

# ParishNews



**Blessed Sacrament Parish** Heavitree Exeter

**22 November 2020** Our Lord Jesus Christ, King of the Universe. Year A

---



Our Lord  
Jesus Christ  
Universal King

‘Shepherd-King o’er  
mountain steep,  
homeward guide thy  
wand’ring sheep.’

This hymn which is often sung on this day captures the readings perfectly: our King is not a cruel tyrant or despot, but a shepherd who loves his flock, who would (and did) give his life for them. Love for the flock means that he will have to judge them, separating the sheep from those who do not belong to him. Coming to the end of the Church’s year leads us to look to our final ending, the homecoming the hymn speaks of. The judgement of the end of time we do not view as a trial or a terror, but as a coming home: look back to the Isaiah reading on the 28th Sunday to see what a homecoming party is offered. All we do is put our lives in order, living just and holy lives, longing for the day of the lord to come.

# Christmas is NOT cancelled!

At the moment we are still unaware of what the Covid-19 restrictions will be at Christmas. We sincerely hope we will be able to celebrate Mass publicly, but it is likely that we will have to maintain the restrictions on numbers that were in place earlier in the year.

There will be four Christmas Masses:

**CHRISTMAS EVE 6.00pm and 8.00pm**

**CHRISTMAS DAY 8.45am and 10.45am**

Places at these Masses will be allotted strictly by first come first served. Please contact the Parish Office either by phone 01392 274724 or by email [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk) to reserve a place. To avoid disappointment book as early as possible and please remember to contact us to cancel if you change your mind or no longer need the place.

If you know someone who does not have access to email and so has not received this newsletter and would like to attend, let them know and you could book on their behalf. Please be generous and remember that space is limited.

These Masses (hopefully if all goes to plan!) will be streamed live so even if you are not able to come you will be able to join us.

## Message from Bishop Mark about celebrations at Christmas

We all recognise that Christmas is an important time for all the faithful to attend Mass. COVID-19 restrictions will continue to limit the number of people at liturgical celebrations for safety reasons, even after the 2 December. At our Bishops' Conference meeting this week we agreed that since the Solemnity of Christmas has an Octave, we would take a joint approach in encouraging the faithful to attend Holy Mass on any day during the Octave, to enter into the mystery of the Incarnation. It will also be important to encourage people to 'mark' the preparation for Christmas as well as the celebration of Christmas and the Octave, *domestically* in their homes. This will assist them in marking this important solemnity, as well as coming to Church for Mass, if possible, at some point in the Octave.

## Opening Times for Individual Prayer

Wednesday, Thursday, Saturday & Sunday mornings between 9.30 and 10.30am. The social distancing restrictions apply and you will have to wear a face covering whilst you are in church.

## Baptism Preparation Courses 2021

Are you looking to have your child baptised in the upcoming year? We look forward to spiritually supporting you in preparation for this important sacrament and welcoming you and your family into our parish family. Courses are delivered via zoom over two consecutive Saturday mornings from 10:00-11:00. The course dates for 2021 are:

**23/30 January, 17/24 April, 10/17 July, and 9/16 October**

Please get in touch with Fr Jonathan to let him know you would like to prepare to have your child baptised. You will then be directed to Lesley Hooper who organises registration for the course. [Exeter-heavitree@prcdtr.org.uk](mailto:Exeter-heavitree@prcdtr.org.uk) or 01392 274724

## Traidcraft Christmas cards

In the past Traidcraft Christmas cards have been available to purchase after Masses during Advent. Due to the restrictions this year, we cannot do this but Imelda Wightman is happy to order cards for anyone that would like her to. If you go to: [www.traidcraft.co.uk/christmas/charity-christmas-cards](http://www.traidcraft.co.uk/christmas/charity-christmas-cards) you will find the selection available. Make a note of the code of the pack(s) you wish to purchase and call Imelda on 01392 460041 and she will order them for you – last date for orders to her is 4 December.

## Celebrate South West

30 November 7.30 – 8.30pm. Register at [www.celebrateconference.org/back-to-basics-2020](http://www.celebrateconference.org/back-to-basics-2020)

## Christmas face masks

During December there will be Christmas theme face masks available at the church made by the livesimply Sewing Group. They ask for a small donation which will go to Homeless Charities.

## Sleep on the floor for a night



It's hard to believe that in this day and age, there are children who do not have a warm and comfy bed to sleep in at night. In fact one in five children living in the southwest are living in poverty. Some areas in our Diocese fall into the top 10% of the most deprived areas in England. As part of our Good Shepherd programme, this Christmas the **Catholic Children's Society**

**(Plymouth)** is asking children living in our Diocese to think of children less fortunate than themselves by putting themselves in their shoes just for one night.

We are asking children living in the diocese to give up their bed for one night to sleep on the floor. If 100 children could raise £10 each in sponsorship, CCSP could buy beds and mattresses for 10 children, so they never have to sleep on the floor again. If you would like to join in the sponsored 'Sleep on the Floor for a Night' please complete a sponsor



form and start collecting your sponsors before the Christmas holidays. The sponsorship form can be downloaded from the website [www.ccsplymouth.org.uk](http://www.ccsplymouth.org.uk)

## Exeter Foodbank – Food Shortages

Can you help by donating any of the following from the November priority items list:

**Cereal, Sponge Puddings, Potatoes – Tins, Noodle/Pasta Snacks, Rice Pudding, Biscuits, Jam/Spreads, Pasta Sauce, Toothpaste/Toothbrushes.**

The food bank has plentiful supplies of pasta, baked beans and tinned tomatoes.

Current Collection Points - Sainsbury's (Alphington/Pinhoe/Guildhall); Tesco (Exe Vale); Co-Op (Heavitree/St Thomas); Waitrose (Gladstone Rd)

You can also give a donation on line at [exeter.foodbank.org.uk/give-help/donate-money/](http://exeter.foodbank.org.uk/give-help/donate-money/)

## Sharing the Christmas Story



The Real Advent Calendar 2020 is the UK's only Fairtrade Advent calendar and comes with a free 24 page Christmas story activity book. Meaningful features include: a line of the Christmas story behind each window, foil sealed for freshness, made from quality Fairtrade milk chocolate 35% Cocoa, palm oil free, 25 Festive chocolate shapes, charitable donation, recyclable box and tray. Made, designed and produced in the UK The Real Advent Calendar is designed to share and celebrate the true meaning of Christmas so that Christ is not written out of the celebration. The Real Advent Calendar comes with a 24 page Christmas story-activity book. There is a page for every day of Advent and some fun Advent challenges along the way. Buy your calendar at Tesco or online:

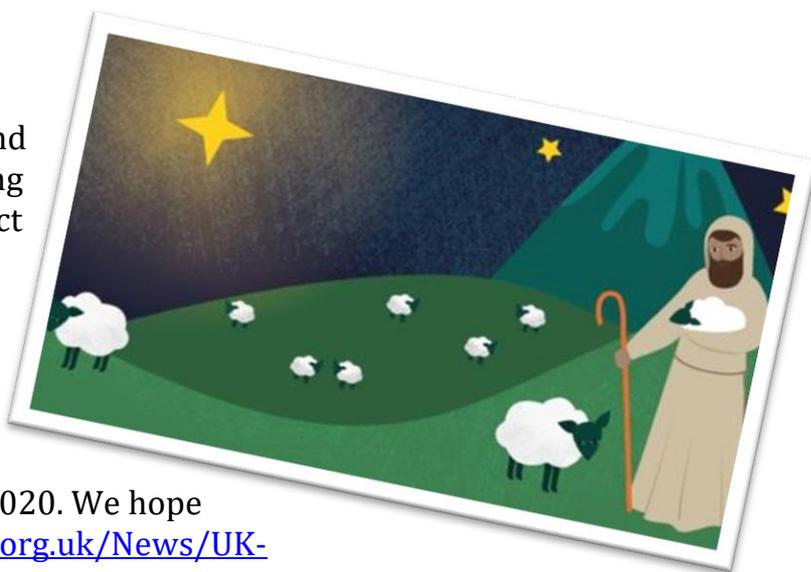
[www.traidcraftshop.co.uk/the-real-advent-calendar-85g](http://www.traidcraftshop.co.uk/the-real-advent-calendar-85g)

# St Nicholas School

If your child is due to start Reception in September 2021 you can now apply for a school place by going to <https://www.devon.gov.uk/educationandfamilies/school-information/apply-for-a-school-place/apply-for-a-primary-school-place> If you cannot apply online, please contact the education helpline on 0345 155 1019 and ask for a paper copy of the form to be sent to you. The deadline to apply is 15 January 2021. If you are applying to St Nicholas Catholic Primary School you must also submit a 2021/22 supplementary form direct to the school, obtainable from the school website [https://st-nicholas-pri.eschools.co.uk/website/reception\\_or\\_in-year\\_admissions](https://st-nicholas-pri.eschools.co.uk/website/reception_or_in-year_admissions) or by calling us on 01392 445403. Please submit this by 15 January to Mrs Brocksom, Senior Administrator by email ([abrocksom@stncls.uk](mailto:abrocksom@stncls.uk)) or by post.

## CAFOD Christmas

Christmas is coming! But how can you find unusual charity presents for your friends and family that make a difference to people living in poverty? Buying a World Gift is the perfect solution. World Gifts are CAFOD's range of virtual gifts that make a real difference to families living in poverty across the world. For each gift you buy this Christmas, you'll receive a beautiful gift card to pass on to your loved one. What's more, we've given ourselves a brand new look for Christmas 2020. We hope you love it as much as we do. <https://cafod.org.uk/News/UK-news/New-World-Gifts-for-Christmas>



**Remembering a loved one** through CAFOD's work is a special way to honour the values they held dear. By celebrating the life of someone special, you can help to change thousands more.

Here are ways you can honour a loved one through CAFOD's work. CAFOD invites you to light a candle for a loved one who is deeply missed, or someone special who is having a tough time. Add a donation to offer comfort and hope to our global family.

You can follow this link to access the CAFOD site:

**Light a candle and shine a light of hope**

## Pope's November Intention

Artificial Intelligence. We pray that the process of robotics and artificial intelligence may always serve humankind. See also <https://thepopevideo.org/>

## Pope Francis on Mercy...

'He had compassion', that is, His heart, His emotions, were moved!... 'Compassion' is an essential characteristic of God's mercy. God has compassion on us. What does this mean? He suffers with us. He feels our suffering. Compassion means 'suffer with'. The verb indicates that the physique is moved and trembles at the sight of the evil of man.

## The Pope tweets...

The earth and its poor urgently demand a sound economy and a sustainable development. Therefore, we are called to rethink our mental and moral priorities so that they are in conformity with God's commandments and the common good.

## Acts of faith

**The first act of faith** is the praise of God. It is deep and constant prayer. This must be at the root of our lives, as individuals, as families, as households. I urge you, then, to stay faithful to daily patterns of prayer. Pray privately; pray together at home; come to church to pray; pray without ceasing. I thank God that our churches remain open to be places of peace and prayer, and the live streaming of the Mass, celebrated every day in our churches, is a great help. But that too must be rooted in our own life of prayer. Only by receiving the living water from the Lord will we pass through this arid time. Indeed, if we stay close to the Lord, we will be changed for the better by this time of crisis.

**The second act of faith** is humble service. This is the road we are to follow: service of each other; outreach to the lonely; nourishment for the hungry; compassion for the sick, the isolated, the dying, especially those facing death alone, and those who mourn. Let's do it.

**Cardinal Vincent Nichols**

*Cardinal Archbishop of Westminster*

## GIFT Growing In Faith Together

**WHAT IS IT?** GIFT is for families of faith; for families with children who are looking forward to receiving Holy Communion; for families with older children who want to be confirmed in their faith; for families with younger children who want to experience and grow in faith in a simple and enjoyable way.

**HOW DOES IT WORK?** Our first three GIFT sessions at the beginning of this year were a great success with over 30 families joining together at St Nicholas School on Saturday mornings. Due to the current situation and our inability to meet together we are having to do things in a different way. We have invested in resources which are designed to support parents in sharing their faith and helping their families grow in knowledge and love of God, his creation, Jesus his Son and the wonderful gift of the Holy Spirit and his action in the world and our lives. We are offering these resources to any family who may be genuinely interested in and willing to engage in the process. This is not homework for children (!) but a real opportunity for families to share and enjoy their faith at home TOGETHER (which the Church has always described as the Domestic Church).

**MONTHLY MEETING** Each month we will meet parents for 30 minutes on ZOOM. We will familiarise you with the 'God calls' resources by focusing on: introducing you to the structure and format of the resources; exploring the catechesis and faith teaching of the resource and answering any questions you may have. The material concentrates on coaching you to teach and support your children in learning about faith. Following the Zoom call, you will be emailed the resources which can be used with the whole family during the month.

If you would like to join us, please get in touch with Maria [exeter-pastoral-assistant@prcdtr.ogr.uk](mailto:exeter-pastoral-assistant@prcdtr.ogr.uk) Future GIFT zoom date is scheduled for the 5 December.

---

## Free digital trial of the Universe Newspaper

Get the digital newspaper you'll have faith in. FREE download every week until January, all the news and features direct to your home computer, smartphone or tablet. All you have to do is go to [thecatholicuniverse.com/subscription-trial](http://thecatholicuniverse.com/subscription-trial) to register. The printed edition of The Universe is available as normal.

## Stamps for Hospice

The Sisters trim used postage stamps for the Hospice who can get a lot of money from selling the stamps. At this time of year we may receive more post from friends and relatives so please remember to cut off the stamps and save them until we can once again bring them and put them in the box in the church porch. Thank you.

## South West Big Christmas Carols Online

December 5 & 6. Professionally produced carols from a range of participants including well-known Christian singers (Matt Redman, Lucy Grimble, London Community Gospel Choir, Wildwood Kin and a Cathedral Children's Choir TBC). Interspersed with testimonies of people's experience of the hope of the gospel, with J John TBC. Large nativity featuring multiple schools from across the southwest - a narration of the nativity acted out and captured on camera. Possibly the largest nativity in the southwest. Live presenters topping and tailing the night. More info: <https://www.youtube.com/watch?v=J6khID6Nh44>

## Walk with Me Advent booklets

We have a small number of these booklets. If you would like a copy please phone or email the Parish Office and we will pop it in the post for you.

## Diocesan Year Book 2021

The new Diocesan Year book is now available at a cost of **£4.00**. It is a great source of diocesan information and news. If you would like a copy please phone or email the parish office.

## Holiday Hunger

A major operation is under way in Devon to combat holiday hunger for children this Christmas. Devon County Council are organising networks of providers across the county, including churches, holiday clubs, and charities. Together, this will ensure that every child entitled to Free School Meals will be able to get free food over the Christmas holiday, during the Easter half-term, and the Easter holidays. Contact Devon County Council if you would like to be involved, and more info about financial and food support for families and individuals is available on DCC's website, here: [www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families](http://www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families)

## Fratelli Tutti -

Some initial reflections. Caritas Plymouth is preparing a number of short videos to offer a reflection on each chapter of the Encyclical. One reflection will be shared each week over the coming 8 weeks. We hope that the videos will provide food for thought and encourage people to read the full text. The reflections are all on the Diocesan Facebook page <https://www.facebook.com/plymouthdiocese/videos>.

## Family Prayer Box

The diocesan Department for Evangelisation: Marriage & Family Life have put together a Family Prayer Box. This is an attractive wooden box which contains prayer books, a rosary, a battery candle, holy water bottle and good quality Crucifix and Holy Family statue - as well as instructions on how to use the contents. Each box is prayed over as it is assembled. Children will naturally want to look inside. You then let them explore the contents before praying with them. After this family prayer is so natural with the box and children can share prayer time with all their family members. People have kindly made donations which are enabling us to offer the boxes - which cost about £25 to produce - at £15 each so that more families can benefit from family prayer. Please pray for this ministry and if you would like to place an order, make a donation or have more information, please email me (please allow time - as orders take a little while to make up): [Deborah.vanKroonenburg@prcdtr.org.uk](mailto:Deborah.vanKroonenburg@prcdtr.org.uk).

## EHP Pop-up Giving Hub -



Exeter Homeless Partnership (EHP) are very excited to announce that we are going to have a pop-up Giving Hub in Roman Walk, Princesshay from 19 November to the end of December. The shop unit will provide a

space for a host of different things to happen, these will include:

- A place to donate items such as coats, sleeping bags, hats and gloves (we will be working with St Petrock's to create a regular wish list);
- An alternative giving hub – a unit in the window so people can donate 24/7 and a mobile giving unit in the shop if people want to come in for a chat when they donate;
- A TV screen will show videos, images, ways to get involved and will also show a montage of videos from a wide range of people from across the city answering the question “What does home mean to you?”
- An interactive plinth will provide people with the opportunity to learn more about EHP and to complete a questionnaire (with prizes) that will help us gather a wide understanding of people's current knowledge of homelessness, this will play an important role in helping us decide on next steps for EHP during the coming year;
- Individuals, organisations, businesses will also be encouraged to sign up to the EHP charter and join the citywide conversation to end homelessness in Exeter.

We plan to open the Hub from 10.00am-4.00pm Thursday, Friday and Saturday. It's no mean feat to staff the hub for that amount of time and we would really like to hear from anyone who is able to volunteer their time to help us. Of course we will be following all COVID guidelines, and provide PPE and training. If you are interested and able to donate your time (whole day 10am-4pm; or half day 10-1pm, or 1pm-4pm) then please get in touch.

[cassie.sails@colabexeter.org.uk](mailto:cassie.sails@colabexeter.org.uk) or [jo.armstrong@colabexeter.org.uk](mailto:jo.armstrong@colabexeter.org.uk) or 01392 202055.

Thank you.

## Loss, Separation and Trauma

In the wake of the coronavirus pandemic the latest Art of Dying Well podcast explores loss, separation and trauma. As we are once again in lockdown 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/>

## Mary's Meals—Double the Love campaign

We are very excited to announce our Double the Love campaign is running again until the 31 January. This means that donations made before then will be matched by the UK government. So much can be asked of us at this time of year. It may be hard to always say yes. Mary said yes to being the Mother of Jesus and as a young, unmarried girl this must have been a terrifying moment for her. Yet her 'yes' brought Jesus into the world and changed lives forever.

Throughout this year of many challenges, thanks to our generous supporters, Mary's Meals has continued to say yes to feeding desperately hungry children with a daily meal in a place of education. Now we are delighted to share with you a new opportunity to say yes and provide 43,000 hungry children in Bong County, Liberia, with a life-changing meal at school. From 2 November until 31 January 2021, donations made to our Double The Love campaign will be matched by the UK government, up to £2 million. Please consider setting a place at our Big Family Christmas dinner table or buying a Christmas gift card on our website. More information on how to support us can be found at [www.marysmeals.org.uk/doublethelove](http://www.marysmeals.org.uk/doublethelove).

Please remember in your prayers the children we feed and the continued mission of Mary's Meals to feed the next hungry child. We are incredibly grateful for every little act of love.

With prayers and best wishes, Thomas



**Diocese of Plymouth**  
From the Office of the Bishop

**A Message to the Diocese for the weekend of 14-15<sup>th</sup> November 2020**

My dear Brothers and Sisters,

I write to express my sorrow, and my solidarity with you at this time. It has been painful and shaming for us to read, or hear about, the *Report from the Independent Inquiry into Child Sexual Abuse*, which was published this week. I know that whatever we experience, is but a shadow of the agony and pain caused to victims-survivors, who were abused within our Church. Their voices must continue to be fully heard. Such individuals are persons with immense dignity, who make an invaluable contribution in finding the right way forward for all of us. To anyone who carries this burden or who has been hurt in any way, I say how sorry I am. Please let us know if there is anything we can do. We must do all we can to continue to listen to your stories and to provide the proper accompaniment, if you are open to that, from us. Our prayer for you, is that this process will help you find some healing.

The *Report*, along with the *Independent Review into Safeguarding*, conducted by Mr Ian Elliot, on behalf of the Church, and which has taken place over the past months, will be key in informing our ongoing work of Safeguarding in the Church. The bishops will reflect on these next week during our regular meeting.

Let us be vigilant in strengthening the procedures which the Church has embraced these past years, and which are used in collaboration with the statutory authorities. I want to thank most especially all those generous people, Catholic and non-Catholic, who are an important part of our Safeguarding processes.

This is an important point in our journey of Safeguarding. One which in many ways, brings many of us to our knees but, in humility, that is a good place to begin again from. Please keep all those engaged in this work in your prayers, but above all, those who have suffered abuse in their lives. I attach some contact details for anyone who has suffered. I would be open to hearing from anybody in the Diocese who wanted to share their experience with me.

With my prayer and asking yours for me.

Yours devotedly,

Rt Rev Mark O'Toole  
Bishop of Plymouth

31 Wyndham Street West, Plymouth, Devon, PL1 5RZ  
Telephone: (01752) 224414. Fax: (01752) 223750. Email: [bishopmark@prcdtr.org.uk](mailto:bishopmark@prcdtr.org.uk)  
Plymouth Diocesan Trust (Registered Charity Number 213227)

Read the report in full: [iicsa.org.uk/publications/investigation/roman-catholic-church](https://iicsa.org.uk/publications/investigation/roman-catholic-church)



## Covid-19 Safety Guidelines for your crib!

*The coronavirus pandemic has had a huge impact on the way we conduct our lives, with many new rules and restrictions governing our health and safety. One area of concern is your Christmas Crib. Although there are several weeks to go before Christmas, you will need to start planning now. You will need to begin with a thorough risk assessment to ensure your Crib is COVID-secure. Here is some further guidance:*

- 1 A maximum of 4 shepherds only are permitted in the Crib at any one time.
- 2 Shepherds must wear face masks (unless exempt) and strictly observe social distancing (2m or 1m+ with mitigations).
- 3 Jesus, Mary and Joseph form a family bubble and thus may be placed together.
- 4 The ox and the ass need Declaration of Non-Contamination Certificates, obtainable from the Department of Agriculture.
- 5 The Three Wise Men, since they come from a non Schengen Area, will be subject to a 14 day quarantine, whether or not they have tested negative for Covid-19.
- 6 The straw, moss, palm branches and other decorations must be disinfected, with hands washed for 20 seconds after handling.
- 7 Angels flying over the Crib are now forbidden, owing to the aerosol effect produced by the batting of wings.
- 8 Shepherds are permitted provided they are not more than 70 years old or suffering from underlying medical conditions or in another vulnerable category.
- 9 The Inn, along with other businesses in the hospitality sector, is closed until further notice.

*Thanks to Ann Wright for bringing these regulations to our attention!*

# Mass Times

## Sunday 22 November

---

*Our Lord Jesus Christ, King of the Universe*

*Youth Sunday*

Church open for prayer 9.30–10.30am

*People of the Parish*

## Tuesday 24 November

*St Andrew Dung-Lac, Priest & Martyr and*

*Companions - Martyrs*

*George Stewart RIP*

## Wednesday 25 November

Church open for prayer 9.30–10.30am

*Private Intention*

## Thursday 26 November

Church open for prayer 9.30–10.30am

*Fred Morgan RIP*

## Friday 27 November

## Saturday 28 November

Church open for prayer 9.30–10.30am

## Sunday 29 November

---

*First Sunday of Advent*

Church open for prayer 9.30–10.30am

*People of the Parish*

## Tuesday 1 December

## Wednesday 2 December

*St Osmund of Salisbury, Bishop*

Church open for prayer 9.30–10.30am

## Thursday 3 December

*St Francis Xavier, Priest*

Church open for prayer 9.30–10.30am

## Friday 4 December

## Saturday 5 December

Church open for prayer 9.30–10.30am

# The Word

## Sunday 22 November

---

### FIRST READING

Ezekiel 34:11-12.15-17

*As for you, my sheep, I will judge between sheep and sheep.*

### PSALM

*The Lord is my shepherd;  
there is nothing I shall want.*

### SECOND READING 1

Corinthians 15:20-26.28

*He will hand over the kingdom to God the Father, so that God may be all in all.*

### GOSPEL Matthew 25:31-46

*He will take his seat on his throne of glory, and he will separate men from one another.*

## Sunday 22 November Year B

---

### FIRST READING

Isaiah 63:16-17; 64:1.3-8

*Oh, that you would tear the heavens open and come down.*

### PSALM

*God of hosts, bring us back; let your face shine on us and we shall be saved.*

### SECOND READING 1

1 Corinthians 1:3-9

*We are waiting for our Lord Jesus Christ to be revealed.*

### GOSPEL Matthew 13:33-37

*Stay awake, because you do not know when the master of the house is coming.*



# Parish Information

## Parish Priest

Fr Jonathan Stewart

## Priest in retirement

Fr John Watkins

## PARISH OFFICE

---

The Presbytery,  
29 Fore Street, Heavitree  
Exeter EX1 2QJ  
01392 274724

Email [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)

## Parish Office hours

Tuesday, Wednesday and  
Thursday 10.00am-4.00pm

## Parish Secretary

Lesley Hooper

## Exeter Parishes Pastoral Assistant

Maria Quinn  
[exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

## Exeter Parishes Youth Worker

Erik Renz  
[exeter-youth-worker@prcdtr.org.uk](mailto:exeter-youth-worker@prcdtr.org.uk)

## *Safeguarding Reps*

Vince Clark & Lesley Hooper

## PARISH SCHOOL

---

St Nicholas Catholic Primary School

Ringswell Avenue,

Exeter EX1 3EG

01392 445403

[admin@stncls.uk](mailto:admin@stncls.uk)

[www.st-nicholas-exeter.devon.sch.uk](http://www.st-nicholas-exeter.devon.sch.uk)

## Executive Head Teacher

Angela Folland

## CONVENT

---

Sisters of the Presentation of Mary

Mount St Mary Convent,

Wonford Road,

EX2 4PF

01392 433301

## Your Offering

We are enormously grateful for your continued generosity to the parish.

Please remember 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 if you can, please GiftAid your contribution.

## Parish News by Post & Email

If you know someone who would appreciate keeping in touch in this way to receive the parish news by post, with their permission please give their name and address and to the parish office by phoning or email to [exeterheavitree@prcdtr.org.uk](mailto:exeterheavitree@prcdtr.org.uk) and we will arrange to get a copy to them.

If they have an email address please ask them to email the parish office (address above) and they can be added to the circulation list.

## The Bishops' Conference

Regular updates from the Bishops' Conference can be found at [ccn@cbcew.org.uk](mailto:ccn@cbcew.org.uk)

## Dial-a-Mass

For the benefit of those who do not have the internet or computer the Mass is recorded and put on the telephone at 12 midday on Sundays and will stay until 11.59 the following Sunday. For the cost of a local call they can listen to the Holy Sacrifice of the Mass. Dial 01642 130120

## Churches Together Devon

The latest Churches Together Devon news is now available, here:

<https://mailchi.mp/e163e3bc1ba8/ctd-news-update-october-2020?e=8484c4b7b3>

## Getting married?

Congratulations! Please give us six months' notice if you are hoping to marry in the Church.

# Other Information

## Financial support

We have very kindly been given some money to help people who might be struggling at the moment. It's not a huge amount but it could perhaps cover a few weekly shops for some families or something similar. We know how difficult it can be to ask for help but you may be able to ask on someone's behalf. Please don't hesitate to get in touch with the Parish Office.

## Caritas – support for individuals

As we are into our second full lockdown, Caritas has updated their list of grants that people might find useful if they are struggling. This will be shared this via their website. Here is the link

<https://www.plymouth-diocese.org.uk/wp-content/uploads/2020/11/Covid-19-Support-for-Individuals-November-2020-Update.pdf>

## Essential Grants Programme for Children and Families

The Catholic Children's Society (Plymouth) has funds available for essential grants to families living in the Diocese of Plymouth who are struggling as a result of Covid-19. The charity can provide essential items that parents and carers could otherwise not afford for their children such as basic essential items like cookers, fridge/ freezers, washing machines or cots and beds for children to sleep in. The fund is open to families of all faiths and none.

<https://www.ccsplymouth.org.uk/what-we-do/grant-giving/> tel: 01364 645420

## Government help

There is a free service to find out what help you can get from the government and other organisations. The link here is:

<https://www.gov.uk/find-coronavirus-support>

## Wednesday Word Scripture Reflection

Wednesday Word meets online via the Zoom app and reflect together on the Gospel for the coming Sunday. If you would like to join and receive email notifications, please email: [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

## Exeter Prays

During the last Sunday of each month, Exeter Prays at 8.00 - 8.40pm. Please join in praying for our city, land, and the nations. Online at [www.southwestawake.com/](http://www.southwestawake.com/)

## New parishioners

Do you know anyone who is new to Blessed Sacrament parish? If they haven't already done so, please ask them to contact the parish office and a registration form can be sent to them which should be returned to the office once completed. This also applies if you have been here for a while but not yet completed a form. It is good for us to know something about you and to be able to keep you updated with things happening in the parish. Thank you.

## A National Shared Moment of Prayer

Cardinal Vincent Nichols and Archbishop Justin Welby have both called on everyone to join a national shared moment of prayer each day at 6.00pm, and to have the vigil of Christ the King as a day of prayer to end the pandemic.

**Deadline for newsletter items  
4.00pm Wednesday.**