



BLESSED SACRAMENT

PARISH NEWS

18 July 2021. 16th Sunday in Ordinary Time. Year B



They were like sheep without a shepherd

“Sheep without a shepherd.”
This is the simple theme of
today's readings. It is interest-
ing that Jesus' reaction to the
crowd is one of pity – as he
sees their great thirst for his

teachings. This is, in a sense, a clear fulfilment of the prophecy we hear in the first reading, where God promises a true shepherd who will care for the people of Israel. Shepherding is a particularly suitable image of God's love and care. The dependency of the sheep on their shepherd, their wandering and drifting without someone to guide them, is also a suitable image of the people God loves. Our own age also displays sheep without shepherds - a great wandering crowd, seeking something, but not knowing what they are seeking. It is to this flock that the present day followers of Jesus are sent as shepherds.

Emerging from restrictions

The current restrictions will change on July 18. We hope that coming to church will feel much more like it used to. At the moment church is a very safe place and we intend to keep it that way! We are distanced and masked and it is cleaned after each Mass. The track and trace requirements will remain for some time, we just have to be patient.

The new guidance from the Bishops' Conference for Step 4 of the government's roadmap has been published. We will consider the implications for our parish this week and then publish our own guidelines next week as we are being asked to take the local situation into consideration.

We have been subject to legal restrictions for some time; we are now being asked to take personal responsibility for our own safety and the safety of others, particularly the most vulnerable. The prime minister has said that "We cannot simply revert instantly from Monday 19 July to life as it was before Covid. It requires constant vigilance, it means thinking about others as well as yourself."

For churches this will mean that with the removal of legal restrictions comes a fresh set of decisions about what 'responsible' actions should now be taken. Whilst we rejoice in enabling more people to attend church, we will continue to sanitise our hands, wear masks and be sensible about distancing ourselves from others.

We are moving from a regime of 'must' to one of 'you ought to', or 'we strongly advise you', which poses its own challenges to local churches and congregations, where policy will continue to be based upon risk assessments for public worship, home groups, singing and so forth. Churches should "...use these freedoms responsibly... with infections rising, it is clear that risks remain, so a cautious approach is called for.

As we emerge from the pandemic, let's make grace our primary value. We need to show compassion and understanding as people wrestle through the implications and come to differing conclusions. Let's celebrate that we can worship together more freely, but also continue to love and care for our neighbour."

We all must exercise personal responsibility and carefully manage the risks from Covid-19. As Christians, called to love our neighbour as ourselves, we must also exercise collective responsibility and continue to take appropriate precautions to protect others.

For the Bishops' Conference guidelines for Step 4 issued this week please visit the [Bishops' Conference website](#).

Caritas Plymouth

The latest quarterly (July) newsletter from Caritas Plymouth can be viewed on line [click here](#). I hope that you find it interesting. Comments and feedback are always welcomed by Caritas.

Plymouth Diocesan Year Book 2022

If you would like a copy of the 2022 edition please phone or email the parish office and one can be ordered for you. These will only be available if pre-ordered via the parish office.

Your Offering

We are grateful for your continued generosity to the parish but during the pandemic our income has gone down considerably. There is a collection basket as you leave church where offerings can be placed. 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.

World Day for Grandparents and the Elderly

Pope Francis has established a World Day for Grandparents and the Elderly, taking place for the first time on **Sunday July 25** For links to the Holy Father's letter and information go to [Catholic Grandparents Association](#).

Grandparents have no agenda; they simply want the best for their grandchildren. They want them to be good, decent human beings, to know the difference between right and wrong, able to make good moral decisions and, if they go astray along the way, to be able to find their way back to a loving, forgiving, non-judgmental God.

Stewarding at Blessed Sacrament

Our team of stewards have done a great job, but it is important that we all take responsibility for supporting the community in this way. So please think carefully, 'If I'm coming to Mass, I could steward' and then contact the parish office to be placed on the rota. It is not an arduous job and we will explain the duties and responsibilities to you so you'll know what is expected of you.

Many of our stewards are taking a well-earned rest during the summer so we need others to 'step up' and be added to the ranks. Thank you.

Wednesday Word Scripture Reflection

Wednesday Word meets online via the Zoom app on Wednesday at 2.00pm and reflects 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

Vacancies in the Diocese of Plymouth

Heritage Project Manager: Fixed Term Contract (12 months)

Location: Home Based. Hours: 35 hours per week. Salary Range: £28,000 - £30,000 per annum plus mobile phone allowance and pension scheme (subject to eligibility). Caritas Plymouth has a vacancy for a person to take responsibility for the management of the heritage project to restore the Church of the Immaculate Conception in Barnstaple and re-purpose it as a venue for social action, Caritas in Action, funded by the Architectural Heritage Fund. The job description is obtainable from the Human Resources Department on 01364 645383, email recruitment@prcdtr.org.uk. Applications by application form and covering letter. Closing date for applications 2 August and interviews to be held 17 August at St. Boniface House, Ashburton. For further information: www.plymouth-diocese.org.uk click on Careers under The Diocese tab or contact Deborah Fisher for a chat about the role on 01364 645421.

Caritas Project Support Worker

Caritas Project Support Administrator .Location: St. Boniface House, Ashburton Hours: 35 hours per week. Salary: £23,000 - £25,000 per annum (depending on skills and experience) plus contributory pension scheme (subject to eligibility). Caritas Plymouth is looking for a dynamic and enthusiastic person who would like to be part of a small, friendly team supporting social action across the Roman Catholic Diocese of Plymouth. The role will be varied and rewarding and will require a range of office, project management and marketing skills. The role will occasionally require evening or weekend working to support events. Closing date: 26 July. Interviews will be held on Wednesday 4 August at St. Boniface House, Ashburton. A job description and application form can be obtained from Cathedral Appointments on dani@cathedralappointments.co.uk. For further information please follow the link: www.plymouth-diocese.org.uk and click on Careers under The Diocese tab or contact Deborah Fisher for a chat about the role on 01364 645421

Redefining 'Refugee'

On 28 July 2021 UNHCR The United Nations High Commissioner for Refugees will celebrate the 70th anniversary of the 1951 Refugee Convention. Help mark 70 years of protecting those forced to flee by finishing the sentence, "A refugee is..." Just a short line to help capture the personal stories of survival, hope and new beginnings made possible by these human rights. It could be anything from your own personal experience or that of a refugee you met or have been inspired by. You can even submit the experiences of a family member or friend. Please visit [this link](#) to learn more and add to the dictionary content being captured...

Plymouth Diocese Catechetical Summer Camps

This year there are to be a variety of activities for each year group.

Junior Camp for School Years 3-6 on 9-13 August online with activities in the morning and evening, with the group coming together on Friday 13th at St Rita's Centre, Honiton. Email: juniorcamp@prcdtr.org.uk

Senior Camp for School Years 7-10 on 9-13 August online with meetings in the morning and afternoon, as a short taster, with a live 4-day actual camp at Buckfast in October half term. Details for the residential Camp will be advertised shortly.

Email: seniorcamp@prcdtr.org.uk

St Petroc's Camp for School Years 10 - 12 on 9-13 August will have a Live Camp at St Rita's Centre, Honiton Email: stpetrocscamp@prcdtr.org.uk. RSVP. We have been preparing to welcome your young people to this year's residential camp. We are gathering together at St. Rita's Residential Centre, set in the beautiful vale of Honiton. Arrival: Monday 9 August at 12:00, lunch will follow quite soon after all have arrived. Leaving: Friday 13 August at 14.00 following the conclusion of Lunch. The cost remains at £170.00. A deposit of £40.00 will secure a place in the first instance. To ask any questions or access to an online Application Form please email stpetrocscamp@prcdtr.org.uk or give me a call Chris Lee on M: 07702 435890

The Senior Camp, as well as a virtual week in August, is planning a short Camp during the autumn half term, hopefully at Grangehurst House, Buckfast Abbey. There will be more details of this, and all the activities, in due course. The Junior Camp will be running a week of streamed sessions each morning and afternoon.

ST NICK'S NEWS

The children and staff have started their running challenge this week and have been grateful for the sunny weather. With our sister school. OLSP in Teignmouth we have already run over 300 miles to add up to the equivalent distance from Lands End to John O'Groats. All children from nursery to year 6, and all staff from teachers to office staff (including Alfie the school dog!), are working together to run the full distance! We are doing this to raise money for the Catholics Children Society, which is a great charity that supports families with young children in our communities, a cause we feel is especially valuable during this time. Please donate via our Gofundme page <https://gofund.me/25a644e6>

We are all preparing for the long summer break and to say goodbye to our Yr 6 children who are leaving us to move on to secondary school. We pray that they have a happy transition to their new schools and wish them all well.

Pope Francis tweets...

I thank all those who have been close to me with prayer and affection during my hospital stay. Let us not forget to pray for the sick and for those who assist them,

Pope Francis on Mercy

We all have our likes and dislikes, and perhaps at this very moment we are angry with someone. At least let us say to the Lord: 'Lord, I am angry with this person, with that person. I pray to you for him or her.' To pray for a person with whom I am irritated is a beautiful step forward in love, and an act of evangelisation.

GIFT Growing In Faith Together

Next Month We will not meet in the month of August and pray that the summer holidays offer a time of relaxation and refreshment for all families.

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

Bedtime Chats All of the Bedtime Chats can be found on the Blessed Sacrament Website GIFT page: <https://www.blessedsacrament.org.uk/parish-life/gift/>

Get in Touch Our next parents zoom session is on Saturday 4 September. If you would like to join us, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk

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.

Exeter Foodbank – Food Shortages

Can you help by donating any of the following from the July priority items list: Squash (you can't go wrong with orange or apple & blackcurrant), UHT milk (green is usually best), tinned vegetarian meals, gluten-free items, noodle and pasta snacks. 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). To donate money online please visit [this link](#).

The Convent Library

As you already know Mount Saint Mary's Convent is closing this autumn. We have many brand new books, of all sorts, about Marie Rivier, our Foundress. If you would like a copy of any of the books, free of charge, then please ring the convent (01392 433301) leaving contact details. Sr Stella will get back to you to make arrangements for you to collect the books from the Mount Saint Mary's Centre. If you are unable to get to the Centre and are interested in the books, please still contact the convent and other arrangements can be made.

Exeter Prays for...

Street Pastors – The second Monday of each month, on zoom at 7.30pm. Do get in touch with ctaxexeter@gmail.com if you would like to join others praying for the ministry of Exeter Street Pastors.

Initiatives in Education (ICE) – Tuesday 20 July and the third Tuesday of each month on zoom 7.30pm. Please email office@icetrust.co.uk for the meeting details.

Pray 4 Exeter – Tuesday 27 July and the last Thursday of each month on zoom 12.00 – 1.00pm contact ctaxexeter@gmail.com for the link. Join others to pray for our city, region and nation.

YMCA Exeter – Thursday 29 July and the last Thursday of each month at St David's church EX4 4HR and zoom 11.30am – 12.30pm. Join others to pray for the work of YMCA Exeter across the city, their staff, and the residents and young people they support. In the previous months of prayer, we've already seen situations shift and clear interventions by God. Email ctaxexeter@gmail.com for more info.

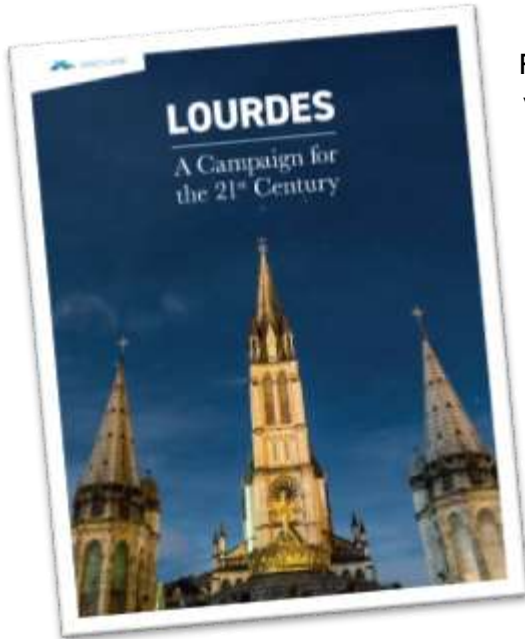
Loneliness Pen Pal Project

A project run by Exeter City Community Trust to tackle loneliness amongst older people, the project sees letters exchanged between the older and younger generation on a biweekly basis. For anyone interested to sign up, simply fill out the online form which can be found on our website: [here](#), or alternatively, participants can call on 01392 255 611 or email Abigail.Appleby@ecfc.co.uk Participants are then paired with a pen pal and letters are exchanged. So far, this project has had great success. We look forward to seeing how this project will help even more people in our community.

Cana Week for Married Couples

A marriage retreat at Sclerder Abbey, Looe, Cornwall from 25 -31 July. For more details see www.chemin-neuf.org.uk

Lourdes – a campaign for the 21st century



Please visit the Diocese of Plymouth website [here](#) to find about the fundraising and development campaign called Lourdes - A Campaign for the 21st century.

Pope's July Intention

Social friendship. We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

Catholic Children's Society (Plymouth) News

Annual Appeal 2021 – 'Step Forward, Reach Out and Help'

This is the theme of our Annual Appeal this summer – we hope and pray that this year's appeal will be one of our best yet. The pandemic has affected many people and some of the most vulnerable families living in our Diocese have asked for our help to buy some of the most basic essentials of life, such as a comfy bed for their child to sleep in. It's hard to believe that there are still children who sleep on a mattress on the floor every night.

Through our Essential Grants programme, in 2019, we received 179 grant applications, which rose to 219 in 2020 and in the first six months of 2021, we have already received a staggering 157 applications !

We continue to need your help, now more than ever, and ask you please to 'STEP FORWARD, REACH OUT AND HELP' once again to support the CCSP and help replace some of our lost income from last year's Annual Appeal, which raised

around a third of what we would normally receive. Thank you to everyone who was able to support us last year.

Annual Appeal leaflets will be available in parishes at the start of next month and full details of all the ways you can donate to the CCSP can be found on our website

www.ccsplymouth.org.uk

We are still looking for more CCSP Parish Volunteers

"*You Can Make Difference*" We are delighted that a number of parishes have stepped forward and now have a Parish Volunteer in place to help us with our fundraising once it is safe for us to do so. There is a ladder of involvement and some parishes just want to *Maintain and Monitor* our supply of CCSP promotional material, whilst others want to help *Promote* organised CCSP fundraising events such as the Annual Appeal and the Great Big Diocesan Quiz and some are happy to get more involved by *Organising* fund raising events of their own. A Parish Volunteer pack has now been produced and has been sent to all parishes but if anyone would like a copy sent to them to see what's involved, please contact Vicki Dunstone at 01364 645420 or vicki.dunstone@prcdtr.org.uk

Thank you for your continued support of the Catholic Children's Society (Plymouth) especially during these unprecedented times.

FOR ALL THE SAINTS...

22 July St Mary Magdalene



Mary of Magdala was healed of “seven devils” by Jesus. She ministered to him in Galilee and was present at his crucifixion. She was in the group of women who were the first to discover the empty tomb, and it was to her that the risen Jesus first appeared.

The Western tradition is that Mary Magdalene is also “the woman who was a sinner” and the sister of Martha and Lazarus of Bethany. There is no evidence either way, and the tradition is tenuous enough for even such authorities as St Ambrose to hold, with the East, that they are three different people. It seems, therefore, that

although the Western tradition is to be respected and is a real inspiration, it may not necessarily be historical. (Indeed, in 2021 Mary of Bethany was formally recognised as separate, being included in the same feast as Martha and Lazarus, a week after Mary of Magdala).

This kind of ambiguity is inevitable in a religion such as Christianity, which is founded on definite historical events rather than myths which can be adjusted into logicity. We need not worry about it too much: if it had been harmful to us to celebrate the tradition of heroic penitence, the Holy Spirit would not have allowed it. Even without the extra tradition, Mary Magdalene is a unique and important character in the story of the Resurrection, chosen by Christ as one of the first witnesses of the event that changed the world.

23 July St Bridget of Sweden (1303 – 1373)

Religious, Patron of Europe



She was married to a nobleman and had eight children. At the age of 30 she was summoned to the court of the King of Sweden, where she served as lady-in-waiting to the queen. She tried without much success to moderate the riotous and indecent life of the royal court. After a pilgrimage to the shrine of St James at Compostela in Spain, Bridget and her husband Ulf decided to spend the rest of their lives in monasteries. Ulf died in 1344, but Bridget went on to found a double monastery (for men and women in separate but adjacent institutions) as the start of a new monastic order.

In 1350 she travelled to Rome for the Holy Year, and spent the rest of her life there caring for the poor and the sick, denouncing the excesses of the aristocracy, and robustly telling the Pope to return to Rome from Avignon.

She had many mystical visions, which alarmed her because she feared that they might be the work of the Devil; but a learned Cistercian monk reassured her, and she subsequently dictated and published the revelations she received, which were partially devotional and partly prophetic.

Mass Times

Sunday 18 July

16th Sunday in Ordinary Time

8.45am People of the Parish

10.45am Joy Veliyeth RIP

& Jose Kombarakaran RIP

6.00pm Maggie Thomson RIP

Tuesday 20 July 6.00pm NB

Barbara Henwood RIP

Wednesday 21 July 9.30am

Michael Leonard RIP

Thursday 22 July 9.30am

St Mary Magdalene

Michael Leonard RIP

Friday 23 July 6.30pm

St Bridget of Sweden

Saturday 24 July 9.30am

Margaret Leonard & Family

Sunday 25 July

17th Sunday in Ordinary Time

8.45am Thomson Family

10.45am People of the Parish

6.00pm Dick Henwood RIP

NO MASS Tuesday 27 July

Wednesday 28 July 9.30am

Bill Ferguson RIP

Thursday 29 July 9.30am St Martha

Marjorie Elizabeth Gifford Pitman RIP

Friday 30 July 6.30pm

Kathleen Jenkinson RIP

Saturday 31 July 9.30am

St Ignatius of Loyola, Priest

In Thanksgiving

The Word

Sunday 18 July

First Reading Jeremiah 23:1-6

The remnant of my flock I will gather and I will raise up shepherds to look after them.

Psalm Response

The Lord is my shepherd;
there is nothing I shall want.

Second Reading Ephesians 2:13-18

*Christ Jesus is the peace between us,
and has made the two into one.*

Gospel Mark 6:30-34

They were like sheep without a shepherd.

Sunday 25 July

First Reading 2Kings 4:42-44

They will eat and have some left over.

Psalm Response

You open wide your hand, O Lord,
and grant our desires.

Second Reading Ephesians 4:1-6

One body, one Lord, one faith, one baptism.

Gospel John 6:1-15

*Jesus gave out as much as was wanted to all
who were sitting ready.*

Blessed Sacrament Live

10.45am Mass on Sunday and most

*weekday Masses will be streamed live on the
[Parish YouTube channel.](#)*



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

**Deadline for newsletter items
10.00am Thursday.**

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

Open Tuesday, Wednesday and

Thursday 10.00am–4.00pm

Parish Secretary

Lesley Hooper

Parish Pastoral Assistant

Maria Quinn

exeter-pastoral-assistant@prcdtr.org.uk

Parish Youth Worker

Erik Renz

exeter-youth-worker@prcdtr.org.uk

Safeguarding Rep

Lesley Hooper

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

St Nicholas 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,

EX2 4PF 01392 433301

Your Offering

We are 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

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

For those without the internet or a computer the Mass is recorded and put on the telephone at 12 midday on Sundays and will stay 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 can be found at

<https://www.cbcew.org.uk/>

Churches Together

Exeter:

<https://ctax.chessck.co.uk/Comingup>

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

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