

# ParishNews



**Blessed Sacrament Parish** Heavitree Exeter  
21 June 2020 Twelfth Sunday on Ordinary time. Year A

---



## Do not be afraid of those who kill the body

Today's Gospel turns our thoughts to the strange phenomenon of persecution: throughout the history of mankind, the truth has been a commodity that often leads to persecution: the prophets of the Old Testament were attacked because of their message, as was the Lord Jesus himself. For his followers, the same may be true. The point of the readings is not simply to face up to the reality of the opposition the Gospel may meet, but to remember where the truth of the Gospel comes from: the Father in heaven, who knows us and values us. So we can be confirmed in our mission to witness to the truth, not fearing those who merely kill the body.

# I rejoiced when I heard them say, “Let us go to God’s house.

Great News: we are opening! Blessed Sacrament Church has received a **Decree of Reopening** from the Bishop and will, be opening this **Tuesday 23 June**. We will open on **Tuesday and Thursday evenings from 5.00 till 7.00pm** and on **Wednesday and Saturday mornings from 9.00 till 11.00am**. Please only enter the church through the porch door. There will be stewards present on each occasion to greet and assist you and to help clean and sanitise the pews, door handles etc. after each visitor. Hand sanitiser will be available in the porch, and visitors are asked to use it on entering and leaving the church. Please minimise the number of surfaces you touch in the church and always remember to maintain adequate social distancing of 2 metres between each other unless with members of your own household. You will find a one-way system inside the church and you will be asked to only sit in the pews that are NOT roped off. You will be asked to leave by the back door by the baptistry. There will be a limit to the number of people in the church at any one time. Please be respectful that others may be waiting. There will be no admittance to the toilets or the St Richard Reynolds Centre. Visitors are welcome to wear facemasks, if they wish. We look forward to seeing you.

***Please note that the church is only open at the times given above.***

All visitors and volunteers must comply with Diocesan and Dept. of Health guidelines that have been put in place for everyone’s safety and wellbeing. We have had some volunteers come forward to help with stewarding and cleaning but as this situation may continue for some time we are appealing for more volunteers to ease the load. Thank you to all who have volunteered and have made this situation possible. You are doing a great service to the whole parish community.

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*

## The CELEBRATE Online Conference

27 - 28 June Starts 10.00am on Saturday. Our events have always been for the whole family - and the online conference is no different. Hear from inspiring speakers, take time to prayerfully retreat, get creative, join with live worship and celebrate Mass together. All the content over the weekend will be hosted on our [CELEBRATE Facebook page](#). Not a Facebook user? Not a problem! You don't need to have an account to access our page. You can join the conference by simply following this link: <https://www.facebook.com/Celebratecommunity/> Over the weekend we'll be releasing everything at specific times but you can replay all our content at any point if you missed it or want to watch again. See attachment for details

## Exeter Food Bank News

The past few months have certainly been strange ones, and have taken Exeter Foodbank in directions we could never have envisaged at the beginning of 2020. We have probably made more changes to our services in the past 10 weeks than we have in the past 10 years – whilst simultaneously losing half our volunteer base overnight and seeing our client numbers increase by around 50%. Mark, the foodbank manager, has compared this process to *'trying to service a moving car as it accelerates down the motorway'* – and yet, somehow, we have been able to ensure everyone who needs it receives emergency food. In our Spring / Summer Newsletter, we reflect on some of the considerable challenges and changes the Covid-19 crisis has brought – as well as the enduring generosity and community support that have helped us through. You can access the newsletters [online via our website](#). If you would like to receive our newsletters directly via email, or to receive printed versions in the post, please contact us at [laura@exeterfoodbank.org.uk](mailto:laura@exeterfoodbank.org.uk) / 07818 226524. Our Priority items for June - Rice – 500g/1kg, Sugar, Tinned/long life custard, Tinned fruit, Sponge puddings.

As we cannot collect donations at the church please look out for the donating points in supermarkets.

## Free Food for people who are homeless: Emergency Provision

St Petrock's has adapted its housing & homelessness services to support clients throughout the Covid-19 situation. Their rough-sleeper team are working with colleagues to co-ordinate support where it is most needed across the city. See attached guide for dates and places that this help can be found.

## GIFT is for all families!

If you are a family with school age children, then GIFT (Growing In Faith Together) is for you! GIFT resources support families in their faith journeys. Our newest GIFT resources are the 'Bedtime Chats.' Set aside 10 minutes at bedtime to snuggle up, watch a bible animation, quietly reflect on the Good News of Jesus and say a prayer together. Cuddly toys are essential! Click on the link below and scroll down the GIFT page to access the 'Bedtime Chats.' <http://www.blessedsacrament.org.uk/parish-life/gift/> Each Friday Maria, our Pastoral Assistant, sends out a new chat. If you'd like to receive regular GIFT emails, please email Maria ([Exeter-pastoral-assistant@prcdtr.org.uk](mailto:Exeter-pastoral-assistant@prcdtr.org.uk)).

## Cardinal's Homily for the Feast of Corpus Christi

A transcript of the homily given at the Mass for the Solemnity of Corpus Christi, 14 June 2020, in Westminster Cathedral and broadcast on BBC Radio 4's Sunday Worship programme is attached.

## Exeter Prays

Next online prayer meeting for the whole Church for the whole city is on Sunday 28 June 8.00-8.40pm. The theme is Transition and Transformation as lockdown eases. With video updates from the MP, council, and others on what to pray for as we move forwards into the 'new normal'. Livestream at: <https://live.rediscoverchurch.com/> plus watch party and post stream at: <https://www.facebook.com/CTAXChristiansTogether/>

## 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 pandemic, this year's 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 the celebration of Mass. The theme is The God Who Speaks.

**Junior camp**, aimed at Key Stage 2 children, will run from Sunday 1 to Friday 6 August; there are also **Senior camps** (Years 7 – 10 & Years 11 – 13) 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](mailto:junior1pdcamp@mail.com)

Senior Camp (current years 7-10) [seniorpdcamp@mail.com](mailto:seniorpdcamp@mail.com)

St Petroc's Camp (current years 11-13) [chrislee4sc@gmail.com](mailto: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](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

## CAFOD Coronavirus Emergency Appeal

Covid-19 has now spread worldwide, with confirmed cases in many countries where CAFOD works. The effects of coronavirus on developing countries are likely to be devastating. While we are not able to hold collections in our church, you can donate at [cafod.org.uk/coronavirusappeal](http://cafod.org.uk/coronavirusappeal).

## 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](mailto:robert.brown@prcdtr.org.uk) or tel 01364 645431.

Robert Brown, Safeguarding Coordinator, Diocese of Plymouth.

# The Catholic Children's Society (Plymouth)

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.

## *livesimply*

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.

## The God Who Speaks

The talks are available at [www.plymouth-diocese.org.uk](http://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](http://www.stpaulrepository.com).

## 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/>

## 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](http://www.youtube.com/c/BlessedSacramentExeter)

## 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](http://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.

## 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>

## May they 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. Please also pray for the repose of the soul of **Jack Gibbons** who has died. A funeral service will take place at Exeter & Devon Crematorium on Thursday 2 July. May the families and friends of all who have died at this particularly difficult time find strength and consolation in our prayers and the presence of the Lord.

## 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.**

## 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](mailto: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!

## 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/](http://www.facebook.com/pg/BlessedSacramentExeter/posts/) and the parish website

## 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/cNWq606SG0U>

## The Pope tweets...

The Lord always watches over us with mercy. Let us not be afraid of approaching him! He has a merciful heart! If we show him our inner wounds, our inner sins, he will always forgive us. It is pure mercy! Let us go to Jesus

## Pope Francis on Mercy...

Dear brothers and sisters. The Lord never tires of having mercy on us, and wants to offer us His forgiveness once again – we all need it – inviting us to return to Him with a new heart, purified of evil, purified by tears, to take part in His joy

# The Word

## **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.*

---

## **SUNDAY 28 June** *SS Peter & Paul*

FIRST READING Acts 3:1-10 *I will give you what I have: in the name of Jesus stand up and walk!*

### PSALM

Psalm Response: *Their word goes forth through all the earth.*

SECOND READING Galatians 1:11-20 *God specially chose me while I was still in my mother's womb.*

GOSPEL John 21:15-19 *Feed my lambs, feed my sheep.*

---

## Mass Intentions

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*

Monday 29 June

Tuesday 30 June *George Stewart RIP*

Wednesday 1 July

Thursday 2 July

Friday 3 July – St Thomas, Apostle

Saturday 4 July – Blessed John Cornelius and Companions

SUNDAY 5 July Fourteenth Sunday in ordinary time *People of the Parish*

---

## Attachments:

*Regular information*

*Look for children*

*CCSP Trustee Advert*

*Sunday Message*

*Celebrate*

*Some simple prayer ideas*

*How to pray and re-connect with the church as places of worship re-open for private prayer*

*From Archbishop John Wilson, the Archbishop of Southwark*

*Cardinal's Homily for the Feast of Corpus Christi*

*Free Food for People Who Are Homeless: Emergency Provision 2020*

# Cardinal's Homily for the Feast of Corpus Christi



*A transcript of the homily given at the Mass for the Solemnity of Corpus Christi, 14 June 2020, in Westminster Cathedral and broadcast on BBC Radio 4's Sunday Worship programme.*

These last three months have been a very testing time. Whatever words we use: 'lock down', 'social distancing', 'self-isolation', they all point to pressure on our relationships. This is a time in which all our relationships are being tested. In some circumstances, we may be seeing too much of each other. For others, it is the absence, the impossibility of seeing each other that is so stressful. In both situations we have had to face new challenges and find new ways of sustaining each other and our love and friendship. So too with the Lord, Jesus Christ.

For most people this has been a time of fashioning new patterns of prayer and relationship with the Lord, or, better, recapturing some old treasures. Even so, it has been impossible to come into the church, into his sacramental presence, for our praise and prayer, for our comfort and consolation. This we feel very keenly on the Feast of Corpus Christi. It has also been impossible to receive him in Holy Communion in the celebration of the Mass. Such a long Eucharistic fast. For many this time of absence has made our hearts grow in longing. How much we long to come together to receive again the life in Christ of which the Gospel speaks. 'Anyone who does eat my flesh and drinks my blood has eternal life. That person lives in me and I in him,' says Jesus. 'Whoever eats me will draw life from me,' he tells us.

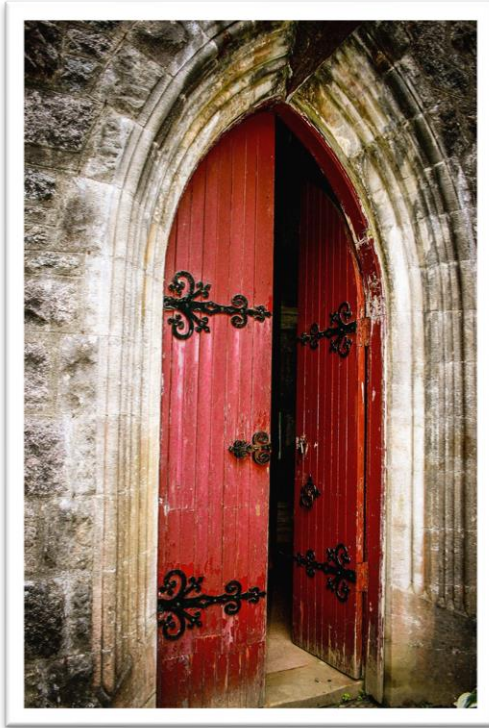
Tomorrow our churches may open again, for our private, individual prayer. Again we can come into this sacramental presence of the Lord, in the sacred space of the church. Again we can kneel before him and open our hearts to him, knowing his loving gaze and merciful embrace. This is such a moment of grace, not only for us individually, but also, I believe, for our society. The wide open doors of a church are a reminder that there is more to life than the haste of a busy day, and even the loving circle of family or friends. They draw us in, so as to remember that all our days are passed in the presence of God. To be aware of that presence enriches our lives, restores stability in our souls, engenders compassion for those most in need, lifts us up when our failure weighs heavily upon our hearts. The Eucharist is the fullness of that presence of the Lord.

So we long to celebrate Mass again, the gift which is the focus of this great Feast. We long for the day on which we can gather together again around the altar and take part, directly and physically, in that celebration. Remember the words of St Augustine: 'See on the altar the sacrament of who you are and of what you are to become.' In the Eucharist, then, we learn again what it is to be truly human, what it is that makes us great, what it is that gives us hope. We learn again that Jesus is our Way, our Truth and, as he promises so clearly today, our Life. Yes, we have benefited from all the advantages of the internet to share in the Mass as best we can. But there is so much more. In these days there is much talk of recreating our society in a 'new normal'. No going back to the old ways, we say. Many demonstrating on our streets want new ways, an end to an ingrained prejudice against Black members of our society which they experience over many years. That is a crucial challenge. New growth needs good soil and good roots.

The deepest source of our renewal lies in all that is given to us in Christ Jesus: the forgiveness of our sins, the witness of a life poured out for others, the promise of fidelity unto death and, yes, into life everlasting. As we celebrate this great Feast, we pray to our loving Father that his blessing, given with ultimate power in the death and resurrection of his Son, may flow across our society. Today we rejoice that, in the power of the Holy Spirit, the Son is for ever with us in this most Wonderful of all Sacraments, the Sacrament of his most Holy Body and his Most Precious Blood. Amen.

# How to pray and re-connect with the church as places of worship re-open for private prayer

*Archbishop John Wilson, the Archbishop of Southwark, has spoken to us as his Cathedral, St George's, and other churches that can safely do so, are reopening for individual, private prayer.*



So today, we're opening our church – St. George's Cathedral, here in Southwark, after this period of lockdown. We're opening it just for a limited time. And here in the cathedral, we've got all the important social distancing measures in place. We've got all the signs in place. We've got the sanitisers at the entrance and the exit. We've got separate doors to come in and out. We'll have stewards on-hand. So everything's ready to welcome people. And I think that's the most important aspect – we want to offer a sense of welcome – whoever you are. If you need to come and first of all just find time and quiet in a sacred place, then the cathedral is open for you. If, perhaps, you want to come and pray – and maybe you've not prayed for a while or you've got out of the habit of praying – then let me offer you just some simple words of encouragement.

The first thing is to imagine your prayer as talking from your heart about the things that matter to you, to your best friend. And when you come into the church, find a quiet space. All the benches have been properly laid out, some of them put together to enable social distancing, but you can find a quiet space to sit or to kneel. Simply close your eyes and in silence, just say to

yourself, Lord God, I believe you are here. And I open my heart to you now. And then just speak from your heart. Speak to God, tell Him the things that are on your mind. Maybe the things that first are worrying you – the things that have been a real concern during this time of lockdown. Maybe about your family, maybe about your work, maybe about our city, our world. Just speak to Him from your heart, tell him anything that's worrying you. Share it with him. And know that He's listening.

Then perhaps think about the particular people that you want to give thanks for, the particular events that you want to give thanks for during this time of lockdown. Who's been there for you? Who sustained you? Who's really helped you? You want to say, "Lord, thank you that that person was there – that that experience was there". Just let these things tumble out from your heart – don't overthink them, just speak. And know He listens. Because He loves you. Perhaps if you get to the point where you think you've said everything that you've got to say, just be with your eyes closed. And if you know the Our Father, just pray it quietly, slowly, savouring each word. If you don't know the Our Father, take a simple phrase. Like "Heavenly Father, give me your love". And repeat it. "Heavenly Father, guide me moving forward". And repeat it. "Heavenly Father, protect those who I love". And repeat it.

Prayer at its best is when it's simple. So speak to your heart, to the God who loves you and allow Him to reassure you with His peace.