

ParishNews



Blessed Sacrament Parish Heavitree Exeter

14 June 2020 The Most Holy Body and Blood of Christ. Year A

My flesh is
real food

My blood is
real drink



THE FEAST *of* THE MOST HOLY BODY AND BLOOD *of* CHRIST

The Eucharist is a mystery with so many layers and a depth that takes more than a lifetime to penetrate. It is not just a 'thing' that we receive 'however reverently' it is a person, a relationship, a belonging and a transformation that we consume, that becomes part of us: Receive what you are the Body of Christ. The readings invite us to reflect on how our celebration of the Eucharist brings Christ's words to our reality: "who eats my flesh and drink my blood lives in me and I live in him." The people of the Old Testament had God living in their midst, walking with them on their journey, feeding and nourishing them with the gift of manna from heaven. Jesus walks with us, not looking on from afar, journeying 'in communion' with us 'living within us', as we eat and drink the gifts he extends from the Last Supper. And as Saint Paul reminds us, our communion with the One Christ is also a communion with each other. God lives in us as the Church, as we become His Body.

Today is the patronal feast of our parish, the Blessed Sacrament. There will be no processions, devotions or benediction. Whilst this is a great sadness for us we are not to lose heart. The Blessed Sacrament is still present in the church.

The sanctuary lamp has stayed alight throughout these days of lockdown reminding us that Jesus never leaves his Church, but is constantly with us. Happy Feast everyone!

Feast of Corpus Christi on Radio 4

Cardinal Vincent Nichols will celebrate Mass for the feast live from Westminster Cathedral. It will be broadcast on Radio 4 at 8.10am. Please let anyone who does not have access to the internet know about the broadcast. And wish them a happy feast!

A great blessing

Cardinal Vincent Nichols, President of the Catholic Bishops' Conference of England and Wales, has welcomed the decision that Catholic churches, that can safely do so, will re-open for individual prayer on 15 June. The Cardinal hopes people will benefit from the 'sacredness' of our church spaces and describes it as a "great blessing for individuals and for the benefit of all in society, that church doors will again be open to all who long to pray there for the peace and grace we need today."

Cardinal's Full Statement

I am grateful to the Prime Minister for his decision that our churches may now open again for individual prayer. I thank the Secretary of State for Communities, Mr Robert Jenrick and the Minister of State, Lord Stephen Greenhalgh, for their leadership of the Task Force which helped bring about this important step. This is a first, measured step in restoring the more normal practice of our faith and will be welcomed by so many, who have waited with great patience since 23 March when our churches were closed, by Government decision, as part of the fight against this pandemic. I thank everyone for that patience. It is important that every care is taken to ensure that the guidance given for this limited opening is fully observed, not least by those entering our churches. Our preparation is taking place with thoroughness. Visiting a church for individual prayer, benefitting from the sacredness of that space, can be done safely and confidently.

Not every Catholic Church will be open on 15 June. Local decisions and provision have to lead this process. But it is a great blessing, for individuals and for the benefit of all in society, that church doors will again be open to all who long to pray there for the peace and grace we need today. This first step enables us to learn and prepare for those that will take us to a fuller use of our churches, for the celebration of Mass and other sacraments. We await that time with deep longing but patient understanding that the protection of the health of our society, especially of the most vulnerable, is a proper cause for caution and care.

Cardinal Vincent Nichols

President, Catholic Bishops' Conference of England and Wales

Opening our church

With reference to Cardinal Nichols letter we are making every effort to open our church for private prayer as soon as we can safely do so. We will NOT be ready to open on 15 June but we hope to have everything in place to open during the week beginning **22 June** and this date will be confirmed in a future newsletter. We will also confirm times, likely to be a couple of hours on 5 days, some mornings and a couple of evenings so that we give people who are working a chance to visit. There will also be a limit on the number of people who can be in the church at the same time, but I'm confident this won't be a problem.

To enable us to open safely, keep all visitors and volunteers safe and comply with Diocesan and Dept. of Health guidelines we need to put things in place. The church needs a 'spring clean' and measures to ensure social distancing is observed. We have had lots of offers to help clean for which I am grateful.

The possibility of us being able to return to celebrating Mass and gathering to pray collectively is still some way off. When and how that happens needs to be something we continue to pray about. This has been a challenging time for all of us, but I am so heartened by the ways you have adapted; celebrating Mass online, praying together as families; supporting one another in the community. It has been a time of contemplation for us all. I know we will be heartened by this development and the opportunity it gives us as a parish. *Fr Jonathan*

Bedtime Chats: a new GIFT Resource

Set 10 minutes aside once a week to snuggle up, watch a bible animation, quietly reflect on the Good News of Jesus and say a prayer. Cuddly toys are essential! The latest from Maria is below. Thanks Maria.

Bedtime Chats: 'Jesus feeds the 5000'

I wonder if you've ever heard of 'God Maths'? It's nothing like our maths! 5 loaves + 2 fish = enough food.¹

This story from the bible reminds us that God uses what we offer him to help others. There's always enough for everyone.



Watch



Talk



Pray



Sleep



Watch this animation of <https://vimeo.com/123356260>



I wonder why the boy offered Jesus his small lunch?
I wonder what the disciples thought when they saw that there were 12 baskets of leftovers?
I wonder what this story teaches us about Jesus' love and care?
I wonder what talents and gifts you can offer Jesus to help and care for others?



Do you know 'God Maths'? It's nothing like our maths! 5 loaves + 2 fish = enough food

Lord Jesus, Thank you that your love, forgiveness and mercy never runs out. Help me to be like the generous boy in our story who trusted you. I offer you my talents and skills. Please bless them and show me how to use them to help others. Through Christ our Lord, Amen.



Night night, sleep well, God bless x

¹Thoughts to make your heart sing by Sally Lloyd-Jones and Jago

Summer Youth Catechetical/Faith Camps online this year!

Every summer the Diocese of Plymouth runs residential week long faith camps to inspire and encourage young people in their faith journeys. Many of our children have attended these camps and thoroughly enjoyed themselves. Due to the recent pandemic, this year these camps will be run online. During the week, there will be a programme of prayer and activity involving morning and evening prayer, quizzes, games and Mass.

The junior camp, aimed at Key Stage 2 children, will run from Sunday 1 to Friday 6 August; there are also **senior camps** from Sunday 26 until Friday 31 July.

There are three separate email addresses for registering interest:

Junior Camp (current years 3-6) junior1pdcamp@mail.com

Senior Camp (current years 7-10) seniorpdcamp@mail.com

St Petroc's Camp (current years 11-13) chrislee4sc@gmail.com

To register, parents/guardians should email the appropriate email above with the full name of the young person, current school year, and name of school and/or parish. You do not need to be a member of a parish to attend the camps; all are welcome! All camps will be run in accordance with the Diocese of Plymouth Safeguarding Office. If you would like to speak with a family who has accessed these camps in previous years or if you have any questions, please do let me know. Maria Quinn School and Parish Chaplain exeter-pastoral-assistant@prcdtr.org.uk

Prayers of Hope every Sunday

During the Coronavirus crisis thousands of Christians across Britain are praying together at 7.00pm every Sunday evening. We encourage you to join your prayers for all those in need.

Diocese of Plymouth YouTube channel

'Devotion to the Sacred Heart'. as reflected upon, through the story told with stained glass creativity in Plymouth Cathedral by Fr. Oscar Ardiles. <https://youtu.be/cNWq60SG0U>

Pope Francis' Missio Appeal

The Holy Father has asked Missio to administer an appeal for financial support for the Church around the World, struggling to cope with the effects of COVID-19. The situation in many countries is desperate. The health systems are weak and there is little resilience to cope with a pandemic. The poorest people are hardest hit by the absence of work and income. Fr Tony Chantry, who is Missio's National director, has written of the work done by Mill Hill Missionaries and others to alleviate the suffering of the most vulnerable. missio.org.uk is the website to explore for links and to see information about the work which we are being asked to support. John Mitchelmore 01392 757199 is our local Secretary for the Red Box Appeal and can help with further information about this emergency appeal.

Budaka Orphanage

Since the Uganda lockdown in March at the orphanage, they have been waiting to receive some of the government handout food but it did not get to some remote areas in the country immediately. We have heard that the food finally reached the village (last week!) and when the orphanage carers got to the collection point, the food was being rationed; so they got 2 cups of maize flour per person in each household. They were not told when the next distribution would be. Currently they have nine children in the home. The rest of the children were sent out to relatives in the villages because the place was too crowded and not safe for social distancing measures. We have been sending the monthly fund as we did before but because they no longer receive the additional financial support (from one of the former orphanage children who is working elsewhere), which would top up for their other necessities, they now depend only on what we send to them. I thank God who made a way for the orphanage to have water supply before the pandemic broke out! He surely is a loving God! I would like to thank those who have given donations to help this situation. Nina Lubugumu.

Guidelines for Catholics on Organ Donation

Following a change in the law on 20 May an opt-out system for organ donation was introduced in England. The Catholic Church has consistently encouraged its followers to consider organ donation. The act of donating organs before or after death has been considered a gift and an intrinsic good. However, a system of presumed consent risks taking away the right of the individual to exercise this decision, and therefore potentially undermines the concept of donation as a gift. The Catholic Bishops' of England and Wales have produced Guidelines for Catholics on Organ Donation, and how to record this decision online via the Organ Donation Register (ODR). The ODR also allows you to record your faith beliefs so that they may be respected in the event of death and organ donation. Full details provided on its website via this link: <https://www.cbcew.org.uk/organ-donation-guidelines-200520/>

Message from the Diocesan Safeguarding Office

If you have any safeguarding concerns either personally or for any other person, then do not hesitate to contact the Safeguarding Office who remain open and available to assist. Email me direct on robert.brown@prcdtr.org.uk or tel 01364 645431.

Robert Brown, Safeguarding Coordinator, Diocese of Plymouth.

livesimply

We were very busy, as a group, at the start of the pandemic, however things have slowed down for the moment. We are very pleased to say that the bunting challenge, which we were knitting for, has now been closed and counted.

If anyone has a project for us or you are in need of masks, you can contact either Sharron (07756691940), Frances (01392209542) or Coral (07745922636)

"We know we are beginning to live simply when we glimpse that we are content with less; when we discover we don't have to compete with other people in relation to what they have or what they have achieved." Jim O'Keefe, Parish Priest St. Bede's Church, Newcastle upon Tyne.

Online Masses in Polish

<https://jasnagora.pl/pl/media/na-zywo/kaplica-matki-bozej/> Mass times: <https://jasnagora.pl/pl/dla-pielgrzymow/program-dnia/>

The God Who Speaks

The talks 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. Further Scriptural resources are available at www.stpaulrepository.com.

Sick Parishioners

Please remember in your prayers all in our parish who are sick, recently bereaved, lonely or struggling at this difficult time. May God help them to find the strength and courage to deal with their difficulties, and may they know that the parish is with them and praying for them.

The Catholic Children's Society (Plymouth)

Thank you for your continued support of the Catholic Children's Society (Plymouth) (CCSP) especially to those parishes who have been able to help us promote our new Crowdfunding campaign in their newsletters. I am delighted that we have raised £800 so far and there is still time for donations to be made. Please find the wording attached in case you are able to promote our campaign or even run it again please to help us to reach our target of £3,000. Please note the link has changed since the last email we sent out a few weeks ago when the campaign first went live and this wording reflects the new link to our Crowdfunding page.

<https://www.crowdfunder.co.uk/catholic-childrens-society-plymouth-1>

We are looking for enthusiastic, new Trustee Directors to fill vacancies that have arisen as a result of retirement. Please see the advert for new trustees attached to this newsletter.

News from Churches together across Exeter

Despite lockdown, Pentecost was huge. The Roman Catholic Pope spoke at the Anglican Archbishop of Canterbury's national 'C of E' service online, churches across Exeter live-streamed and post streamed services to thousands of people, and SW Prays went out and up from homes across the region praying for our area, our nation, and our world. If you missed it, you can see it on catch up on our Facebook page: <https://www.facebook.com/935324873465937/posts/1231061240558964/>

This month, with talk of churches re-opening, some school groups returning, and shops re-opening albeit with physical distancing still observed, people are responding variously to change. We attach a short "be kind" message which Christians in Exeter have been sharing on social media. It echoes the sentiments of Romans 14 - even if you think your position is right and 'strong', be kind to those you think are wrong! For clarity, the government guidance is still that everyone should stay home as much as possible, and you can keep up to date at: <https://www.gov.uk/coronavirus>

Exeter Community Wellbeing phone support service: Get help: call 01392 265000 or see <https://exeter.gov.uk/wellbeing/>

Exeter Catholic Parishes 'Together'

As a part of our Exeter Catholic Parishes 'Together' we hope to embark on making a difference to those looking for new life in safety and the Government Sponsorship scheme would allocate to Exeter <https://www.plymouth-diocese.org.uk/caritas/>. Be inspired by the response that the Sidmouth parish has made. <https://www.plymouth-diocese.org.uk/community-sponsorship-announcement/>

Prayers please for Alpha online

Our Alpha group is continuing each Tuesday and we have a 'full house'. Please offer a prayer, daily if you could remember, that those who are leading and those who join will be transformed by grace and come to know the wonderful relationship that God is offering us all and the life and peace that is his gift alone. Thank you. Visit www.blessedsacrament.org.uk for up to date information and spiritual support. If you missed out this time please be assured that courses will run in the future.

What has happened to the Sunday Obligation?

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

Refugee Week 2020 – 15 -21 June

Is an invitation to us all to become more aware and a part of a positive response.

<http://refugeesupportdevon.org.uk/refugee-week/>

How to get involved- Liz explains: We would like everyone to create a picture, a poem or a piece of prose, on the theme of 'imagine', which is the theme of this year's Refugee Week. Maybe you will imagine a future where we have found new ways to care for our planet, connect across borders or protect human life. Perhaps you will imagine what it's like to leave your family behind, or what your home town might look like to someone walking its streets for the first time. Whatever you come up with...we would like to see it. We are running this as a competition and there will be prizes, but mainly we want people to have fun and celebrate Refugee Week by helping us to create a wonderful collection of poetry, pictures and prose. Everyone can join in; there will be prizes for the children as well as the adults." To join the competition, see the existing entries and submit your own please visit

www.lizoxburgh.com. There are some uploaded examples. I have been working with the charity Art Refuge UK during the lockdown with Refugees now in the UK during this time. Some of these people have produced mixed media outcomes to result in a 21 x21cm Quilt Square. Their focus was seeking to express something of 'Rituals' as forms a part of the story of their lives and reflecting on them now during the COVID period. Each work has been uploaded to create a digital quilt.

Let this also 'INSPIRE' creativity in you and your families to help support those on difficult life journeys.

<https://www.artrefuge.org.uk/coronaquiltgallery> Happy to be contacted, if you want to know how or

where you might begin with this, the opportunities are as great as you can 'IMAGINE' –

Chris Lee 07702 435890.

Parish News by Post

We are sending out a number of copies of the Parish News by post but there may still be someone that you know who would appreciate keeping in touch in this way. With their permission please give their name and address to the parish office on exeter-heavitree@prcdtr.org.uk or call 07712 216724 and we will arrange to get a copy to them.

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.

Making an Act of Spiritual Communion

ST THOMAS AQUINAS defined Spiritual Communion as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.”

The basis of this practice was explained by Pope John Paul II in his encyclical, *Ecclesia de Eucharistia*: In the Eucharist, “unlike any other sacrament, the mystery [of communion] is so perfect that it brings us to the heights of every good thing: Here is the ultimate goal of every human desire, because here we attain God and God joins himself to us in the most perfect union.” Precisely for this reason it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of “spiritual communion,” which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life. St. Teresa of Jesus wrote: “When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you”. The text of the prayer, which can be no more important than on the Feast of Corpus Christi:

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

May he rest in peace...

This has been a very challenging and often very cruel time as the funerals of those who have died take place within strict social-distancing guidelines. This will continue for some time to come.

Please pray for the repose of the soul of David Curtis who has died, that he may find peace and rest for his soul. His funeral will take place on Friday 26 June. May his family and the families of all who have died at this particularly difficult time find strength and consolation in our prayers and the presence of the Lord.

Wednesday Word online

If you would like to join our weekly Wednesday Word on line at 2.00pm any Wednesday please contact Maria at exeter-pastoral-assistant@prcdtr.org.uk. She can add you to a group and/or support you with learning how to participate using the Zoom video conferencing app. We've had many parishioners successfully join who were new to 'Zoom' so be brave and get in touch! As they say; Nothing ventured, nothing gained!

Parish finances

Thank you so much to those of you who have set up a standing order for a regular offering to the parish. Thank you to those of you who have been putting your planned giving envelopes through the door of the presbytery. Thank you to those who have donated cash to help others who may be in need; we have been able to help several people with shopping. And thank you to those who have increased their giving, especially at this time it is most generous. For more information about how to set up a standing order and/or gift aid your contributions please email the parish office.

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.

Thanksgiving Masses for Care Workers

Thursdays at 7.00pm streamed Live Catholic Masses for the Sick and their Families, NHS Front-Line workers and those working in Social Care: <https://www.cbcew.org.uk/home/our-work/health-social-care/coronavirus-guidelines/masses-for-the-sick-and-their-families-nhs-front-line-workers-and-those-working-in-social-care/>

Getting in Touch with Patients in the Royal Devon & Exeter Hospital

You can get a message to a loved one via the Chaplaincy Team by leaving a message on 01392 402024 and one of the team will aim to write your message onto a card and deliver it to the patient. Simply say your name and contact number, the full name of the patient (and the ward they are on, if you know it) and a message you wish to be written in the card.

Sunday Mass Blessed Sacrament YouTube channel

Sunday Mass is posted on the YouTube channel as well as 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

Keep in touch

One of the challenges of the pandemic has been keeping in touch, especially with those of our parish who are not connected to the internet. If you know anybody we could contact by post please do ask them first and then let us know. Please see the parish Facebook page **Blessed Sacrament Exeter** www.facebook.com/pg/BlessedSacramentExeter/posts/ and the parish website

Catholic Christian Outreach

Miriam Faith David was a student at Exeter University Catholic Chaplaincy and a prominent member of the Catholic Society (CathSoc). She is a very dynamic, driven and faith filled individual and she had great success evangelising on the campus. She spent her third year in Canada where she became very much involved with Catholic Christian Outreach (CCO), which is a hugely effective evangelisation group working on campuses throughout Canada. A year ago, Miriam applied to become a full-time Missioner for CCO and has been working in Ottawa this academic year. According to the rules of the organisation, Missioners need to make an Appeal to raise funds for their own upkeep and for the running of the organisation. Miriam spent last summer making appeals in Crediton and in her home parish in South London where she successfully gained the necessary financial support. As she begins her second year, she needs to find some new supporters and had intended to return to the UK to make the necessary Appeal. This is obviously not possible. If you feel this might be something you could support, Miriam would love to contact you and have a face-to-face chat and presentation on Wassap, Skype etc. You are absolutely making no prior commitment to supporting her as she would love the opportunity to tell you about CCO and the great work they are doing in Canada. The ultimate aim is for Miriam to one day lead a CCO Mission to a British university campus and eventually to others across the UK. If you would like to speak to Miriam, please contact her on this email address: miriam.david@cco.ca As Miriam's former University Chaplain, I give her my full endorsement and highly commend to you her work for its capability, enthusiasm and Spirit filled zeal. She was quite simply one of the best students we have ever had. *Fr Michael Wheaton.*

The Pope tweets...

In our darkest moments, when we sin or are disoriented, we always have an appointment with God. We do not need to be afraid, because God will change our hearts and give us the blessing reserved for those who allow Him to change them

Pope's June Intention

The Way of the Heart. We pray that all those who suffer may find their way in life, allowing themselves to be touched by the heart of Jesus. See also <https://thepopevideo.org>

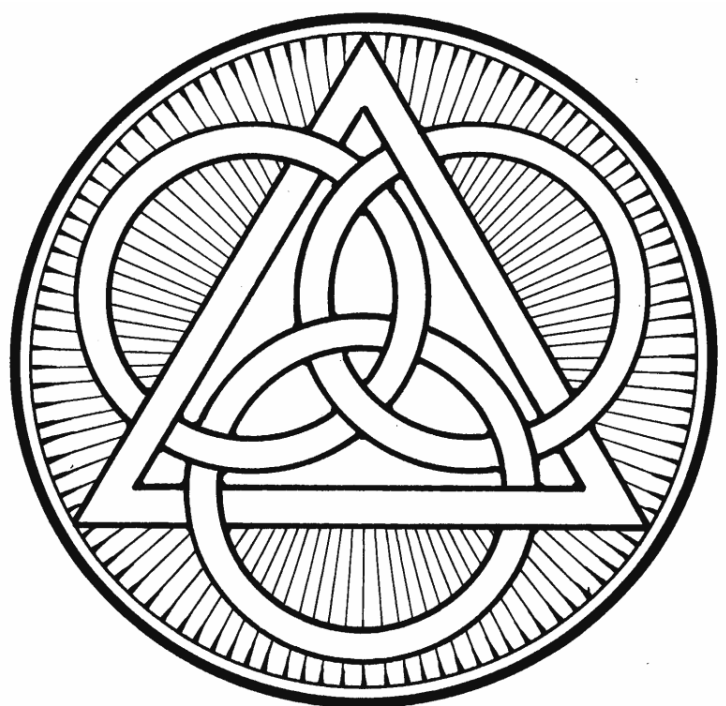
Pope Francis on Mercy...

God is waiting for you. And if you were a great sinner, He is waiting for you even more and waiting for you with great love ...

Trinity

In the Beginning, not in time or space,
But in the quick before both space and time,
In Life, in Love, in co-inherent Grace,
In three in one and one in three, in rhyme,
In music, in the whole creation story,
In His own image, His imagination,
The Triune Poet makes us for His glory,
And makes us each the other's inspiration.
He calls us out of darkness, chaos, chance,
To improvise a music of our own,
To sing the chord that calls us to the dance,
Three notes resounding from a single tone,
To sing the End in whom we all begin;
Our God beyond, beside us and within.

Malcolm Guite



The Word

SUNDAY 14 June *The Most Holy Body and Blood of Christ*

FIRST READING Deuteronomy 8:2-3.14-16

He fed you with manna which neither you nor your fathers had known.

PSALM

Psalm Response: *O praise the Lord, Jerusalem!*

SECOND READING 1 Corinthians 10:16-17

That there is only one loaf means that, though there are many of us, we form a single body.

GOSPEL John 6:51-58 *My flesh is real food and blood is real drink.*

SUNDAY 21 June *Twelfth Sunday in Ordinary Time*

FIRST READING Jeremiah 20:10-13

He has delivered the soul of the needy from the hands of evil men.

PSALM

Psalm Response: *In your great love, answer me, O God.*

SECOND READING Romans 5:12-15 *The gift considerably outweighed the fall*

GOSPEL Matthew 10:26-33 *Do not be afraid of those that kill the body.*

Mass Intentions

SUNDAY 14 June – The Most Holy Body and Blood of Christ

People of the Parish

Monday 15 June

Tuesday 16 June

Wednesday 17 June

Olive Walsh RIP

Thursday 18 June

For the spiritual welfare of Hilda & Edith Robinson

Friday 19 June – The Most Sacred Heart of Jesus

Private Intention

Saturday 20 June – The Immaculate Heart of the Blessed Virgin Mary

SUNDAY 21 June – Twelfth Sunday in Ordinary time *Day for Life*

People of the Parish

Monday 22 June – St John Fisher & St Thomas More

Those who suffer persecution, oppression and denial of human rights.

Tuesday 23 June – St Edward

Private Intention

Wednesday 24 June – The Nativity of St John the Baptist

Thursday 25 June

Olive & Fred Morgan RIP

Friday 26 June

Saturday 27 June

SUNDAY 28 June – St Peter & St Paul – Apostles

People of the Parish

Attachments:

Look for children CCSP Trustee Advert Sunday Message

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