

CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament

24 July 2022 Seventeenth Sunday in Ordinary time. Year C. *Psalter Week 1*

Ask and it will be given to you



When we see the child in the sweet shop nagging and moaning at mum or dad for something, we probably don't think of it as a model of our prayer lives! And yet, if we take the word of God seriously today, that is exactly what our faith teaches us to do! The message is persistence - never giving up, even if prayers do not seem to be answered. We shouldn't ask why they are not answered on the spot (God's probably got a reason), but should just continue beating on the door of heaven in faith and hope.

[Sacred Heart website](#) • [Blessed Sacrament website](#) • [Facebook Catholic Exeter](#)

MASS TIMES SACRED HEART



Sunday 24 July – Seventeenth in Ordinary Time

- 5.30pm (Sat) *Ukraine*
9.15am *People of the Parish*
11.15am *Private Intention*
5.00-6.00pm *Adoration & Benediction*

Monday 25 July – St James, Apostle

- 10.00am *For Barry Barriball*

Tuesday 26 July – SS Joachim & Anne, parents of the Blessed Virgin Mary

- 10.00am *Fr Francis Capener RIP*

Wednesday 27 July

- 10.00am *For Jimmy Lahiffe*

Thursday 28 July

- 6.30pm *Exposition of the Blessed Sacrament*
7.00pm *Fr Francis Capener RIP*

Friday 29 July – SS Martha, Mary & Lazarus

- 10.00am *For Don & Jeri Apodala*

Saturday 30 July

- 10.00am *Fr Francis Capener RIP*

Sunday 31 July – Eighteenth in Ordinary Time

- 5.30pm (Sat) *People of the Parish*
9.15am *Holy Souls*
11.15am *Private Intention*
5.00-6.00pm *Exposition of the Blessed Sacrament & Benediction*

Confessions

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

Live stream

All Masses and liturgies are now being live-streamed.

Refreshments

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

Church open for private prayer from 9.30am until 6.00pm each day.

MASS TIMES BLESSED SACRAMENT



Sunday 24 July – Seventeenth in Ordinary Time

8.45am *Mrs Kelly*
10.45am *People of the Parish*
6.00pm *Private Intention*

Tuesday 26 July – SS Joachim & Anne, parents of the Blessed Virgin Mary

6.30pm *Private Intention*

Wednesday 27 July

9.30am *Kath Jenkinson RIP*

Thursday 28 July

9.30am *Marjorie Elizabeth Gifford Pitman RIP*

Friday 29 July – SS Martha, Mary & Lazarus

6.30pm *Dick Henwood RIP*

Saturday 30 July

9.30am *Sick and Housebound of the Parish*

Sunday 31 July – Eighteenth in Ordinary Time

8.45am *Private Intention*
10.45am *Diocese of Plymouth*
6.00pm *People of the Parish*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Live stream

Most Masses & liturgies are streamed live from the church. To access the YouTube stream please [click here](#).

Refreshments

Served after 10.45am Mass on Sunday and 9.30am Mass on Wednesday. *If you would be willing to be on a rota to serve refreshments after the 10.45am Mass on Sundays we would love to hear from you. Please contact the Parish Office.*



Lord, teach us to pray

What a gift! What an incredibly powerful gift Jesus gives us. The Lord's Prayer is simple, powerful, challenging, freeing, and guiding; a loving and reassuring blessing to each of us from Christ. Jesus gives the Lord's Prayer as the model of all prayer. We pray that God may be recognised by all people, that His will be done, that He will give us our needs, that He will forgive us as we forgive others, and that He will protect us from the final cataclysm.

The first premise is dedication and perseverance. We must pray never feeling disheartened, even if we think our prayer is being ignored or is not given heed, right away. The second stipulation Jesus teaches us is confidence and filial love. God's paternity goes far beyond man's paternity, which is limited and imperfect. The Third one: we must call for the Holy Spirit and not only material things.

The Blessed Giles of Assisi, one of St. Francis' friars and friends, summarizes the idea of this Gospel when he says: "Pray faithfully and devotedly, because one grace God has not granted you once, He may grant to you some other time. On your hand, humbly place your whole mind in God, and God will place his grace upon you, as He pleases."

Fr Anil

NEWS



World Day for Grandparents and the Elderly

In old age they will still bear fruit. (Psalm 92:15)

Last year Pope Francis instituted a Church-wide celebration of a World Day for Grandparents and the Elderly. He declared it will be held on the fourth

Sunday of July, close to the liturgical memorial of Saints Joachim and Anne, the grandparents of Jesus. This year it falls on Sunday **24 July**. There are many ways we can celebrate this special day, in our homes and parishes. Cardinal Vincent Nichols last year encouraged us that young people should talk to their grandparents if they want to be a sign of hope for the world.

Pope Benedict XVI's Prayer for Grandparents

Lord Jesus, you were born of the Virgin Mary, the daughter of Saints Joachim and Anne. Look with love on grandparents the world over. Protect them! They are a source of enrichment for families, for the Church and for all of society.

Support them as they grow older. May they continue to be for their families strong pillars of Gospel faith, guardians of noble domestic ideals, living treasures of sound religious traditions. Make them teachers of wisdom and courage that they may pass on to future generations the fruits of their mature human and spiritual experience.

Lord Jesus, help families and society to value the presence and role of grandparents. May they never be ignored or excluded, but always encounter respect and love. Help them to live serenely and to feel welcomed in all the years of life which you give them. Mary, Mother of all the living, keep grandparents constantly in your care, accompany them on their earthly pilgrimage, and by your prayers, grant that all families may one day be reunited in our heavenly homeland, where you await all humanity for the great embrace of life without end. Amen.

World Day Against Trafficking in Persons

Next Sunday, **30 July** is an annual event to raise awareness and increase prevention of people trafficking and modern-day slavery. Trafficking in persons is a serious crime and a violation of human rights. Thousands of men, women and children fall victim to traffickers every year. This often happens as a result of them being misled to believe that they are being taken to work that will make their family better off, or through force or being kidnapped. Victims lose their rights and are forced to work, often doing hard labour or prostitution, but receive no payment. Additionally, they also frequently have their documents taken from them and are threatened with punishment if they should try to escape. For more information about trafficking and modern-day slavery, and how to notice signs that this may be taking place [click here](#)

If you are a victim of trafficking and would like support, or you are concerned about someone you believe may be being trafficked, you can contact: The Safeguarding Office – Please call us on 01364 645430 between Monday to Friday, from 9.00am to 5.00pm for a confidential conversation; The Medaille Trust – A charity that provides refuge for victims of modern slavery 24/7 Telephone Helpline: 0800 069 9916 Website: <https://www.medaille-trust.org.uk/>; Unseen – A UK charity that provides safe houses and support in the community for survivors of trafficking and modern slavery. 24/7 Modern Slavery and Exploitation Helpline: 08000121700 [https:// www.unseenuk.org/working-with-survivors](https://www.unseenuk.org/working-with-survivors)

Cardinal Vincent Nichols salutes Sir Mo Farah



Cardinal Vincent Nichols, president of the Santa Marta Group and chancellor of St Mary's University, thanked Sir Mo Farah for coming forward with his story of being trafficked into the UK as a young child and held in domestic servitude.

"I salute the courage of Sir Mo Farah in coming forward to reveal his traumatic story of being trafficked

into the UK as a young child and subsequently forced into domestic servitude. It was only with the considerable help of a teacher at his school that he was able to be freed and then go on to fulfil his potential as a human and an athlete, both at school and then at St Mary's University in Twickenham.

"His story demonstrates the tragic extent of human trafficking in our midst and how vulnerable children as well as adults are targeted and victimised. Sir Mo is

one of many thousand victims of human trafficking in the UK and one of over 40 million victims across the world.”

“As president of the Santa Marta Group, the anti-trafficking charity with its mandate from Pope Francis for the Church to work together with law enforcement officials and civil society leaders in moving to abolish modern slavery, I thank Sir Mo for his brave witness. This is a crime that permeates all countries and leaves a trail of misery as innocent victims are used as a disposable commodity by unscrupulous criminals. This is an evil crime and should not be acceptable.

“The UK has a Modern Slavery Act and the United Nations has prioritised ending human trafficking in its Sustainable Development Goals. Together, inspired by survivors of human trafficking including Sir Mo, we must collaboratively act in this struggle. I call on Government, as well as leaders across civil society, to re-double our efforts to abolish human trafficking and modern slavery.”

New Dawn in the Church

A Catholic Family Pilgrimage Conference is taking place Monday 11 - Friday 5 August at the Catholic National Shrine & Basilica of Our Lady of Walsingham. New Dawn is a residential conference that welcomes approx. 2,500 pilgrims in person and has reached over 150,000 online, with the purpose of bringing each pilgrim to a deeper personal relationship with God the Father in His Son Jesus Christ through the power of the Holy Spirit, a conference where pilgrims can experience “the beauty of the Church... in all her splendour; the Church with all its lights on and all its aspects celebrated – the Charismatic, the Liturgical, the Marian, the Eucharistic, the Sacramental, the Mystical... and for the whole family to be there.” This year we have amazing faith-filled and inspirational speakers from all over the world, a gifted music ministry, healing/ prayer ministry and children's and youth ministries. We are especially excited to share that this year's youth ministry will be headed up by two expert youth ministers from the USA to provide fun, faith-filled, and practical ways for our young people to live out their Catholic Faith! There will also be social & food tents for refreshment and fellowship. Register at www.newdawn.org.uk.

Caritas Plymouth is seeking a paid Intern

To support its environmental work for 6-8 weeks in the Autumn, Caritas is looking for a paid Intern. This can be a very flexible role worked part or full time. If you know any students who might be interested, this is a great opportunity to gain some workplace skills particularly around marketing and communications, event management and report writing and analysis.

[Caritas Administration and Communication Intern Job Description](#)



Pilgrimage of Reparation and Prayer for the Sanctity of Life

Walsingham, Saturday 6 August

We were very gratified to see so many pilgrims able to attend last year's Pilgrimage, when restrictions were still in place, and many more joining online here or you tube here_We hope that many more will take advantage of the greater freedom now in place to join us this year, and that those unable to attend in person will join us online. The cause for life is continually under attack. This year has seen the so-called DIY

abortions made permanent in England, Wales, Scotland and Eire, and the continued attempts by the British government to impose abortion on the province of Northern Ireland. In the Republic of Ireland there is concern that the provision of DIY abortions makes it harder to identify coercion and abuse, and GPs are paid more for abortion than for pregnancy care. The attempts to introduce euthanasia and assisted suicide are a continual threat, as are the attempts to further restrict the freedom to speak and witness to life. *Margaret & Christopher Langley, Pilgrimage organisers*

www.prolifepilgrimage.org



Liturgy and Music Summer School 2022

The Society of St Gregory will be holding their annual Summer School of Liturgy and Music on 3 – 6 August at Belsey Bridge Conference Centre, Ditchingham, Norfolk NR35 2DZ. The theme is: *'Talking, Listening, Responding: the call to be a synodal church'*

This is a residential Summer School exploring and considering ways of responding to the Pope's call to build synodal communities in our own parishes from the perspective of liturgy and music. Invited speakers include Bishop Peter Brignall (initiator of "The God Who

Speaks’), Dr Sue Price (Margaret Beaufort Institute), Maria Hall (Pontifical University of Maynooth), Bob Hurd (USA), Rev Deacon Peter Tibke (Archdiocese of Birmingham). Talks and workshops, liturgies and music, shared meals and social time - something for everyone of all ages. Bursaries are available.

[More details and online booking at this link](#)

or by emailing summerschool@ssg.org.uk

Baptism Preparation Course

Are you expecting a baby and/or looking to have your child baptised? We look forward to supporting you in preparation for this important sacrament and welcoming you and your family into the community of the Church. Courses are over two consecutive Saturday mornings from 10:15-12.15 delivered via Zoom. The next course dates are: 15 and 22 October. Godparents are especially welcome to attend the second Saturday session as the role of Godparents is explored. Click on the link at the end of this article to register. If you have any problems accessing this, please contact Lesley in the Parish Office on 01392 274724 or at exeter-heavitree@prcdtr.org.uk [Baptism Enquiry form](#)

Beatification of Pope John Paul I

The Holy See Press Office has announced plans for the beatification of Pope John Paul I. Pope Francis will preside over the beatification Mass in St. Peter’s Square on Sunday 4 September 2022. Pope John Paul I’s was the shortest papacy in history, reigning over the See of Peter for on 33 days. He was the first Pope to choose a double name, saying he did so in honour of his two predecessors: John XXIII and Paul VI. He was also the last in the long line of Italian-born Popes which began with Clement VII in 1523. His successors; John Paul II, Benedict XVI, and Francis, have all praised the man known as “The Smiling Pope”.

Following the beatification, Mass will be celebrated on 11 September in the hometown of the new Blessed, which lies in the territory of the Diocese of Belluno-Feltre.

Relics of St Bernadette to visit Great Britain

In September and October this year, the relics of St Bernadette will journey on pilgrimage to England, Scotland, and Wales for the very first time. This very special once in a lifetime event will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms of Lourdes, in a church or cathedral near them.

The website will be updated regularly with information about the visit of the Relics which takes place from Saturday 3 September to Sunday 30 October.

Details of how to register for an encounter with the Relics will be available soon.

[Visit the Tour section of the St Bernadette website.](#)

The relics are due to visit Plymouth Cathedral. They will arrive at 1.00pm on Friday 9 September and leave at 12.00pm on Saturday 10. Details to follow.

[Letter from Cardinal Vincent Nicholls](#) about the tour.

The Story of St Bernadette

Bernadette Soubirous was born in 1844 in a small town in France. She was one of eight children born into a very poor family. Although initially unremarkable, Bernadette's life was to inspire generations of people to journey in faith on pilgrimage to Lourdes. Between 11 February and 16 July 1858, Bernadette saw the Virgin Mary eighteen times in a series of Apparitions that took place in cave on the outskirts of Lourdes, a place now known as the Grotto of Massabielle.

During these miraculous encounters, Bernadette, then aged just 14, became the friend and confidante of Our Lady, the mother of Jesus. The Apparitions of Lourdes were authenticated in 1866 by the Bishop of Tarbes.

In that same year, Bernadette left Lourdes to live out her religious vocation within the community of the Sisters of Charity of Nevers. She died in 1879, was proclaimed blessed in 1925, and was canonised in 1933.

Visit the [St Bernadette Relic Tour website](#) for more information.

March for Life

Saturday 3 September beginning with Mass in Southwark Cathedral at 11.00am.

Visit [March for Life website](#) for more information.

Stronghold Praise & Worship

Join us to praise and worship God in song and music on Thursday 28 July in the St Richard Reynolds Centre at Blessed Sacrament Church at 7.15pm.

We look forward to welcoming you for an evening of praise and worship.

'The one who sings prays twice.' St Augustine

Cashiers Required in both Exeter Parishes

If you can spare an hour on a Tuesday morning once a month to help count the collections we would be very grateful for your help. Please contact the parish office for more information. Thank you.

Catholic Exeter Forming in Faith

We will be taking a break during August and look forward to seeing everyone in September for another Word on Fire series of films about our Catholic Faith.

A fourth season of failed rains is causing one of the worst droughts East Africa has seen in decades. In Turkana, in northern Kenya, crops won't grow in the parched ground and animals are beginning to die.

In his [new blog](#), the founder of Mary's Meals Magnus MacFarlane-Barrow meets a farmer named Ekai who fears people in his community – and even his own family – won't survive the year. He is not the only one. The many challenges we see elsewhere in the world today – including conflict, food insecurity and the cost of living crisis, which we are all experiencing – are compounding the difficulties faced by the people of Turkana.

In these desperate times, Mary's Meals is a beacon of hope and, thanks to the kindness of people like you, more than 120,000 children in Turkana eat our nutritious meals each school day. Every single thing that people do for our mission makes an enormous difference to those children, allowing them to gain an education and look to a much brighter future.

It costs just £15.90 to feed a child for a year with Mary's Meals. Please donate today, if you can, so we can keep feeding the children who rely on our life-changing school meals and also reach the next child waiting. Thank you.

[To donate today please click here](#)

Exeter Foodbank News

New Priority items list

Noodle and pasta snacks, sponge puddings, tinned vegetables, squash, sugar, UHT milk (semi-skimmed – green - 1 litre), tinned fish (tuna), tinned vegetables, tinned potatoes, biscuits, noodle snacks, pasta sauce, jams and spreads, custard, sponge puddings, sugar (500g), fruit squash, chocolates & sweets & treats, washing up liquid, washing capsules, shampoo, shower gel.

Collection points at the back of Sacred Heart and Blessed Sacrament churches. Donate money online [here](#). Please ONLY donate items from the list. Thank you

Youth Events [20 July Newsletter available here.](#)

Youth 2000 Summer Festival Ampleforth College Friday 26 – Monday 29 August. For more information and to book a place follow [this link](#).

Flame 2023 Tickets now available. [Visit the Flame website](#) for more info

World Youth Day 2023 Lisbon Portugal 26 July – 8 August 2023. Lots of information in the newsletter. [World Youth Day Lisbon 2023](#).

Volunteer Opportunities See the current Youth Newsletter to see how you can help the youngsters of the Parishes and Diocese.

Holiday Food Vouchers

Devon County Council have been allocated money from the government's new Household Support Fund to provide supermarket vouchers to families whose children currently receive benefit-related free schools meals for the full six weeks of the summer holiday. Please get in touch if you or someone you know could benefit. email freeschoolmeals@devon.gov.uk or call 0345 155 1019.

GIFT Gateway to the Sacraments

By engaging families with their faith and helping them grow in their relationship with God, we are naturally paving the way for the reception of the Sacraments of initiation, particularly Reconciliation, Eucharist and Confirmation. These Sacraments are not just 'one-off' celebrations, they are gifts of God given to nourish and strengthen us on our journey through life. So if you are hoping your child will make their 'First Holy Communion', or as we say 'receive Holy Communion for the first, but not the only time', you will need to come along.

All the information you need to register is below. Contact our Pastoral Assistant Maria Quinn (exeter-pastoral-assistant@prcdtr.org.uk) if you would like to know more about GIFT. We look forward to seeing you soon.

GIFT Youth: Fr Albert and our GIFT Youth Team meet with our young people for their own session. [GIFT Youth Registration Form](#).

Next GIFT Family Session: No meeting in August. We look forward to welcoming our families again on Saturday 10 September.

Family Prayer Resources: Bedtime Chats

Register for GIFT: [GIFT Primary Registration Form](#).

Wednesday Word Scripture Reflection

We meet online via zoom from 2.00-3.00pm each Wednesday but we will be taking a break during August and will meet again on 7 September. If you would like to join us, get in touch with Maria: exeter-pastoral-assistant@prcdtr.org.uk.

Welcomed into the life of grace

Please pray for **Elijah Ihimekpen** who will be baptised at Blessed Sacrament on Sunday. Please also pray for his parents and Godparents. May the flame of faith and the Holy Spirit grow as he takes his place among God's holy people.

Sacred Heart online donations

All donations are anonymous. Please use this link to make your donation. Alternatively, you can go to Sacred Heart website. Scroll down to the 'Parish News' and click the highlighted 'Donate Here' text. There is also a link on our Facebook Page. If you need further guidance email Sacred Heart Parish Office.

Pope's July prayer intention

We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility. [The Pope Video](#)

Trip to RHS Rosemoor Garden

Thursday Lunch Club have arranged a trip, by coach, to RHS Rosemoor on Thursday 11 August. The coach will leave at **10.30 am** from Blessed Sacrament and return at around 4.00 – 4.30pm. Non Club members are most welcome to join this outing. Cost approximately £20 which includes entrance to the garden. To book or for more information contact Maureen Knowles on 01392 211388.

Thursday Lunch Club

We meet in the St Richard Reynold's Centre at Blessed Sacrament Church. Around 30 members come either fortnightly or monthly and we would very much like to welcome new members, whether from Blessed Sacrament or Sacred Heart parishes, who might like to come along to enjoy lunch and a couple of hours of good company. If you are interested please ring Di Bish on 07940 142124 or email clydebish@hotmail.com for further details.

Dipping into the Catechism

A response to the Synod

A new initiative in response to your request to learn more about the teachings of the Catholic Church. Each week we offer an excerpt from the Catechism along with a simple explanation. Copies of these are available in Church and online. If you would like to further explore the teachings of our faith there are several groups across the diocese that meet locally and online. If you would like more information, please contact deborah.vankroonenburg@prcdtr.org.uk

St Nick's News

The whole school community gathered in the hall on Thursday morning for the final assembly of the academic year. After a simple liturgy led by Fr Albert and Fr Jonathan, several children were presented with the Disciple of the Year award.

This is given to children who, throughout the year, have displayed the Gospel values and Virtues which we are enshrined in our school ethos. It was a moment of great joy and pride for them, their families and the whole school. Well done.

We then said goodbye to several members of staff who have served the school faithfully. We wish them well and pray they will be happy and fulfilled.

We look forward to a restful and fun-filled summer holiday and to welcoming new families to the school in September. Prospective parents can contact Mrs Brocksom, Senior Administrator (abrocksom@stnics.uk) for information about joining our school community. We wish all parishioners a lovely Summer.

[St Nicholas School website.](#)

THE WORD

Sunday 24 July – 17th Sunday in Ordinary Time

First Reading – Genesis 18:20-30

I trust my Lord will not be angry, but give me leave to speak.

Psalm Response: On the day I called, you answered me, O Lord.

Second Reading – Colossians 2:12-14

He has brought you to life with him, he has forgiven us all our sins.

Gospel – Luke 11:1-13

Ask, and it will be given to you.

Sunday 31 July – 18th Sunday in Ordinary Time

First Reading – Ecclesiastes 1:2, 2:21-23

What does a man gain for all his toil?

Psalm Response: O Lord, you have been our refuge from one generation to the next.

Second Reading – Colossians 3:1-5,9-11

You must look for the things that are in heaven, where Christ is.

Gospel – Luke 12:13-21 *This hoard of yours, whose will it be?*

INFO

Blessed Sacrament

29 Fore Street, Heavitree,
Exeter EX1 2QJ
01392 274724
exeter-heavitree@prcdtr.org.uk

Parish Priest

Fr Jonathan Stewart

Priest in retirement

Fr John Watkins

Parish Office

Tuesday, Wednesday, Thursday
10.00am–4.00pm

Parish Secretary

Lesley Hooper

Blessed Sacrament Gift Aid:
exeter-heavitree@prcdtr.org.uk

Sacred Heart

25 South Street, Exeter EX1 1EB
01392 272815
exeter-sacredheart@prcdtr.org.uk

Parish Priest

Fr Kieran Kirby

Assistant Priests

Fr Albert Lawes & Fr Anil Gundabatina

Deacons

Delian Bower & Kelvin Russell

Sacred Heart Gift Aid Enquiries:
exeter-sacredheart-giftaid@prcdtr.org.uk

Parish Secretary

Coral Saunders-Mortier

Parish School

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[Bishops' Conference Updates](#)

[Churches Together Devon News](#)

[Churches Together Exeter News](#)

[Churches Together England News.](#)

*Catholic Exeter is part of the Roman
Catholic Diocese of Plymouth.*