

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

9 March 2025. *First Sunday of Lent. Year C. Psalter 1*



TEMPTATION

As with each First Sunday of Lent the Gospel tells of Jesus' temptation in the wilderness; as we begin the journey of Lent, during which we will consider our lives as members of the Church, we look to the example of Jesus when it comes to dealing with temptation. Choosing to follow God's path is the first characteristic of the Christian: this is underlined in the two other readings, which outline the two "creeds" or statements of belief - one of Israel and one of the Christian. Both of them emphasise "believing in the heart and confessing with the lips": both creeds underline the Salvation that God has achieved - for Israel it was freedom from Egypt, for the Christian freedom from death in Jesus. *Salford Office for Liturgy*

MASS TIMES

Sunday 9 March – First Sunday of Lent

8.45am *Fr Terence McLean-Wilson RIP*

10.45am *People of the Parish*

6.00pm *Canon Oliver Heaney RIP*

Tuesday 11 March

6.30pm

Wednesday 12 March

9.30am *Tom and Richard Ware RIP*

Followed by refreshments in St Richard Reynold Centre.

Thursday 13 March

9.30am

6.00pm Adoration of the Blessed Sacrament

Friday 14 March CAFOD Lent Fast Day

6.00pm Stations of the Cross

6.30pm *The Needy and Hungry of the World*

Saturday 15 March

9.30am

4.00pm *Syro Malabar Rite Mass*

Sunday 16 March – Second Sunday of Lent

8.45am *People of the Parish*

10.45am

2.00pm *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. 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

The Season of Lent

Lent is the annual penitential season when we prepare spiritually for the celebration of Easter. As Jesus spent 40 days in the desert facing and resisting temptation, so we enter this season facing up to the reality of our sinfulness and committing to change. We know we cannot do this alone, so we pray for the grace of the Holy Spirit to enable us to ask for forgiveness and open our hearts to the love and mercy of God.

We Dare to Hope – Sharing Faith in Lent

As part of the Jubilee Year, as Pilgrims of Hope, you are invited to join a faith sharing group to reflect on Hope and what it means to us as Christians. Themes for reflection will include Christian Hope, The Decision to Hope, The Prayer of Hope.

When: **5 Tuesdays in Lent: 11, 18, 25 March and 1, 8 April.**

What time: **Afternoons at 1.30-2.45pm. Evenings 7.15-8.30pm.**

Where: **St Richard Reynolds Centre.**

We will be using a resource prepared by the Archdiocese of Southwark. You can access the resource [by following this link](#). We look forward to seeing you there.

Stations of the Cross in Lent

Join us on Fridays in Lent starting at 6.00pm as we follow Jesus on his final journey to the Cross. This moving devotion opens our hearts to understand more deeply the great sacrifice Jesus made for us and encourages us to follow his example of self-sacrificial love. Evening Mass will follow Stations each Friday.



CAFOD Lent Lunch

The parish CAFOD group invite you to a Lenten Lunch on **Thursday 20 March 12.00 midday** in the St Richard Reynolds Centre. All welcome. Proceeds will be going to CAFOD's [Lenten Appeal](#), supporting families like Lokho's. Lokho and Wakera, CAFOD's local partner, are pictured.

Walk With Me

A Lenten journey of prayer for Lent. Booklets are available in the church porch for a suggested donation of £1.00. Please put your offering in the box marked 'Books'.

Who am I? A tourist or a pilgrim?

Lent Retreat Day led by Fr Ignatius Paul Raj, Saturday 15 March at St Rita's Centre. The day will begin with coffee/tea on arrival at 9.30am. First talk will start at 10.00am, second talk will be at 11.00am. Exposition and Adoration of the Blessed Sacrament in silence will be at 12.00pm. Lunch will be served at 1.00pm, Mass at 2.45pm. There will be an opportunity for Confession. Cost £25.00. Book by phone or email at www.stritascentre.org. Payment can be made on the day.

Lenten Zoom talks 2025

Fr Mark Skelton-You are invited to come and join the Lent Zoom Course for 2025 and take the opportunity to hear and reflect on different aspects of our faith during the incredibly important Lenten journey.

The speakers are each reflecting on one of the Holy Father's signs of hope for this Jubilee Year. Each talk is a separate presentation and although you can, of course, come to all five; they are not linked, each speaker talks from their own perspective. The talks themselves will not begin until 7.00pm but the Zoom call will be open from 6.45pm. Please follow this link to join: [Join the Zoom meeting here.](#)

13 March – Commitment to others. **20 March** – Debt Cancellation.

27 March – Recognizing Hope. **3 April** – Peace.

10 April – Jesus's Last Pilgrimage.

Family Film Night

Friday 11 April, St Nicholas Primary School, 5.30–7.30pm

Come along to watch Dreamwork's animation of Moses' life: The Prince of Egypt. Bring your snacks and beanbags; you can even wear your pj's. Don't forget your cuddly toy! 🧸

The Book of Revelation

In this Jubilee year where Pope Francis has asked us to be active "Pilgrims of Hope," renowned scripture scholar and author, Fr. Nicholas King SJ, will lead us to understand the Book of Revelation and how the Word of God is our power for Mission. This event will be held at Buckfast Abbey Conference Centre on **Saturday 15 March 10.00am–4.00pm** (Dart View Room 4). There will be an opportunity to attend the Abbey Mass at noon. Booking is essential through plymouth-crownhill@prcdtr.org.uk Enquiries: 01752 701660. We look forward to seeing you at this inspiring day.

Word on Fire – The Mass

You are invited to watch a new six-part series from *Word on Fire*, in which Bishop Baron teaches on the Mass, with an online group, Wednesday evenings at 7.00pm during Lent and Easter.

Each one hour session consists of a half hour film followed by prayer and reflection. For a link or for more information contact deborah.vankroonenburg@prcdtr.org.uk

Exeter (Heavitree) Memory Café.

First Wednesday of every month - 2 - 4 p.m.

The Friends of the Heavitree Doctor's Practice runs a Memory Clinic in the St Richard Reynolds Centre. If you are caring for someone with memory loss or the early stages of dementia, come along and join us for two hours of fun and chat, with tea and cakes and a lovely, friendly atmosphere. The next meeting is on 2 April 2025. For more information please phone Jackie Minto on 01392 277409

SUBBILATE



CELEBRATING
THE TEACHING
OF VATICAN II

A weekend of faith, formation and friendship
Friday 28 – Sunday 30 March 2025
Best Western Livermead Cliff Hotel Torquay
For more information and booking form see flyer
or visit Facebook and search gather conference
or use the QR code below.

GATHER 2025

DIocese of PLYMOUTH



Catholic Children's Society News



You can make a difference

To tie in with the Jubilee of Volunteering on Saturday, **8 and Sunday, 9 March 2025**, the CCSP is delighted that a number of parishes have stepped forward and now have a Parish Volunteer in place to help them with their fundraising.

There is a ladder of involvement and some parishes just want to **maintain and monitor** the supply of CCSP promotional material such as the twice yearly newsletters, whilst others want to help **promote** organised CCSP fundraising events such as the Annual Appeal, Crib appeal and the Great Big Diocesan Quiz and some are happy to get more involved by **organising** fundraising events of their own.

The CCSP Parish Volunteer pack has recently been updated and if you would like a copy to see what's involved, please ask in the parish office for a copy or you can email [here](#), or please call the office on **01364 645420**. And don't forget, a member of CCSP staff or one of their Trustees could visit your parish to make a short presentation on the role of the Parish Volunteer and how your parish could help the charity further.

Diocese of Plymouth Newsletter...

...at [this link](#). Sign up [here](#) to receive newsletters and Jubilee 2025 related content.

Caritas (CSAN) Diocese of Plymouth Newsletter

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

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

There are some paper copies of the newsletter in the church porch, as well as a special Jubilee edition about the environment.

Caritas Jubilee Lent resources

The theme of the 2025 Jubilee year is "Pilgrims of Hope". This is a year of hope for a world suffering the impacts of war, the ongoing effects of COVID-19 pandemic, and a climate crisis. The Pope has chosen six social action themes for prayer and reflection during the Jubilee Year: care for creation, food poverty, modern slavery, managing debt, forgiveness and rest. Caritas Diocese of Plymouth has created a resource on these six themes. It can be used by individuals or parish groups to discuss one or more of the themes. Caritas Diocese of Plymouth can also provide support to parishes wishing to explore any of these themes in greater details.

Jubilee Parish Resources

CSAN two-child benefit cap survey

CSAN is conducting a survey to understand the impact of the two-child benefit cap and the current economic climate on Catholic families in England and Wales. Please share your experience by completing the survey, which can be accessed at csan.org.uk/news/familysurvey where you'll also find further information about the survey. The survey will close on **25 March**.

St Nicholas School News

We need Foundation Governors

We need committed Catholics to become foundation governors in our schools. • You could make a huge difference in our diocese. Your faith and encouragement could help the school community to develop their Catholic identity, keep our children and staff safe and help them in their commitment to the vision of Pope Francis who said, 'Only by changing education can we change the world.'

- A background in education or safeguarding would be desirable but no experience is totally necessary – your passion, faith and commitment is what is really needed as lots of friendly advice and training will be given.
- Inspired by our teacher, Jesus Christ, and his good news to the poor, we have a commitment especially to those who are disadvantaged. We are determined that a child's start in life need not determine their future. We are committed to the well-being of the earth, our common home, inspired by the example of Pope Francis: to live wisely, think deeply and love generously
- Truly consider if you can take on this vital role. Pray about it. If you feel you can help, please speak to your parish priest about the next steps on the journey.
- May the Lord reward your service and may you be blessed in the generosity of sharing your gifts.

If any parishioner would be interested in becoming a Foundation Governor at the school please contact Mrs Brocksom at clark@stncs.uk

Exeter Foodbank

Donations of priority items are especially needed: tins of meat, tins of vegetarian meals, sugar, squash, toiletries and tea bags (80s). 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.

GROWING IN FAITH TOGETHER

Forming in Faith

Join us as we explore the richness of the Vatican II documents through video and discussion. We will focus on Gaudium et Spes on Monday 10 March.'

Lumen Gentium on **Monday 10 March 10.30-12.00** in the Lower Room, Sacred Heart. All welcome.

Baptism Preparation Courses 2025

Next Courses: **14 and 21 June 2025 and 11 and 18 October 2025, 10.10 am to 12.15pm.** 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 [Baptism Enquiry form](#) to register.

Grow In Faith Together (GIFT)

Join the team

We'd love you to help us; get in touch if you could offer one Saturday morning, a month to join the catechist teams or volunteer to serve refreshments.

GIFT Sacrament Families

We continue to pray for the Chacko, Ajayi, FitzPatrick, Vingo, Wos, Specchia, Goldsmith, Adamik, Bisogno and DePaula families, as they prepare their children to receive the Sacraments of Reconciliation and Holy Communion.

GIFT tots

Our next session will be on **Friday 14 March** 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 5 April 2025** at St Nicholas School. Register for GIFT and GIFT Youth at the links: [GIFT Registration Form](#) [GIFT Youth Registration Form](#)

Mark 10 Mission

This website offers short children's liturgy videos for both under 8s and 8-12 years olds to help families engage with the Sunday Gospel. Families can use this to help their children prepare for and engage with the Sunday Mass. Do check out the [website here](#).

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

Our next monthly social will be on **Friday 21 March from 7.30–9.30pm** in the St Richard Reynolds Centre.

GIFT Youth: SPREE Festival Weekend

Held at Westpoint Arena, SPREE is an exciting weekend festival for young people to build strong friendships and explore their Christian faith together. The festival is running from Friday 27th June-Sunday 29th June. Early bird tickets cost £80, and parishes have kindly offered to subsidise youth tickets by 50%.

Have a look at Spree's 60 second promotional video here.

Please note all youth attending must register with GIFT youth. If you are interested in attending, please get in touch with Maria for more information: exeter-pastoral-assistant@prcdtr.org.uk

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

Worship Thursday

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

Pope's February Prayer Intention – Pilgrims of Hope.

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life. Pope Francis – February 2025

[The Pope Video](#)

THE WORD

Sunday 9 March – First Sunday of Lent

First Reading Deuteronomy 26: 4-10 *The confession of faith of the chosen people.*

Psalm Response Be with me, O Lord, in my distress.

Second Reading Romans 10: 8-13 *The confession of faith of believers in Christ.*

Gospel Luke 4:1-13. *Jesus was led by the Spirit in the wilderness and tempted by the devil.*

Sunday 16 March – Second Sunday of Lent

First Reading Genesis 15: 5-12, 17-18.

God enters into a covenant with Abram, the man of faith.

Psalm Response The Lord is my light and my salvation.

Second Reading Philippians 3:20 - 4:1 *Christ will configure us to his glorious body.*

Gospel Luke 9: 28b-36 *As Jesus was praying, the appearance of his face was altered.*

A Prayer for Racial Justice



God of justice, in your wisdom you create all people in your image, without exception. Through your goodness, open our eyes to see the dignity, beauty and worth of every human being. Open our minds to understand that all your children are brothers and sisters in the

same human family. Open our eyes to repent of racist attitudes, behaviours and speech which demean others. Open our ears to hear the cries of those wounded by racial discrimination, and their passionate appeals for change. Strengthen our resolve to make amends for past injustices and to right the wrongs of history. And fill us with courage that we might seek to heal wounds, build bridges, forgive and be forgiven, and establish peace and equality for all in our communities. We make this prayer through Christ our Lord. Amen.

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