

# ParishNews



**Blessed Sacrament Parish** Heavitree Exeter  
22 December 2019. Fourth Sunday of Advent. *Year A*

A Baroque-style painting of the Nativity scene. The Virgin Mary is seated in the center, wearing a pink and yellow dress with a white veil, looking down at the infant Jesus who is lying in a manger. To the left, Joseph stands in a purple and gold robe, pointing towards the baby. In the background, other figures are visible, and a donkey and ox are present. The scene is set in a rustic, dimly lit stable.

TODAY A SAVIOUR HAS BEEN BORN  
TO US; HE IS CHRIST THE LORD.

*Wishing you all a very*  
**Happy Christmas**  
*and a peaceful New Year.*

*Federico Barocci 1597*

**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

**Parish Office hours**

Tuesday, Wednesday and  
Thursday 10.00am–4.00pm

**Parish Secretary**

Lesley Hooper

**Parish Pastoral Assistant**

Maria Quinn  
exeter-pastoral-  
assistant@prcdtr.org.uk

**Parish Youth Worker**

Erik Renz  
exeter-youth-  
worker@prcdtr.org.uk

**Safeguarding Reps**

Vince Clark &amp; Lesley Hooper

**PARISH SCHOOL****St Nicholas Catholic****Primary School** Ringswell

Avenue, Exeter EX1 3EG  
01392 445403  
admin@stnics.uk  
www.st-nicholas-  
exeter.devon.sch.uk

**Head Teacher**

Angela Folland

**CONVENT****Mount St Mary Convent,**

Wonford Road, EX2 4PF

**Telephone** 01392 433301**Look & Ichthus**

*Please take copies of these  
from the porch each week for  
your children.*

*Blessed Sacrament is part of  
the Roman Catholic Diocese  
of Plymouth*

# Fourth Sunday of Advent



Today we enter a new stage of Advent: having spent so much time on the Second Coming, now we look back, to remember the details of the Lord's First Coming. Today we focus on the characters of Mary and Joseph, and hear of the circumstances surrounding the conception of the child Jesus, and the reaction of Joseph. This mystery springs from the House of David, and so we lead into the Gospel by hearing of the promise that the Messiah would come from that line. The link between the First Reading and the Gospel is quite explicit today, since Matthew actually quotes Isaiah. Joseph, descendant of King David, is invited to take his place in the great story of God's relationship with the Chosen people. There is great sense of a timeless mystery reaching its focal point, as that which was 'promised long ago' (Second Reading) now takes flesh in the womb of Mary.

# Welcome

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*We hope you have a happy and peaceful time with us here in Exeter. Please ask one of the Welcomers or contact the parish office if we can help in any way.*

## Liturgy of the Word for children

*During the 10.45am Mass most Sundays.*

## Refreshments

*Sundays after 10.45am Mass and Wednesdays after 9.30am Mass.*

## Parents and Toddlers

*Monday mornings 9.30–11.30am in the St Richard Reynolds Centre. All welcome especially new faces.*

## Getting married?

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

## Sick parishioners

*Please inform one of the priests or the parish office if you know someone who is in need of a visit.*

## Newsletter

*Deadline for newsletter items 4.00pm Wednesday. By phone or email.*

## Many thanks

*Sunday Collections  
8 Dec £1326.76  
15 Dec £1158.94*

# Calendar of Events

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<b>Monday</b>	<b>livesimply Sewing Group</b> <i>St Richard Reynolds Centre 6.30pm</i>
<b>Wednesday</b>	<b>Wednesday Word</b> <i>St Richard Reynolds Centre 2.00pm</i>
<b>Friday</b>	<b>Wednesday Word</b> <i>Sacred Heart Church 7.00pm</i>
Tues 24 Dec	<b>Christmas Vigil Mass 6.00pm</b> <b>Carols and Readings 11.30pm</b> <b>Midnight Mass</b> <i>Blessed Sacrament Church</i>
Wed 25 Dec	<b>Christmas Day Masses</b> <i>Blessed Sacrament Church at 8.45am &amp; 10.45am</i> <b>No 6.00pm Mass</b>
Tues 31 Dec	<b>Mass and Exposition for the New Year</b> <i>Blessed Sacrament Church 6.00pm</i>
Wed 1 Jan	<b>New Year's Cheese &amp; Wine</b> <i>St Richard Reynolds Centre following Mass at 12.00pm in the Blessed Sacrament Church.</i>
Sun 5 Jan	<b>Epiphany Praise</b> <i>Blessed Sacrament Church 3.00pm</i>
Mon 6 Jan	<b>Livesimply Sewing Group resumes</b> <i>St Richard Reynolds Centre 6.30pm</i>
Wed 8 Jan	<b>Wednesday Word resumes</b> <i>St Richard Reynolds Centre 2.00pm</i>
Thurs 9 Jan	<b>Praying the Rosary</b> <i>Blessed Sacrament Church 6.30pm</i>
Sun 12 Jan	<b>Prayer Group</b> <i>St Richard Reynolds Centre 7.00pm</i>
Sun 12 Jan	<b>SPUC White Flower Appeal</b> <i>Blessed Sacrament Church All Masses</i>
Sun 12 Jan	<b>Extraordinary Form Mass</b> <i>Blessed Sacrament Church 3.00pm</i>
Mon 13 Jan	<b>Toddler Group resumes</b> <i>St Richard Reynolds Centre 9.30am</i>
Tues 14 Jan	<b>Pastoral Parish Council Meeting</b> <i>St Richard Reynolds Centre 7.00pm</i>
Thurs 16 Jan	<b>Thursday Lunch Club</b> <i>St Richard Reynolds Centre 12.30pm</i>
Sun 19 Jan	<b>Peace Sunday</b>
Tues 21 Jan	<b>Understanding the Mass</b> <i>St Richard Reynolds Centre 7.00pm</i>
Thurs 23 Jan	<b>Stronghold Praise &amp; Worship</b> <i>St Richard Reynolds Centre 7.15pm</i>
Fri 24 Jan	<b>Devon Youth Jazz Orchestra</b> <i>Blessed Sacrament Church 6.00pm</i>

## Share our love, give them hope

Please take time to visit our crib over the Christmas period. The collection will be donated to the Catholic Children's Society as it works across our diocese spreading God's love and giving families hope in times of crisis. Please give what you can afford, it is greatly appreciated by so many children. Thank you. For more information on their work visit [www.ccsplymouth.org.uk](http://www.ccsplymouth.org.uk)

## Christmas crib in Heavitree

Please don't forget to take a look at the crib in the window of G. W. Key & Shoe in Heavitree. This is organised by Christians Together in Heavitree.

## Christmas Offerings

Envelopes are in the church porch for the traditional offering for the priests.

## New Year's Eve 31 Dec

Mass at 6.00pm in church followed by Exposition till 7.00pm

## New Year's Day 1 January

Mass at 12.00 noon followed by Cheese & Crackers & Wine/ shared lunch in the St Richard Reynolds Centre. All welcome.

## Epiphany Praise

On Sunday 5 January we celebrate the lovely feast of the Epiphany of the Lord, when the three visitors from the east brought gifts of gold, frankincense and myrrh. To celebrate we will gather in church at 3.00pm to sing the praises of the Lord led by the Stronghold music group. Refreshments afterwards in St Richard Reynolds Centre.

## Prayer Group

The next meeting of the Prayer Group is on Thursday 9 January at 7.15pm in the St Richard Reynolds Centre. All welcome.

## Ministry at Christmas

Ministers of the Word and Holy Communion will find a sign up list in the porch for all Christmas Masses. Please indicate on this if you are available to read or help with the distribution of Holy Communion.

## Parish Rosary Group

Would you like to gather to pray the rosary together? We will next be meeting on Wednesday 8 January at 6.30pm in the church. We would love to see you there.

## Pope Francis' Intention for January

For the promotion of World peace. We pray that Christians, followers of other religions, and all people of goodwill may promote peace and justice in the world.

## Diocesan Yearbook 2020

The new Diocesan Year book is now available in the church porch at a cost of **£4.00** each. It is a great source of diocesan information and news. Please put your payment in the wall box marked 'Books'.

## Extraordinary Form Mass

At Blessed Sacrament Church on Sunday 12 January at 3.00pm.

## GIFT Family Catechesis

If you have children in primary school, then GIFT is for you. This is a radically different approach to growing in faith which we hope will lead to a greater understanding of the sacraments and your part in the life of the Church. **It is for all primary school age families regardless of whether your children have or have not received First Holy Communion.** Please take an information leaflet and a leaflet giving the dates of the sessions which begin on **25 January 2020.**

## Mass Intentions

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.

## Preparing for Baptism

If you are expecting a baby or wish to have a baby baptised in the near future, please contact the Parish office to book a place on one of our courses. We look forward to supporting you and your family in your faith journey together. Our Baptism course runs over 3 consecutive Saturday mornings from 10.30-12.00. We are offering three courses in 2020: March 14, 21, 28 July 11, 18, 25 and November 14, 21, 28

## Weekly Giving Envelopes

The weekly gift aid and planned giving envelopes are available for collection. If you missed collecting yours recently then please contact the Parish office. Do remember to let us know if there are any changes in your circumstances. Are you still paying income tax for instance? If you have moved recently do let us know your correct contact details. If you are new to the Parish and perhaps not considered gift aiding your donations there is opportunity today to consider it. You can always call the Parish office for more information. Thank you.

## Wednesday Word

'Wednesday Word' is a resource which allows us to prayerfully prepare for Mass on Sunday by reading and reflecting on the upcoming Sunday Gospel in a friendly and supportive group setting. Come along to an open group each week to ready yourself for Sunday Mass and to deepen and feed your faith. *It will re commence on Wednesday 8 January (RRC) and on Friday 10 January (SH).*

## Thursday Lunch Club

The first meeting of the lunch club in 2020 will be on **Thursday 16 January** at 12.30pm and NOT 2 January as previously published. Lunches will continue fortnightly after that.

## Rest in Peace...

Please pray for **Judith Daniel and Peggy Moore** who have died recently. May they rest in peace and may their families and friends be consoled.

## The Pope Tweets...

Faith gives us the ability to look with hope at the events of life, and helps us to accept even defeats and sufferings, in the knowledge that evil never has the last word.

## Baptised in faith...

We welcome into the Church the Mitchelmore children who will be baptised into our parish community. Please offer a prayer for them, their parents and Godparents.

## 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 bring them and put them in the box in the church porch. Thank you.

## Smart Loving Breakthrough

When marriages are conflicted, the whole family suffers. It's stressful for the parents and distressing for the children. Smart Loving Break Through is an online course designed to help individual spouses process their emotions and understand what is driving the conflict in their marriage. Grounded in contemporary psychology and framed by Catholic spirituality, the 3 hour course is available anywhere, anytime. More information is available online (and a 50% discount): [smartloving.org/breakthrough/](http://smartloving.org/breakthrough/)

## SPUC White flower appeal

The Society for the Protection of Unborn Children (SPUC) will be having their annual appeal on Sunday 12 January. There will be a retiring collection that day at all Masses.

## Magazines for hospital

A big thank you to everyone who has given magazines for the hospital, it has been very much appreciated by both staff and patients. As there has been a great response and not to overwhelm the hospital they will in future be collected on the last Sunday of the month starting from 26 January. Thank you.

## Medjugorje Irish Centre

### Pilgrimages

April - Oct 2020 7 Night Stay and Airport Shuttle service from Dubrovnik or Split for €266 per person sharing. Book any flight - any time and we provide guaranteed airport shuttle service. Call us for further info and book the dates that suit you. Tel. 020 3239 8662 or email [reservations@med-irishcentre.com](mailto:reservations@med-irishcentre.com).

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## St Nick's News

We have broken up for the holidays and are looking forward to Christmas and all it brings. All at St Nicholas school wish all parishioners a happy and holy Christmas and a very happy New Year. We return to school on the 7 January and will be celebrating the Epiphany liturgy in school on Friday 10 January at 9.15am. Parishioners are very welcome to join us.

A reminder to parents who are applying for Reception places for September 2020 that applications to Devon County Council must be made by the 15 January. If you are applying to St Nicholas School you must also complete a supplementary application form (obtainable on the school website or by calling the school) which must be returned to the school by the same date.

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## *livesimply*

The Sewing Group will meet again on Monday 6 January.

## Christmas Cards

Remember to look to see if any cards have been left for you in the box in the porch!

## Understanding the Mass

We will be running six film and discussion sessions from Bishop Robert Barron's 'Word on Fire' series in the New Year to grow in our understanding of the Mass. Come to all six or dip in and out each week; either way, you will feel inspired and spiritually fed.

**When?** Jan 21, 28, Feb 4, 11, 18, and 25

**Where?** St Richard Reynolds Centre

**What time?** Mass at 6.30pm film/discussion from 7.00 -8.30pm

## New parishioners

Are you new to Blessed Sacrament parish? If you haven't already done so, please provide us with your contact details. Forms are available in the church porch and from the parish office (electronically) and should be returned to the office once completed. Thank you.

## Exeter Foodbank

Thank you to the parishioner who donated our Christmas tree and the Sisters who made the prayer tags. But an enormous thank you to you all for your amazing generosity in donating food items for the Exeter Foodbank this Christmas. We collect all year for the Foodbank but Christmas time is a particularly difficult time for struggling families and your response has been amazing. Thank you.

**Most wanted list:** Fruit juice, sponge puddings, pasta sauce, biscuits, jam, squash, rice 500g/1kg, fish, potatoes, sugar, custard, meat, milk UHT 1L, vegetables (tins), rice pudding, fruit (tins), cereal and toiletries.

# Thanksgiving Masses

As a way of saying thank you to the many people who have helped in the parish in various ministries this year, we will be celebrating Mass for your intentions during the next couple of weeks. So many people do a lot to help make the parish as vibrant and as varied as it is. If you can come along that would be wonderful, but if you can't be there, be assured that we will be praying for you and giving thanks for all you have done for our parish family. May God bless you all.

**Thursday 26 December** 9.30am

*Altar Servers*

**Friday 27 December** 9.30am

*Church Cleaners*

**Saturday 28 December** 9.30am

*Ministers of the Word*

**Sunday 29 December** 8.45am

*Flower Arrangers*

**Sunday 29 December** 6.00pm

*Exeter Street Pastors*

**Thursday 2 January** 9.30am

*Thursday Lunch Club Helpers*

**Friday 3 January** 9.30am

*Parish CAFOD Group*

**Saturday 4 January** 9.30am

*Ministers of Holy Communion*

**Sunday 5 January** 10.45am

*Children's Liturgy Catechists*

**Tuesday 7 January** 6.30pm

*Parish Catechists*

**Wednesday 8 January** 9.30am

*Catholic Women's League*

**Thursday 9 January** 9.30am

*Sunday Morning Welcomers*

**Friday 10 January** 9.30am

*Parish Finance Committee*

**Saturday 11 January** 9.30am

*Young People of the Parish*

**Sunday 12 January** 8.45am

*Parish livesimply Group*

**Sunday 12 January** 10.45am

*Musicians & Singers*

**Tuesday 14 January** 6.30pm

*Pastoral Parish Council*

**Wednesday 15 January** 9.30am

*Toddler Group*

**Sunday 19 January** 10.45am

*Sunday Refreshments Team*

## ORGAN & CELLO RECITAL

At Holy Cross, Topsham on Sunday 2 February, 4.00 – 5.00 p.m. Andrew Daldorph (organ) and Hilary Boxer (cello) will give a recital at Holy Cross using the 1786 Robert and William Gray chamber organ which the parish acquired 2 years ago. The programme will include sonatas for cello and organ, and solo works for each instrument. Tickets (free) are available through the events page of the Holy Cross website ([www.holycrosstopsham.org](http://www.holycrosstopsham.org)) or by phoning Frances Nieduszynska on 01392 877071 or 07791 693603. There will be a retiring collection to cover the costs of the concert, and to raise money for ShelterBox and the Exeter Foodbank.

## Christmas Prayer

*The day of joy returns, Father in Heaven, and crowns another year with peace and good will. Help us rightly to remember the birth of Jesus that we may share in the song of the angels, the gladness of the shepherds, and the worship of the wise men. Close the doors of hate and open the doors of love all over the world... Let kindness come with every gift and good desires with every greeting. Deliver us from evil, by the blessing that Christ brings, and teach us to be merry with clean hearts. May the Christmas morning make us happy to be thy children, And the Christmas evening bring us to our bed with grateful thoughts, forgiving and forgiven, for Jesus' sake. Amen.*

## Peace Sunday

Annual day of prayer for peace in the world  
Sunday 19 January 2020.

# Mass Times

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## Sunday 22 Dec

*4th Sunday of Advent*

*Expectant Mothers*

8.45am *Souls in Purgatory*

10.45am *In celebration of*

*the marriage of James Hope*  
& *Claire Salter*

6.00pm *People of the Parish*

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Monday 23 December

7.30am Convent

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## Tuesday 24 December

### CHRISTMAS EVE

6.00pm *Vigil Mass of*

*Christmas*

11.30pm *Readings & Carols*

12.00am *Midnight Mass*

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## Wednesday 25 Dec

### CHRISTMAS DAY

*The Nativity of the Lord*

8.45am *For the Christians of*  
*the Holy Land*

10.45am *People of the Parish*

**NO 6.00pm Mass**

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Thursday 26 December

*St Stephen, Martyr*

9.30am *Altar Servers*

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Friday 27 December

*St John, Apostle & Evangelist*

No Convent Mass

9.30am *Church Cleaners*

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Saturday 28 December

*The Holy Innocents*

9.30am *Ministers of the Word*

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## Sunday 29 Dec

*Holy Family of Jesus,*

*Mary & Joseph*

8.45am *Flower Arrangers*

10.45am *People of the Parish*

6.00pm *Exeter Street Pastors*

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Monday 30 December

7.30am Convent

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Tuesday 31 December

6.00pm Mass followed by

Exposition

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Wednesday 1 January

*Mary, Mother of God*

12.00pm *People of the Parish*

4.00pm RD&E Hospital

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Thursday 2 January

*St Basil the Great*

9.30am *Thursday Lunch Club*

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Friday 3 January

7.30am Convent

9.30am *Parish Cafod Group*

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Saturday 4 January

9.30am

*Ministers of Holy Communion*

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## Sunday 5 January

*The Epiphany of the Lord*

8.45am *People of the Parish*

10.45am *Children's Liturgy*

*Catechists*

6.00pm *Olive Morgan RIP*

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## Confessions

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Saturday 10.00am Church

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## Adoration

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Tuesdays 8.00pm Convent

Lady chapel at Sacred Heart

7.00pm on 8 January 2020

*Please refer to the notice*

*board on the church door*

*for any alterations.*

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## The Word

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Sunday 22 December

First Reading

Isaiah 7:10-14

*The maiden is with child.*

Psalm Response

*Let the Lord enter!*

*He is the king of glory.*

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Second Reading

Romans 1:1-7

*Jesus Christ, descendent of*  
*David, Son of God.*

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Gospel

Matthew 1:18-24

*Jesus is born of Mary who was*  
 *betrothed to Joseph, Son of*  
*David.*

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## Sunday 29 December

First Reading

Ecclesiasticus 3:2-6.12-14

*He who fears the Lord respects*  
*his parents.*

Psalm Response

*O blessed are those who*  
*fear the Lord and walk in*  
*his ways!*

Second Reading

Colossians 3:12-21

*Family life is the Lord.*

Gospel

Matthew 2:13-15.19-23

*Take the child and his mother*  
*and escape into Egypt.*

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## Sunday 5 January

First Reading

Isaiah 60:1-6

*Above you the glory of the*  
*Lord appears.*

Psalm Response

*All nations shall fall*  
*prostrate before you, O Lord.*

Second Reading

Ephesians 3:2-3.5-6

*It has now been revealed*  
*that pagans share the*  
*same inheritance.*

Gospel

Matthew 2:1-12

*We saw his star and have come*  
*to do the king homage.*

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