

CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament
20 March 2022 3rd Sunday of Lent Year C. *Psalter week 2.*



Leave the fig tree one more year.

"The man who thinks he is safe must be careful he does not fall." This is the theme of this Sunday: it underlines the need for repentance, which is the focus of our Lenten journey in Year C. Jesus, in the Gospel, uses two recent events in order to illustrate his point about sin and repentance - there is a price to be paid for sin, but there is a way of avoiding it: if we repent, we will have salvation and a new and real freedom. This idea is emphasised in the parable, where we see a tree not being condemned immediately, but given a chance to change and produce fruit. So are we. This links in with the two other readings, which also talk about escape - the escape of Israel from Egypt. This is to be a warning for us, as Saint Paul says: if we are Christians, we must live as Christians, and be aware of the need to watch our lives and the direction they are taking.

MASS TIMES SACRED HEART



Sunday 20th March – 3rd Sunday of Lent

5.30pm Sat *Anthony Salmond RIP*
9.15am *People of the Parish*
11.15am *Rosa Isabel Sánchez Umbariba RIP*

Monday 21st March – St Scholastica, Virgin

10.00am *Abhighek (Thanksgiving for Birthday)*

Tuesday 22nd March

10.00am *Private Intention*

Wednesday 23rd March

10.00am *People of Ukraine*

Thursday 24th March

10.00am *Mary & John Swansom RIP*

Friday 25th March - The Annunciation of the Lord

11.15am *Stations of the Cross*
12 noon *People of Poland*
Lenten Lunch served after Mass

Saturday 26th March

10.00am *Eileen & Matt Lyons RIP*

Clocks go forward one hour

Sunday 27th March – 4th Sunday of Lent *Laetare Sunday*

5.30pm Sat *People of Ukraine*
9.15am
11.15am *People of the Parish*

Tea & Coffee after Masses on Sunday (9.15am), Tuesday & Saturday

All Masses and liturgies are now being live-streamed. [Click here.](#)

Confessions

Saturdays after 10.00am Mass and 4.00pm-5.00pm and on reasonable request.

The church will be open for private prayer from 8.30am until dusk each day

MASS TIMES BLESSED SACRAMENT



Sunday 20th March – 3rd Sunday of Lent

8.45am *Mrs Kelly's Intentions*
10.45am *People of the Parish*
6.00pm *Marie Elizabet Comioto RIP*

Tuesday 22nd March

6.30pm *John Cornick RIP*

Wednesday 23rd March

9.30am *People of Ukraine*

Thursday 24th March

9.30am *Peggy Webber RIP*

Friday 25th March - The Annunciation of the Lord

6.00pm *Stations of the Cross*
6.45pm *People of Ukraine*

Saturday 26th March

9.30am *People of Poland*

Clocks go forward one hour

Sunday 27th March – 4th Sunday of Lent *Laetare Sunday*

8.45am *James & Eileen Cullen & Anne Kelly RIP*
10.45am *Penny Barrington RIP*
6.00pm *People of the Parish*

Tea & Coffee after Mass on Wednesdays

All Masses and liturgies are now being live-streamed. [Click here](#)

Confessions

Saturdays after 9.30am Mass and on reasonable request.

NEWS

Helping Ukraine



Like you, CAFOD is deeply disturbed by the ongoing attacks on Ukraine. Together, we stand in solidarity with the Ukrainian people and send our prayers to our sister organisation Caritas Ukraine, and those Caritas agencies in

neighbouring countries, who are already helping people affected by this conflict. As one Caritas, we stand united with them. Caritas Internationalis is part of one of the largest aid networks in the world. With our global reach and local presence, we are there when an emergency hits.

[Donate to CAFOD's Ukraine Humanitarian Appeal](#)

Support for Ukraine

Many parishes have been asking Caritas Plymouth and CAFOD Plymouth what we can do to help the people of Ukraine. Caritas Plymouth's mission is to focus on our local community and we are working closely with our sister and Caritas agency CAFOD, (the official humanitarian international development agency for the Catholic Church in England and Wales) who are providing support overseas. CAFOD have launched a fundraising campaign and will ensure donations reach those on the ground. To make a donation to support those affected by the conflict please visit [Ukraine Humanitarian Appeal | CAFOD](#)

The situation in terms of welcoming people to the UK is changing very rapidly. The Diocese of Plymouth website now has a page about how people can respond to the crisis in Ukraine. <https://www.plymouth-diocese.org.uk/ukrainecrisis/>. The website has links to the new Homes for Ukraine hosting scheme and will be updated regularly as more information becomes available.

Lent Talks 2022

Fr Mark Skelton from All Saints Teignmouth has once again organised a series of Lent Talks. Each talk will begin at 7.00pm and the session will run until 8.30pm.

24 March Sr Bernadette Reis....No subject as of yet.

31 March Mr Jeremy Skelton.....'From the Badlands to the Promised Land'

7 April Mr Anthony Towey....'The Trial of Truth.' – Lenten Encounters in John.

To join the meetings please [click this link](#). Link active from 6.45pm.

Meeting ID: 896 2546 2101. Passcode: 146545

Seven Last Words Lent Day of Recollection

Being held at St Rita's Centre, Honiton, Devon on Saturday 2 April 9.30am – 4.00pm with Fr Tom Dubois. 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 Cost per person: £25.00 which includes lunch. For further information & to register your name contact: St Rita's Centre Tel: 01404 42635; Email: admin@stritascentre.org or [click here](#).

Lent Confessions and Adoration

On Wednesday 30 March from 5.30 to 8.00pm confessions will be available at Sacred Heart church. Priests from our Exeter parishes will be available to hear confessions. All welcome.

Lent Lunches

Lent lunches are being served after the 12 noon Mass at the Sacred Heart Church every Friday during Lent. A light lunch consisting of soup, bread, cheese, pickle and coffee or tea will be served at a cost of £4. We are raising money to support St Petrock's Centre for the homeless. All welcome.

Pope Francis tweets...

Lent is a journey of healing, to live each day with a renewed spirit, a different "style". Prayer, charity and fasting are aids to this: they restore us to a living relationship with God, our brothers and sisters, and ourselves.

Into your hands, Lord...

Please pray for the repose of the soul of Jeanne Gaskell whose funeral Mass will take place at Blessed Sacrament on Wednesday 30 March at 10.00am. RIP.

CAFOD's Walk Against Hunger Lent Challenge

There are 200 million children in the world whose lives are at risk from malnutrition. So, this Lent, challenge yourself to walk 200km, and help give hunger its marching orders. Do 5k a day, your way, for 40 days, and you'll conquer your target in time for Easter—and help people around the world to live free from hunger. To take part, go to cafod.org.uk/walk

Diocesan Vacancy – Facilities Assistant

Role: Facilities Assistant – St. Boniface House Reporting to: The Head of Property Services - St Boniface House, Ashburton, TQ13 7JL

Hours: 35 hours/5 days per week starting at 8.30am Salary: £11.39 per hour –

actual Salary £20730.00 for 35 hours. Copies of the job description and application form are obtainable from the HR Department by emailing recruitment@prcdtr.org.uk or calling 01364 645383. Applications are by application form and covering letter. The last date for applications is Monday 28 March and interviews will be held during week commencing Monday 4 April.

Exeter Foodbank – March Priority List

The March priority items are: Milk (UHT semi-skimmed) fruit juice, noodle snacks, sugar, shampoo, shower gel, squash.

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 feeds about 180 people a week at present.

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 delivered via zoom. The course dates are: 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

We are now taking bookings for the May course.

GIFT Growing In Faith Together

March update: A Lenten Journey

On Saturday 5 March, we met with GIFT families to celebrate Mass, enjoy refreshments and learn about and explore what it means to make a family Lenten journey. Families learned about the three pillars of Lent, took home resources to support their journey and made Lenten paper prayer chains.

What Is Gift?

GIFT is for all families of faith who want to learn about their Catholic faith, meet other families and be supported in their family faith journey. GIFT is the gateway to the sacraments of Reconciliation, Holy Communion and Confirmation. To register for GIFT and to receive regular updates please complete this [Registration Form](#).

GIFT Youth

On Saturday we were delighted to open the doors of GIFT for the first time to secondary school aged young people. Fr Albert and a team of youth catechists explored the topic of Lent with over 15 young people. To register for GIFT Youth please complete this [Registration Form](#).

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/>

Next Sessions & getting in touch

Our next parent zoom session is on Wednesday 16 March from 7.00 – 8.00pm
The next Family and Youth session is on Saturday 2 April. If you would like to join us, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk

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.

Stronghold Praise & Worship

Come along for an evening of praise, worship and prayer with Stronghold on Thursday 24 March. We will meet from 7.15 till 8.30pm at Blessed Sacrament Church. All are welcome!

Alpha

Alpha has been changing people's lives around the world and has had a powerful effect on the lives of some of our parishioners. We would love you to share their experience of encountering Jesus Christ and the Church in a dynamic way.

Pauline writes: *At Alpha I found a wonderful community of people exploring the Christian faith and encouraging each other on the journey, not having all the answers, but gently helping to discover and share. Listening to others' stories has been joyful and inspirational.*

Join an 'in person' course commencing Wednesday 30 March at 7.00 pm or online on the same day at 7:30 pm. If you'd like to take part contact us by [clicking this link](#). Will you join us? Who will you invite?



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.

Pope's March prayer intention

For a Christian response to bioethical challenges. We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action. See also the Popes' video [here](#)

Catholic Exeter Forming in Faith

We have now completed the Catholicism series and are going to continue on a journey of adult formation. We will next watch Bishop Barron's inspiring insights into the mystery of Christ's presence in our lives and the centrality of the Eucharist as an important part of that presence. So many believers do not understand the mystery of the Eucharist, which is the 'source and summit' of the Christian life. These sessions will be on Mondays 28 March & 11 April at 10.30am–12.30pm at Sacred Heart and Tuesdays 29 March & 12 April at 7.00–9.00pm at Blessed Sacrament. To join us on this journey of discovery come along.

After Easter we will run sessions to watch Bishop Barron's series to grow in our understanding of the Mass. Come to all six or dip in and out each week; either way, you will feel inspired and spiritually fed. These sessions will start on Monday 25 April 10.30am till 12.30pm at Sacred Heart and Tuesday 26 April 7.00 – 9.00pm at Blessed Sacrament.

Youth Events in the diocese

World Youth Day (WYD) 2023 Lisbon Portugal

Mary rose and went with haste (LK 1:39) is the motto for the 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 be interested in joining us - Saskia youth@prcdtr.org.uk

Storm Eunice stops Heatree residential, new dates below.

When Storm Eunice hit it was decided to postpone the Heatree Residential. The rescheduled dates will be 13 - 15 May. The residential will start after school on Friday and will finish with a family Mass at 2.00 on Sunday 15 May. Priority will be given to those that booked for the February venture but there are spaces for those that did not book. [Click to book Heatree Residential May 13-15](#)

Stay Awake

This is a great conference for all Christians, young and old to meet. Book your place through their website: Stay Awake. To find out more take a look at their Instagram account: Stay Awake Instagram.

Young Adults held a fast for Ukraine

A group of our young adults held a fast last Friday for Ukraine. This was in response to Pope Francis' appeal to pray and fast for peace. If you would like any further information about the young adult groups or to join the WhatsApp group please email Saskia youth@prcdtr.org.uk or click the link to [Join Young Adults Whatsapp group](#)

Flame 2023 tickets now available

Flame is aimed at young people aged year 9 (14) through to University age. It's not just for Catholics, anyone interested is welcome to come. Ticket prices will include a T-shirt and a coach to take you to Wembley Arena, London. Email Saskia: youth@prcdtr.org.uk for further information or click on these links: Flame Website Promotional film

Diocesan Retreats

There will be people who need to explore, make sense or reflect on the presence of God in their everyday lives, during the present challenging times, or perhaps in the more painful moments experienced recently. A retreat offers us this opportunity.

Residential - Ignatian Individually Guided Retreats organised by the Plymouth Diocesan Ignatian Spirituality Group. Members of the Ignatian Spirituality Group are experienced guides, who have received training in relation to Ignatian spirituality and include priests, deacons and lay people.

Lenten- Residential Silent Retreats - Honiton

4 - 6 March (Fri – Sun) Weekend Retreat (£150)

7 - 11 March (Mon – Fri) Midweek Retreat (£240)

4 – 11 March (Fri to Fri) 6 day Retreat (£450) - *Limited Places*

The Group continues to offer one-to-one days of accompanied prayer i.e. online or by phone, to suit people's individual circumstances. For further information, or to book those who are interested can contact the Diocesan Ignatian Spirituality Group by email [here](#) or telephone: 01752 769164 or 07823447637.

The following retreat is also being offered in conjunction with outside guides.

Contemplative Retreat – Living and Praying in the Way of Franz Jalics

Friday 6 – 14 May (£600)

CARITAS Social Action Network (CSAN)

www.csan.org.uk/news/afghanistan-response/ As well as all the information contained in the link, CARITAS Plymouth will be looking to connect with those leading on migration in the SW to support any local resettlement scheme. e.g., Exeter WAYmakers. If you would like to know more and help Exeter WAYmakers, please make contact. Thank you, Chris Lee 07702 435890 cmj_lee@hotmail.com

Read about Caritas and Cafod's response to the war in Ukraine: [Follow this link.](#)

Exeter WAYmakers



Have you sorted out your Lenten almsgiving yet? Help Exeter WAYmakers in our aim to resettle a refugee family in our city. To support our application to be a Community Sponsor we need to raise £9000. Both Exeter parishes have made generous donations to start us off and we want to give you parishioners the opportunity to support this work by your prayers, your volunteering and your individual donations. We want this to be a Catholic community effort

across all our parishes so please do support us. Please place your donation in an envelope marked Exeter Waymakers and hand it in to the parish offices. If you wish to make your donation online to a parish account please clearly reference your donation Exeter Waymakers. Many thanks on behalf of the Waymakers Core Group. If you would like more information feel free to contact Peter Schranz on pschranz5@gmail.com or Chris Lee at cml_lee@hotmail.com.



Sacred Heart Parish Rosary Group

We are praying for the following intentions:

Ukraine and Peace in the World

For the love of Jesus, conversion of sinners and reparation to the Immaculate Heart of Mary

The Holy Father and his intention for the month

Our dearest priests Vocations

All of us praying this Holy Rosary

What is a Rosary Rose?

A Rosary Rose is a group of people praying the Holy Rosary with a joint intention. Every day a group of 20 people pray for each other, for our families, for our priests and vocations, for the Pope's intentions, and in Reparation to the Immaculate Heart of Mary. Each person will say a decade of the rosary (10 Hail Marys). That means the entire rosary will be said for those intentions. The group will consist of 20 people including you in their prayer. Everyone is very welcome to sign up and join the group; guidance and support will be given. Please call Ana on 07500373030 or email anajostazka@gmail.com

Stella Maris

On the one-year anniversary of the Ever Given ship getting stuck in the Suez Canal, Catholic charity Stella Maris (Apostleship of the Sea) is hosting a webinar about modernisation in the shipping industry. It will look at the history of the container ship, the rise of the ultra-large container vessels, and explore what impact modernisation of the shipping industry has had on seafarers around the world. To join online on 23 March at 7.30pm please register now at www.stellamaris.org.uk/modernisation to hear how shipping has changed in the last century, the impact this is having on seafarers today, and the important role Stella Maris has in supporting them.

Spiritual Communion

My Jesus, I believe that you are present in this Holy Sacrament of the Altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you Sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Sacred Heart online donations

It is now possible to make your Sacred Heart weekly loose plate offering and other donations on-line. **All donations are anonymous.** Please use [this link](#) to make your online donation. Alternatively, you can go to [Sacred Heart website](#). Scroll down to the 'Parish News' section and click the highlighted 'Donate Here' text. There is also a link on our [Facebook Page](#). If you need further guidance please email the Sacred Heart Parish Office.

Exeter Cathedral Events

Son-et-Lumière by Luxmuralis

22 to 26 March. More details [here](#) The team are hoping it will prompt visitors to reflect on the fragility of nature and the devastating impact we humans have been making on God's creation. Given the huge crowds visiting the recent Moon exhibition, it seems likely there will be a rush on tickets.

JS Bach - St John Passion

Join us at 4.00pm on Sunday 10 April for the St John Passion concert. The Passiontide drama unfolds in the unparalleled music of J S Bach, told through the compelling words of St John's gospel. Info and booking [click here](#).

Plymouth Diocese Ignatian Spirituality Group Contemplative Retreat

At St. Rita's Centre, Honiton, Devon. EX14 1AP. 6th – 13th May. For those seeking a more Contemplative Way of Praying and Living. This silent Contemplative Retreat with individual guidance provides a step-by-step introduction to the Gries Path of Prayer developed by Fr Franz Jalics SJ.

For those familiar with this form of contemplative prayer, the retreat offers the opportunity to refresh and to deepen it. Donations invited: £400 (All rooms en suite) Please contact the Retreat Co-ordinator Retreat: Paddy Rylands paddyrylands@gmail.com for further details and application form

Catholic Children's Society Plymouth

Do you know a child who could 'Walk a Mile in Their Shoes' to help raise money for the Catholic Children's Society (Plymouth)?

In 2021, the number of Essential Grant applications the CCSP received rose by a staggering 95 to 314 and we envisage this number continuing to rise in 2022 as more and more families are struggling to pay for the basic essentials of life for their children. It's hard to believe that there are children who do not have properly fitted shoes to wear to school every day and whose parents are unable to buy the correct school uniform. Since the start of this academic year, we have purchased 18 sets of school uniform to help children of all faiths and none to have the correct uniform that fits, improving self-esteem and their ability to learn. As part of our Good Shepherd programme, where we ask children to think of other children less fortunate than themselves, we are working together with the Catholic schools in the Diocese and have asked children to join in with this sponsored event. Our last Good Shepherd initiative 'Sleep on the Floor for a Night' saw 25 children raise almost £2,300 when they gave up their comfortable beds for one night over the Christmas holidays.

This summer, we are asking children to 'Walk a Mile in Their Shoes' by undertaking a sponsored walk of one mile, wearing something different on their feet, perhaps slippers, flippers or any other whacky idea to help raise money. Maybe there are children, or even adults, in your parish who might like to support this sponsored event, to help raise much needed funds, as many of our traditional fundraising events still remain cancelled. If 100 children could each raise £10 in sponsorship money, CCSP could buy school uniform and shoes for 20 children, so they never have to wear ill-fitting shoes to school again! Sponsorship forms can also be downloaded from our [website](#) or by calling 01364 645420 or emailing ccs@prcdtr.org.uk

Tweeted by Pope Francis

Dear brothers and sisters, in the pain of this war we all pray together, asking the Lord for forgiveness and asking for peace in Ukraine.

Forgive us for war, O Lord.

Lord Jesus Christ, Son of God, have mercy on us sinners!
Lord Jesus, born in the shadows of bombs falling on Kyiv,
have mercy on us!

Lord Jesus, who died in a mother's arms in a bunker in
Kharkiv, have mercy on us!

Lord Jesus, a 20-year-old sent to the frontlines, have mercy
on us!

Lord Jesus, who still behold armed hands in the shadow of
your Cross, have mercy on us!

Forgive us, O Lord.

Forgive us, if we are not satisfied with the nails with which
we crucified Your hands, as we continue to slake our thirst
with the blood of those mauled by weapons.

Forgive us, if these hands which You created to tend have
been transformed into instruments of death.

Forgive us, O Lord, if we continue to kill our brother;
Forgive us, if we continue like Cain to pick up the stones of
our fields to kill Abel.

Forgive us, if we continue to justify our cruelty with our
labors, if we legitimize the brutality of our actions with our
pain.

Forgive us for war, O Lord. Forgive us for war, O Lord.
Lord Jesus Christ, Son of God, we implore You! Hold fast the
hand of Cain!

Illumine our consciences; may our will not be done;
Abandon us not to our own actions! Stop us, O Lord, stop us!
And when you have held back the hand of Cain, care also for
him. He is our brother.

O Lord, put a halt to the violence! Stop us, O Lord!
Amen.

#PrayTogether #Ukraine



Franciscus

THE WORD

Sunday 20 March

First Reading

Exodus 3:1-8. 13-15

I am has sent me to you.

Psalm Response

The Lord is compassion and love

Second Reading

1 Corinthians 10:1-6.10-12

*The life of the people under Moses in the desert
was written down to be a lesson for us.*

Gospel

Luke 13:1-9

Unless you repent you will all perish as they did.

Sunday 27 March

First Reading

Joshua 5:9-12

*The People of God keep the Passover
on their entry into the promised land.*

Psalm Response

Taste and see that the Lord is good.

Second Reading

2 Corinthians 5:17-21

God reconciled us to himself through Christ

Gospel

Luke 15:1-3.11-32

Your brother here was dead and has come to life.

INFO

Sacred Heart

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exeter-sacredheart@prcdtr.org.uk

Parish Priest

Fr Kieran Kirby

Assistant Priests

Fr Albert Lawes

Fr Anil Gundabatina

Deacons

Delian Bower

Kelvin Russell

Website

<https://sacredheartexeter.org>

Blessed Sacrament

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Parish Priest

Fr Jonathan Stewart

Priest in retirement

Fr John Watkins

Parish Office

*Tuesday, Wednesday, Thursday
10.00am–4.00pm*

Parish Secretary

Lesley Hooper

Website

www.blessedsacrament.org.uk

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Blessed Sacrament Gift Aid

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