

ParishNews



Blessed Sacrament Parish Heavitree Exeter

31 May 2020 Pentecost Sunday. Year A



As the Father sent me, so am I sending you: receive the Holy Spirit

So we arrive at the fiftieth day – the completion of the Easter Season, and the completion of the Paschal Mystery: the Lord has died, is risen, has ascended to heaven and now gives birth to his Church, by sending the Spirit upon the apostles. This feast of the gift of the Spirit is so significant for us, because it marks the handing on of Jesus's ministry to the Church – in the Church we are guaranteed the presence of the Lord, in his sacraments, in his ministers, in the Blessed Sacrament and in his celebrated Word. It also marks the fulfilment of our thoughts about baptism throughout this season: the gift of the Spirit which we receive in Confirmation is the 'seal' of our baptism, guaranteeing and confirming all that baptism achieves.

Pentecost Novena

In the lead up to the important Christian festival of Pentecost, we're offering nine days of prayer for evangelisation to promote Christian unity and the Gospel message of Jesus. Pentecost falls fifty days after Easter and celebrates the gift of the Holy Spirit. Attached to the newsletter is a Novena for you to follow leading up to Pentecost. It is also available on the parish Facebook page. Don't worry about not starting on the first day (there is no time in heaven!), you can simply catch up!

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!

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

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

Facebook BLESSED SACRAMENT EXETER Website WWW.BLESSEDSACRAMENT.ORG.UK

An emerging Church

Today's Feast of Pentecost marks the moment the Church emerged from its hiding place of the Upper Room and began proclaiming the Good News to the world. There is a certain parallel here for us. We have been in lockdown for these past weeks but are now contemplating the easing of restrictions and how we might once again be able to gather to pray and worship God. How will we emerge from this period of hiding? I'm sure it will be with joy and gladness, but I hope also that it will be with a sense of humility. This time has been one of reflection for us as individuals, as families and as a parish. We have been forced to re-evaluate what really matters. We have lost loved ones and had to change the way we live. Some people think that the Church will never be the same; that those who have been starved of the sacraments for so long will not be able to rekindle their faith and retake their place in the community. Some feel they have been abandoned. I know that we are stronger than that. I hope that this period of starvation has strengthened, not diminished our faith. I know that things will be different, they will have to be, but then, as St John Henry Newman reminds us: 'to change is to grow and to be perfect is to have changed often'. Things will have changed, but God never changes. The Holy Spirit, poured out upon the Church at Pentecost is constant, unchanging, ever-present. It is the Holy Spirit who will lead and guide us through this period of uncertainty. It is the Holy Spirit who will decide, if we'll let him, how we as a parish will be in the future. It is the Holy Spirit, Jesus himself who is the Way, the Truth and the Life. When the disciples began their ministry to the world, proclaiming the Gospel of Jesus, they must have been as astonished as the people they spoke to. Let us be astonished at the power of the Holy Spirit present in us and in our community. Let us be open to his awesome power. Let us not be afraid, but go out as confident messengers of hope. God bless you all. *Fr Jonathan*.

Reopening of Churches

An update on the current position with the Government from Bishop Mark:

You will have noted that the Prime Minister announced earlier this week that Churches were not to be opened for public worship before 4 July. In light of this, the following statement was prepared by the Bishop's Conference:

The timing and manner of the opening of churches touches profound sensitivities and spiritual needs. The Government's document and statements fail to recognise this. The Government's position, established today, includes these steps aimed at opening churches as soon as possible: the establishment of a task force for places of worship, to work closely with 'stakeholders' in ensuring that premises are COVID-19 secure; and heeding the experience of other countries in which churches are already open for worship. In dialogue with the Government, the Catholic Church will continue its engagement in this process and has already submitted a detailed plan, in full accordance with public health guidelines, for churches to be opened for private prayer.

The Church is ready to play its full part in the task force, understanding that this includes the possible earlier use of churches for private prayer, as a first safe step towards their use for public worship. Cardinal Nichols has agreed to join the task force for Places of Worship, which the Ministry of Housing, Communities and Local Government are creating. He has already had some conversations with the Secretary of State Robert Jenrick, covering the issues around the opening of our churches. Many Bishops, myself included, are advocating, with him, for an earlier opening, at least for personal prayer, and as an interim step, before July.

So the bishops have asked parishes to begin considering how this might happen for us. It is hoped that some parishioners will volunteer to be stewards on a rota that would see the church open for private prayer for a limited period each day. It is anticipated that the stewards would supervise people entering and leaving the church, observe social distancing is maintained and that all relevant surfaces and door handles are regularly cleaned. If anybody would consider volunteering for such a role, we would very much appreciate it if they would get in touch with the parish office by email at exeter-heavitree@prcdtr.org.uk or call 07712 216724

Prayers of Hope every Sunday

During the Coronavirus crisis thousands of Christians across Britain are praying together at 7.00pm every Sunday evening. We encourage you to join your prayers for all those in need.

World Communications Day

Last Sunday 24 May was a day when we pray for all those who work in the media. May they broadcast with truth and integrity. For the places and events that are forgotten by the news; may they be remembered in our hearts. This year's theme emphasises the importance of giving back to communication a broad perspective, based on the person, and stresses the value of interaction always understood as dialogue and as an opportunity to meet with others. The Pope always writes a message for this annual day of prayer. A copy of this year's message from Pope Francis is attached.

livesimply

While many of us have not been so busy recently a few have continued to make face coverings intended for non-clinical staff and anyone who needs them. Head teacher Angela Folland has requested 50 for the staff of Nicholas School and Our Lady and St Patrick's School in Teignmouth. We are delighted to be able to provide these. We will let everyone know if we need any more volunteers. If you need face coverings and are not being provided with them please get in touch by telephone 01392 209542 or email livesimplyexeter@gmail.com. There will not be a charge, but a donation towards materials would be appreciated, but only if it can be afforded really easily.

Prayers please for Alpha online

We began our online Alpha course on Tuesday last week. It was a great success. About 36 people took part from the parish and beyond and we've had some nice comments. We continue on Tuesday evening. Please offer a prayer, daily if you could remember, that those who are leading and those who join will be transformed by grace and come to know the wonderful relationship that God is offering us all and the life and peace that is his gift alone. Thank you. Visit blessedsacrament.org.uk for up to date information and spiritual support.

Parish News by Post

We are sending out a number of copies of the Parish News by post but there may still be someone that you know who would appreciate keeping in touch in this way. With their permission please give their name and address to the parish office on exeter-heavitree@prcdtr.org.uk or call 07712 216724 and we will arrange to get a copy to them.

Wednesday Word online

If you would like to join our weekly Wednesday Word on line at 2.00pm any Wednesday please contact Maria at exeter-pastoral-assistant@prcdtr.org.uk. She can add you to a group and/or support you with learning how to participate using the Zoom video conferencing app. We've had many parishioners successfully join who were new to 'Zoom' so be brave and get in touch! As they say; Nothing ventured, nothing gained!

Stretch Out Your Hands!

The Catholic Children's Society (Plymouth) needs your help now more than ever! In every country and community across the world, the coronavirus pandemic is turning children's lives upside down. We urgently need your help so that we can continue to support vulnerable children and their families throughout the Diocese. We rely entirely on the generosity of our supporters, parishioners, and schools. We have already secured some funding from the Devon Coronavirus Response & Recovery Fund and we have also set up a crowdfunding page. We hope to raise between £3,000 and £6,000 which would enable us to help at least 40 children directly (although more likely 80-100 family members would directly benefit). £6,000 would allow us to purchase for example: 10 children's beds/cots and mattresses - £1,000 10 cookers - £2,000 10 fridge/freezers - £1,500 10 washing machines - £1,500 Please help us to reach our target by donating at <https://www.crowdfunder.co.uk/catholic-childrens-society-plymouth-1?tk=66698bb1ee6de155fddab240e0ce9c4e7ffea7bf>. The link to our crowdfunding page can also be found via our website www.ccsplymouth.org.uk where you can also find alternative ways of donating ONLINE via Virgin Money Giving, Charities Aid Foundation or the Big Give. Simply visit www.ccsplymouth.org.uk and click the DONATE button to find out how.

CAFOD Emergency Appeal

CAFOD has launched a coronavirus emergency appeal. Coronavirus (Covid-19) has now spread worldwide, with confirmed cases in many countries where CAFOD works. The effects of coronavirus on developing countries are likely to be devastating. While we are not able to hold collections in our church, you can donate at cafod.org.uk/coronavirusappeal. See last week's newsletter for more information about the work of Cafod in these times.

Message from the Diocesan Safeguarding Office

I don't have to tell you that we are undergoing a national crisis at the moment, which as well as bringing all the problems of the current pandemic, also creates increased safeguarding risk in many areas. These include domestic abuse, mental health issues, the vulnerable being scammed to mention but a few. If you have any safeguarding concerns either personally or for any other person then do not hesitate to contact the Safeguarding Office who remain open and available to assist. To contact us either email me direct on robert.brown@prcdtr.org.uk or ring me on 01364 645431 which will be transferred to my mobile. Robert Brown Safeguarding Coordinator Diocese of Plymouth.

Parish finances

Thank you so much to those of you who have set up a standing order for a regular offering to the parish. Thank you to those of you who have been putting your planned giving envelopes through the door of the presbytery. Thank you to those who have donated cash to help others who may be in need; we have been able to help several people with shopping. And thank you to those who have increased their giving, especially at this time it is most generous. For more information about how to set up a standing order and/or gift aid your contributions please email the parish office.

Urafiki News

People in Yala are starving so Urafiki has increased its feeding activities. Food is distributed using our student volunteers – so we can be confident that it gets to the people who need it most. It costs about £4 per week to feed a family. By late June we hope that there will be food available from the harvest – in the meantime it's up to us. 100% of whatever is raised will go to the team in Kenya. Nothing is deducted here. The money goes straight to Yala to purchase much needed food. Thank you for whatever you are able to donate through www.urafiki.org.uk or contact Imelda Wightman call her on 01392 460041 email imelda.wightman@gmail.com

Mass intentions

Fr Jonathan is celebrating Mass each day and if you would like a Mass said for a particular intention, for someone who is ill or a loved one who has died, in thanksgiving for an answer to prayer or perhaps something personal please contact Lesley by email exeter-heavitree@prcdtr.org.uk or on 07712 216724 who will be able to help you find a date. It is traditional to make an offering at the same time. This is simply what you can afford and would like to give. To comply with GDPR rules we must have the permission of the person named if it is to be made public unless they are deceased.

SOS - let us know if you need help

Please let us know via the parish email or the parish phone number 01392 274724 if there is any way we can provide practical support for you and your families in the coming days and weeks. We have a team of volunteers who can be contacted if you, or someone you know are in self-isolation and need food, medication or a friendly chat.

Thanksgiving Masses for Care Workers

Thursdays at 7.00pm streamed Live Catholic Masses for the Sick and their Families, NHS Front-Line workers and those working in Social Care: <https://www.cbcew.org.uk/home/our-work/health-social-care/coronavirus-guidelines/masses-for-the-sick-and-their-families-nhs-front-line-workers-and-those-working-in-social-care/>

Praying for our schools

On Monday 1 June many of our school children will be returning to school. Preparation for this has been going on for many weeks. It will be a testing time for staff, parents and children so please keep them all in your prayers this coming week. May the Lord be with them and grant them safety and peace.

Month of May – Praying the Rosary

May is the month traditionally dedicated to Our Blessed Mother, Mary. It has been traditional in the Church to pray the Rosary in this month. The Rosary can be prayed individually or as a family. What a wonderful time to turn to Our Lady as a family and pray for our community and our world.

Keep in touch

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

Getting in Touch with Patients in the Royal Devon & Exeter Hospital

You can get a message to a loved one via the Chaplaincy Team by leaving a message on 01392 402024 and one of the team will aim to write your message onto a card and deliver it to the patient. Simply say your name and contact number, the full name of the patient (and the ward they are on, if you know it) and a message you wish to be written in the card.

The Pope tweets...

If one follows Jesus, happy to be attracted by Him, others will take notice. They may even be astonished. The joy that radiates from those attracted by Christ and by his Spirit is what can make any missionary initiative fruitful.

Pope's May Intention

We pray that deacons, faithful to their service of the Word and the poor, may be an invigorating symbol for the entire church. See also <https://thepopevideo.org>

Pope Francis on Mercy...

We are all sinners, but we are all forgiven: we all have the possibility of receiving this pardon, which is the mercy of God. We need not fear, therefore, to recognise ourselves sinners, confess ourselves sinners, because every sin was carried by the Son to the cross.

Exeter Prays

Thy Kingdom Come Week <https://www.thykingdomcome.global/> Prayer time on Pentecost Sunday.

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

Diocesan YouTube channel

Bishop Mark is live streaming Mass each day at 11.00am and afternoon prayer at 4.30pm
www.youtube.com/channel/UC8KUeWsxFK3VBLEfn4H1tBw www.plymouth-diocese.org.uk

Online Masses in Polish

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

What has happened to the Sunday Obligation?

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



Feast of St Boniface

On Friday 5 June we celebrate the feast St Boniface – patron of our diocese. For the first forty years of his life Boniface was known as Wynfrith. He was born in Devon and educated at the monastery at Exeter, and then joined the Benedictine abbey at Nursling, near Southampton. He was a teacher and preacher, but he desired to preach the gospel in a foreign land. In 718, Pope Gregory II commissioned him to do so, at the same time changing his name from Wynfrith to Boniface. Boniface left England, never to return, and took the gospel to the heathen tribes of Germany, where he had great success. He himself was created Bishop of Mainz, and he founded or restored dioceses in Bavaria, Thuringia, and Franconia. In his later years he worked with King Pepin the Short to reform the Frankish church, and then, over seventy years old, set out to evangelize Friesland (part of modern Holland) where he was set upon and murdered, on 5 June 754. He is buried at Fulda, near Frankfurt, in the monastery he founded himself, and is honoured as the apostle of Germany. *Universalis*

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”..

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.^[SEP] Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart.^[SEP] I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

A special task

I wandered lonely as a cloud, two meters from the madding crowd,
when all at once my name was called to enter Waitrose' hallowed hall.
This was the pensioners' special hour. I'd gone to get a bag of flour,
but I forgot, when through the door, what I had gone to Waitrose for.
The Waitrose staff are extra kind. I told them it had slipped my mind.
They asked what else I had forgot; they clearly thought I'd lost the plot.
I phoned my wife again to ask. She reminded me of this special task;
'I need some flour to bake a cake, with all that cream you made me take'.
'Ah yes, I recall', I had to lie, I dared not ask what flour to buy,
but then I saw them, next the tills; a bunch of golden daffodils.

Gyles Brandreth

The Word

SUNDAY 31 MAY *Pentecost Sunday*

FIRST READING

Acts 2:1-11

They were all filled with the Holy Spirit and began to speak.

PSALM

Psalm Response

*Send forth your Spirit, O Lord,
and renew the face of the earth.*

SECOND READING

1 Corinthians 12:3-7, 12-13

In the one Spirit we were all baptised.

GOSPEL

John 20:19-23

As the Father sent me, so am I sending you: receive the Holy Spirit.

Mass Intentions

SUNDAY 24 May – Seventh Sunday of Easter

World Communications Day

People of the Parish

Monday 25 May – St Bede

Tuesday 26 May – St Philip Neri

Wednesday 27 May – St Augustine

Thursday 28 May – Easter weekday

Friday 29 May – St Paul VI, Pope

Clare Leonard RIP

Saturday 30 May

Alice Denham RIP

SUNDAY 31 May – Pentecost Sunday

People of the Parish

Monday 1 June – The Blessed Virgin Mary, Mother of the Church

Tuesday 2 June

Wednesday 3 June – St Charles Lwanga and Companions

Rob Hooper RIP

Thursday 4 June – Our Lord Jesus Chris, The Eternal High Priest

Friday 5 June – St Boniface, Patron of the Diocese

Margaret Latchford RIP

Saturday 6 June

SUNDAY 7 June – The Most Holy Trinity

People of the Parish

Attachments:

Look for children

Pentecost Novena

Support Resources from Exeter Foodbank

Pope Francis WCD Message



Send down your Spirit, O Lord

I love this image of Pentecost. It seems to so beautifully capture our parish, made up of people from around the world, as we reach up to receive the Holy Spirit. The wounded hands of Jesus, reaching down from his place in heaven, release the Spirit. It's holy fire blazes above each of us and fills us with joy. Try to contemplate this picture this coming week. Place yourself in the frame. With your mind and your heart (and perhaps even your hands) reach out to God and ask him to pour out the Holy Spirit upon you, upon those you love and upon our parish family. You could use this lovely prayer from the Pentecost Novena to help you:

Prayer for the Seven Gifts of the Holy Spirit

Lord Jesus, before ascending to your Father you promised to send the Holy Spirit to your disciples.

We ask you now to send your Holy Spirit upon our Parish and give us:

The Spirit of **Wisdom** that we may discern the way forward;^[L]^[SEP]

The Spirit of **Piety** that we may love you with true devotion;^[L]^[SEP]

The Spirit of **Courage** that we may witness to you come what may;^[L]^[SEP]

The Spirit of **Knowledge** that we may know you in friendship and love;^[L]^[SEP]

The Spirit of **Understanding** that our minds will be enlightened by truth;^[L]^[SEP]

The Spirit of **Counsel** that we may choose the right path to follow;^[L]^[SEP]

The Spirit of **Awe and Wonder** that we may be filled with loving reverence for you.

Spirit of the Living God, grant us your gifts today so that we may work together to make our parish ever more missionary and a true reflection of your presence in the world.

Come, Holy Spirit, fill the hearts of your faithful and enkindle in us the fire of your love. Send forth your Spirit and we shall be created and you shall renew the face of the earth.

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant us in the same Spirit to be truly wise and ever to rejoice in his consolation. Through Christ our Lord. Amen.