

# Blessed Sacrament Parish

30 May 2021. The Most Holy Trinity. Year B

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**Baptise them in the name of the Father,  
and of the Son, and of the Holy Spirit.**

When the Church celebrates the Feast of the Most Holy Trinity, it is an attempt to summarise the whole mystery of our God into one day. This is not just a "theological feast" but a feast which should speak to us of this simple fact of faith: the Father loves us, has revealed that love in his Son, and has called into a relationship sustained by the Spirit. It is our joy that, as baptised members of the Church, we can somehow share in that divine life and love which is the Trinity~ becoming children of God. God has chosen us, and we are his own people, just as he chose the people of Israel long ago. The mystery of the Trinity is not meant to make this more difficult - on the contrary it is to clarify and summarise all that our faith is about: that we are children - with the Son, in the power of the Spirit - of the one Father.

# The Alpha Experience

A couple of weeks ago we finished the second Alpha Course hosted by the Exeter parishes. For those of you who are not familiar with Alpha, it is an opportunity to explore life and the Christian faith, in a friendly, open and informal environment. Alpha is not so much a course, but an experience! It creates a space where you can

*I'm a life-long Catholic though of late, I have often felt like I am holding onto my faith by my fingernails, as there are so many difficulties and scandals within the Church which can make it a challenge to embrace. Alpha has provided a very welcoming and open space in which to discuss things freely, without judgement, and this has been a real blessing and help to me. Alpha has enabled me to know God's love, mercy and grace afresh, reconnecting me with a new sense of hope.*  
*Sophie*

share your thoughts and feelings and explore topics that are often difficult to discuss elsewhere. When we meet in person, Alpha revolves around a shared meal, an engaging video and a stimulating conversation in small groups. During the pandemic, we ran Alpha online and couldn't offer a meal or a cup of coffee, but we had exciting and meaningful conversations each week. Our Alpha guests came from various geographical locations (some from as far as Lanzarote!) and from all walks of life. Many

guests are cradle Catholics, some have recently been received into the Church, some are not Christians. Some came to faith through Alpha, in others the Holy Spirit awakened a hunger for God, for his Word and a need to get closer to and know Him better.

Whatever their background they all loved the opportunity to meet and have an open and honest

conversation. Alpha gives everyone a deep sense of belonging and fellowship. For the team it is a joy and privilege to see the Holy Spirit at work and witness so many lives being transformed.

*I'm not a Christian and I'm new to all this. Alpha helped me to discover a relationship with God. I'm not alone because God loves me. I have the Holy Spirit with me and I believe that.*  
*Sam*

## Alpha in the autumn

We're planning to run the next Alpha in early autumn, hopefully in person. If you'd like to know more or to be put on a waiting list, please contact us at [this link](#). We'd love to hear from you.

# Wednesday Word Scripture Reflection

Wednesday Word meets online via the Zoom app on Wednesday at 2.00pm and reflect together on the Gospel for the coming Sunday. If you would like to join and receive email notifications, please email: [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

## Pope Francis on Mercy

Breathing is made up of two stages; inhaling, the intake of air, and exhaling, the letting out of air. The spiritual life is fed, nourished, by prayer and is expressed outwardly through mission: inhaling and exhaling. When we inhale, by prayer, we receive the fresh air of the Holy Spirit.

## Exeter Catholic Youth Community (ECYC)

The Exeter Catholic Youth Community wanted to make everyone aware of some upcoming events for the diary. June will be a busy month so get in touch with Erik ([Exeter-youth-worker@prcdtr.org.uk](mailto:Exeter-youth-worker@prcdtr.org.uk)) if you'd like to get involved!

We will be hosting our second debate night on Thursday 10 June 19:15-20:15. The topic will be Holidays: Keep them Christian or Go Commercial. We are hoping for a lively debate again on a lower key topic so if you are interested, let us know. There is a role for everyone so even if you feel shy, you can still come along and support your team with research!

We will also have a subsequent event on Thursday 17 June 19:15-20:15, which will be another Kahoot! Quiz. This proved very popular and quite interactive last time so we thought we'd gear up for Summer with some fun.

If you haven't attended an event before please reach out to Erik and he will provide consent forms required. We pray you and your families are all doing well and look forward to seeing you soon!

## The God Who Speaks Through Creation

Online Event Saturday 17 July at 10.00am via Zoom. Caritas Plymouth would like to invite you to join Bishop Mark O'Toole for an online discussion and reflection on climate change, our Diocesan Environment Policy and the call to be Stewards of Creation. Our Guest Speaker is Sister Margaret Atkins OSA, a Canoness of St Augustine in the community at Boarbank Hall, Cumbria. She is a lecturer and author in theology with special interest in the ethics of the environment. Please follow the link below to register for this event

For more information contact [caritas@prcdtr.org.uk](mailto:caritas@prcdtr.org.uk) 'Rather than a problem to be solved, the world is a joyful mystery to be contemplated with gladness and praise.' Laudato Si' #12 Register here

# Youth Events in the Diocese

Care for Creation 3 July 10.00am – 4.00pm St Rita's Honiton

Social justice. What does this mean? What is our responsibility and what could we do? This day event is for young adults aged 12 – 20. It is a chance to explore social justice topics around care for creation. You will have the opportunity to broaden your knowledge and express your views on a variety of topics, taking the chance to reflect on what is happening around you and what action you could take.

Parents/guardians are also invited to attend. They will be invited to attend their own workshops, offering them the chance to explore the same issues and how they can support young people in their campaigns. We are asking for a contribution of £10 per person to help cover costs of speakers and lunch. If you would like to attend, please follow [this link](#).

## **Jesus walks with us: 10 July 10.00am – 4.00pm St Rita's Honiton**

By Design Theatre, Rise Theatre and the team from Stay Awake, amongst others are coming together to run a conference for young people aged 10 – 16. You will have the chance to explore the story of the encounter with Jesus on the road to Emmaus through the arts. There will be a number of workshops on offer including art, craft, drama and dance. Those attending will have the opportunity to attend more than one workshop during the day. We are asking for £10 contribution to cover the costs of speakers and the lunch provided. To book a place complete the form which you can find at [this link](#).

For further information about youth events contact Saskia Hogbin at [youth@prcdtr.org.uk](mailto:youth@prcdtr.org.uk)

## Pope Francis tweets...

The Holy Spirit is the Gift of God who helps us to be free people, people who want and know how to love, people who understand that life is a mission to proclaim the wonders that the Lord accomplishes in those who trust in him

## Calling Grandparents

The first World Day for Grandparents and the Elderly will be celebrated on Sunday 25 July 2021.

The Catholic Grandparents Association supports grandparents doing 'the very best we can for our children and grandchildren.' 'Grandparents' ... vital contribution to the family, the Church and society was never as important as now. ... We can never fail so long as we keep on doing what we are doing - praying, showing the way and passing on our Faith'. Visit their site for more information on parish resources.

<http://www.catholicgrandparentsassociation.org>

## GIFT Growing in Faith Together May update

On Saturday 8 May, in readiness to begin our new family resource 'Jesus Lives', parents met to explore and consider who Jesus is to them. Fr Cyriacus spoke to us about the dual nature of Jesus, his humanity and divinity; he presented this to parents in a child friendly way which will support them in catechising their children. Families will now explore the themes 'Who is Jesus' and 'Jesus is born' with their families. Next Month we will explore how we can deepen our friendship with Jesus and what being Jesus' friend means in our daily lives.

## St Nick's News

We are looking forward to a sunny and restful break next week and to coming back for the final half term. We are pleased that our Yr 6 children will be able to enjoy their residential week at Kilve, taking part in many exciting outdoor activities. We also look forward to the official launch of our new running track which will be a joint event with Our Lady and St Patrick's School in Teignmouth, who also have a new track. We are very excited about our new outdoor classroom which should be completed before the Summer break.

We welcome enquiries about joining our school from Nursery to Yr 6. Please contact Mrs Brocksom ([abrocksom@stnics.uk](mailto:abrocksom@stnics.uk)) for more information.

## Renewal of Marriage Vows Mass

On 12 June at 5.30pm at the Sacred Heart Church there will be a Mass at which you can renew your marriage vows. As numbers are still restricted due to Covid-19, please can you register your place if you would like to attend by completing the booking form attached to the newsletter and emailing it to [mkoverly@gmail.com](mailto:mkoverly@gmail.com) Please note that registration applies to attending and places will be allocated on a first come, first served, basis. We will accommodate as many as the guidelines allow. We hope to see you there. *Best wishes, The Catholic Marriage Preparation Exeter (CMPE) team*

## Rosary Stronghold May 2021

30 May - National Rosary Relay Rally. 31 May - Online Rosary with BP John Keenan. For further information email [Antonia@walsingham.org.uk](mailto:Antonia@walsingham.org.uk)

[www.walsingham.org.uk](http://www.walsingham.org.uk) - [www.rosaryonthecoast.co.uk](http://www.rosaryonthecoast.co.uk) - [www.carfingrotto.org](http://www.carfingrotto.org)

You can also join a livestream recitation of the Rosary within the diocese on Sunday

30 May - 11.00am-12.00pm with Bishop Mark [www.plymouthcathedral.co.uk](http://www.plymouthcathedral.co.uk)

May Prayer Initiative - Guided by the shrines around the world, all the faithful during the month of May unite in the recitation of the Holy Rosary to ask for the end of the pandemic and the resumption of social and work activities.

# Exeter Foodbank – Food Shortages

Can you help by donating any of the following from the May priority items list: Tinned potatoes, tinned vegetables, rice (500g bags), shower gel and deodorant. Please ONLY donate items from the list. Thank you for your understanding. Collection Points - Sainsbury's (Alphington/Pinhoe/Guildhall); Tesco (Exe Vale); Co-Op (Heavitree/St Thomas); Waitrose (Gladstone Rd) Donate money online [here](#).

## Pope's May Intention

The world of finance. Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers. Also view: The Pope Video [here](#)

## South West Awake

Saturday 19 June 10.30am. A chain of prayer and praise on the South West Coast Path. SWA believes God wants to impact the 2.6 million people who live in the South West and prayer will be key to this being possible. For more info click [here](#)

## Churches Together at Devon County Show

The Devon County Show 2021 will take place on Friday 2, Saturday 3 & Sunday 4 July. Following covid restrictions, the Devon Churches Stand will appear this year but in a totally different format. We are excited that this event is going ahead and invite you all to come and find the stand. You will still receive a warm welcome although a more distant one than we would have chosen. Kathy Govett – Sec. Churches Stand Committee.

## Praying for Parish Renewal

The celebration of Pentecost reminds us that the Church does not remain hidden, a secret club for a few faithful members, but rather is a Mission, called out of fear and hiding into the world, bringing Good News and hope. Here at Blessed Sacrament we are called to that same Mission. But before we go out we must take a look at ourselves and ask some important questions: What kind of community are we? What are the things we hold dear and what are the things we would rather leave behind? How are we going to bring this Good News of Jesus to the people of Exeter and beyond? Reflecting on these questions, and others, will help us to equip ourselves for the Mission and to be confident disciples.

The first thing we must do is pray. It sounds obvious but I would invite you to join in praying for the renewal of our parish community and for a renewed confidence and hope in what we are called to. The prayer overleaf will help us to do this together. Fr Jonathan.

# Prayer for Parish Renewal

Almighty God, source of power and life,  
pour out the grace of your Holy Spirit upon  
our parish.

Renew our **hope**, that your light may shine  
in the darkness.

Renew our **courage**, that we may confidently  
proclaim your Good News.

Renew our **joy**, that we may sing a new song  
to you.

Renew our **gratitude**, that we may rejoice  
in your gifts.

Renew our **wonder**, that we may appreciate  
the beauty of your creation.

Renew our **love**, that we may experience yours.

Renew our **faith**, that we may walk in  
your ways.

Renew our **hearts**, that we may build your  
kingdom on earth.

Make us a community built on the foundation  
of your love to be a sign of your presence  
in the world.

Through Christ our Lord. Amen.

# For all the Saints...



## **31 May The Visitation of the Blessed Virgin Mary**

The Visitation of the Blessed Virgin Mary is the visit of Mary with Elizabeth as recorded in the Gospel of Luke. It is also the name of a Christian feast day commemorating this visit, celebrated on May 31. Mary visits her relative Elizabeth; they are both pregnant.

Mary is pregnant with Jesus

and Elizabeth is pregnant with John the Baptist. Mary left Nazareth immediately after the Annunciation and went "into the hill country...into a city of Judah" to attend her cousin Elizabeth. Elizabeth was in the sixth month before Mary came. Mary stayed three months and left just before John was born. Catholics believe that the purpose of this visit was to bring divine grace to both Elizabeth and her unborn child. Even though he was still in his mother's womb, John became aware of the presence of his Divine Saviour; he leapt for joy as he was cleansed from original sin and filled with divine grace. Elizabeth also responded and recognized the presence of Jesus. Thus Mary, now for the first time, exercised her function as mediatrix between God and man. Elizabeth remarks to Mary: "And she spoke out with a loud voice, and said, Blessed [art] thou among women, and blessed [is] the fruit of thy womb. And whence [is] this to me, that the mother of my Lord should come to me? For, lo, as soon as the voice of thy salutation sounded in mine ears, the babe leaped in my womb for joy. And blessed [is] she that believed: for there shall be a performance of those things which were told her from the Lord (Luke 1:42-55)" It is also at this point, in response to Elizabeth's remark, that Mary proclaims the Magnificat (My soul doth magnify the Lord), (Luke 1:46-55), for which reason this canticle had traditionally been reserved for this feast day.

## **1 June St Justin, Martyr**

He was born at the beginning of the second century in Nablus, in Samaria, of a pagan Greek family. He was an earnest seeker after truth, and studied many systems of philosophy before being led, through Platonism, to Christianity. While remaining a layman, he accepted the duty of making the truth known, and travelled from place to place proclaiming the gospel. In 151 he travelled from Ephesus to Rome, where he opened a school of philosophy and wrote defences and expositions





of Christianity, which have survived to this day and are the earliest known writings of their kind. In the persecution of 165, in the reign of the emperor Marcus Aurelius, he was denounced as a Christian, arrested and beheaded. The transcript of his trial by the prefect of Rome, Rusticus, has also survived: it can be found in today's Office of Readings. Justin treats the Greek philosophy that he studied as mostly true, but incomplete. In contrast to the Hebrew tendency to view God as making revelations to them and to no-one else, he follows the parable of the Sower, and sees God as sowing the seed of wisdom

throughout the world, to grow wherever the soil would receive it. When we dispute with people who disagree with us, we would do well to assume that they too are seeking wisdom and have found truth of a kind. Since there is only one God and one Truth, it is our task not to contradict or belittle their achievement, but to show them how their strivings and searches are ultimately fulfilled in Christ. This is harder to do – not least, because we have to take the trouble to understand *our own* faith thoroughly – but it is ultimately more worthwhile.



### 3 June St Charles Lwanga and his Companions, The Ugandan Martyrs

Many Christians, Catholic and Protestant, were killed by the Ugandan king Mwanga. Some of them were servants in the king's palace or even his personal attendants. Charles Lwanga and his twenty-one companions (the youngest, Kizito, was only 13) were executed for being Christians, for rebuking the king for his debauchery and for murdering an Anglican missionary, for "praying from a book," and for refusing to allow themselves to be ritually sodomised by the king. They died between 1885 and 1887. Most of them were burned alive in a group after being tortured. Within a year of

their deaths, the number of catechumens in the country quadrupled. St Charles Lwanga is the patron of Catholic Action and of black African youth, and the Ugandan martyrs' feast day is a public holiday in Uganda.



Saturday 5 June  
**St Boniface**  
Bishop & Missionary  
Patron of The Diocese  
of Plymouth

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.

### Collect for the Mass of St Boniface

O God, who raised up the holy Bishop and martyr  
Saint Boniface from the English nation  
to enlighten many peoples with the Gospel of Christ,  
grant, we pray, that we may firmly hold and confidently profess in action  
the faith he taught with his lips and sealed with his blood.  
Through our Lord Jesus Christ, your Son, who lives and reigns  
with you in the unity of the Holy Spirit, God, for ever and ever.  
Amen.

# Mass Times

10.45am Mass on Sunday and  
weekday Masses will be streamed live  
on the [Parish YouTube channel](#).

## Sunday 30 May

*The Most Holy Trinity*  
8.45am *People of the Parish*  
10.45am  
6.00pm

## Ninth week in Ordinary Time

### Monday 31 May

*The Visitation of the  
Blessed Virgin Mary*

### Tuesday 1 June 6.30pm

*St Justin, Martyr*

### Wednesday 2 June 11.00am

*Funeral Mass Jean Edwards RIP*  
*NB Invited guests only*

### Thursday 3 June 9.30am

*St Charles Lwanga and Companions,  
Martyrs*  
Rob Hooper RIP

### Friday 4 June 6.30pm

### Saturday 5 June 9.30am

*St Boniface Bishop Martyr &  
Missionary Patron of the diocese*

## Sunday 6 June

*The Body and Blood of Christ*  
8.45am  
10.45am  
6.00pm *People of the Parish*

## Tenth week in Ordinary Time

### Tuesday 8 June 6.30pm

### Wednesday 9 June 9.30am

*For the spiritual welfare of Hilda &  
Edith Robinson*

### Thursday 10 June 9.30am

### Friday 11 June 6.30pm

*The Most Sacred Heart of Jesus*

### Saturday 12 June 9.30am

*The Immaculate Heart of the  
Blessed Virgin Mary*

# The Word

## Sunday 30 May

### First Reading

Deuteronomy 4:32-34.39-40

### Psalm Response

*Happy the people the Lord has chosen  
as his own.*

### Second Reading Romans 8:14-17

Gospel Matthew 28:16-20

## Sunday 6 June

### First Reading Exodus 24:3-8

### Psalm Response

*The cup of salvation I will raise;  
I will call on the Lord's name.*

### Second Reading Hebrews 9:11-15

Gospel Mark 14:12-16.22-26

# 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

exeter-heavitree@prcdtr.org.uk

## Parish Office hours

Tuesday, Wednesday and

Thursday 10.00am–4.00pm

## Parish Secretary

Lesley Hooper

## **Deadline for newsletter items**

**10.00am Thursday.**

## 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

Please contact the Parish office if you have any concerns about the welfare of a child or a vulnerable adult.

## St Nicholas Catholic

### Primary School

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, Exeter EX2 4PF

01392 433301

## Your Offering

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

To receive the Parish News, by email or post, please phone or email the Parish Office and we will arrange to get a copy sent to you or someone you know who might like to receive it (with their permission).

## Dial-a-Mass

From 12 midday on Sundays until 11.59am the following Sunday.

For the cost of a local call they can listen to the Holy Sacrifice of the Mass. Dial 01642 130120

## Getting married?

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

## The Bishops' Conference

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

## Churches Together Exeter:

[www.ctax.btck.co.uk/Comingup](http://www.ctax.btck.co.uk/Comingup)

Devon: News is available [here](#).

England: News is available [here](#).

## Blessed Sacrament Live

[Blessed Sacrament YouTube](#)