ParishNews



Blessed Sacrament Parish Heavitree Exeter **26 April 2020**. **Third Sunday of Easter**. *Year A*



They recognised him at the breaking of bread

During the Season of Easter, we walk with the Risen Lord, enjoying his appearing to his disciples. Today's gospel is one of the loveliest accounts of his appearing. Jesus appears and teaches the two disciples, by reference to the Scriptures, the meaning of his death. Sometimes we can get confused and perplexed by what happens to us, and it takes a while to understand what God is doing for us. After Jesus rose from the dead, He visited people, but they didn't always know right away who He was. It's possible that people weren't expecting Him to be alive, and didn't

understand what God had done, even though Jesus Himself had told them what would happen. This happened in today's Gospel. A couple of disciples were walking along a road, and they were feeling sad that Jesus had died. Jesus showed up and started walking with them, but they didn't know right away that it was Him. He started asking questions about what they were discussing, and they explained how upset they were over the death of Jesus. Then Jesus started to describe to them how the prophets and Scripture had predicted what would happen. He told the disciples about Himself! They invited Jesus to stay for supper, and as He was breaking the bread, they suddenly realized who He was. Their eyes were open and they were filled with joyful enthusiasm. Sometimes things in our lives are disguised, in a way. We don't always recognize or understand things that God is doing. We might encounter difficult situations or circumstances and feel confused about why God would allow these things to happen. We can trust that God is at work, but we might still face challenges. We won't always find out right away why we have such trouble in our lives. But God promises that He is working things for our good. We cling to the hope that even hard things can bring blessings. We can also cling to the best news of all: unlike the disciples on the road, we do know that Jesus came back to life and we know that He was sent by God to die and come back to life, so that we can have eternal life with Him!



Signs of Hope

One of the loveliest things about Spring is the newness of everything. The hedges and flowerbeds are literally bursting with life. I can't remember seeing so much green, but then perhaps I wasn't looking closely enough! One of the joys of being able to take a walk each day is to witness what's happening in creation. It seems oblivious to what's happening to humanity as the Coronavirus pandemic continues to affect our daily lives. It helps me remember that I am only a part of the huge totality of creation. I know that my name, and your names are all written on the palm of his hand and he loves us beyond our understanding, but I also know that everything he created he saw as 'very good' and so his love extends to all things. It helps me to keep things in perspective.

It's not by chance that we celebrate Easter during Spring. Just as the new life of plants and animals is bursting forth, so we celebrate the new life of Christ bursting forth from the tomb. Victory over death has been won and we are invited to participate in the new life which is God's gift. I came across an article in the United States Catholic press yesterday in which bishops were encouraging us in this time

when we are not able to access the eucharist to begin living our baptism more fully. Baptism draws us into the life of Jesus and the life of the Church, it's a sacrament which changes us, not just outwardly, but inwardly. Our life now is different. Through baptism the Holy Spirit is poured into our hearts and it's this inspiration which leads us to act in new ways, to conform our lives to that of Jesus who came to bring liberation and peace.

In the story of the disciples on the road to Emmaus, which is the Gospel for this Sunday, we hear how Jesus came alongside them and accompanied them on their journey. They were disconsolate, disappointed and afraid and yet the presence of Jesus and their recognising of him changed, not only the direction in which they were travelling, but their whole lives. I know that you are accompanying many people in our parish and beyond. I know that your compassion and kindness, your standing alongside others in their fear and trepidation, is making a real difference. You are acting like Jesus. He is the motivating force which is leading you to act in this way. This is a sign of the new life of baptism in you. This is a sign of hope.

We are having to change direction, to find new ways of living, and it seems as though this will continue for a while yet. With God's love, with Jesus accompaniment and with the fire of the Holy Spirit burning in our hearts, we will overcome. We are God's Church. We are the Easter People. We are people of hope, love and charity. May God continue to bless us and all those we love, *Fr Jonathan*

Cardinal Vincent Nichols: A big 'thank-you' to all those caring for others during the COVID-19 pandemic

"Well, this lockdown has to go on and we have to be persistent and resilient and keep up the effort that we're making in order to protect each other – protect other people. "But there's a big thank you I want to give to all those who are caring for others. "It's especially true in our care homes, in our hospitals, but it's true in every place where somebody is genuinely caring for another person. "And in these circumstances, it's stressful, but it's deeply appreciated. "And we can see on a Thursday evening how much that caring work, especially in the NHS and in care homes, is appreciated. "Now, what we want to do, is add to that public applause, the practice of public prayer. "So every Thursday at 7 o'clock, a bishop

will celebrate Mass in one of the cathedrals for the care workers – 7 o'clock every Thursday. We will begin here in Westminster Cathedral. "And this coming Thursday, I will celebrate Mass at 7 o'clock – so please do join in, if you can, on the live streaming. Follow where the Mass takes place on each different Thursday. "And even more importantly, use that time before 8 o'clock on a Thursday to offer your prayers of thanksgiving for these generous, courageous people, for their support – their encouragement – that God will sustain them in this great work that they're doing. "We applaud, but we pray and we pray fervently for them. May God bless them all." Link Streamed Live Catholic Masses for the Sick and their Families, NHS Front-Line workers and those working in Social Care



livesimply

During this difficult time some of us have been able to share prayers and poems to raise our spirits. Thank you so much for these.

After a few weeks of not being very active, members of the Sewing Group, and some people who have not been involved before, have been supporting the NHS. First it was suggested that the bags we had made to reduce the use of plastic could be given to NHS staff, to put their uniforms in, to keep them separate from other clothes. However, because the bags needed to be washable at 60 degrees our bags were not suitable. Suitable bags were sourced, money was raised, including some from the Sewing Group fund, and 400 bags were ordered and delivered to the RD&E by Father Jonathan on Tuesday 21 April. The picture shows *Emily from RD&E Fundraising receiving the bags.* The hospital will contact us if they need any more. We were also told that the staff would like some headbands to prevent the face masks making their ears sore. We are in the process of making these. If anyone can sew and would like to help or donate towards the costs of the material,

please contact Frances on 01392 209542 or email: livesimplyexeter@gmail.com The Sewing Group, the Catholic Women's League, CAFOD and others have knitted pennants for the Devon County Show's 5 Mile Bunting Challenge. Although the Show has been postponed the attempt to get into the Guinness Book of Records is still expected to happen on the 16 May. See the Devon County Show website for more details. 480 pennants that have been made are being delivered to Deborah Custance -Baker (the organiser) who with her husband in isolation is making up the whole 5 miles plus length. If you have some that you have made please send them to Mrs Deborah. Custance -Baker. Hayne House Silverton EX5 5DD.

If anyone has any ideas of something that we can do to promote *livesimply* principles and provide help and support to each other or anyone else, please phone 01392 209542 or email livesimplyexeter@gmail.com Our prayers are with you all.

Faith resources for families and young people

Please find below a range of resources that families may find helpful to engage children and young people in their faith journey during this time.

Family Fun Faith

Our Pastoral Assistant Maria is making short Fun Faith videos that include praise and worship, teaching, an activity and prayer. They can be found on YouTube by clicking the links below: 'Let's talk about Hope' https://youtu.be/cPAKdU LM3g
'Let's talk about The Cross' https://youtu.be/TkCs4ESk3-o

Liturgy of the Word for Children

We're really grateful to the Gill family for providing the beautiful films for the children's Liturgy. They can be found on the parish's YouTube channel: www.youtube.com/c/BlessedSacramentExeter

Exeter 1115

Erik, our Exeter Catholic Youth Worker, has recorded two short films for our 11-15 year olds encouraging them to think about this time and to engage them in a different way of praying. Again both are available on the parish YouTube channel

1115 Quiet Time Who needs it? https://youtu.be/2CihbAuPJ-w

1115 Prayer https://voutu.be/0vWgx8lgiFY

Exeter Initiatives in Christian Education (ICE)

Links below have helpful resources, including downloadable school work sheets on the blog, which parents and children can do at home.

ICE You tube Channel: youtube.com/channel/UCFTtSf5BPf9ErWxtQcR5-kw

ICE School's blog: icetrust.co.uk/schools-blog/

ICE Facebook page: www.facebook.com/ICETRUST

ICE Instagram feed: www.instagram.com/icetrustexeter/

Stress, Anxiety, and Mental Well-Being

Exeter YMCA take referrals from professionals, families and self-referrals from children and young people to offer interventions that build up emotional well-being and resilience in young people aged 5 – 18. They are currently running these digitally through video calls to reach as many young people as possible during this difficult time.

Visit https://www.ymcaexeter.org.uk/cwpwellbeing/ or https://youtu.be/aSW4WKehae0 for more information.

Caritas Plymouth Quarterly Update

Caritas Plymouth aims to provide fresh impetus to put the command of the Lord into practice: 'Love one another as I have loved you', (John 13:34-35). It works with partner organisations already existing to put the Church's <u>Social Teaching</u> into action and provide a network to share good practice in the service of the most poor and vulnerable. It also aims to encourage new initiatives to put the Gospel imperative of love and mercy into action. The latest newsletter, (attached) shares our recent work and highlights the positive actions that have been happening during the current Coronavirus and the many ways in which people are supporting each other. Caritas would love to hear and share your stories so please do get in touch with Deborah caritas@prcdtr.org.uk with any news or updates.

Parish finances

Thank you so much to those of you who have enquired about setting up a standing order so we can continue to pay the bills. In these troubling times it is comforting to know how much people care about our beloved parish. If others wish to make a standing order, please email the parish office at exeter-heavitree@prcdtr.org.uk and please include your telephone number. You can also be advised how you can gift aid your donation. We understand that during these difficult times, other people may be buying your essentials and you therefore need to keep your cash available to pay these kind volunteers, so please feel free to post a cheque (made payable to PRCDTR Heavitree RC Parish) to the Presbytery if this is easier. If neither of these options are suitable for you, please put aside your weekly cash offerings and/or gift aid envelopes until Masses resume.

Prayers of Hope - every Sunday at 7.00pm

During the Coronavirus crisis thousands of Christians across Britain are praying together at 7.00pm every Sunday evening. This began on Sunday 22 March after the Presidents of Churches Together in England issued a joint call to prayer. The response was phenomenal. St Paul tells us to pray continually. However, it helps to know that others are also praying at a specific time, so we encourage you to pray at 7.00pm on Sunday evening.

Exeter Prays

Sunday 26 April 8pm. Live streamed from https://live.rediscoverchurch.com/ Click the link at 8.00pm on 26 April to join diverse churches participating in this city focused prayer time. You'll be able to interact with others in chat rooms add your prayers in the comments.

The God Who Speaks

The next sessions have had to be postponed, but the talks have been recorded and are available at www.plymouth-diocese.org.uk and on Facebook @plymouthdiocese. 1. How Catholics Read the Bible; 2. Christ in the Old Testament; 3. The Fulfilment of the Covenant in the New Testament. Let's use our 'lockdown' time profitably. Further Scriptural resources are available: www.stpaulrepository.com.

Wednesday Word is now online!

Wednesday Word is an opportunity to prepare for Sunday Mass by listening to and reflecting on the upcoming Sunday Gospel with a group of friendly parishioners. We have run a successful group since September in the Richard Reynolds Centre.

Wednesday Word faith group now online We are running a Wednesday Word group every Wednesday at 2.00pm through a live conference call. Even if this is something new for you or out of your comfort zone, we encourage you to be brave and have a go; you will be greeted by friendly helpful parish faces! This type of technology is new to many of us and we are all learning together. We recommended that you use a laptop or iPad to join the meeting, but if you don't have access to this equipment, it is possible to dial into the meeting using a telephone. We will send you simple instructions and a link to click on in order to join us. If you would like to participate in this group next week, please email Maria Quinn exeter-pastoral-assistant@prcdtr.org.uk by Tuesday at 5:00. She will email you a link with the very simple steps of how to join us for the meeting. If you would like to join a Wednesday Word group and an evening slot would be more convenient for you, please email Maria with your details and what time of day would be best. We would love to be able to accommodate this. With prayers and best wishes, the Blessed Sacrament Team

Exeter Foodbank

Everyone is finding it hard to get food items at the moment but please spare a little for those who have none. It will not be possible to leave your donations at the Church at this time but you can still add them to the collection baskets in the supermarkets. For anyone restricted to their house it is possible to donate money to the Exeter Foodbank via the following link: https://exeter.foodbank.org.uk/give-help/donate-money/

Walk with Me Easter Booklets

We have a number of these booklets available. If you would like one please either email the parish office at exeter-heavitree@prcdtr.org.uk or call Lesley on 07712 216724 and one can be posted out to you.

Joy of Hope Course

This can be downloaded by clicking on this link: The Joy of Hope: D/L Course and entering the password JOH19down. This is for your personal use and should not be shared. If you have any problems downloading, please contact us.

Mission Made Possible

Normal life may have 'paused' but the Mission of the Church can continue and grow. We have a great opportunity within our diocese to deepen our discipleship and answer the call to Mission. You are invited to learn from your home, how to have conversations about faith, with friends, family or in everyday encounters that don't make you or anyone else feel awkward. Join disciples across the globe who are learning together to spread the Good News. To begin, register your interest to be part of this great mission at info@genesismission.co.uk and click on this link https://youtu.be/nmigFaMrs4w to watch the 40 minute overview.

Pope's April Intention

We pray that those suffering from addiction may be helped and accompanied.

Pope Francis on mercy...

Mercy is the true power that can save humanity and the world from sin and evil. In the cross we see the monstrosity of man, when he allows evil to guide him but we also see the immensity of the mercy of God, who does not treat us according to our sins but according to His mercy.

The Pope tweets...

The pandemic reminds us there are no differences or borders between those who suffer. We are all frail, all equal, all precious. May we be profoundly shaken: Now is the time to eliminate inequalities and heal the injustice undermining the health of the entire human family!

CAFOD

Cafod are hosting a live online children's liturgy for families, on Sundays at 10.00am. Check out https://cafod.org.uk/Education/Children-s-liturgy to find out how to register.

What has happened to the Sunday Obligation?

The obligation to attend Mass on Sundays and Holy Days of Obligation is suspended at the moment.

SOS - let us know if you need help

Please let us know via the parish email or the parish phone number 01392 274724 if there is any way we can provide practical support for you and your families in the coming days and weeks. We have a team of volunteers who can be contacted if you, or someone you know are in self-isolation and need food, medication or a friendly chat.

Keep up to date

Please see the parish Facebook page **Blessed Sacrament Exeter** www.facebook.com/pg/BlessedSacramentExeter/posts/ and the parish website **blessedsacrament.org.uk** for up to date information and spiritual support.

Parish News

As we are not meeting at church the newsletter is being sent out electronically to those that we have an email addresses for. If you know anyone who would like to receive the newsletter by email please ask them to email us at the parish office and we will add them to the list and send them a copy each time. If you know of anyone who is without the internet and would like a paper copy please ask them to call Lesley on 07712 216724 or the office on 01392 274724 and a copy can be put in the post to them once they have given us their address or message us at with details exeter-heavitree@prcdtr.org.uk

Mass recording and live streaming

Fr Jonathan will be posting a recording of Sunday Mass each Saturday evening/Sunday morning on the Blessed Sacrament Facebook page and YouTube channel. You can access the channel by clicking the link: www.youtube.com/c/BlessedSacramentExeter

Bishop Mark is live-streaming Mass from the Cathedral <u>www.plymouth-diocese.org.uk</u> each day at 11:00am and evening prayer at 4:30pm.

Blessed Sacrament YouTube channel

One of the ways we are trying to support you these days is by posting films which appeal to families and young people. Maria, our pastoral assistant, Erik our parish youth worker, and some of the youngsters in our parish have all made films which they hope will engage you with your faith in a new way. Check them out at www.youtube.com/c/BlessedSacramentExeter

Diocesan YouTube channel

Bishop Mark is live streaming Mass each day and afternoon prayer on the following channel: www.youtube.com/channel/UC8KUEwsXFK3VBLEfn4H1tBw

Online Masses in Polish

These are the Masses from Jasna Góra: Mass stream: https://jasnagora.pl/pl/media/na-zywo/kaplica-matki-bozej/ Mass times: https://jasnagora.pl/pl/dla-pielgrzymow/program-dnia/

Facebook BLESSED SACRAMENT EXETER Website WWW.BLESSEDSACRAMENT.ORG.UK

More Masses online

There are also several churches within the Diocese of Westminster which have live streaming: www.churchservices.tv EWTN or Catholic TV can be watched on Sky or on the internet at www.ewtn.co.uk or www.catholictv.org

Walsingham daily Masses at 9.30am, 12 noon, 6.00pm. Divine Mercy chaplet prayers, rosary and benediction daily at 3.0pm. Extraordinary form Mass at 6.00pm. All is live-streamed on their website. If any problem click on link to YouTube which is on the website. www.walsingham.org.uk Vatican Media Live (English) https://www.vaticannews.va/en.html

Perpetual Adoration online at Tyburn Convent

There is perpetual adoration of the Blessed Sacrament, twenty fours a day, which can be accessed online at the following link: https://adoration.tyburnconvent.org.uk/ So then you can commune spiritually with Our Lord in the shrine of the English martyrs at whatever time you choose.

Into your hands, Lord...

priest of Sherborne for many years.

Please pray for the repose of the souls of those who have died recently: **Sean Curtis**, **Brian Kennedy**, **Anne Sanderson**, and **Beryl Anstey**. May they rest in peace in the arms of the Lord. We pray especially for their families and friends at this time. The pain of loss is made all the greater by the social distancing restrictions we are all living with. This has made the celebration of funerals really challenging. The rite of committal at the crematorium is very dignified and reverent, but the heartache of only a few members of the family being able to attend cannot be underestimated. Please keep all those who have lost loved ones at this time in your prayers, that God will bring them consolation and peace. Please also keep in your prayers **Fr David White** from Sidmouth and **Fr Michael Downey** from Sherborne who have died. May the lord reward them for their service to the Church and may they rest in peace. Fr David was a priest of the Malchite Rite, in communion with Rome and Fr Michael was parish

Mass intentions

Fr Jonathan is celebrating Mass each day and if you would like a Mass said for a particular intention, for someone who is ill or a loved one who has died, in thanksgiving for an answer to prayer or perhaps something personal please contact Lesley by email exeter-heavitree@prcdtr.org.uk or on 07712 216724 who will be able to help you find a date. It is traditional to make an offering at the same time. This is simply what you can afford and would like to give. To comply with GDPR rules we must have the permission of the person named if it is to be made public unless they are deceased.

The Word

SUNDAY 26 APRIL Third Sunday of Easter

FIRST READING

Acts 2:14.22-33

It was impossible for him to be held in the power of Hades.

On the day of Pentecost Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always,

for with him at my right hand nothing can shake me.

So my heart was glad

and my tongue cried out with joy;

my body, too, will rest in the hope

that you will not abandon my soul to Hades

nor allow your holy one to experience corruption. You have made known the way of life to me, you will fill me with gladness through your presence.

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

PSALM

Show us, Lord, the path of life.

Preserve me, God, I take refuge in you.
I say to the Lord: 'You are my God.
O Lord, it is you who are my portion and cup;
It is you yourself who are my prize. R

I will bless the Lord, who gives me counsel, Who even at night directs my heart. I keep the Lord ever in my sight: Since he is at my right hand, I shall stand firm. R

And so my heart rejoices, my soul is glad; Even my body shall rest in safety. For you will not leave my soul among the dead, Nor let your beloved know decay. R You will show me the path of life, The fullness of joy in your presence,

At your right hand happiness for ever. R

SECOND READING

1 Peter 1:17-21

Your ransom was paid in the precious blood of a lamb without spot or stain, namely, Christ

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason – so that you would have faith and hope in God.

GOSPEL

Luke 24:13-35

They recognised him in the breaking of bread.

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleonas, answered him, 'You must be the only person staying in Jerusalem who

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one

to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.' Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself. When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?' They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

SUNDAY 3 MAY Fourth Sunday of Easter

FIRST READING Acts 2:14.36-41

God has made him both Lord and Christ.

Psalm Response

The Lord is my shepherd; there is nothing I shall want.

SECOND READING

1 Peter 2:20-25

You have come back to the shepherd of your souls.

GOSPEL

John 10:1-10

I am the gate of the sheepfold

Mass Intentions

SUNDAY 26 APRIL

Third Sunday of Easter People of the Parish

Monday 27 April

Tuesday 28 April

Wednesday 29 April

St Catherine of Siena,

Patron of Europe

Thursday 30 April

Friday 1 May

St Joseph the Worker

Anne Sanderson RIP

Saturday 2 May St. Athanasius

SUNDAY 3 MAY

Fourth Sunday of Easter

World day of Prayer for Vocations

People of the Parish

Monday 4 May

The English Martyrs

Private Intention

Tuesday 5 May

St Richard Reynolds

Wednesday 6 May

Thursday 7 May

Friday 8 May

Saturday 9 May

SUNDAY 10 MAY

Fifth Sunday of Easter

People of the Parish

