to do is complete our application by visiting our website [here](#).

Thank you for everything you do to support the Catholic Children's Society based in the Diocese of Plymouth which covers all of Devon, Cornwall and parts of Dorset.

Diocesan Newsletter

Please sign up [here](#) to receive newsletters and Jubilee 2025 related content.

UNBOUND

A practical guide to deliverance and true Freedom in Christ.

In this Jubilee year where Pope Francis has asked us to be "Pilgrims of Hope" this day will offer practical guidance on the spiritual battle of life and how inner healing and deliverance can give us true freedom in Christ.

The day is being led by Sue Walsh the National Co-ordinator of Unbound Prayer ministry UK. This event will be held at Buckfast Abbey Conference Centre on **Saturday 15 February 10.00am-3.00pm**. There will be an opportunity to go to Mass in the Abbey church at noon. Please book at plymouth-crownhill@prcdtr.org.uk
Enquiries: 01752 701660. We look forward to seeing you.

Diocese of Plymouth Residential Retreats – Lent 2025

Ignatian silent and individually guided retreats are available locally in the diocese for Lent 2025 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.

Weekend Retreat (Fri – Sun) **March 7-9** (£160)

Extended Weekend Retreat (Fri - Tues) **March 7-11** (£280)

Midweek Retreat (Mon - Fri) **March 10-14** (£275)

6-day Retreat (Fri-Fri) **March 7-14** (£475)

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

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

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 notice in the porch.

Guided Retreats at Buckfast Abbey 2025

These retreats offer spiritual nourishment and reflection. To book and for more information, please visit www.buckfast.org.uk/retreats, or see the poster in the porch for details including dates.

Diocese of Plymouth Invitation to Survivors

We have two survivor groups in the diocese that have now been running for over a year, which provide an opportunity for anyone with lived experience of abuse to share their thoughts and ideas about survivor support work in our diocese. We are grateful to all those who so generously give of their time to attend these meetings.

The diocese would welcome the opportunity to hear from others who have a lived experience of abuse, so that we can involve them in the work we are doing to support survivors. If you would like to help us with this work, or you would like to find out more, please contact: Sophie Scagell (Survivor Support Caseworker) on 01364 645436 / sophie.scagell@prcdtr.org.uk

Stay Awake 5 April 2025

Bookings are open for Stay Awake 2025! Date **5th April**, Venue: All Saints School in Weymouth (Sunnyside Rd, Weymouth DT4 9BJ). For more information and to book for this exciting, all day Catholic Conference which caters for all ages (Mass, speakers, workshops and children's streams), [Please follow this link for more information](#)

You Can Help Your Marriage

Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped because it only makes it worse?

Retrouvaille has helped 10s of 1000s of couples experiencing difficulties in their marriage. For confidential information about the next programme which will be presented on Zoom on **27 February to 2 March**

2025. Email: info@retrouvaille.org.uk

Call or text 0788 7296983 or visit www.retrouvaille.org.uk

National Mass for Altar Servers

This is being held on **Saturday 17th May, 2025 at 12.15pm** at Lancaster Cathedral. This is the first time the Mass has been held here and coincides with the celebrations to mark the Centenary of the Diocese of Lancaster and of course the Holy Year. Please see the poster in the porch for more details.



Come and share a weekend of faith, formation and friendship at the annual Gather Conference. **Friday 28 – Sunday 30 March** at the Livermead Cliff Hotel, Torquay.

Professor David McLoughlin, theologian and lecturer will offer keynote presentations on the four great Constitutions of the Second Vatican Council: Dei Verbum, Sacrosanctum Concilium, Gaudium et Spes and Lumen Gentium.

David spoke recently to the clergy of the diocese on these themes and his talks were very well received. He speaks with great knowledge and understanding but also with grace and humour. It should be a fascinating weekend.

Flyers including booking forms are available in the church porch or [download a copy by using this link](#). Please see the Facebook page [Gather Conference](#) or email plymouthgather@yahoo.com for more information.



Aid to the Church in Need

Global Day of Prayer for Peace in Myanmar

1 February is an important date for Myanmar, marking the beginning of the current conflict, in 2021. The country has faced moments of great suffering and challenges over the past years. As a community of faith, we come together on this day of prayer to call for peace, justice and reconciliation in Myanmar.

Through this initiative, organised by Aid to the Church in Need (ACN) and its 23 national offices, we aim to provide some spiritual consolation to the Burmese people and to pray for the restoration of peace, to show our solidarity and to remind them that even in the darkest hours, hope and faith can be a light for the world.

“Blessed are the peacemakers, for they shall be called the sons of God” (*Matthew 5,9*)
Our prayers can transform us into instruments of peace. Pope Francis has invited people around the world to pray especially for the country of Myanmar and its people on 1 February.

If you can, please support prayer for the people of Myanmar on this day or a day close to 1 February. Please use the link below to find out more information about the intentions we hope you will pray for.

[Global Day of Prayer for Peace in Myanmar | ACN International](#)

GROWING IN FAITH TOGETHER

Forming in Faith

Join us as we explore the richness of the Vatican II documents through video and discussion. We begin with Dei Verbum (The Word of God) **Monday 10 February 10.30-12.00** in the Lower Room, Sacred Heart. All welcome.

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.

Next Course: **15 & 22 February 2025** Godparents are especially welcome to attend the course as their role is explored. If you have any problem accessing this, contact the parish office at Exeter-heavitree@prcdtr.org.uk or 01392 274724. Click the [Baptism Enquiry form](#) to register for the February Course.

GIFT Sacrament Families

We continue to pray for the Ajayi, FitzPatrick Peri and Matawaran families as they prepare their children for the Sacraments of Reconciliation and Holy Communion.

GIFT tots

Our next session will be on **Friday 14 February** 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 1 March 2025** at St Nicholas School. Register for GIFT and GIFT Youth at the links: [GIFT Registration Form](#)
[GIFT Youth Registration Form](#)

GIFT Youth Sacrament of Confirmation

Growing in faith, attending GIFT Youth sessions and participating in Sunday Mass are all key elements of a deepening faith. If you are interested in receiving the Sacrament of Confirmation this year, please get in touch with the parish office.

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

Pope's February Prayer Intention – Pilgrims of Hope.

“Let us pray for migrants, refugees and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.”

Pope Francis. [The Pope Video](#)

We commend to the Lord...

the souls of Pamela Coughlan and Mary Morgan who have died.

Pamela's funeral will be celebrated at Blessed Sacrament Church on Friday 21 February at 11.30am. May Pamela and Mary rest in peace.

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 morning Mass, every first and third Wednesday each month.

THE WORD

Sunday 2 February – The Presentation of the Lord

First Reading Malachi 3:1-4. *The Lord whom you seek will come to his Temple.*

Psalms Response The Lord of hosts, he is the king of glory!

Second Reading Hebrews 2:14-18.

He had to be made like his brothers, so that he might become merciful.

Gospel Luke 2:22-40. *The child grew, filled with wisdom.*

Sunday 9 February – Fifth Sunday in Ordinary Time

First Reading Isaiah 6:1-2a, 3-8. *Here I am! Send me.*

Psalm Response In the presence of the angels I praise you.

Second Reading I Corinthians 15:3-8, 11. *So we preach and so you believed.*

Gospel Luke 5:1-11. *They left everything and followed him.*

New Missal

St Rita's shop in Honiton is offering a reduction to the price of the Sunday and Weekday People's Missal. This is a limited offer, and you can find more details by [following this link](#).

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 [Catholic Exeter](#)

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

Maria Edwards 07870 696530

Catherine Odams 01392 274724

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