

ParishNews



Blessed Sacrament Parish Heavitree Exeter

13 December 2020 Second Sunday of Advent. Gaudete Sunday. Year B



There stands among you, unknown to you, the one who is coming after me.

So who is coming? This Sunday's readings help to answer that question. John the Baptist is asked about the coming of the Messiah - is it him? He affirms his role as 'a witness to speak for the light', by pointing to the one who stands among the crowd unknown to them who is coming after him. This idea is present in the First Reading, where Isaiah proclaims what the 'anointed one' ('Messiah' in Hebrew) will do, and the joy that this will bring. It is interesting that the Psalm appointed for this Sunday is the Magnificat - Mary's song of praise at the announcement that the

Messiah would be born of her - in which she sings of the works of the coming Messiah. Paul then reminds us that we are still waiting patiently: 'God has called you, and he will not fail you.' This is why, on this 'Gaudete' Sunday, we as God's people rejoice in his care, made visible in his promises, fulfilled in Jesus.

Rejoice in the Lord always; again I say, rejoice.



Today, the third Sunday of Advent is known as Gaudete Sunday. The word 'gaudete' means 'rejoice' and comes from the entrance antiphon for today's Mass; 'Rejoice in the Lord always; again I say rejoice. Indeed, the Lord is near.' We are rejoicing because the birth of our Saviour, which we commemorate at Christmas, is indeed getting very close! The atmosphere of the Advent readings, particularly the extract from the prophet Isaiah, is full of expectant hope and joy. As we light the third candle on our Advent wreaths we pray that our hearts too may be filled with joy. Please join **Fr Jonathan** on our

Facebook page Catholic Exeter at 5.00pm on Sunday as we light the candles of our wreaths.

My soul rejoices in my God. Home Mission Sunday

Through our baptism in Christ, we are each able to say;

'The Spirit of the Lord God is upon me, because he has sent me to bring good news to the oppressed, to bind up the broken hearted, to proclaim liberty to captives, and release to the prisoners.' In short, 'to proclaim the year of the Lord's favour.'

In normal times, this may not seem easy, but proclaiming a 'Year of the Lord's favour' amid a pandemic can really sound like 'a voice crying out in the wilderness.'

However, when Jesus asks us to follow him, he does not promise that it will be easy, but that we will be able to live life to the full. Jesus came not merely to live our 'best life' but our whole life to the full. This takes faith, it takes the courage to follow him, and it takes a generous heart that is willing to reach out to those oppressed, broken hearted, held captive and imprisoned.

On this Gaudete Sunday, we are in the unusual position of also celebrating **Home Mission Sunday**. We are therefore invited to experience the joy of being a disciple of Christ by inviting those we know and love to meet Him for themselves. Whether a last-minute shopper or someone who already has your gifts wrapped and labelled, there is still time to offer something special this Christmas. By inviting people to meet Jesus and accept this salvation we are offering them 'the joy of being set free from sin, sorrow, inner emptiness and loneliness.' *Pope Francis, Joy of the Gospel*

Let's begin by praying for those we know and love to recognise Jesus as their friend. Then, as prompted by the Holy Spirit, take a step of faith by sharing your faith in some way. Whether through a card, gift or conversation this bold step, when shared in love, could be just the blessing your loved ones need this Christmas.



Bambinelli Sunday

The tradition of blessing the figure of baby Jesus from our cribs is one which Pope Francis keeps in St Peter's Square in Rome on the third Sunday of Advent. This is a wonderful way for us to prepare spiritually for the coming of Jesus at Christmas. Join us on Facebook live on Sunday evening at 5.00pm at Catholic Exeter when Fr Jonathan will bless the parish's baby figure and your figures at home.

Celebrating Mass at Christmas

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

The Masses on Christmas Eve and Christmas Day are now fully booked. There is a waiting list in case of cancellations but as the bishops have encouraged, please consider coming on another day during the Octave and making that your celebration of Mass this Christmas.

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 now fitted and ready to be tested so we will hopefully be able to stream the Christmas Masses online on the parish Facebook page Catholic Exeter. We know many of you are still anxious about coming to church which is completely understandable. We will also be able to stream the Christmas Eve Masses to the St Richard Reynolds Centre so we now have a few more places available to book for those Masses. You will be able to receive communion if you are in the centre.

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.

Catholic Exeter Virtual Carol Service

Due to the Covid-19 restrictions we cannot have a carol service in our churches this year, so the musicians, singers, youth and readers are getting together to produce a film for us all to enjoy which will be published on the fourth Sunday of Advent 20 December on the Catholic Exeter Facebook page and the Blessed Sacrament YouTube channel.

Stewarding at Mass

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 See it as 'taking your turn' rather than leaving it to a small group of people volunteering. We are going to need stewards at our Masses for the foreseeable future so if you would like to join the team new stewards would be most welcome.

May he rest in peace

Please pray for the repose of the soul of Tom Reardon who has died. Details of the arrangements for his funeral will follow.

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

Caritas Christmas newsletter

We are all called to Welcome the Stranger but many people are unsure how they can help others during this time of continued lockdown. Caritas has produced a Christmas Newsletter which offers some practical suggestions for action and links to prayer resources.

<https://www.plymouth-diocese.org.uk/wp-content/uploads/2020/12/Caritas-at-Christmas-Newsletter-2020.pdf>

The Pope tweets...

Everyone is called to contribute with courage and determination to the respect for the fundamental rights of every person, especially the "invisible": of the many who are hungry and thirsty, who are naked, sick, outcast or imprisoned.

Vacancy in the Diocese of Plymouth

Diocesan Schools Commission Administrator (part time) – 1 post.

Location: St Boniface House, Ashburton, Devon with some home working to meet COVID Secure requirements. Salary: £11.39 per hour (Actual Salary - £11,846 per annum). Hours: 20 hours per week spread over 5 days- preferably mornings.

The Diocesan School's Commissioner Administrator will manage the administrative, secretarial support and the office resources required to ensure the smooth running of the Diocesan Schools Commissioner's office. They will enable the Diocesan Schools Commissioner and team to carry out their Diocesan responsibilities. The post-holder will be required to have a high level of secretarial or administrative experience and will require excellent organisational skills together with good experience of Microsoft Office and excellent interpersonal skills. Experience of working in a schools' environment would be an advantage. Copies of the job description and application form are obtainable from Jan Holton on 01364 645383 or by email to recruitment@prcdtr.org.uk up to 22 December. Last date for applications Monday 4 January 2021 and interviews will be held on Monday 18 January at St. Boniface House, Ashburton.

Missio Red Boxes

It is not possible for you to bring your Red Box in to church this year so would you please telephone John Mitchelmore on 01392 757199 to arrange a suitable time for him to come to you and collect it. Missio are always grateful for the red box donations and this is especially so in this difficult year, so we thank you on their behalf.

Diocesan Youth Service

Saskia Hogbin, the Diocesan Youth Events Coordinator, is preparing new projects for young people across the diocese. Look on the Diocese of Plymouth Youth Events Facebook page where young people have created daily reflections or clips on Advent and Christmas activities. On the Diocese of Plymouth Youth YouTube channel you can see the completed film drama series where a group of young people Year 6 – Year 13 have produced an alternative nativity play. If you would like to hear about future events or have skills to offer the young people in our diocese, please contact Saskia: at youth@prcdtr.org.uk

Christians Together Across Exeter CTAX

Unites Exeter's churches and fellowships in mission, worship, and relationship, co-working with one another and with voluntary and statutory bodies in Exeter for Christ's Kingdom in our city. You can find out more about them here: <http://www.ctax.btck.co.uk/About%20us>

As the old principle in ecumenism goes: *"Anything we can do together, we should do together"*

Exeter Children's Hot Food Project

Set-up in May, this project is run by a team of volunteers who have provided hot nutritious meals to school children and families experiencing food poverty throughout the first 'lockdown' and during the school holidays. The meals are cooked at churches and community centres then delivered immediately. They are recruiting volunteers to help across the Christmas holidays and in the New Year plan to extend this 'emergency food' service to other groups vulnerable to food insecurity such as isolated elders and young carers and care leavers.

Here is a link to their Volunteer Survey for anyone interested in contributing to this growing need as a volunteer or donor:

https://docs.google.com/forms/d/e/1FAIpQLScPRvFH7CDHI_ZwWWBo2qKcwfX0WzRt8qSEq_Khu3rLDvZetQ/viewform

Exeter Nativity

The Exeter Nativity, which CTAX helps fund, is going ahead, #CovidSecure at Exeter Cathedral on Sunday 20 December at 3.00pm Booking is required, although it will also be livestreamed on the cathedral's Facebook page. More info here: www.exeter-cathedral.org.uk/worship-music/advent-christmas-services/

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: <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*)

Sleep on the floor for a night

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, 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 <https://www.ccsplymouth.org.uk/sponsored-sleep-on-the-floor-for-a-night/>

Christmas Offerings

As is customary, collections at Christmas Masses are our personal gift to the clergy. Please use one of the special Christmas Envelopes you will find as you leave church. If you are unable to attend Mass and would still like to make an offering this can be made by a cash donation or a bank transfer. Please contact Lesley in the Parish Office who can let you have the information that you require make a bank transfer. For those who already have the parish bank details and wish to make an offering please make sure that you add 'Christmas offering' in the description field. If you wish to make a cash or cheque (made payable to PRCDTR Heavitree RC Parish) offering please place it in an envelope and mark it 'Christmas Offering' and put through the presbytery letterbox or in the offerings basket as you leave any Mass that you attend over the Christmas period.

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%20or%20in-year%20admissions) or by calling us on 01392 445403. Please submit this by 15 January to Mrs Brocksom, Senior Administrator by email (abrocksom@stncls.uk) or by post

Exeter Foodbank – Food Shortages

Can you help by donating any of the following from the December priority items list: cereal, sponge puddings, tinned potatoes, noodle/pasta snacks, rice pudding, biscuits, jam/spreads, tinned meat, custard, rice, shampoo/deodorant

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/

The Catholic Universe newspaper

FREE digital subscription to The Universe. The Catholic Universe is a national newspaper of news views comments and features through a Catholic lens. It's a great read and downloads each week to your home computer, smartphone or tablet. You can have a trial FREE subscription to it between now and the new year. To take them up on this free offer just go to thecatholicuniverse.com/subscription-trial to register

GIFT Growing In Faith Together

What have we been up to in December?

This month's family resource focuses on Kings and Queens of the Old Testament. God made a covenant with the Israelites. This was his special promise to look after his people. In return God asked for his people to trust him, to be faithful to him and to obey him. This month, we are encouraged to celebrate our inner beauty and strength as individuals and as a family unit; what matters is not what we look like but what is in our heart.

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: Ruth and 'Preparing for Jesus'

Keep an eye out on our GIFT webpage to access our December Bedtime Chats

<https://www.blessedsacrament.org.uk/parish-life/gift/>

WHAT IS IT? 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 9th January. If you would like to join us, please get in touch with Maria exeter-pastoral-assistant@prcdtr.ogr.uk

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...

The mercy of God is His loving concern for each of us. He feels responsible; that is, He desires our well-being and He wants to see us happy, full of joy, and peaceful. This is the path which the merciful love of Christians must also travel. As the Father loves, so do His children. Just as he is merciful, so we are called to be merciful to each other.

Parish Pastoral Council Meeting

The council met on Wednesday this week and spent some time considering what has been happening in the parish this year. We haven't met very often so it was very good to catch up with everyone and to be able to share some good news about: GIFT and how we are supporting families in the parishes; the newly formed Youth Leadership team and their plans for the future; our recent ALPHA course and the consequent Alpha Connect group which now meets every fortnight; the plans for live streaming the liturgy from the church and how we communicate with parishioners. We will be meeting again on 13 January, again via Zoom. Please pray for the members of the council and their work.

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.

Ave Maria Crisis Pregnancy Support

Ave Maria Crisis Pregnancy Support has launched in the Plymouth Diocese to offer a listening ear and support to those with an unexpected pregnancy, or to those worried about coping with another baby, or those who have been confronted with a diagnosis of potential fatal foetal abnormality, as well as to women suffering after a miscarriage or experiencing regret or remorse after an abortion or any other similar situation. Their support line is open 7 days per week between 7.30pm – 9.30pm Tel: 01752 916076

Nothing new under the sun!

I think Christmas has been ruined.

It should be about remembering
the Nativity of Jesus and being better.

Instead it now seems to be about
Too much eating, too much drinking
And falling out with each other.

St Gregory of Nazianzus Archbishop of Constantinople 385AD

Catholic Children's Society (Plymouth)

A number of parishes have asked how they can donate this Christmas instead of the usual 'crib offerings' made in church. During these unprecedented times, it might not be possible for 'crib offering' collections to be made in the usual way, so if you would like to donate to the CCSP this Christmas, there are a number of alternative ways you can do this via –

- our Christmas Crowdfunding page – <https://www.crowdfunder.co.uk/stretch-out-your-hands-this-christmas> (CCSP receive 100% of every donation, as Crowdfunder have waived all their fees to help charities and we acknowledge receipt via email)
- post by sending a cheque made payable to 'Catholic Children's Society (Plymouth)' to St Boniface House, Ashburton, Devon TQ13 7JL
- BACS direct into our account – Catholic Children's Society (Plymouth) sort code – 52-41-60 account number – 06024335
- text – to donate £5 text 5CCSP to 70085, to donate £10 text 10CCSP to 70085 or to donate £20 text 20CCSP to 70085

EHP Pop-up Giving Hub

Exeter Homeless Partnership (EHP) are going to have a pop-up Giving Hub in Roman Walk, Princesshay 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 10am-4pm 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 01392 202055 or cassie.sails@colabexeter.org.uk or Jo.armstrong@colabexeter.org.uk Thank you

Sea Sunday 20 December

Next week is Sea Sunday, when the Church throughout the world prays for all those who live and work at sea. There will be a collection for Stella Maris (the Apostleship of the Sea), the official maritime welfare agency of the Catholic Church.

For an appeal from Bishop Paul Mason, and a video showing some of the work Stella Maris is involved in, please visit www.stellamaris.org.uk/SeaSunday

Sea Sunday has been moved from July this year because of the pandemic and Stella Maris is particularly asking for donations by text or online. To donate and for more information please visit www.stellamaris.org.uk/donate or text SEA to 70460 to donate £5.00. Stella Maris is dependent on voluntary donations, so please give generously. Thank you.

For all the Saints...



14 December

St John of the Cross *Priest & Doctor*

He was born in Fontiveros, in Spain, in about 1542. He spent some time as a Carmelite friar before, in 1568, Saint Teresa of Ávila persuaded him to pioneer the reform of the Carmelite order. This was a difficult task and a dangerous one: he suffered imprisonment and severe punishment at the hands of the Church authorities. He died at the monastery of Ubeda in Andalusia on 14 December 1591: the monks there had initially treated him as the worst of sinners, but by the time he died they had recognised his sanctity and his funeral was the occasion of a great outburst of enthusiasm. His works include two major mystical poems – he is considered one of the great poets of the Spanish language – and detailed commentaries on them and the spiritual truths they convey. He was canonized in 1726 and declared a Doctor of the Church in 1926.

The gifts of 2020

A seasonal reflection by Fr Mark Skelton, parish priest of All Saints Parish Teignmouth, Dawlish and Shaldon.

Once long ago, in times quite unlike ours,
A couple, strangers, fearful, lost and poor,
Had finally found shelter in a barn;
A sanctuary of calm and what is more,
The woman, lying on her stable bed,
Found hope and joy that came from out of pain.
A softly crying baby, nurtured close.
And wondering aloud, the mother prayed.
Then, though alone and knowing not a soul,
She and her husband heard the barn door creak.
And shepherds full of wonder, full of hope,
Came laden, wool and milk and cheese and meek
They laid their gifts as offerings; not sure
Why they had come but knew it right they had.
And turning, full of what they now had seen,
They wondered what there was about this lad.
And then the doors again flung open wide.
And earthly grandeur made its way inside.
The gifts now laid before were rich and fair.
These travellers, star-gazers, strangers there.
The shepherds, kings, gave what they had to give.
Each sharing from the means they had to live.
No gift bearer left sadder than they came,
For what they gave; rich, poor, was just the same.
Now think on 2020, this year gone.
Imagine gifts now laid before this throne.
No vast expense or plans that take awhile,
But phone calls, shopping offered, simple smiles.
The shelves stacked, floors mopped, anxious foreheads cooled,
The hospitals kept going, children schooled.
So many ways to honour this new king;
With gifts or prayer or songs, bright gatherings.
With kindness, loyalty but far above
All these, He smiles, to see your acts of love.



A Precious Place of God's Grace

This recent document published by Bishop Mark and the Bishop's Council is being widely discussed throughout the diocese. Bishop Mark is inviting us to respond, in writing, to the issues raised so that decisions can be taken only after the widest consultation amongst the people. You're welcome to send responses to the Parish Office. The document is available on the diocesan website <https://www.plymouth-diocese.org.uk/wp-content/uploads/2020/11/20-11-01-A-Precious-Place-of-Gods-Grace-Version-for-Publication.pdf> and was also sent with a previous email on 20 November to parishioners. Please do take this opportunity to have your say about the future of the diocese. Important decisions will have to be taken soon regarding the structure of the diocese, the provision of the sacraments and the work of the clergy. We pray that the Holy Spirit will continue to lead and guide those who have the responsibility of governance of the People of God in the Diocese of Plymouth.

Mass Times

Sunday 13 December

Third Sunday of Advent

Gaudete Sunday

Mass 8.45am *People of the Parish*

Mass 10.45am

Mass 6.00pm *Thomas & Mary O'Halloran RIP*

Monday 14 December

St John of the Cross Priest & Doctor

Tuesday 15 December

Mass 6.30pm *Krzysztof Jasinski RIP*

Wednesday 16 December

Mass 9.30am

Thursday 17 December

Mass 9.30am

Friday 18 December

Mass 6.30pm

Saturday 19 December

Mass 9.30am

Sunday 20 December

Fourth Sunday of Advent

Expectant Mothers

Mass 8.45am

Mass 10.45am *People of the Parish*

Mass 6.00pm

Tuesday 22 December

Mass 6.30pm

Wednesday 23 December

St John of Kanty Priest

Mass 9.30am

Thursday 24 December

Vigil of the Nativity of the Lord

Mass 6.00pm

Mass 8.00pm

Friday 25 December

The Nativity of the Lord

Mass 8.45am

Mass 10.45am

NO EVENING MASS

Saturday 26 December

St Stephen Protomartyr

Mass 9.30am *Margueritte Feeney - Birthday*

The Word

Sunday 13 December

FIRST READING

Isaiah 61:1-2.10-11

I exult for joy in the Lord.

PSALM

My soul rejoices in my God.

SECOND READING

 Thessalonians 5:16-24

May you all be kept safe, spirit. Soul and body, for the coming of the Lord.

GOSPEL

 John 1:6-8.19-28

There stands among you, unknown to you, the one who is coming after me.

Sunday 20 December

FIRST READING

2 Samuel 7:1-5.8-12.14-16

The kingdom of David will stand secure before the Lord.

PSALM

I will sing forever of your love, O Lord.

SECOND READING

 Romans 16:25-27

The mystery, which was kept secret for endless ages, is now made clear.

GOSPEL

 Luke 1:26-38

Listen! You are to conceive and bear a son.



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@stncs.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

Confessions

After 9.30am Mass on Saturday morning

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.