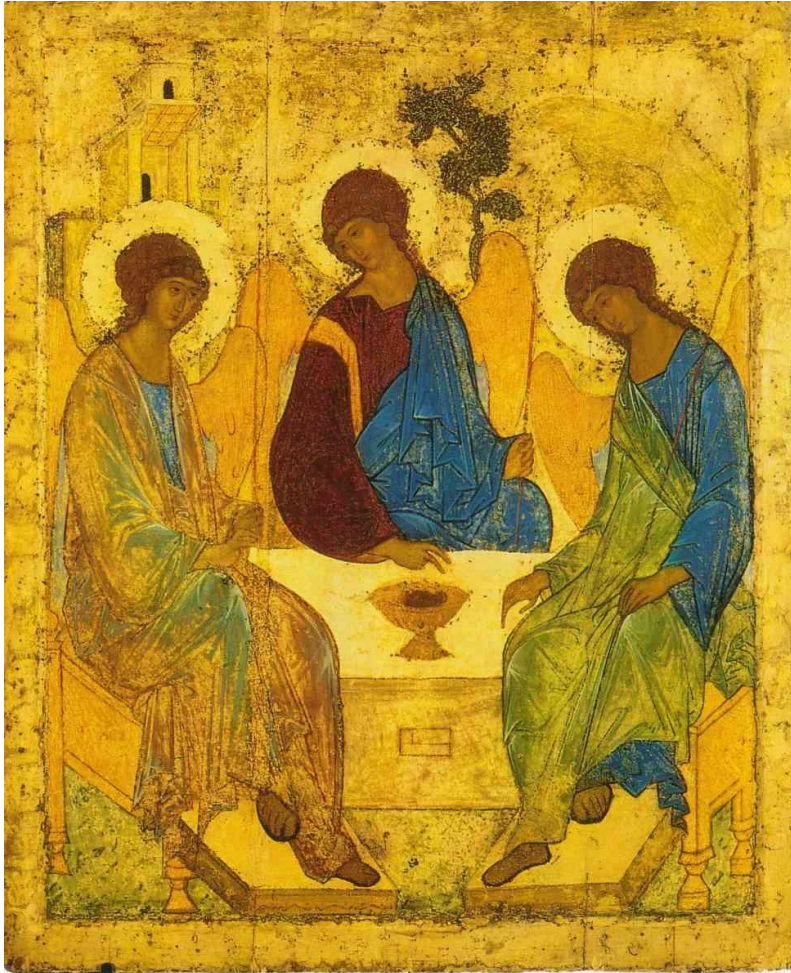


ParishNews



Blessed Sacrament Parish Heavitree Exeter

7 June 2020 The Most Holy Trinity. Year A



God sent
his Son so
that through
him the world
might be
saved.

We begin our Summer 'Ordinary Time' by celebrating a strange feast - not of a particular saint or event, but of the awesome paradoxes of our God, the Three-in-One, Father, Son and Spirit: so immeasurably distant, yet so amazingly close, so full of power and so full of love. It is love that is the key to the mystery: the revelation of God, to Moses and in

Jesus Christ, the Son of God, shows a perfect love - a perfect unity. In the beginning, in the story of Creation in Genesis, God made man and woman 'in the image and likeness of God', to live together as a community of love. So too, the Church is an image of this perfection of community which is Father, Son and Spirit. We, as many members of one Church, strive in our everyday lives to imitate God who is Three and One, perfect unity and perfect love.

This beautiful and very well known icon by the Russian artist Andrei Rublev is entitled The Hospitality of Abraham and depicts the moment Abraham entertained the three strangers at the Oak of Mamre (you can see the tree in the background). Rublev depicts the three as angels. Painted in around 1410, it has become one of the most significant depictions of the Trinity and has led to much reflection and devotion. It is said that the space at the front side of the table is reserved for us and that all we have to do to share the life of the Trinity is to accept the invitation.

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! Thanks to Maria for her inspiration.

<http://www.blessedsacrament.org.uk/wp-content/uploads/2020/05/The-Good-Shepherd-GIFT.pdf>

Visit the new GIFT page on our parish website where you will find all of our resources.

Opening our church

You will no doubt have heard that Robert Jenrick, the Secretary of State for Housing and Communities has announced that our churches may open for private prayer, as long as safety measures are in place, from Monday 15th June. It would have seemed unlikely that a ruling which allowed people to browse in shops would have prevented those same people from visiting a church, where it is likely that social-distancing will be much more feasible. In the parish we have been considering what this will mean for us for some time now. We are making sure that when we open, and that might not necessarily be immediately, we will be able to do so without compromising anyone's safety and making sure it is a positive and spiritually rewarding experience.

What we will need are people to help. It is likely that we would open for a few hours a day, perhaps a couple in the morning and a couple in the evening. We will need at least three volunteers to be present for each session, to greet and assist those coming and to help clean and sanitise the pews, door handles etc. after each visitor. So please do let us know if you are willing to help. This is an opportunity for lots of people to be involved. The more volunteers we get, the more often we will be able to be open. Let us know by emailing the parish exeter-heavitree@prcdtr.org.uk Thank you to the people who have already offered. When we know how many are prepared to help we will draw up a rota and plan to offer some guidance about how to assist. Obviously those people who are in a vulnerable group, e.g. those who are over 70 or have underlying health conditions would be advised not to volunteer in the first instance, but certainly welcome to take advantage of the opportunity to visit the church.

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*

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

Reflections from a St Nicholas School Classroom

Maria Quinn, our Parish Pastoral Assistant has been back at St Nicholas School this week helping out with a Year 6 'bubble'. She reflects on the experience here:

It's been a strange week: children lining up for the start of the day in the playground on yellow spots painted a perfect socially distanced 2 metres away; parents trying to remember to adhere to a newly introduced one way system in and out of the school grounds; fastidious hand washing, table wiping, sanitising; sparsely populated classrooms but a majority of children attending who can; living in classroom bubbles; playtimes with no equipment; an absence of gingham summer dresses (most children have outgrown them with parents not being able to source them)...

But it's been a good week too: children quickly adjusting to and respecting new rules; using their imaginations to create socially distanced games that can be played outside; classrooms alive again with children laughing, chatting, learning; work going up on classroom walls, a prayer here, a picture there; feeling a part of the school family again...

The staff have been awesome: working tirelessly to produce a 19 page risk assessment; transforming the school hall into two inspiring reception class bubbles; proactively safeguarding children and families both in and out of school and round the clock; creatively sourcing projects that engage and motivate pupils (nothing new there!); nurturing the mental, emotional, and physical well-being of their 'bubble' with good humour and wisdom... not forgetting that staff have worked tirelessly, and without holidays, to look after key worker children and to assess, develop and polish systems/curriculums/ planning ready for the new academic year in September.

Staff will be exhausted this weekend; children will be pleased they don't have to be up and dressed at 8:00am ready to go; parents will appreciate not having to make packed lunches... in so many ways everything has changed, in some small ways nothing has.

Let's pray that week two runs as smoothly as week one and that all remain safe and well; let's pray that the Government make wise and sensible decisions regarding the future opening of our schools and the implications this will have for all involved.

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/>

Stretch Out Your Hands!

The Catholic Children's Society (Plymouth) needs your help now more than ever! The pandemic is turning children's lives upside down. We urgently need your help so that we can continue to support vulnerable children and their families throughout the Diocese. We rely entirely on the generosity of our supporters, parishioners, and schools. We have already secured funding from the Devon Coronavirus Response & Recovery Fund and we have set up a crowdfunding page. We hope to raise between £3,000 and £6,000 which would enable us to help at least 40 children directly (although more likely 80-100 family members would directly benefit). £6,000 would allow us to purchase for example: 10 children's beds/cots and mattresses - £1,000 10 cookers - £2,000 10 fridge/freezers - £1,500 10 washing machines - £1,500 Please help us to reach our target by donating at:

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

The link to our crowdfunding page can be found via our website www.ccsplymouth.org.uk where you can also find alternative ways of donating ONLINE via Virgin Money Giving, Charities Aid Foundation or the Big Give. Simply visit www.ccsplymouth.org.uk and click the DONATE button to find out how.



Kirstie Allsop, Will Morrison of Strutt and Parker Exeter, our measurer and Deborah Custance Baker.

livesimply

A project that the sewing and knitting group were involved with:

A huge thank you for helping with the Devon County Show attempt at the Guinness Book of Records Longest Line of Knitted Bunting. Every cloud has a silver lining, and the fact that there was no Devon County Show this year meant that Westpoint (normally the cattle shed!) was empty and we could lay out all the bunting in the building and have it measured. WOW – how tremendous, we had 14,279 meters of bunting made up of 79,001 pieces of bunting. You are all brilliant – I have received packages from over 1025 people or groups, and from all corners of the world – Australia, America, France, Spain, and every corner of this country.

What next: We have to submit all our documentation to Guinness for them to check it and verify it, and then as long as they are happy with it all, they will send us a certificate which of course will be shared with all our contributors. Westpoint is empty and as soon as lockdown is lifted a bit more, I am hoping/expecting to hold open days/evenings so that people can come and see the tremendous amount of work and the beauty of the bunting. I hope you saw it on Spotlight. In due course, some will be returned to the contributor where asked for, some is destined for the RD&E, we have been asked for some by Exmouth Town Council, some will be sold in aid of the Addington Fund (the show charity of the year) some will be kept for Devon County Show 2021, and other ideas are coming in. Ultimately anything left, and the few over size ones received which were not allowed, will be sewed into blankets for the homeless in Devon. The very extra special ones will be kept in perpetuity. So every bit of it will live on

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.

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.

The Feast of Corpus Christi



On Sunday 14 June we celebrate the Feast of the Most Holy Body and Blood of Christ. This is the patronal feast of our parish. This year there will be no procession, 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.

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 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 souls of Ray Casalucci, whose funeral will be celebrated on Tuesday 9 June and for John Egan whose funeral will be celebrated on 11 June, both at Exeter and Devon Crematorium. May they rest in peace. We pray especially too for the repose of the soul of David Curtis who has died, that he may find peace and rest for his soul. 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!

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.

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-heavittree@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.

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.

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

Online Masses in Polish

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

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.*

Catholic Marriage Summit 11-13 June 2020

In less than a week, tens of thousands of couples from more than 100 countries are going to be showing up for the **free** online [Catholic Marriage Summit](#) (June 11-13).

Over 60 Catholic couples including Scott & Kimberly Hahn, Damon & Melanie Owens, Bobby & Jackie Angel, Chris & Natalie Stefanick, and Matt & Cameron Fradd will be sharing and going deep on the real issues of married life.

Here's just a small sample of the range of topics the summit will be getting into:

- Chris & Natalie Stefanick: "Where to Turn in the Difficult Moments."
- Andrew & Sarah Swafford: "How to Fight Fair!"
- Michael & Alicia Hernon: "Let's Talk About Sex..."
- Jennifer & Timothy Tilghman: "Keeping the Passion Alive"
- Ryan & Kelly Breaux: "Surviving and Growing through Miscarriage/Child Loss"

And so much more. From finance to intimacy, there has never been anything like the Catholic Marriage Summit. See you there!

March for Life UK *Lifestream 20*

As you are well aware we are in the middle of a pandemic and currently on lockdown. Our annual March for Life event was due to take place on Saturday 13 June but due to social distancing restrictions and following government guidelines our public witness and Lifestream conference can no longer go ahead. Well, it can no longer go ahead with your physical presence, but it can go ahead digitally, so we would like to introduce and invite you to 'LifeStream20'.

LifeStream will be a free online pro-life event that will educate, motivate and witness to the sanctity of the unborn child. There will be inspiring testimonies; educational talks from some amazing speakers; kid's crafts and pro-life storytime; fun, engaging & informative youth workshop; solemn prayer time including live-streamed Mass; uplifting music; live medical panel Q&A; pro-life quiz and most importantly a call to action - some ways in which you can witness. Bishop Mark O'Toole will be speaking at 6.10pm on the day.

HOW TO GET IN TOUCH

Please email us at info@marchforlife.co.uk

Phone Ben: 07885 505116 or Isabel: 07773 501721

Contact us via Facebook Messenger

What has happened to the Sunday Obligation?

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

The Pope tweets...

In many nations #Covid19 continues to claim many victims. I wish to express my closeness to those populations, to the sick and their families, and to all those who care for them. #PrayTogether

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...

Each of us has a vision of good and evil. We have to encourage people to move towards what they think is good... Everyone has his own idea of good and evil and must choose to follow the good and fight evil as he conceives them. That would be enough to make the world a better place.

Keep in touch

Please see the parish Facebook page **Blessed Sacrament Exeter**
www.facebook.com/pg/BlessedSacramentExeter/posts/ and the parish website

I know

I know.

It's tiring, isn't it? Just waiting. Hoping. Wondering. Feeling cooped up. Missing our dearests.

Or feeling vulnerable. Anxious. Afraid. For ourselves. For those we love.

Or working. Travelling on those strangely silent routes to work. Dancing the 2 metre do-si-do with strangers on footpaths and corridors.

It's hard to be vigilant for so long. Our amazing bodies pumping out the alarm-setting chemicals of flight, freeze or fight. Lifesaving when the danger is a saber-toothed tiger or a rock fall outside our cave. Not so useful when it's a virus...

So if you're too wired to sleep well. Or if you're off your food. Or encountering the munchies. Or that dry mouth. That sinking in the tummy. That palpitating chest. Distractable. Can't settle. Short fuse. Jump at sudden noises. That's all OK.

Take a moment now to thank your amazing body, and your subconscious survival drive, for their astonishing work. All those startling symptoms are their hard work. Admire them. They are symptoms of a highly-functioning personal protection system. Just for a few minutes, take time to appreciate how wonderfully your body is working.

Thank your protection system. And then ask it to just calm down. The constant surveillance is what is tiring us all. Let's let our guard down at home. Let's relax into living more quietly. Let's do what we can to maintain our own and other's safety: keep up the regular hand-washing, maintain the safe-distancing. And then relax a little.

You are amazing. And that's why you're tired. Pat yourself on the back. We're all in this together. You are not alone.

Kathryn Mannix (author of *With the End in Mind; Death, Dying and Wisdom in an Age of Denial*)

Despite the inevitability of death, people in Western society often have difficulty discussing and confronting the subject. Having worked with terminally ill patients throughout her career, Kathryn Mannix presents her experiences through more than 30 touching and humorous stories that demonstrate how varied the end can be. She aims to encourage readers to approach death with openness and understanding, and to make the most of their own lives while they can.

Kathryn's book is full of compassion, humour, joy and sadness. It's full of humanity and realism. I have found it an enormous help in my ministry and it continues to inspire me. Well worth the read. Fr Jonathan

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.

Mass Intentions

SUNDAY 7 June – The Most Holy Trinity

People of the Parish

Monday 8 June

Tuesday 9 June

Wednesday 10 June

Brian Edworthy RIP

Thursday 11 June – St Barnabas

Fiona Ann Sullivan RIP

Friday 12 June

Saturday 13 June

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

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

Attachments:

Look for children

Some prayers