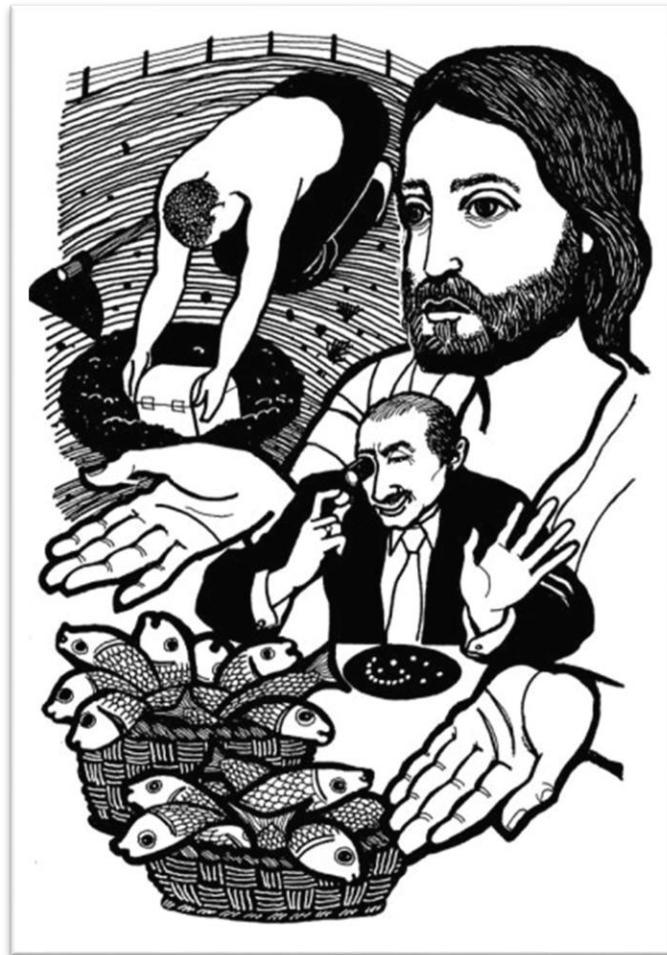


Parish News



**Blessed Sacrament Parish Heavitree Exeter
26 July 2020 Seventeenth Sunday in Ordinary Time. Year A**



He sells everything he owns and buys the field

What a gift it is, to be able to recognise the true value of things, and choose those which will last forever and bring us true happiness! Solomon, renowned for wisdom, is able to make the right choices when offered the chance to have anything he wants. What would we choose? The Gospel parable tells us that, in a sense, the choice is already before us: we can see the kingdom of heaven waiting for us: it is of greater value than anything else, and so our hearts should be set on it. Nothing should stand in our way.

Coming to church and other musings!

It's been a joy to welcome those of you who have been coming to church in the last few weeks. I hope that when you've come you've felt welcomed and safe – our stewards are doing a wonderful job. The numbers are not huge, but that's ok. It's important that we take our time to find our own way through this new situation. And there is still no obligation to come to Mass on Sunday. We have celebrated reverently, prayerfully – and quickly!

This week it became mandatory to cover our faces when we shop. It's also strongly recommended that we cover our faces in enclosed public spaces. Whilst the church may not necessarily be described as enclosed, I recommend that you wear a mask when you come. Please see it rather as an act of charity towards your neighbour than a rule. If you don't have a mask and would like the parish sewing group to make you one, just let us know by email. They are asking for a small donation for the church which is very generous of them.

We are going to maintain the 2m distancing in church which the government recommends wherever possible. This will mean that the capacity inside the church will not change. Therefore, if you do come and cannot get in, please be generous in your response.

I will continue to record a Sunday Mass and post it on Facebook and YouTube, at least until we can organise live streaming from the church. Thank you for the kind comments I have received. I'm glad it has been a source of comfort.

I want to say thank you to the staff at St Nicholas School for their dedication and hard work over the last weeks and months. I was at school recently to help film a liturgy with the Year 6 children who are leaving this term. The atmosphere in school was lovely; calm and peaceful as well as clearly productive and this is down to the staff and Senior Leadership Team's devotion. We hope they all have a really good and well deserved rest this summer.

May the Lord continue to bless, inspire and encourage us through the gift of his Holy Spirit. May you all continue to stay safe and well. Please let us know if we can help. *Fr Jonathan*

Face Masks

If you would like the parish livesimply sewing group to make you a face covering, please get in touch with the parish Exeter-heavitree@prcdtr.org.uk or Coral on 07745 922636 or Frances on 01392 209542. They ask for a donation to the church as recompense. Many thanks to them.

CAFOD International Coronavirus Emergency Appeal

For many of our brothers and sisters across the globe the choice is stark. Die of coronavirus or die of starvation. CAFOD has joined forces with the UK Disasters Emergencies Committee to help millions of people whose lives are at risk as coronavirus spreads across refugee camps and countries suffering conflict. Families, who have been forced to flee their homes in places including Syria, South Sudan, and the Democratic Republic of Congo, now face another deadly threat as coronavirus takes hold in new areas. CAFOD Director, Christine Allen, said: "In the UK our struggle against coronavirus has entered the next phase, but in many of the world's poorest communities, the fight has only just begun. Families who have fled conflict, and are living in crowded camps or makeshift shelters, are especially vulnerable. "We need your support to reach these communities and help people to cope as best they can when an outbreak of the virus strikes. Watch this short video of how CAFOD supporters are keeping hopes alive in Sierra Leone <https://vimeo.com/418056858> To donate to the appeal via the Exeter Catholic Parishes justgiving page and for more information please visit

<https://www.justgiving.com/fundraising/CAFODInternationalCoronavirusAppealExeter> .

Or use CAFOD's Summer of Hope fundraising ideas with your families and friends to transform lockdown and raise money for the appeal: <https://cafod.org.uk/Fundraise/School-fundraising/Summer-of-Hope> You can also make donations by phone 0303 303 3030 or send cheques made payable to CAFOD to *CAFOD Coronavirus Appeal, Romero House, 55 Westminster Bridge Road, London SE1 7JB*

Homelessness- how can we help?

Meeting a homeless person on the streets, especially if they have nowhere to go that night, can be quite shocking and worrying. To think that an individual will be cold, wet and vulnerable can invoke a host of emotions. Decision-making around how we act for that person, however, needs to remain clear, needs to keep the homeless person at the heart of any decision, but also needs to keep you safe from harm. People experiencing homelessness are among the most vulnerable to COVID-19. Any support needs to minimise the risk of infection. Caritas Plymouth has produced an updated guide for supporting people who are homeless, in partnership with St Petrocs, Cornwall. The guide can be found on the Diocesan website <https://www.plymouth-diocese.org.uk/wp-content/uploads/2020/07/Homelessness-advice.pdf> A copy is also attached. The guide provides contact numbers for local and district authorities where those who are homeless or at risk of homelessness can access support.

Bedtime Chats: a 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! Visit the GIFT page:<http://www.blessedsacrament.org.uk/wp-content/uploads/2020/05/The-Good-Shepherd-GIFT.pdf>

NO paper copies of Parish News

Some of you will have been able to celebrate Mass in the church recently. In line with Covid regulations, paper copies of the newsletter will not be available at the church. If you know anyone who would like to have a newsletter sent by email or post please contact the parish office with their details (once you have their permission to share them).

Government help

There is a free service to find out what help you can get from the government and other organisations. Lots available. Link here: <https://www.gov.uk/find-coronavirus-support>

Exeter Foodbank News

Priority items for July are -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. You can also make a financial donation at:

<https://www.trusselltrust.org/make-a-donation/>

Being part of history

Devon Archives and Local Studies wants to make sure that the stories of Devon's people and places are recorded during these unprecedented times, so that future generations can find out about the challenges we faced and how our churches and communities pulled together. They would like your help in contributing to a community archive about experiences in Devon during the Coronavirus emergency. Here is a simple online form to capture your thoughts:

<https://swheritage.org.uk/devon-archives/coronavirus-community-archive/>

Loss, Separation and Trauma

In the wake of the coronavirus pandemic the latest Art of Dying Well podcast explores loss, separation and trauma. As the lockdown eases we talk to three experts, including Professor Stephen Regel, Clinical Lead at the Centre for Trauma, Resilience and Growth, part of the Nottinghamshire NHS Trust. <https://www.artofdyingwell.org/podcasts/>

Sacrament of Reconciliation/Confession

Some of you may be worrying a little that you have not been able to get to the Sacrament of Confession/Reconciliation for a while. It is possible to celebrate the sacrament in a distanced way so if you would like to please contact the parish office to make an appointment.

The Church, in her wisdom, dealt with this matter a long time ago through what is known as *Perfect Act of Contrition* which will remove *all our sins*. Perfect contrition is true and real sorrow for our sins, and comes about when we realise the immense love God has for us. We humbly approach this grace resolving not to sin again. Any serious sin can then be mentioned when you next go to see the priest in the sacrament.

An Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

The Collection

During the celebrations of Mass in the coming weeks, we are not able to pass the bags to collect your weekly offering. Instead, please place your cash offering or planned giving envelopes in one of the two baskets which will be available at the church doors. These will be collected at the end of each Mass. And don't forget that the most efficient way for you to give is by standing order. Forms are available by emailing the parish office. Arrangements are made directly with your bank. And please remember to GiftAid your contribution if you are a UK taxpayer. There are also plans for contactless giving at the church – watch this space! Many thanks.

Wednesday Word online

Why not join our weekly Wednesday Word on line at 2.00pm every Wednesday? Contact Maria at exeter-pastoral-assistant@prcdtr.org.uk. She will add you to a group and/or support you with learning how to participate using Zoom video conferencing. We have had many parishioners successfully join who were new to 'Zoom' so be brave and get in touch!

Exeter Prays

We hope you will be able to join with other Christians in Exeter in another Exeter Prays event this Sunday 26 July at 8.00pm on www.southwestawake.com

CCSP Annual Appeal 2020

'Stretch out Your Hands' '... do good and share what you have, for such sacrifices are pleasing to God.' Hebrews 13-16. This year's Catholic Children's Society Annual Appeal is being launched in a time when great economic hardship has fallen on many families due to the Covid-19 pandemic. The Society has been responding to a significant increase in the number of families in our Diocese who find themselves in difficulty and who lack essential basic needs. This has meant that the Society's limited resources available to support such families have been significantly depleted. So, I appeal to your generosity to support the good work of the Catholic Children's Society (Plymouth) by offering what you can. By doing so, you will enable it to continue offering assistance to those struggling families who are in most need. May God bless you for responding as generously as you can to this Annual Appeal. Rt Rev Mark O'Toole, Bishop of Plymouth.

The theme for this year's Annual Appeal – 'Stretch out Your Hands' – continues the theme used in our recent Crowdfunding campaign which generated almost £1,200 of additional funds. Thank you to everyone who supported our online Crowdfunding campaign, as well as many more parishioners who sent in cheques in preference to donating online. We're pleased to announce that all fees have been waived by Crowdfunding to support our charity, which is wonderful news. We hope that you will be able to support our 2020 Annual Appeal as this year more than ever, with all our fundraising events cancelled, the need is even greater to help vulnerable children and their families with the basic essentials of life such as a warm bed to sleep in or a cooker to prepare a healthy nutritional diet. Thank you all for your continued support of the Catholic Children's Society (Plymouth) – the donation you give really does make a difference to children's lives! Vicki Dunstone, Fundraiser and Communications officer.

Youth Events in the Diocese

September 26 - There will be workshops for young people to discuss the future of our planet and ways we can teach others to look after it. Workshops will be offered through ZOOM. We plan to share a prayer service at St Peters, Crownhill later that day. Bookings will be taken in September.

In **October** there will be a series of 5 sessions, exploring Faith, Music and Creativity. One Hope Project will lead 3 of the discussions. These are aimed at young people aged 13-21.

Lastly, we are looking for young people across the diocese to help put together a short film of prayer and reflection. We are looking for people to sing as well as share thoughts, reflections and read prayers. The theme will be; My spiritual journey, living through COVID-19. If you are interested in any of these or any future events, please email: youth@prcdtr.org

Some information from the Bishops Conference

Attached to this newsletter you will find some pages taken from the Bishops Conference website, which you may find interesting to read. Regular updates from the Bishops' Conference can be found at ccn@cbcew.org.uk

The Community Sponsorship Scheme

It is two years since Pope Francis called on 'every Parish, every religious community, every monastery, every sanctuary of Europe, to take in one family'.

In response to Pope Francis' call, the Diocese of Plymouth agreed that Caritas Plymouth would be the Lead Sponsor for Catholic-led groups interested in community sponsorship across the Diocese. Through its work with refugees and migrants, Caritas Plymouth aims to explore how the Gospel Imperative to 'Welcome the Stranger' can be translated into practical action.

The Community Sponsorship Scheme offers a way for local groups - including Parish groups - to assist refugees fleeing war and violence to integrate safely into our local communities. It is a way to put local communities at the heart of a family's journey to a new life in the UK.

The Exeter Catholic Community response is now actively focusing on how to make this a reality. Work has still been progressing, actively encouraged by Deborah Fisher the Caritas Manager for the Plymouth Diocese.

There is a need to have a core team with a 'can-do' attitude that would be drawn from across the Exeter Parishes, typically 10-12 people to help kick-start the application process. A key message from our last meeting with Caritas was that people, who have been involved already around the UK, spoke of it as life changing in a positive way for them and their communities. This will be more rewarding than challenging and is an invitation to have fun making it happen. This next-step lends itself to a mix of people, some of whom may well still be home-based, or in lockdown. We will find ways of communicating and working with anyone who wants to participate. There is a need to have internet access to online content for this stage.

Once we have the core group of members, we will actively move ahead together. We have access to lots of established best practices, worked examples, guidance, and mentoring as required. Exeter is a City of Sanctuary and we will be in good company with many others who have already accomplished this. In nearby Sidmouth, the Catholic Parish are expecting the arrival of a family very soon. Contact Chris Lee 07702 435890 cml_lee@hotmail.com

Sunday Mass Blessed Sacrament YouTube channel

Even though we are able to gather for Mass Fr Jonathan will continue to record a Sunday Mass and post it online on the parish Facebook page and on the parish YouTube channel

www.youtube.com/c/BlessedSacramentExeter

Making an Act of Spiritual Communion

We are once again able to receive Jesus in Holy Communion when we come to Mass, but for many reasons it may not be possible for everyone. Committing this prayer to memory and saying it every day could help us express our heartfelt desire to be close to Jesus always.

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.

Pope's July Intention

Our families: We pray that today's families may be accompanied with love, respect and guidance. See also <https://thepopevideo.org>

The Pope tweets...

On the Day of Judgment we will not be judged for our ideas, but for the compassion we have shown to others

Pope Francis on Mercy...

Mercy does not imply being a 'good person' nor is it mere sentimentality. It is the measure of our authenticity as disciples of Jesus, and of our credibility as Christians in today's world.

YMCA News

As the Covid-19 pandemic sees a rise in the fear of long-term mental health impact on children and young people the YMCA is calling on parents and carers to not face this alone. YMCA Exeter is now offering a free wellbeing service for 5-18 year old's experiencing low level mental health difficulties, including low-mood, anxiety, stress, phobias, sleep problems and OCD. To find out more about this and more news of the YMCA in Exeter so the attachment YMCA News.

For all the Saints...

29 July St Martha

"Jesus loved Martha, and her sister Mary, and Lazarus" (John 11:5).

St Martha is mentioned in three Gospel passages: Luke 10:38-42, John 11:1-53, and John 12:1-9, and the type of friendship between her and her siblings, Mary and Lazarus, with the Lord Jesus is evident in these passages. In the gospel of Luke, Martha receives Jesus into her home and worries herself with serving Him, a worry that her sister Mary, who sat beside the Lord's feet "listening to Him speak," doesn't share. Her complaint that her sister is not helping her serve draws a reply from the Jesus who says to her, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her." The over anxiousness she displays in serving is put into the right context by Jesus who emphasizes the importance of contemplating Him before all things.

Yet she is seen next in John, outside the tomb of her brother Lazarus who had died four days earlier, as the one who receives the Revelation from the Lord that "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die." When asked by the Lord if she believed this she said to Him, "Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world," displaying her great faith which is confirmed by Jesus' subsequent raising of her brother Lazarus from the grave. In the third and last instance, we see Martha, again in John, at a house in Bethany where Jesus was reclining at table with her brother Lazarus after he had raised him from the dead. During dinner, John's Gospel tells us, "Martha served." She is revealed here performing the same task as when we first saw her, but now her service is infused with her faith, and the brevity of the description suggests the silence and peace in which she serves as opposed to the nervous anxiety she displayed earlier. Martha, whom we have seen serving, in Luke, and then believing, earlier in John, is now seen expressing her belief in the action of serving the Lord. "Martha served," and in doing so teaches us the way of Christian life. St Martha is the patron of housewives, servants, waiters and cooks.

31 July St Ignatius Loyola

St. Ignatius Loyola was born in 1491, one of 13 children of a family of minor nobility in northern Spain. As a young man Ignatius Loyola was inflamed by the ideals of courtly love and knighthood and dreamed of doing great deeds. But in 1521 Ignatius was gravely wounded in a battle with the French. While recuperating, Ignatius experienced a conversion. Reading the lives of Jesus and the saints made Ignatius happy and aroused desires to do great things. Ignatius realized that these feelings were clues to God's direction for him. Over the years, Ignatius became expert in the art of spiritual direction. He collected his insights, prayers, and suggestions in his book the *Spiritual Exercises*, one of the most influential books on the spiritual life ever written. With a small group of friends, Ignatius Loyola founded the Society of Jesus, or the Jesuits. Ignatius conceived the Jesuits as "contemplatives in action." This also describes the many Christians who have been touched by Ignatian spirituality.

1 August St Alphonsus Liguori

St. Alphonsus Liguori is a doctor of the Church who is widely known for his contribution to moral theology and his great kindness. He was born in 1696 in Naples to a well-respected family, and was the oldest of 7 children. He was very intelligent, even as a young boy. He had great aptitude, he picked up many things very quickly. He did not attend school, he was taught by tutors at home where his father kept a watchful eye. He practiced the harpsichord for 3 hours a day and soon became a virtuoso at the age of 13. He was an equestrian, fencer, and card player. As he grew into a young man, he developed an inclination for opera. He was much more interested in listening to the music than watching the performance. He would often take his spectacles off, which aided his myopic eyes, in order to merely listen. While theatre in Naples was in a relatively good state, the young saint developed an ascetic aversion to perhaps what he viewed as gaudy displays. At the age of 16, he became a doctor of civil law on January 21, 1713, though by law, 20 was the set age. After studying for the bar, he practiced law at the age of 19 in the courts. It is said in his 8 years as a lawyer, he never lost a case. Although, he resigned from a brilliant career as a lawyer in 1723 when he lost a case because he overlooked a small, but important, piece of evidence. His resignation, however, proved profitable for the Church. He entered the seminary and was ordained three years later in 1726. He soon became a sought-after preacher and confessor in Naples. His sermons were simple and well organized that they appealed to all people, both learned and unlearned. However, his time as a diocesan priest was short-lived: in 1732, he went to Scala and founded the Redemptorists, a preaching order. He was a great moral theologian and his famous book, "Moral Theology", was published in 1748. Thirty years later, he was appointed bishop, and he retired in 1775. He died just over 10 years later in 1787, and was canonized in 1839.

Mass Times

Sunday 26 July

Seventeenth Sunday in Ordinary Time

8.45am Dick Henwood RIP
10.45am People of the Parish
6.00pm Kathleen Jenkinson RIP

Tuesday 28 July

6.30pm Bill Ferguson RIP

Wednesday 29 July

St Martha
9.30am Marjorie Elizabeth Gifford Pitman RIP

Thursday 30 July

9.30am

Friday 31 July

St Ignatius of Loyola
6.30pm

Saturday 1 August

St Alphonsus Liguori
9.30am

Sunday 2 August

Eighteenth Sunday in Ordinary Time

8.45am
10.45am Kathleen Warren RIP
6.00pm People of the Parish

Tuesday 4 August

St John Mary Vianney Patron of priests
No Mass

Wednesday 5 August

No Mass

Thursday 6 August

The Transfiguration of the Lord
No Mass

Friday 7 August

No Mass

Saturday 8 August

St Dominic
No Mass

NB Mass at Sacred Heart Church South Street each day at 10.00am (except Friday).

Sunday 9 August

Nineteenth Sunday in Ordinary Time

8.45am Annam Cheria RIP
10.45am People of the Parish
6.00pm

The Word

Sunday 26 July

FIRST READING 1 Kings 3:5.7-12

You have asked for a discerning judgement for yourself

PSALM *Lord how I love your law!*

SECOND READING Romans 8:28-30

God intended us to become true images of his Son.

GOSPEL Matthew 13:44-52

He sells everything he owns and buys a field.

Sunday 2 August

FIRST READING Isaiah 55:1-3

Come and eat.

PSALM *You open wide your hand, O Lord, you grant our desires.*

SECOND READING Romans 8:35.37-39

No created thing can ever come between us and the love of God made visible in Christ.

GOSPEL Matthew 14:13-21

They all ate as much as they wanted.

Attachments

Sunday Message

Sunday Homily

Look for young children

Ichthus for older children

Bedtime Chats: 'Jesus was like us'

YMCA News

Caritas Homelessness advice

Cardinal backs Crimestoppers' campaign to combat Modern Slavery

Bishop likens carers to stonemasons carving the presence of Christ for the sick and vulnerable

Guardians of God's Creation

Environment Bishop urges Government to put climate change at the heart of pandemic economic recovery