



BLESSED SACRAMENT

# PARISH NEWS

28 November 2021. First Sunday of Advent. Year C



## Your liberation is near at hand

As usual, the great Season of Advent begins, not by talking about Christmas, but about the Second Coming. We've had this theme already for the past two weeks, but there is a slight change of emphasis in the Scripture readings offered for this

Sunday: here the tone is positive: it is the 'promise' of what is to come that we contemplate. Even in the Gospel, though it talks of the dreadful signs that mark the end times, we hear of a promise – 'liberation'. For this we should stand erect and hold our heads high. The central theme is that we welcome the coming of a person - Jesus Christ, the promised Messiah, and this is what links this Sunday to the coming feast of his birth: we are now preparing to celebrate how he once came: may these preparations also help us to prepare for him when he comes again.

# Synod 2021-2023 Walking Together

## Taking part

Our part in the Synod begins today, the First Sunday of Advent. We invite you to gather in small groups this Sunday afternoon (details below) to respond to a series of questions. You can see the questions for the first week below. Each small group will have a facilitator and someone who will make a note of what is being discerned. The purpose of the group is to listen to one another, but principally to discern what the Holy Spirit is saying to us as individuals and as a community. Each person will be invited to respond to each question for around 2-3 minutes.

You can join in the process in two ways:

### **2.00pm Church and St Richard Reynolds Centre**

Just come along. You may like to invite someone else to join you, a member of your family, a Catholic friend or someone you know used to come to church. It's important that we invite as many voices as possible to be heard.

### **5.00pm Zoom meeting**

To receive a link for this meeting please email Maria at [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk) You will receive a link to the meeting at 4.45pm on the Sunday to enable you to join. You might like to suggest this way of meeting to someone who is housebound or would prefer to stay at home. You could perhaps offer to help with the technology.

## First Sunday of Advent **LISTEN**

How do I listen to God?

How do I listen to others?

How does our parish listen to others?

How does our parish listen to God?

How do we as a Church listen to others?

How do we as a Church listen to those outside of the Church?

This is not an exhaustive list of questions but rather prompts for individual and group discernment.

Sunday 5 December: **MISSION**, Sunday 12 December: **CELEBRATE**, Sunday 19 December: **DREAM**

## Behind the Global Synod

This week Austen Ivereigh, a distinguished journalist and author gave a wonderful reflection on what it means for us to be a synodal Church. It's really worth listening to. Just click the link: [Behind the Global Synod](#)

# Prayer for the Synod

We stand before You, Holy Spirit, as we gather together in Your name.

With You alone to guide us, make Yourself at home in our hearts;

teach us the way we must go and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.

Do not let ignorance lead us down the wrong path

nor partiality influence our actions.

Let us find in You our unity So that we may journey together to eternal life

and not stray from the way of truth and what is right.

All this we ask of You, who are at work in every place and time,

in the communion of the Father and the Son, forever and ever. Amen

# Love Christmas



## How you can help

*Donations of money or supermarket vouchers:* All donations can be placed in an envelope marked 'Love Christmas'. Or contact the parish office for details how to donate by bank transfer.

*Nominations:* We need to know of anyone who would benefit from receiving a little something special/unexpected at Christmas. Are they alone, struggling financially, sick or disabled, a carer or housebound? They do not need to be a parishioner but can be your neighbour or someone you know.

I nominate.....

Address.....

*All nominations will be treated in confidence.*

*Please return to the parish office/via the presbytery letterbox*

**NB:** Last date for donations & nominations is 12 December

## Advent Retreat Day **Waiting for a child**

Saturday 11 December 2021 at St Rita's Centre. The retreat will be led by Fr. Jose Romero OAR. The day will begin with coffee/tea on arrival at 9.30am. First Talk will start at 10.00am, second talk will be at 11.00am. Exposition and Adoration of the holy Sacrament in silence will be at 12.00pm. Lunch will be served at 1.00pm, Mass at 2.45pm and there will be an opportunity for Confession. Charge for the day, including lunch, is just £25.00. Booking can be made by phone 01404 42635, email [admin@stritascentre.org](mailto:admin@stritascentre.org) or online here. Booking forms are also available from the Parish Office. Payment can be made on the day. If you have any questions, please contact Krista Radzina on 01404 42635

## Seeking Silence

Every Wednesday 5.15-6.00pm at St Pancras Church, in the Guildhall. Join us for meditation within the prayerful walls of St Pancras church, Guildhall Centre. For more info contact Dawn at [dawnwilliamsyoga@gmail.com](mailto:dawnwilliamsyoga@gmail.com)  
[www.parishofcentralexeter.co.uk](http://www.parishofcentralexeter.co.uk)

## Christmas Lunch. Can you help?

St Matt's church in Newtown is hosting a lunch on Christmas Day for care experienced young adults between 12.30-3.00pm. Help will be needed between 11.30am and 4.00pm with set-up, serving and clearing up and making the day a special experience for each guest. Please contact by email [christmasdinner@stmattsexeter.org](mailto:christmasdinner@stmattsexeter.org) for more information.

## Filming the Message of Lourdes on Dartmoor

The Message of Lourdes is a 90 minute docudrama being filmed in England and commissioned by EWTN. It is a mixture of about 60 minutes of drama interspersed with expert commentary and documentary footage. It was going to be filmed in Lourdes itself but because of Covid it will all be filmed in the UK. They are looking for extras to take part in the apparitions scenes at the grotto which will be filmed at Haytor Quarry on Dartmoor, about 3 miles east from Widdecombe and in the Haytor Vale. They need the extras mainly for the 2 December but some also for the 1 December time between 9.00am and 4.00pm, refreshments will be provided. You can contact the co-producer Ellen Plumridge who is also the wardrobe manager at [ellen3859@outlook.com](mailto:ellen3859@outlook.com)

The Sanctuary of Lourdes are fully on board and are the advisors. This production is a sort of follow up to the Message of Fatima 2017 which was filmed in London and in Fatima. You may be interested in episode 7 which is on line Message of Fatima Ep 07 - Bing video. Thank you. Stefano Mazzeo

# Catholic Children's Society (Plymouth)



CCSP have now received this year's packs of Christmas cards. There is still time to order these. [Click here](#) to find out about the winning competition entries and download an order form. Please return the order form direct to Vicki Dunstone at St Boniface House, Ashburton with payment.

## Pope Francis tweets...

**The various forms of ill-treatment that many women suffer are acts of cowardice and a degradation of all humanity. We must not look the other way. Women who are victims of violence must be protected by society.**

## St Nick's News

If any parents of children entering Reception in September 2022 missed our recent open days we would be happy to give you a tour. Please contact Mrs Brocksom ([abrocksom@stncs.uk](mailto:abrocksom@stncs.uk)) to arrange this and obtain more information.

All children and staff have been allocated to a house, either St George (red), St Andrew (blue), St Patrick (green) and St David (yellow). On feast days the children in that house will all wear their house colour and celebrate their Saint. St Andrew's day is next week and we look forward to seeing a sea of blue throughout the school. The children have also started to practice Christmas songs ready for the upcoming nativities and Christmas celebrations and it is lovely to hear the singing throughout the school.



## Safe Spaces

Safe Spaces is a free and independent support service, providing a confidential, personal and safe space for anyone who has been abused by someone in the Church or as a result of their relationship with the Church of England, the Catholic Church of England and Wales or the Church in Wales. Phone 0300 303 1056 [or click here](#)

# Catholic Exeter Forming in Faith

The next sessions are on Monday 6 December 10.30am–12.30pm at Sacred Heart Tuesday 7 December 7.00–9.00pm at Blessed Sacrament. The sessions will be the same, it's the day, time and venue that are different. We're watching and discussing films from Bishop Robert Barron's 'CATHOLICISM' series. Our next session is Lesson 5 'The Indispensable Men: Peter, Paul and the Missionary Adventure'. To join us on this journey of discovery or simply to find out more, register by clicking the link here or come along.

## Parent & Toddler Group

If you or someone you know is interested in coming along please register using this link. The next session on 29 November is full but you can be placed on a waiting list. Booking is essential as numbers are limited.

If you can spare some time on a Monday morning the group would love to have another pair of hands to make the tea and lend some support to those who are running the group. Please let the Parish Office know if you can help.

## The Night Journey

Fr Robbie Lowe, a priest of the diocese has written a lovely new Christmas children's book, 'The Night Journey'. It is a beautiful reflection on the Mass which leads us to the manger and the child in the arms of Mary. It is beautifully illustrated by Jan Burrell and begins and ends in the parish church and family home. It would make a great Christmas gift for children, grandchildren or Godchildren. Books cost of £7.50 and are available from the Parish Office.

## Wednesday Word Scripture Reflection

Wednesday Word will continue to meet online via zoom from 2.00-3.00pm every Wednesday. If you would like to join us then, please get in touch with Maria: [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk). Please note that you do not need to make a weekly commitment and a warm welcome will await you whenever you can come.

## Pope's November prayer intention

For people who suffer from depression. We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life. See also the Popes' video [here](#)

# Baptism Preparation Course

Are you expecting a baby and/or looking to have your child baptised?

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 over two consecutive Saturday mornings from 10:15-12.00. If the Covid conditions still call for it the sessions will be delivered via zoom. The course dates for 2022 are: 15/22 January, 14/21 May, 16/23 July and 15/22 October. Godparents are especially welcome to attend the second Saturday session as the role of Godparents is explored. Click [here](#) to go to the parish website and click on Baptism enquiry form to register. If you have any problems accessing this you can contact Lesley in the parish office on 01392 274724 or at [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)

# GIFT Growing In Faith Together

## November Update

We met our families in person at St Nicholas School on Saturday 6 November for the first time since March 2020. The theme of our morning was 'The Saints'. We began our session with Mass followed by refreshments. Afterwards Fr Jonathan led us in an exciting quiz about the Saints and all families took home fun activity sheets based on the Saints.

## What is GIFT?

GIFT is for all families of faith: families with children who are already receiving Holy Communion or who are looking forward to receiving this sacrament; families with older children who want to be confirmed in their faith; families with younger children who want to experience and grow in faith in a simple and enjoyable way and families with parents who want to do the same. You are all welcome.

**Next Meetings:** Wednesday 17 November: Parent Zoom call

Saturday 4 December: Families' Advent session. 10.00am St Nicholas School Hall.

## GIFT Bedtime Chats

These can all be found on the Blessed Sacrament Website [GIFT page](#).

**Get in Touch** If you would like to find out more about GIFT, please get in touch with Maria [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk).

**If you would like to register for GIFT, please click on the link: [here](#)**

# Cafod World Gifts

World Gifts are a wonderful way to share the peace and joy of Christmas with our brothers and sisters throughout the world. Catalogues are available from the Church or online at [cafod.org.uk/worldgifts](http://cafod.org.uk/worldgifts)

## Exeter Foodbank

The November priority items are: deodorant (for both men & women), sponge puddings, jars of coffee (small 100g jars), sugar, custard and rice pudding. Please **ONLY** donate items from the list. Thank you for your understanding. Collection Points - Co-Op (Heavitree/St Thomas); Sainsbury's Alphington/Pinhoe/Guildhall); Tesco (Exe Vale); Waitrose (Gladstone Rd). Or you can donate money online [here](#)

## Saying Goodbye – online

Saying Goodbye provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy. To get support [click here](#) or download a support leaflet [click here](#) Upcoming on line services: A time to collectively remember all lost babies & children. Join with others around the globe and light a candle in your home. Sunday 19 December 8.00pm

## Celebrate: Parenting for Faith

An invitation for all parents, grandparents, carers, catechists - in fact all those in the church who want to see families grow and thrive in faith! An hour with Rachel Turner (Author of It takes a Church to raise a Parent). Rachel consults, speaks at conferences and runs training days for parents and church leaders around the UK and Europe. She is an excellent teacher and communicator who speaks with both humour and practical experience. Date: Tuesday 30 November Time: 8.00 to 9.00pm. Register for the Zoom (by Monday, 29 November at 6.00pm) at <https://www.celebratetrust.org/parentingforfaith>

## Day of Prayer for Migrants

Friday 3 December is a day of special prayer for migrants.

Pray for our society; that it may always welcome the stranger.

Pray for those countries from which asylum seekers and refugees have fled; that all may work together for peace and justice.

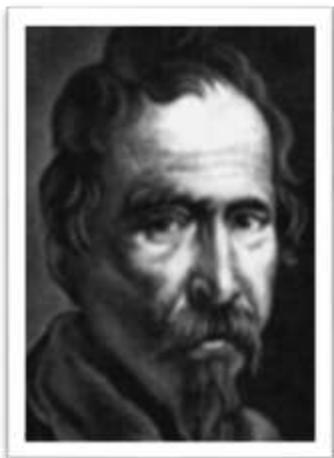


FIRST  
SUNDAY  
OF ADVENT

# SAINTS OF THE WEEK...

## 29 November St Cuthbert Mayne Priest & Martyr (1543-1577)

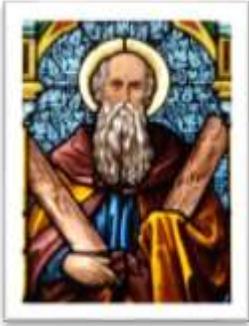
Secondary Patron of the Diocese of Plymouth



Cuthbert Mayne was born at Youlston, near Barnstaple, Devonshire, in 1543 and was executed at Launceston, Cornwall, 29 November 1577. He was the son of William Mayne; he was educated at Barnstaple Grammar School and Oxford, where he got to know a number of men who were favourable to the Catholic cause, notably Edmund Campion and Gregory Martin, who themselves went over to Douai. He was persuaded of the truth of the Catholic cause but held back initially for fear of losing his appointments and his income. Late in 1570 a letter from Gregory Martin to Cuthbert fell into the Bishop of London's hands. He at once arranged for Cuthbert

and others mentioned in the letter to be arrested. Being warned, Cuthbert managed to escape and got to Douai. There he was received into the Catholic Church, and was ordained priest in 1575. He soon left for the English mission. He went to live with Francis Tregian, of Golden Manor, in St Probus's parish, Cornwall, who was subsequently imprisoned for harbouring him. Cuthbert was arrested in June 1577, taken to Launceston and put on trial in September. He was found guilty of high treason, and was sentenced accordingly. The trial attracted considerable attention partly because he was the first so-called 'seminary priest' to be tried; a legal distinction was made between 'Marian' priests who had been ordained in England, and 'seminary' priests who had studied and had been ordained overseas. His execution was delayed because one of the judges, Jeffries, altered his mind after sentence and sent a report to the Privy Council. They submitted the case to the whole Bench of Judges, which was inclined to Jeffries's view. Nevertheless, for motives of policy, the Council ordered the conviction to stand "as a terror to the papists" and a warning to priests coming from abroad. A rough portrait of the martyr still exists. A correspondent asks us to make it clear that the "Bishop of London" who had Cuthbert arrested was not the Catholic Bishop of London. Indeed, there was no Catholic Bishop of London at that time, and there has never been one since. The last Catholic Bishop of London was deprived of his see in 1559 and died in prison ten years later.

## 30 November St Andrew – Apostle



He was born in Bethsaida, in Galilee, and worked as a fisherman. He may have been a disciple of St John the Baptist. He became one of the first to follow Jesus and introduced his brother, Simon Peter, to him. As one of the twelve Apostles he was widely venerated in ancient times, and became patron saint of Scotland because according to legend some of his bones were brought there and buried at the place where the town of St Andrew's now stands.

## 2 December St Osmund of Salisbury, Bishop



According to a 15th-century document, Osmund was the nephew of William the Conqueror. He certainly accompanied the Normans to England, where he was William's chaplain and one of the compilers of Domesday Book. A late document states, probably inaccurately, that he was earl of Dorset. Osmund completed and consecrated the cathedral at Old Sarum, Wiltshire, in 1092, and he organized a cathedral chapter of secular canons similar to Norman chapters, which was copied by other English cathedrals. His liturgical reforms became the basis for the later "Old Sarum" liturgy used

throughout the British Isles. After Osmund was canonized, his remains were transferred from Old Sarum to Salisbury Cathedral.

## 3 December St Francis Xavier, Priest (1506 - 1552)



He was born in the Basque country of Spain in 1506. He met Ignatius Loyola when he was a student in Paris, and he was ordained priest in 1537. In 1541 the Pope sent him as part of a mission to India, and he spent the rest of his life in the East, preaching the Gospel in Goa and Malacca. He made many converts and fought against the exploitation of the native population by the Europeans. He spent two years on a successful mission to Japan, laying the foundations of many Christian communities; and in 1552,

after entering China secretly to preach the Gospel there, he died of fever and exhaustion on the Chinese island of Shangchwan.

# Mass Times

## Sunday 28 November

First Sunday of Advent

8.45am *Charlotte Baker RIP*

10.45am *People of the Parish*

6.00pm

## Tuesday 30 November 6.30pm

St Andrew, Apostle

## Wednesday 1 December 9.30am

*The Smythe family*

## Thursday 2 December 9.30am

St Osmund of Canterbury, Bishop

*Beryl Anstey RIP*

## Friday 3 November 6.30pm

St Francis Xavier. Priest

Day of Prayer for Migrants

## Saturday 4 December 9.30am

## Sunday 5 December

Second Sunday of Advent

8.45am *People of the Parish*

10.45am

6.00pm *Dorothy & Albert Elson RIP*

## Tuesday 7 December 6.30pm

St Ambrose, Doctor

## Wednesday 8 December 9.30am

The Immaculate Conception of the  
Blessed Virgin Mary

*Tom Reardon RIP*

## Thursday 9 December 9.30am

## Friday 10 December 6.30pm

*Deceased members of the Griffin Family*

## Saturday 11 December 9.30am

# The Word

## Sunday 28 November

First Reading Jeremiah 33:14-16

*I will make a virtuous branch grow for David.*

Psalm Response

To you, O Lord, I lift up my soul

Second Reading

I Thessalonians 3:12-4.2

*May the Lord confirm your hearts in holiness  
when Christ comes.*

Gospel Luke 21:25-28.34-36

*Your liberation is near at hand.*

## Sunday 5 December

First Reading Baruch 5:1-9

*God means to show your splendor to every  
nation.*

Psalm Response

What marvels the Lord worked for  
us! Indeed we were glad.

Second Reading

Philippians 1:3-6.8-11

*Be pure and blameless for the day of Christ*

Gospel Luke 3:1-6

*All mankind shall see the salvation of God.*



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

# 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*

## Safeguarding Reps

*Lesley Hooper & Maria Edwards*

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@stnics.uk*

*www.st-nicholas-exeter.devon.sch.uk*

## Executive Head Teacher

*Angela Folland*

## Blessed Sacrament Live

10.45am Mass on Sunday and most weekday Masses will be streamed live on the Parish YouTube channel.

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

## 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 by dialing 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 [here](#)

## Churches Together

Devon News [here](#)

Exeter news [here](#)

England News [here](#).