

ParishNews



Blessed Sacrament Parish Heavitree Exeter

29 November 2020 First Sunday of Advent. Year B



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

Advent opens with a great cry, and a great promise: 'Oh that you would tear the heavens open and come down!' is the cry, of a people who need God. '...The master is coming' is the promise, not to breed fear, but to answer our cry. Advent begins, not with thoughts of the past, with the coming of the Lord we celebrate at Christmas, but with the future, and the promise that He is coming back. We are encouraged to treat every day as the day the Lord will come; we do not do this out of fear for a Master who beats his servants, but out of love of a Master who always treats us with love and mercy. Nevertheless we must always be watchful, because we can grow sleepy and complacent, saying that we can leave this prayer or that confession or the other change in the way we live to tomorrow. Even as we look forward to the tomorrow of the Lord's coming, we must remember that it might be today!

First Sunday of Advent



I don't know about you but I seem to feel tired all the time at the moment. Staying awake is not the easiest thing. So the injunction in today's Gospel (which is repeated 4 times!) makes me feel even more tired! Today a new year begins in the Church. The readings of the last few weeks have been about the end times and the vision of St John in the book of the Apocalypse. Now, as we enter the season of Advent we look forward to the coming of Christ in all his glory. We want to be

ready for that day. We don't want to be caught spiritually slumbering, like the unwise virgins who had no oil for their lamps. So the Church offers us these weeks of preparation, inviting us to reflect more deeply on the meaning of the kingdom and the invitation we have been given to take our place in it. It is only half way through Advent that our thoughts turn to the first coming of Jesus, the celebration of his nativity.

We hear commentators in the media asking the question "Will Christmas be cancelled this year?". The answer of course is NO. How could we cancel the commemoration of the birth of our Saviour? What will be different is how we celebrate. We will need to be (and indeed are already being) creative about how we join together to give thanks and make the coming weeks and days truly meaningful. This morning I attended a 'virtual' Christ the King liturgy at St Nicholas School. It was different, each class watching the film on the screen, but it was no less powerful for that. I hope and pray that in the coming weeks we will be able to enter the true spirit of the season and take time to prepare ourselves for the coming feast. I assure you, as always, of my prayers for you and the whole parish community. God bless you all. And make sure you get some sleep! *Fr Jonathan*

Christmas is NOT cancelled!

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.

The Mass times for the Christmas Octave will be:

Thursday 24 CHRISTMAS EVE 6.00pm and 8.00pm

Friday 25 CHRISTMAS DAY 8.45am and 10.45am

Saturday 26 Feast of St Stephen 9.30am

Sunday 27 Feast of the Holy Family 8.45am and 10.45am. No evening Mass.

Monday 28 No Mass

Tuesday 29 St Thomas Becket 6.30pm

Wednesday 30 9.30am

Thursday 31 9.30am

Following our appeal last week for you to book a place at the Masses on Christmas Eve and Christmas day, there are only a few places left. So as the bishops have encouraged, please consider coming on another day during the week and making that your celebration of Mass this Christmas.

Places at Masses on Christmas Eve and Christmas Day will be allotted strictly by first come first served. If you would like to reserve a place please contact the Parish Office either by phone 01392 274724 or by email exeter-heavitree@prcdtr.org.uk. **It is very important that if you do book a place and then change your mind you let us know as we can allocate the place to someone else.** 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.

Mass streamed live

The live streaming equipment is being fitted at the moment so you will be able to access all Christmas Masses online. We are delighted that we will be able to do this as we know many of you are still anxious about coming to church which is completely understandable.

Stewarding at Christmas

We will be in Tier 2 after the end of lockdown. This means Mass can be celebrated with a congregation but we will still be subject to social distancing regulations. This means the capacity of the church remains the same as when we were open in the summer. To enable us to celebrate Mass publicly we need 3 stewards at each Mass, including those at Christmas. If you are able to volunteer please contact Lesley in the Parish office 01392 274724 or exeter-heavitree@prcdtr.org.uk We are immensely grateful for the wonderful work the stewards have been doing over the past few months. Without them we would not be able to open the church.

Bishops welcome a return to public worship

Wednesday, November 25th, 2020 @ 12:34 pm

The government has confirmed that collective worship can resume in churches and other places of worship when the national lockdown expires on 2 December. This decision applies across all three tiers of COVID-19 restrictions in England. On behalf of the Bishops, the General Secretary of the Catholic Bishops' Conference of England and Wales, Canon Christopher Thomas, commented: "The Catholic Community in England is delighted at the Government's decision to allow the resumption of collective worship following the national lockdown in all three tiers. "This decision reflects the importance of the right of all people to express their faith in worship, but more importantly, it is an acknowledgement of the active collaboration the church has had with public officials in developing COVID-secure protocols in our churches. "As we move forward, it is incumbent on all who come to worship God in our churches to play their part in keeping themselves and others safe by following all of the guidance that has been prepared. "Through our encounter with Christ in the Eucharist and other sacraments celebrated in the Church, the works of charity which have been expressed through Catholic charities and communities over the last nine months finds its source and goal."

Christmas Greetings

This year we are asking you to take a picture of either your family, your crib, your tree, your lights, or anything to do with the Christmas season and add your family name. These will be put together as a slide show and be projected on the screen at all of the Christmas Masses so that your greetings will go to all parishioners. Please do not bring Christmas cards and leave them in the church as they will be removed and thrown away.

Times for Individual Prayer

While we were unable to open the church for collective worship we opened for times of private prayer. These have been lovely and appreciated by the many who have come along. Now that we will be able to open for the celebration of Mass we will no longer be opening for private prayer. As the church opens twenty minutes before Mass starts this time could be spent in the church in a time of prayer and contemplation.

Baptism Preparation Courses 2021

Are you looking to have your child baptised next 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 or 01392 274724

Catholic Women's League – alive and kicking!

During these long eight months, the Catholic Women's League in the three Exeter parishes has not been idle. Although not able to meet, contact has been maintained within the Exeter Section, and also by frequent letters containing information and encouragement sent from the National Office, all maintaining the purposes of the League - of Charity, Work and Loyalty. Support for our parishes has continued throughout the past year, and by making the most of the first few free months, monies in excess of £2000 has been raised and divided among seven charities, local and international. These are St Petroc's, Julian House, FORCE, Exeter Leukaemia Fund and Exeter Community Initiative - all local: while help to The Sisters of the Presentation of Mary's Children's Home in the Philippines, and Mary's Meals provide essential help far away. Help in kind has also been given to the Apostleship of the Sea. The League, active for well over 100 years, remains loyal to its principles here in Exeter, while its members enjoy its association with their parishes and with each other.

CAFOD Christmas

This Advent we give thanks for all the kindness and prayers that you have offered to those less fortunate than ourselves, especially during these challenging times and we ask that you continue to help those who have been affected by coronavirus with these thoughtful and prayerful resources for Advent.

CAFOD's online Advent calendar of daily prayer and reflection offers an opportunity to pause and reflect, pray and take action as we prepare for Christmas.

<https://cafod.org.uk/Pray/Advent-calendar>

For how to donate to the CAFOD Advent Appeal and how to organise a mince pie and mulled wine event or an online carol service go to <https://cafod.org.uk/Fundraise/Parish-fundraising>

For how to send messages to the brave human rights defenders across the world, petition the prime minister on climate change or buy World Gifts for Christmas go to:

<https://cafod.org.uk/Fundraise/Parish-fundraising>

Light up our lives – a prayer for Advent

Christ, come into our world of darkness

Light up our lives with your coming.

Fulfil all our longings with the joy of your birth

Strengthen our resolve to work for change in our world

And to share the hope of your birth that each Advent brings.

Amen. (Sr Bridgetta Rooney/CAFOD)

Light a Candle

CAFOD invites you to go to lightacandle.cafod.org.uk/#/ 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.



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 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 order them for you – last date for orders to her is 4 December.

Friends of the Holy Land

The mission of Friends of the Holy Land is to secure a resilient and enduring community for Christians in the West Bank, Gaza, Israel and Jordan. Please go to their website where you will learn much about the work done to support the Christian communities in the Holy Land. www.friendsoftheholylan.org.uk Sadly, with restrictions in place due to the Coronavirus pandemic, the Holy Land's tourist industry has been shut down meaning that 80% of the people of Bethlehem have no income.

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



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 or by calling us on 01392 445403. Please submit this by 15 January to Mrs Brocksom, Senior Administrator by email (abrocksom@stnics.uk) or by post

Missio Red Boxes

At this time of year the red boxes are usually brought into the church for emptying and counting. This will not be possible this year, so I will be pleased to come to you to collect your box and to leave a fresh one. Please telephone me John Mitchelmore on 01392 757199 to arrange a suitable time for me to come to you. Missio are always grateful for the red box donations and this is especially so in this difficult year, so I will thank you on their behalf.

Catholic Bishops' Conference of England and Wales

Statement on Safeguarding Friday 20 November 2020

The account given in the IICSA Report of abuse known to be inflicted on children in the Catholic Church in England and Wales in the past 50 years is shocking and overwhelming. At our meeting this week, we Bishops have stood together in profound shame. We express our sorrow and contrition before God. We have reflected on our need to reach out afresh to those who bear the wounds of permanent damage caused by this abuse. We commit ourselves to listen more intently to those who have been abused so as to learn from them and benefit from their wisdom. It is through learning from their testimony that hearts are changed.

We are grateful to those survivors who have come forward, not only to lay before us their experience of abuse, but to help us understand the depth of their pain. We invite anyone who has experienced abuse to come forward, no matter how long ago the abuse took place. We undertake to listen carefully to them with open heart and mind and support them on a journey of healing. We have carefully considered the recommendations of the IICSA Report and formally accepted them. We have already begun work towards their implementation.

The IICSA's generic hearings into the Church began last October. Around that time we commissioned an Independent Review of our Safeguarding Structures and Arrangements in the Catholic Church in England and Wales. This was carried out by Mr Ian Elliott, an experienced safeguarding professional who has worked across the world in this area.

This week, alongside the IICSA Report, we have also examined in depth the Final Report of the Elliott Review and fully accepted its recommendations. It is a searching analysis of our safeguarding work, in its weaknesses and strengths. It proposes a number of remedial and forward-looking recommendations, which accord with the IICSA Report's own recommendations. The work of implementation will begin immediately. It will be carried out in close cooperation with the Religious Orders who play such an important part in the life of the Church.

In all our activities, our desire and resolve is to be a Church in which every child and vulnerable person is not only safe but nurtured into human flourishing. These recommendations present us with steps towards this goal. Key to them is a standards-based approach to safeguarding together with a specially commissioned national body with powers of effective audit and oversight of safeguarding in both Dioceses and Religious Orders. Everyone in the Church will be required to work to clear, published standards of behaviour and action. Most significantly, the Elliott Report has been fashioned with the participation of survivors of abuse. Their insight and wisdom has been crucial. We thank them for their great courage and generosity in working with us and we look forward to continuing this growing collaboration.

The Elliott Report builds on all that has been achieved in our safeguarding ministry in the past 20 years, achievements also recognised in the IICSA Report. Therefore we thank profoundly all who contribute to the work of safeguarding in the Church today: the thousands of Parish Safeguarding Representatives, the professionals who work in our Safeguarding Offices in every Diocese, the Safeguarding Commissions who oversee this work and give objective and professional advice to guide our decisions, the staff of the Catholic Safeguarding Advisory Service and those who serve on the National Catholic Safeguarding Commission. These, and many others, have contributed greatly to the current work of safeguarding in the Church. Today, however, we acknowledge without hesitation, our failings, our mistakes, our lack of adequate cooperation. We express our deep sorrow and ask forgiveness, especially from victims and survivors. We affirm our resolve to effect the next step in our work of safeguarding and care for survivors. In prayer we turn to Christ the Good Shepherd, the fount of healing and compassion, asking that this moment of painful truth becomes a time of grace as we strive to fulfil the ministry entrusted to us as bishops in an unshakeable unity of purpose.

Read Ian Elliot's full report <https://www.cbcew.org.uk/home/our-work/safeguarding/independent-review-of-the-catholic-churchs-safeguarding-structures-and-arrangements-in-england-and-wales>

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/

GIFT Growing In Faith Together

What have we been up to in November?

This month's family resources have focussed on Moses and Ruth. Moses trusted that God would use him to help the Israelites. We too are called to trust that God will help us recognise and use our special gifts to support and help others. Ruth remained faithful and loyal to God and family members in difficult circumstances. This month, we are encouraged to reflect on what helps us to build loving and trusting relationships with God and each other.

Advent

We are also getting ready for Advent; do you have an Advent wreath for your home? This tradition is a wonderful way to get ready for Jesus' arrival at Christmas by meeting and praying together around the wreath.

Bedtime Chats: Abraham and Joseph

Check out our November 'Bedtime Chats'

<http://www.blessedsacrament.org.uk/wp-content/uploads/2020/11/Bedtime-Chat-Abraham.pdf>

<http://www.blessedsacrament.org.uk/wp-content/uploads/2020/11/Joseph.pdf>

WHAT IS GIFT? GIFT is for all families of faith: for families with children who are looking forward to receiving Holy Communion or who have already made their 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.

Get in touch

Our next parents zoom session is on the 5th December. If you would like to join us, please get in touch with Maria exeter-pastoral-assistant@prcdtr.ogr.uk

Support for marriages



All marriages go through periods of stress and disillusionment. It's important for all of us to be proactive in keeping our marriages healthy by healing any hurts we may have accumulated and resolving any resentment. SmartLoving BreakThrough is an online course that teaches participants how conflict arises, and how to take simple steps to heal the wounds and restore hope.

- Learn how arguments happen: manage them better or avoid them altogether
- Understand your internal drivers: and how your spouse is triggering you
- Process the pain of past injuries: making you stronger and less reactive
- Restore hope for your relationship's future: with practical strategies

Special Discount - 50% off | Hurry - 1 week only (ends 29 November)

<https://smartloving.org/breakthrough/>

Private | Confidential | Catholic

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.

Pope's December Intention

For a life of prayer. We pray that our personal relationship with Jesus Christ be nourished by the Word of God and a life of prayer. See also <https://thepopevideo.org/>

Pope Francis on Mercy...

Our Lord's mercy can be seen especially when He bends down to human misery and shows His compassion for those in need of understanding, healing, and forgiveness. Everything in Jesus speaks of mercy. Indeed, he himself *is* mercy.

The Pope tweets...

Too often, women are insulted, beaten, raped, forced to prostitute themselves.... If we want a better world, that will be a peaceful home and not a battlefield, we all need to do a lot more for the dignity of each woman.

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=J6khlD6Nh44>

St Petrocs Carol Service

St Petrocs are holding their annual carol service on the 4th December to launch this year's Christmas Appeal. It will still be jam-packed with inspirational speakers, readings, and entertainment including: donkeys, the fabulous GraceNote, a lone piper from Kernow Pipes and Drums and much more. Sign up to the eventbrite event and you will receive the YouTube link when it's released. The more the merrier, please spread the word to friends and family! <https://www.eventbrite.co.uk/.../virtual-carol-service...>

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



We 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 or Jo.armstrong@colabexeter.org.uk or 01392 202055.

Thank you.

Celebrate South West

30 November 7.30 – 8.30pm. Register at www.celebrateconference.org/back-to-basics-2020

Fratelli Tutti - Brothers and Sisters all

Some initial reflections on Pope Francis' recent encyclical letter. 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>.

You can download the full text of the document at the Vatican website by clicking this link: http://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20201003_enciclica-fratelli-tutti.html

“This saint (Francis) of fraternal love, simplicity and joy, who inspired me to write the Encyclical Laudato Si', prompts me once more to devote this new Encyclical to fraternity and social friendship. Francis felt himself a brother to the sun, the sea and the wind, yet he knew that he was even closer to those of his own flesh. Wherever he went, he sowed seeds of peace and walked alongside the poor, the abandoned, the infirm and the outcast, the least of his brothers and sisters.”

Mass Times

Sunday 29 November

First Sunday of Advent

Church open for prayer 9.30–10.30am

People of the Parish

Monday 30 November

St Andrew, Apostle

Tuesday 1 December

Wednesday 2 December

St Osmond of Salisbury, Bishop

Mass 9.30am

Thursday 3 December

St Francis Xavier, Priest

Mass 9.30am

Friday 4 December

Mass 6.30pm

Saturday 5 December

Mass 9.30am

Sunday 6 December

Second Sunday of Advent

Mass 8.45am

Mass 10.45am

Mass 6.00pm *People of the Parish*

Monday 7 December

St Ambrose, Bishop & Doctor

Tuesday 8 December

The Immaculate Conception of the Blessed

Virgin Mary

Mass 6.30pm

Wednesday 9 December

Mass 9.30am

Thursday 10 December

Mass 9.30am

Friday 11 December

Mass 6.30pm

Saturday 12 December

Mass 9.30am

The Word

Sunday 29 November

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 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.

Sunday 6 December

FIRST READING

Isaiah 40:1-5.9-11

Prepare a way for the Lord.

PSALM

Let us see, O Lord, your mercy and give us your saving help.

SECOND READING 2Peter 3:8-14

We are waiting for the new heavens and new earth.

GOSPEL Mark 1:1-8

Make his paths straight



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

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

Exeter Parishes Youth Worker

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

Safeguarding Reps

Vince Clark & Lesley Hooper

PARISH SCHOOL

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Ringswell Avenue,

Exeter EX1 3EG

01392 445403

admin@stncls.uk

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 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

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.

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

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

Caritas Plymouth 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

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/

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 called on everyone to join a national shared moment of prayer each day at 6.00pm.

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 contact the Parish Office and we'll 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.