

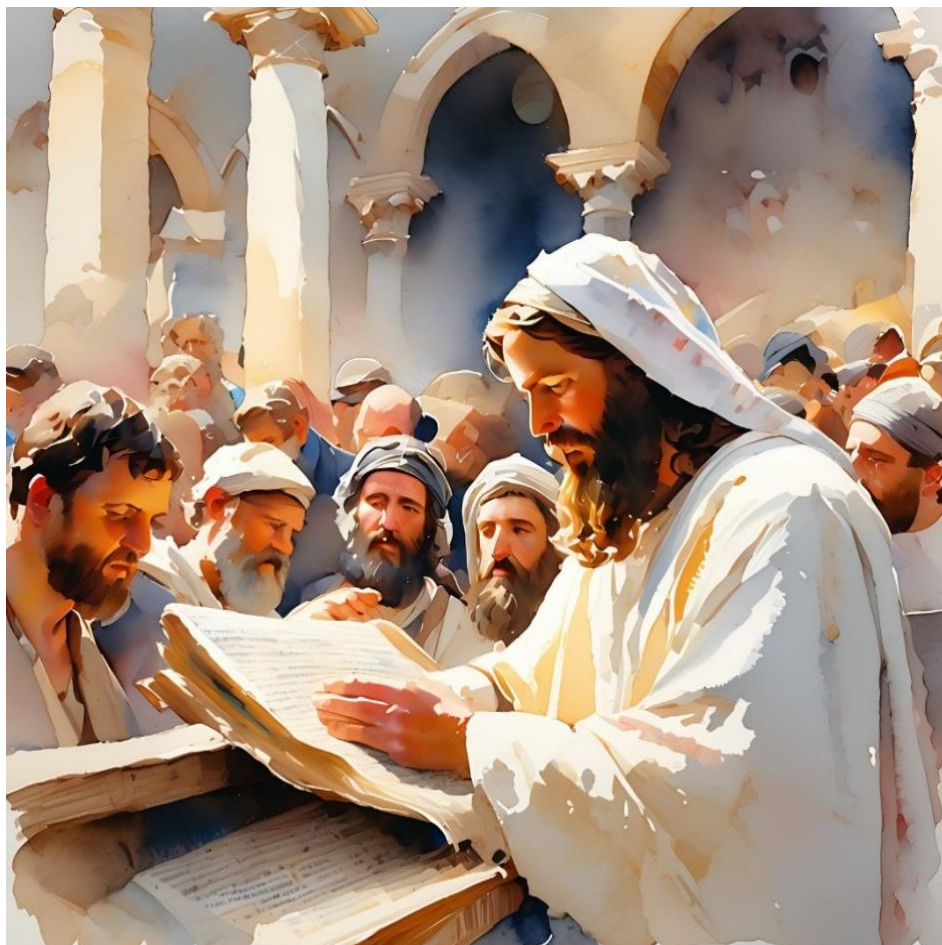
PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

26 January 2025. 3rd week in Ordinary Time. Year C1. Psalter 3

The Spirit of the Lord is upon me



After our brief excursion last week into Saint John's Gospel, we are back on track this week with Saint Luke, whom we will follow for the rest of the year. Today is about beginnings: the beginning of Jesus' public ministry. It begins with the Word of God, in the synagogue. Jesus reads from the Old Testament, as we do every Sunday, and tells the people that it is fulfilled in him. Everything that God has said to his people, through his prophets, comes together in Jesus, the Incarnate Word of God. Today is an ideal Sunday to think about the ministry of reader - about how as readers we make present' the same fulfilment, Jesus, when we read the word of God in our Churches. *Diocese of Salford Office for Liturgy*

MASS TIMES

Sunday 26 January – Third Sunday in Ordinary Time

8.45am

10.45am

6.00pm

Tuesday 28 January – St Thomas Aquinas, Priest & Doctor of the Church

6.30pm

Wednesday 29 January

9.30am *Special Intention*

Followed by refreshments in St Richard Reynold Centre

Holy Rosary after Mass

Thursday 30 January

9.30am

6.00pm Adoration of the Blessed Sacrament

Friday 31 January – St John Bosco, Priest

6.30pm

Saturday 1 February

9.30am *Private Intention*

Followed by Confessions

Sunday 2 February – The Presentation of the Lord

8.45am

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.

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.

Confessions Saturdays after 9.30am Mass or by appointment.

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

NEWS & EVENTS

Help please -Force Spring Fayre with Breakfast

Jane and Gary are organising a Spring Fayre with Breakfast in aid of Force Cancer Charity. This is being held in the URC church just down the road on 8 March at 11.00am until 2.00pm.

They would like some help please. Particularly with donations of raffle prizes, good quality bric-a-brac, books, jigsaws, toys, games, bottles, tombola prizes and baked cakes. If you can help please call Jane on 07890 373617.

Catholic Women's League

The next meeting of the Exeter section is Tuesday 28 January in the Lower Room at Sacred Heart Church South Street at 2.00pm. New members would be very welcome. Please remember to bring your annual subscription. We will be making plans and arranging things to do with Lent.

St Nicholas School News

Our Yr 5 children had a fantastic time in London, visiting Parliament, watching Matilda and visiting Tate Britain to look at portraits. We are now organising our Yr3/4 trip to Sleep with the Sharks at Plymouth Aquarium and to have a boat trip around Plymouth Sound as well as tour the Tamar Bridge.

We are excited to be developing our outdoor areas, particularly in Early Years and will soon have a 'Groundforce Day' when parents will join us to tidy up the area. We have purchased a number of new outdoor resources which the children are enjoying.

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 3rd March.



World Leprosy Day Sunday 26 January

Please visit www.lepra.org.uk to read some real life stories of some of the beneficiaries whose lives have been changed through the work of this charity, or for further information contact lauricej@lepra.org.uk.

Please help us beat leprosy-even the smallest contribution can help treat and rehabilitate people trapped by this disease. Please see [World Leprosy Day 2025 - YouTube](#) and the poster in the porch.

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 the following fundraiser:



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

No registration requirements. All welcome. £5 donation fee can be card or cash.

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@pccdtr.org.uk

Closing date for applications: **Monday 3 February 2025**

Plymouth CAST Vacancies

Plymouth CAST are seeking to recruit Headteachers for two of our Catholic Primary Schools in the diocese: St Mary's, Buckfast and St Augustine's Weymouth.

To find job descriptions for both positions please follow these links:

[St Mary's Buckfast](#)

[St Augustine's Weymouth](#)

Vocations Day of Reflection

Have you ever asked the question 'Is God calling me to Priesthood or to the Religious life?'. This 'Day of Reflection' for men will be held on **Saturday 1 February** from 10:00 to 16:00 at Exeter University Chaplaincy, Boniface House, Glenthorne Road, Exeter EX4 4QU.

The day will include Mass, a time of Adoration, a short conference, an opportunity for Confession and 'One to One talks' with serving Priests from our Diocese; and sharing food together (this will be provided – please let us know of special dietary requirements). Under 18s are welcome to attend with parents' permission.

For more information and to register your interest please contact Fr Jacek Kostuch on jacek.kostuch@prcdtr.org.uk or vocation@prcdtr.org.uk

Christians Together across Exeter

Homelessness Sunday Service

This will take place on **Sunday 26th January at 4pm** – in St Petrock's church, with refreshments afterwards in St Petrock's Centre. All warmly welcome.

Week of Prayer for Christian Unity

Holy Cross Topsham Parish is hosting this year's ecumenical activities!

You are warmly invited to an ecumenical service which will be held at **3 p.m. on Sunday, 26 January**, followed by refreshments.

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.

Diocesan Newsletter

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

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 January Newsletter

To read more about love in action around the diocese please [follow this link](#)
To subscribe to the Caritas Newsletter [follow this link](#).

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](#)

Catholic Social Teaching: an introduction

Caritas Social Action Network (CSAN) is offering a new online course on Catholic Social Teaching for parishioners. The course is entitled, and 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. The course 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)

We have received a letter from CCSP in thanks for sending £165.00 in respect of the crib appeal this Christmas

Your continued support means that they have been able to help so many families living in our Diocese. They receive some wonderful feedback from some families who tell us what a massive difference our support makes to their family life.

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.

Plymouth Diocese-An 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](#)



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.

Catholic Bishops' Conference

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

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](#)

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 ...27 February to 2 March 2025 . Email:info@retrouvaille.org.uk
Call or text 0788 7296983 or visit www.retrouvaille.org.uk

GROWING IN FAITH TOGETHER

Forming in Faith

Join us in this new year as we explore the richness of the Vatican II documents through video and discussion. We begin with Dei Verbum (The Word of God) **Monday 27 January 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.

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 the [Baptism Enquiry form](#) to register for the February Course.

Growing in Faith Together (GIFT) News

GIFT Sacrament Families

We continue to pray for the Ajayi, FitzPatrick, Jones and Peri 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.

The next GIFT session will be held on **Saturday 1 February 2025** at Blessed Sacrament Church: **09.30-11.45**

Next GIFT session at St Nicholas School:

Register for GIFT and GIFT Youth at the links below:

[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 January 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 soul of Pamela Coughlan who has died. Her funeral will be celebrated at Blessed Sacrament Church on Friday 21 February at 11.30am. May she rest in peace.

Congratulations...

to Marianne who will receive Holy Communion for the first time on Sunday. We wish her every blessing as she joins us at the table of the Lord.

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 26 January – Third Sunday in Ordinary Time

First Reading Nehemiah 8:2-4a, 5-6, 8-10

They read from the book of the Law, and gave the meaning.

Psalm Response Your words, O Lord, are spirit and life.

Second Reading I Corinthians 12:12-30 or 12:12-14, 27

You are the Body of Christ and individually members of it.

Gospel Luke 1:1-4; 4:14-21 *Today this Scripture has been fulfilled.*

Sunday 2 February – The Presentation of the lord

First Reading Jeremiah 1:4-5, 17-19 *I appointed you a prophet to the nations.*

Psalm Response My mouth will tell of your salvation. O Lord.

Second Reading I Corinthians 12:31-13.13

Faith, hope and love abide; but the greatest is love.

Gospel Luke 4:21-30

Jesus, like Elijah and Elisha, was not sent only to the Jews.



New Missal

Have you bought your copy of the new Missal yet? It contains the readings and prayers for Mass on Sunday and weekdays. The readings are the new translation of the lectionary, the English Standard Version Catholic Edition.

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*

Useful links

[Bishops' Conference Updates](#)

[Churches Together Devon News](#)

[Churches Together Exeter News](#)

[Churches Together in England News](#)