

ParishNews



Blessed Sacrament Parish Heavitree Exeter
5 July 2020 Fourteenth Sunday in Ordinary Time. Year A

Welcome Home!

I'm delighted to be able to tell you that from next Tuesday evening (7 July) we will be able to celebrate Mass in the church, with a congregation! We have waited a long time for this moment, it is an answer to our prayers.

But, as you might expect, things will be different.

Firstly, we have to limit the number of people who can be in church at any one time. This is so that we can continue to observe the two-metre social distance that we have all become used to. Using only half the pews will enable us to do this. We will also need to limit the number of people who sit in each pew. If you come with your family, or your 'bubble' or other members of your household, you will be able to sit together. If you come on your own we will only be able to have two people per pew. This will mean at least 36 people can attend Mass, but it will probably be a few more.

So please be generous. Try to come on a weekday and leave the weekend Masses for those who are working. We have three evening Masses during the week to help facilitate this as well.

And please be generous if you are not able to get into the church because we have reached our capacity. We don't want to turn anyone away, but it won't be possible to 'squeeze you in at the back'!

Stewards will welcome you as you arrive and take you to your seat. We ask you to remain there until the end of the Mass when the stewards will guide you to leave the church. If you have to wait when you arrive, please be patient.

After Mass the stewards will clean the church in readiness for the next Mass. This is no mean feat and I am extremely grateful to all those who have volunteered. Without them we would not be able to gather.

Mass will be shorter than usual. This is to minimise the time we are indoors together. There will be no singing or offertory procession and the homily will be short! This will no doubt delight and disappoint you in equal measure!

If you are able and would like to read at Mass please let the steward or Fr Jonathan know when you arrive. You will approach the altar in the normal way, but are encouraged not to touch the microphone or the ambo. Wearing plastic gloves, which will be provided, you will only touch the book to turn the page. At the moment we won't have any servers and no one will be permitted to enter the sacristy.



Holy Communion will be distributed as you leave the church. You will receive the host only on your hand, making sure there is no physical contact. It will be strange, I will be wearing gloves, it will be done in silence, but it is the Lord we are receiving. Thank goodness our eucharistic fast will be over.

If you are in the vulnerable group of elderly parishioners or have underlying health issues I would ask you to seriously consider whether you should come to Mass. The obligation to attend Mass on Sunday continues to be suspended. If you are in any way nervous, please feel no obligation or compulsion to come. You must look after yourself. I know you will be sensible.

I will continue to record a Sunday Mass and post it on the parish Facebook page and YouTube channel. We will soon have the ability to live stream from the church so you will be able to watch Mass safely in the comfort of your own home. But not in your pyjamas, please!

I'm sure you'll understand that we will not be able to open the church at other times during the day, we simply do not have the manpower to steward and clean.

Lastly, and very importantly, the toilet facilities in the St Richard Reynolds Centre will NOT be available. This is to minimise risk of contamination and the spread of the virus. I'm sure this will change in the future but at the moment, sadly, we have made the decision to keep them closed.

And the very last thing to say is that the arrangements could change so you will need to keep your eye on the newsletter, the Facebook page and the notice on the door of the church. We all want to find a new routine, but it will probably take some time.

Please continue to pray for those who are still being affected by Covid-19. The virus has not gone away and we all need to be vigilant. Ask God to be with those who are struggling, to bring them peace. And pray for me please and all those who are working so hard to enable us to worship God together. May his grace strengthen us all.

Fr Jonathan

Mass Times this week

Tuesday	6.30pm
Wednesday	9.30am
Thursday	9.30am
Friday	6.30pm
Saturday	9.30am
Sunday	8.45am, 10.45am, 6.00pm

This Sunday's Gospel is an answer to a very simple question: who is this Jesus we follow? What is he like? He tells us himself: he is gentle, and humble of heart. There is a simplicity about this Gospel which speaks very clearly to tired hearts. Indeed, it is often the case that we overlook the simplicity of the Gospel message - which is why it is valuable to be as children, constantly wondering and marvelling at the beauty and fascination of Jesus. How much God must love us: the message of salvation is so easy to receive, the promise is so welcome. This is a Sunday to wallow in the wonder of a God who is 'kind and full of compassion.'

Can you help?

To enable us to open the church for the celebration of Mass we need volunteers to help as stewards and cleaners. A big thank you to those who have already offered to help but the more volunteers we have the less times an individual has to be called upon to help. If you think that you can spare a couple of hours to volunteer in what is a vital role please email the parish office exeter-heavitree@prcdtr.org.uk or call Lesley on 07712216724.

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).

CAFOD Coronavirus Emergency Appeal

Exeter Catholic Churches CAFOD International Coronavirus Emergency Appeal

In these challenging times when we can't worship together we have set up a CAFOD JustGiving page for our parishioners from Exeter and Topsham parish churches, Sacred Heart, Blessed Sacrament and Holy Cross to raise funds for our brothers and sisters in developing countries. This is the biggest challenge the world has faced in a 100 years and we can all make a difference in supporting this vital international fightback against the pandemic and help to save lives and livelihoods of the world's poorest people. CAFOD are already helping the poorest and most vulnerable people regardless of backgrounds or religion to overcome and survive COVID-19 but due to the unprecedented scale of this crisis they urgently need our help. Whilst the pandemic in the developing world has not had as much media coverage their circumstances are desperate and distressing as their health services are not able to cope.

Please visit our JustGiving page (which is also on our parish website) and support by donating and/or taking part in a sponsored activity and/or join us in our virtual pilgrimage to Lourdes.

To donate and for more information please visit the link below:

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

The Catholic Children's Society (Plymouth)

Is celebrating after being awarded £6,000 in National Lottery funding to support its work with vulnerable children and their families. CCSP, based in Ashburton, covers Devon, Cornwall and parts of Dorset and will use the cash to help with their Essential Grants programme. This aims to prevent an immediate crisis from threatening the stability of family life, by providing essential items that parents and carers could otherwise not afford for their children. CCSP have just heard that they have been awarded another £4,000 from DCF as well as some funding from the Albert Gubay Foundation Trust. CCSP also organised a recent Crowdfunding campaign - 'Stretch out Your Hands' - which raised another £1,200. Thank you to everyone who supported the campaign by making generous donations online. If you are aware of a family who needs support, call 01364 645420 or visit www.ccsplymouth.org.uk.

Caritas Plymouth

Caritas Plymouth's annual review is now on the Diocesan website. We would welcome feedback from parishes on our plans for the coming year. We have also produced a news update to share some of the positive work happening in our parishes during the Covid-19 crisis, a copy is attached

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! Visit the new GIFT page on the Blessed Sacrament parish website where you will find all our resources
Bedtime Chat link for 'Jesus heals a man'

<http://www.blessedsacrament.org.uk/wp-content/uploads/2020/07/Jesus-heals-a-man.pdf>

Bed time chat link for 'Two sons and a father':

<http://www.blessedsacrament.org.uk/wp-content/uploads/2020/06/Two-Sons-and-a-Father.pdf>

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

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

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...

Christian joy flows from listening to, and accepting, the Good News of the death and resurrection of Jesus. Whoever believes this message knows that life is born of the love of God the Father

Pope Francis on Mercy...

Mercy is the heart of God. It must also be the heart of the members of the one great family of His children: a heart which beats all the more strongly wherever human dignity – as a reflection of the face of God in His creatures – is in play.

Divine Mercy - St Faustina

"O blood and water which gushed forth from the Heart of Jesus I trust in you"

Prayers of Hope

Every Sunday During the Coronavirus crisis thousands of Christians across Britain are praying together at 7.00pm every Sunday evening.

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/>

Exeter Food Bank News

You can access the Exeter Food Bank 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 / 07818 226524.

Our 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/>

Be Kind

This month, with churches re-opening, some school groups returning, and shops re-opening albeit with physical distancing still observed, people are responding variously to change. Here 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!

As governments are trying to figure out how to ease back into a new normal, please remember: Some people don't agree with the suggested reopening... that's okay. Be kind.

Some people are still planning to stay at home... that's okay. Be kind

Some are still scared of getting the virus and a second wave happening... that's okay. Be kind.

Some are sighing with relief to go back to work knowing they may possibly save their business or their homes... that's okay. Be kind

Some are thankful they can finally have a surgery they have put off... that's okay. Be kind.

Some will be able to attend interviews after weeks without a job... that's okay. Be kind.

Some will wear masks for weeks... that's okay. Be kind... Be kind.

Some will rush out to get their hair or nails done... that's okay. Be kind.

The point is, everyone has different viewpoints/feelings and that's okay. Be kind.

We each have a different story. If you need to stay at home, stay at home. But be kind.

If you need to go out, respect others when in public and be kind!

Don't judge fellow humans because you're not in their story.

We are all in different financial and mental states than we were months ago.

So remember, be kind.

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/>

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

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. She can add you to a group and/or support you with learning how to participate using the Zoom video conferencing app. We have had many parishioners successfully join who were new to ‘Zoom’ so be brave and get in touch! As they say; nothing ventured, nothing gained!

Mass intentions

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 see Lesley in the parish office who will be able to help you find a date and time which suits you. It is traditional to make an offering at the same time. This is simply what you can afford and would like to give. Please be reassured that if you have asked for a Mass to be said for a particular intention it will be said. Intentions are included in the newsletter each week. The names included in the intercessions on Sunday are of those who have died recently and whose funerals are to be celebrated.

The Word

SUNDAY 5 July *Fourteenth Sunday in ordinary time*

FIRST READING Zechariah 9:9-10 *See now, your king comes humbly to you.*

PSALM

Psalm Response: *I will bless your name for ever, O God my King*

SECOND READING Romans 8.9:11-13 *If by the Spirit you put an end to the misdeeds of the body, you will live.*

GOSPEL Matthew 11:25-30 *I am gentle and humble of heart.*

SUNDAY 12 July *Fifteenth Sunday in ordinary time*

FIRST READING Isaiah 55:10-11 *The rain makes the earth give growth.*

PSALM

Psalm Response: *Some seed fell into rich soil and produced its crop.*

SECOND READING Romans 8:18-23 *The whole creation is eagerly waiting for God to reveal his sons*

GOSPEL Matthew 13:1-23 *A sower went out to sow.*

Mass Intentions

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

Monday 6 July

Tuesday 7 July

Wednesday 8 July

Thursday 9 July *Bob Bendall RIP*

Friday 10 July

Saturday 11 July – St Benedict Patron of Europe

SUNDAY 12 July Fifteenth Sunday in ordinary time *People of the Parish*

Sea Sunday

Monday 13 July

Tuesday 14 July

Wednesday 15 July - St Bonaventure

Thursday 16 July

Friday 17 July

Saturday 18 July

SUNDAY 19 July Sixteenth Sunday in ordinary time *People of the Parish*

Attachments:

Regular information

Sunday Message

Look for children

Ichthus for older children

A Message from the Metropolitan Archbishops of the Catholic Church in England regarding the resumption of collective worship in England:

Bishop Mark O'Toole Return from Exile

Caritas sharing the good news

Sunday Homily