



BLESSED SACRAMENT

PARISH NEWS

30 January 2022. Fourth Sunday in Ordinary Time. Year C



Just as the prophets Elijah and Elisha, Jesus is not sent to the Jews only

Last week, when Jesus spoke in the synagogue, his words pleased the crowd - as we hear at the beginning of today's Gospel. How quickly the mood changes! This story shows very clearly that Jesus was not a "crowd-pleaser" – he wasn't interested in saying the right things to be popular or accepted. He was interested in the truth - which is the basic definition of a prophet – whatever the personal cost. So today, when Jesus points out that salvation is not just for the Jews, or even just the people of Nazareth, they reject the message and the messenger. Just like Jeremiah, when he was called to be a prophet (first reading), Jesus has to confront the land: they will fight with him, but not overcome him.

Covid-19 Updated Guidance for Churches

From Canon Chris Thomas, the General Secretary of the Bishops Conference, following consultation and advice from Public Health England. In regard to the celebration of Mass, you will see:

- There should be a return to the normal mode of celebrating Mass respecting the integrity of the Rite.
- This includes the reintroduction of the Prayer of the Faithful
- The *Sign of Peace* may be offered again if felt appropriate,
- Holy Communion should be distributed at the usual place and no longer at the end of the celebration (as people leave the Church).
- Holy Communion can be distributed in the normal manner with the faithful approaching the minister in an orderly procession.
- For the time being, Holy Communion is to be given under one kind only (the Sacred Host).

Alongside the positive effects of Covid vaccination, it should be stressed that any people displaying symptoms of Covid-19 should stay at home and not participate in acts of worship in church. This is good practice for any transmissible illness.

Churches should continue to ensure there is good ventilation, balancing this against the need for church heating, especially at this time.

Whilst it is still good practice to sanitise hands on entry and exit of churches, there is no need for readers to sanitise their hands before reading.

All ministers of Holy Communion (clergy and lay people) should still sanitise their hands for the distribution of Holy Communion.

Holy water stoups may be refilled but care should be seen that the water is changed regularly (at a minimum of once a week).

Usual forms of church cleaning are sufficient.

Whilst this reduction of restrictions brings about a more normal way of living, the Covid-19 virus is still in circulation, and this should be in the mind of those participating in the life of the Church as time goes forward holding in balance the need for personal safety and taking responsibility for that safety.

Return to Ministry

Stewards: With the return to more normality in the church Stewards will still welcome and assist people as they come to Mass. Some people may still wish to retain distance from themselves to others.

Readers: There has already been a rota put in place for those who wish to read at Sunday Masses but there are people who may like to read at weekday Masses. If that is you, please make yourself known to Fr Jonathan or Fr John when you arrive and offer to read.

Offertory Procession: We can now reinstate the offertory procession. We are asking the Stewards to invite someone as they arrive at Mass to process the gifts up to the altar.

Extraordinary Ministers of Holy Communion: With more people returning to Masses there is a need for ministers to assist in the distribution of Holy Communion. If this is something that you would be prepared to do please let Fr Jonathan or Fr John know when you arrive at Mass. We will not be issuing a rota at this point in time.

Receiving Holy Communion: The distribution of Holy Communion is at the usual time during Mass. Stewards will invite you to go forward to receive from the front of the church. You should return to your seat by the side aisle. Those in seats at the side should wait until those in the main body of the church have been to communion and go forward from the back of the church.

Collection: We will not be resuming passing a collection basket around the church for the time being but stewards will be at the doors, as you leave, to accept any offering that you wish to make. Thank you for your continued generosity.

Thank you for your co-operation at this time.

Thank You Love Christmas

We have received some lovely thank you messages from recipients of our Love Christmas Bags of Love. These are just a few:

‘It is such a kind and generous thing of the church to do, please thank everyone concerned as it made me so happy to receive it.’ Pat C.

‘Thank you all for the lovely bag of goodies. I felt overwhelmed. It was a lovely surprise’. Mary E.

‘Just a little message to thank you for the surprise Christmas gift which was much appreciated.’ CC.

‘We received, via Age UK, one of the Christmas parcels from your Parishes, a lovely thought which is very much appreciated. Thank you to the children of St Nicholas school too for the lovely card.’ J&S

Walking Together Synodal journey

I am pleased to enclose our latest Walking Together Synodal journey update.

Please don't hesitate to get in touch if you have any questions or reflections.

If you would like to share this newsletter with others you can also use [this link](#)

Thursday Lunch Club

Both diners and helpers are delighted to be meeting once again at our club which is now in its 14th year. However, we would warmly welcome some new helpers!

Could you spare a few hours, roughly once every six weeks? We assure you it is a joyful time for all. Please give Di Bish a call on 07940142124 or email her at clydebish@hotmail.com for further information. Look forward to hearing from you.

Thank you from Abigail

To the very kind parishioner, who sent me a lovely card and gift for serving at the 6.00pm Mass. It was very kind of you and it is an honour to serve at Mass. I appreciate the gift and want to thank you so much.

Weekly Giving Envelopes

The weekly gift aid and planned giving envelopes are available. If you have envelopes to collect please call Lesley in the Parish Office 01392 274724 and a day and time can be arranged for you to collect them. Remember to let us know if there are any changes in your circumstances. Are you still paying income tax for instance? Or you may have moved recently so let us know your correct contact details.

If you are new to the Parish, or if you don't already do so, perhaps consider gift aiding your donations - if you pay UK tax, you could increase the value of your contribution (an extra 25% at no cost to yourself) by adding Gift Aid.

If you would like more information how to make regular planned giving using the envelopes or by standing order from your bank call the Parish Office.

A big thank you to those of you who set up standing orders during the pandemic to support the parish so we can continue to pay the bills and helped keep our doors open to achieve our Mission. Cheques can still be received and these should be made payable to PRCDTR Heavitree RC Parish and sent to the Parish Office.

More details and forms available from the Parish Office. Thank you.

Adoration of the Blessed Sacrament with Taizé Prayer

Wednesday 2 February at 7.00 pm. Everyone is welcome at Sacred Heart Exeter

Day for consecrated Life – 2 February

We pray for vocations to the Consecrated Life, may those whom God calls find a place of contemplation and nurture. For all committed to Consecrated Life, may their prayers and their actions give life to the Church.

Catholic Children's Society (Plymouth) News

Thank you to all our loyal supporters who generously gave to our Annual Appeal 'Step Forward, Reach Out and Help' last summer, which raised over £17,000. Your support means even more to us at the current time, as many of our usual fundraising activities are still on hold because of Covid-19. The number of applications we received for our help through our Essential Grants programme rose by 95 to a staggering 314 in 2021 and we envisage this number rising even more in 2022. We are only able to help these vulnerable children and their families who live in our Diocese thanks to the generosity of you all.



We are still looking for more CCSP Parish Volunteers. 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 sent to all parishes so if anyone would like a copy sent to them to see what's involved, please speak to the Parish Office or contact Vicki Dunstone by calling 01364 645420 or email vicki.dunstone@prcdtr.org.uk

A copy of the CCSP latest newsletter can be found [here](#)

Thank you for your continued support of the Catholic Children's Society (Plymouth) especially during these unprecedented times. Vicki Dunstone. Fundraiser and Communications Officer CCSP

Youth Events in the diocese

World Youth Day 2023

Lisbon – Portugal. Mary arose and went with haste LK 1:39 is the moto for next year's World Youth Day (WYD). Planning has begun for our trip. Leaders are starting to be recruited and young people are expressing interest. Please contact me if you know anyone who would interested in joining us contact Saskia at youth@prcdtr.org.uk

Heatree Residential

15 young people from year 6 - year 8 have signed up for the Heatree residential. There are still places left if you fancy joining or know someone who would like to. It is a great way to meet other young Catholics in the diocese. Bookings can be made through: the link [here](#) or contact Saskia youth@prcdtr.org.uk

Young Adults Group

There are around 40 young adults (18 – 35) that link together, through WhatsApp. The young people are spread across the diocese, some are students and others are professionals. The purpose of the group is for young catholic adults to link together, chat and join in events and activities. If you would like to join them or know someone who would then please email youth@prcdtr.org.uk with your name and mobile number and we will link you to the WhatsApp group

Volunteers

I am always on the look out for volunteers to support events. At parish level I need someone who is willing to tell people about events and encourage them to sign up. People love the personal contact and a chance to ask more about the event. In order to run events I need people who have a first aid qualification, are happy to support young people with additional needs, or help with preparing and serving refreshments, welcoming and signing people in. Please get in touch with Saskia if you feel you are able to support in one way or another. Thank you.

Join RISE Theatre in your local Deanery for a

CREATIVE ARTS DAY
for ages 10-16

"You are the body of Christ. Each one of you is a part of it." (Corinthians 12:27)

Come along to one of five days we're running for young people across the Diocese to create a short filmed piece. Explore art, music, drama, spoken word, dance! Your input, your piece!

Have fun and meet other young people from your area!
All abilities and interests welcome!

2022

- 29th January PLYMOUTH
- 12th February NEWQUAY
- 5th March EXETER
- 26th March TORQUAY
- 2nd April WEYMOUTH

To book and for further information contact Saskia at youth@prcdtr.org.uk

DIocese of Exeter
The Diocese of Exeter covers Devon, Cornwall, Dorset, Devon and Cornwall.

Diocese of Plymouth - Walking Together

We have received lots of feedback from parish groups on our Synodal journey but we would love to hear more from those who did not participate in a group. There is a short online survey which can be completed anonymously [here](#) . Please share this link with family and friends. Synodal Journey newsletter updates can be found [here](#)

Wednesday Word Scripture Reflection

Wednesday word meets online via zoom from 2.00-3.00pm. If you would like to join us then, please get in touch with Maria: 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.

Caritas Plymouth

Tuesday 8 February - Refugees and Migrants. On the Feast of St Bakhita, you are invited to join Caritas Plymouth from 5.00 till 6.00pm for an hour of prayer, reflection and discussion on the challenges facing migrants and refugees and the opportunity to take action, including through community sponsorship. This is a free online event. You can register via this link [here](#) or by email caritas@prcdtr.org.uk.

Catholic Exeter Forming in Faith

The next sessions are on Monday 31 January 10.30am–12.30pm at Sacred Heart and Tuesday 1 February 7.00–9.00pm at Blessed Sacrament. We're watching and discussing films from Bishop Robert Barron's 'CATHOLICISM' series. Our next session is Lesson 7: Word Made Flesh, True Bread of Heaven, the mystery of the Liturgy and the Eucharist. To join us on this journey of discovery or simply to find out more, register by clicking the link [here](#) or come along.

GIFT Growing In Faith Together

January Update

GIFT Families gathered together on Saturday 8 January to explore the meaning of the feast of the Epiphany, to celebrate Mass and to socialise. Families considered their own personal gifts that they have to offer Jesus and to the service of others. Our 19 January parents zoom meeting will meet to explore and discuss the miracle of the feeding of the five thousand.

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

Next Meetings

Wednesday 19 January: Parent zoom call

Saturday 5 February: Families Session at St Nicholas School

Bedtime Chats Blessed Sacrament Website GIFT [Bedtime Chats](#)

Get in Touch with Maria at exeter-pastoral-assistant@prcdtr.org.uk.

Register for GIFT by clicking [this link](#).

Could you be a GIFT to our parish?

Are you a parent or grandparent who have done – or are still doing - your best to pass on your faith to your family (regardless of the outcome)?

Are you a single person who is faithful and committed to your faith and to the Church, but don't necessarily have all the answers?

Then you're just who we're looking for!

It has been said that 'faith is caught, not taught'. Think of how you came to faith, the people who you 'caught' it from. But faith, once it's caught, also needs to be taught – and that's where you come in.

We need help passing on the faith to our young, and not so young. We need people just like you who could support families and individuals to grow in their faith. We don't need experts, we need ordinary, faithful Catholics who are willing to give up some of their time to take part in this important work. It's unpaid (!) but the rewards are immense. It's tiring, but then nothing was ever achieved without a bit of hard work. More importantly, it's cooperating with the Holy Spirit to bring others, just like you, to a deeper understanding of the place of God in our lives and the beauty of faith. And, to be frank, we can't do it without you!

Please get in touch with Fr Jonathan at the parish office to let him know you're prepared to help. You'll join a brilliant team and be given lots of support. Thank you.

Pope Francis tweets...

All human suffering is sacred to God. Before God we are not strangers, or numbers. We are faces and hearts, known one by one, by name.

Exeter Street Pastors

Are you a Christian, over 18, and have a heart to serve as Jesus' hands and feet on the street of Exeter? Training of this year's intake of Exeter Street Pastors begins Monday 7 March – sign up now for your place, or share widely to help this great ministry recruit it's team for this year. For details contact:

admin.exeter@streetpastors.org.uk

Big Exeter Sleep Out

You are invited to join us at this year's event and help by joining the challenge and raise awareness and funds for rough sleepers and vulnerable adults and homelessness in Exeter and Devon. It's a grim realisation that without support like ours, the life expectancy of a long-term homeless person is just 45 years!

For this year's event, upon registering, you can choose where you would like to sleep-out. Whether it is joining the Julian House team and others in St James Park Stadium in Exeter for the night or joining virtually and sleep out at home in your garden, balcony or kitchen floor. Please follow the link to register and start your own challenge and for more information click [here](#) or contact Daffne Zamudio directly if you have any enquiries bigexetersleepout@julianhouse.org.uk

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.

Exeter Foodbank - January

The January priority items are: Sponge puddings, Fray Bentos Pies, Tinned Meat, Sugar, Custard, Coffee (small jars), Long Life Milk and Fruit Juice.

Please ONLY donate items from the list. Thank you for your understanding.

Collection Points - Co-Op (Heavitree/St Thomas); Tesco (Exe Vale); Sainsbury's Alphington/Pinhoe/Guildhall); Waitrose (Gladstone Rd). Or you can donate money online [here](#). The Food Bank is feeding approximately 333 people a week at present.

Christian Resources Exhibition

Wednesday 23 – Thursday 24 February CRE South West at Westpoint, EX5 1DJ

The Christian Resources Exhibition is coming to Exeter's Westpoint ground again!

This two-day event is the nearest the Church has to a trade show - it is a great place to find out about resources for churches, meet other Christians from our area and be inspired for mission and ministry. More info [here](#)

Music Session at St David's Church

Sunday 13 February 4.00pm at St David's Church, Traditional hymns, fresh sounds, contemporary praise and worship music. With praise bands and musicians from churches across the city. All welcome. Get in touch on ctaxexeter@gmail.com if you would like to join the performers.

Pope's January prayer intention

For true human fraternity: We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.

See also the Popes' video [here](#)

SAINTS OF THE WEEK...

31 January St John Bosco Priest (1815 - 1888)



Born in Piedmont of a peasant family, he was brought up by his widowed mother. He became a priest, and his particular concern was for the young. He settled in Turin, where, the industrial revolution was bringing enormous movements of population and consequent social problems, especially for the young men who came there to work. John Bosco devoted himself to the care of the young, first of all by means of evening classes, and then by setting up a boarding-house for apprentices, and then workshops for their training and education.

Despite many difficulties, caused both by the anti-clerical civil authorities and by the opposition of some senior people within the Church, his enterprise grew, and by 1868 over 800 boys and young men were under his care. To ensure the continuation of his work, he founded a congregation, named after St Francis de Sales and today the Salesians continue his work all over the world.



5 February St Agatha

She was martyred at Catania in Sicily, probably during the persecution of Decius (250-253). Devotion to her was widespread in the Church in the earliest times and she is mentioned in the Roman Canon of the Mass.

Mass Times

Sunday 30 January

Fourth Sunday in Ordinary Time

8.45am *People of the Parish*

10.45am

6.00pm

Tuesday 1 February 6.30pm

Wednesday 2 February 9.30am

The Presentation of the Lord

World Day for Consecrated Life

Private Intention

Thursday 3 February 9.30am

Funeral Mass Muriel Kimberley RIP

Friday 4 February NO Mass

Saturday 5 February 9.30am

St Agatha, Virgin & Martyr

Sunday 6 February

Fourth Sunday in Ordinary Time

8.45am

10.45am *People of the Parish*

6.00pm

Tuesday 8 February NO Mass

Wednesday 9 February 9.30am

Thursday 10 February 9.30am

St Scholastica Virgin

Friday 11 February 6.30pm

Our Lady of Lourdes

World Day of prayer for the sick and those who care for them.

Saturday 12 February 9.30am

The Word

Sunday 30 January

First Reading Jeremiah 1:4-5.17-19

I have appointed you as prophet to the nations

Psalm Response

My lips will tell of your help

Second Reading

1 Corinthians 12:31-13:13

There are three things that last: faith, hope and love; and the greatest of these is love.

Gospel Luke 4:21-30

Like Elijah and Elisha, Jesus is not sent to the Jews only

Sunday 6 February

First Reading Isaiah 6:1-8

Here I am, send me.

Psalm Response

Before the angels I will bless you,

O Lord.

Second Reading

1 Corinthians 15:1-11

I preach what they preach, and this is what you all believed.

Gospel Luke 5:1-11

They left everything and followed him.



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@stncs.uk

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

Executive Head Teacher

Cathy Lowry

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 or calling 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](#).