

CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament
11 December 2022 Gaudete Sunday. *Year A. Psalter 3*



On this 'Gaudete' (which means 'Rejoice') Sunday, we light the rose candle to express our joy in the coming of Jesus as our Saviour. At the midpoint of Advent, our joy gets more and more intense as we advance in our journey of faith because the coming of Messiah is at hand. So, we are invited to live a life of joy and hope because, in Jesus, the promise of the Lord is fulfilled.

The prophet Isaiah, in the first reading, encourages the exiled Jews in Babylon to believe that God is going to save them and transform their lives. In the second reading, James the Apostle encourages the early Christians to be patient, using the analogy of a farmer who must wait patiently for the ground to yield its fruit. Finally, in today's Gospel reading, Jesus encourages John the Baptist to cast away the popular expectations about the Messiah and simply to accept His healing and preaching ministry as the fulfilment of the messianic prophecy of Isaiah. *Fr Anil*

MASS TIMES SACRED HEART



Sunday 11 December – Third Sunday of Advent Gaudete Sunday

5.30pm (Sat) *Dr Shauna Mary Kate*

9.15am *People of the Parish*

11.15am *Joseph Ward*

5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Monday 12 December

10.00am *Geraldine Thompson RIP*

Tuesday 13 December – St Lucy, Virgin & Martyr

10.00am *Fr Kieran Kirby*

Wednesday 14 December – St John of the Cross, Priest & Doctor

10.00am *Maureen Spray RIP*

Thursday 15 December

6.30pm Exposition of the Blessed Sacrament

7.00pm *Mary & Cornelius Cassidy RIP*

Friday 16 December

10.00am *Joseph Breen RIP*

Saturday 17 December

10.00am *Grace Cecilia Withers (Baptism)*

Sunday 18 December – Fourth Sunday of Advent

5.30pm (Sat) *For a little girl called Autumn*

9.15am *Fr Kieran Kirby (Anniversary of Ordination)*

11.15am *People and the Parish*

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 Mass To access the YouTube stream please [click here](#).

Refreshments served after Masses on Sunday (9.15am), Tuesday, Wednesday and Saturday.

Church open for private prayer from 9.00am until 6.00pm each day.

MASS TIMES BLESSED SACRAMENT



Sunday 11 December – Third Sunday of Advent Gaudete Sunday

8.45am *People of the Parish*
10.45am *Annie – In thanksgiving*
6.00pm *Dodie Weir RIP*

Tuesday 13 December – St Lucy, Virgin & Martyr

6.30pm *The Sick & Housebound of the parish*

Wednesday 14 December – St John of the Cross, Priest & Doctor

9.30am *Holy Souls*

Thursday 15 December

9.30am *Fr Kieran Kirby*

Friday 16 December

9.30am *Diocese of Plymouth*

Saturday 17 December

9.30am *Tom Reardon RIP*

Sunday 18 December – Fourth Sunday of Advent

8.45am *Canon Paul Cummins*
10.45am *People of the Parish*
6.00pm *Harry Barrett RIP*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Live stream Mass

To access the YouTube stream please [click here](#).

Refreshments

Served after 10.45am Mass on Sunday and 9.30am Mass on Wednesday.

ADVENT

Advent Retreats with the Sisters of Mary Morning Star

Retreat for Young Women aged 18–35

16–18 December. An opportunity for young women to study St Thomas Aquinas' teaching on the Mystery of the Incarnation, and to learn how to do Lectio Divina.

Day retreats open to all

Tuesdays during Advent, 13 and 20 December 11.30am till 6.30pm. The day starts with Mass at 11.30am. Please bring a packed lunch and a bible.

All retreats are being held at the Convent in Lynton EX35 6BS. To book or for more information contact the Sisters on 01598 753373 or email

srsmarymorningstar@gmail.com

Walk With Me

Enjoy a spiritual time of prayer and reflection during Advent with the Walk with Me Advent Prayer Journey books which are available at a cost of £1.00 each.

Please place your money in the repository wall box marked 'books' at Blessed Sacrament, or the wall box marked 'Repository Items' at Sacred Heart.

Simbang Gabi – Filipino Mass

This traditional Filipino Mass will be celebrated at Blessed Sacrament on **Saturday 17 December at 3.30pm**. An invitation is extended to all parishioners to join the Filipino community.

Advent Carol Service

Sunday 18 December at Blessed Sacrament at 3.00pm followed by refreshments in the St Richard Reynolds Centre.

CHRISTMAS

Christmas Offerings

Envelopes are available at Sacred Heart and Blessed Sacrament for the traditional Christmas offering for our priests.

Christmas Mass Times

BLESSED SACRAMENT

Christmas Eve 24 December Vigil Mass: 6.00pm

Carols and Readings followed by Midnight Mass: 11.30pm

Christmas Day 25 December: 8.45am and 10.45am. No evening Mass

Monday 26 December: 9.30am

SACRED HEART

Christmas Eve 24 December Vigil Mass: 5.30pm

Carols and Readings followed by Midnight Mass: 11.30pm

Christmas Day 25 December: 9.15am and 11.15am.

Monday 26 December: 10.00am

CHARITY BEGINS AT HOME

Crib Offerings support children

Seeking to develop the welfare of our most vulnerable children, the Catholic Children's Society (Plymouth) will be collecting crib offerings to support their work. Please take time to visit the crib over the Christmas period, and to give generously. Thank you for your kindness.

Blessed Sacrament Foodbank Christmas Tree

Many thanks to all who have brought items to place under our tree. The tree has now been replenished with tags which include items the Foodbank has prioritised this Christmas. Take a tag, purchase that item and place it under the tree.

CAFOD News

What does CAFOD do? We are an international development charity and the official aid agency of the Catholic Church in England and Wales. We reach out to people living in poverty with practical help, whatever their religion or culture. Through our global Church network, one of the largest in the world, we have the potential to reach everyone. And we campaign for global justice, so that every woman, man and child can live a full and dignified life.

How to get involved with CAFOD? Whether you [donate](#), [campaign](#), [download prayers](#) or [volunteer](#) you are saving lives and helping us ensure that no one is beyond reach of the love and care they need. [Click here](#) to find out more.

Mary's Meals

Join our [Big Family Christmas](#) and help feed hungry children with Mary's Meals. For just £15.90 you can set a place for yourself or a loved one at our virtual Christmas dinner table. Your name will appear online and you'll receive a beautiful PDF placemat to pass on as a gift. And, with [Double The Love](#), donations to Mary's Meals until 31 January 2023 are being matched by a group of generous supporters – up to £1.5 million. This means each place set will feed two children with life-changing school meals for a whole year!



Last chance to make **donations and nominations**. 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. All nominations will be treated in confidence. Please return the form available in the church to the parish office/via the presbytery letterbox or email the Parish Office.

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 13 December

Food Hub

Every Thursday from 11.00am until 1.00pm at Rediscover Church EX4 3ER. For anyone who is struggling with the purchasing of food at the moment. Come along and pick up a range of different items to take home for free. To donate food or join our team of volunteers, email: jason.ham@rediscoverchurch.com More information [Rediscover Church FoodHub](#)

Exeter Foodbank

Priority items: Fruit squash, fruit juice, tinned fish, tinned meat, tinned potatoes, tinned vegetables, biscuits, noodle snacks, jams & spreads, custard, sponge puddings, 500g coffee jars, household items (washing up liquid, washing capsules etc.). Collection points at Sacred Heart and Blessed Sacrament churches.

FORMING IN FAITH

Wednesday Word Scripture Reflection

Wednesday Word meets online via zoom from 2.00-3.00pm. We will meet on Wednesday 14 December then take a break and meet again on 4 January 2023. If you would like to join us then, get in touch with Maria: exeter-pastoral-assistant@prcdtr.org.uk. Come whenever you can, you will be most welcome.

Finding Joy in our lives today

Due to illness and the time constraints of this season, 'Joy of the Gospel' will be postponed until January. Please keep an eye on the newsletter for updates.

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 via Zoom.

2023 dates: **21 & 28 January**, 15 & 22 April, 15 & 22 July and 14 & 21 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, contact Lesley on 01392 274724 or exeter-heavitree@prcdtr.org.uk. We are now taking bookings for the January 2023 course. [Baptism Enquiry form](#)

GIFT: Gateway to the Sacraments

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. Find out more on the Blessed Sacrament Website GIFT page: [Click Here](#)

Next GIFT Meeting: Saturday 7th January 2023

Get in Touch and Register If you would like to join us, please register using the appropriate link: GIFT Primary [Registration Form](#) and GIFT Youth [Registration Form](#). If you have any questions, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk

Dipping into the Catechism [Click here for December sheets.](#)

YOUTH

Flame 2023

Join Youth Events at Wembley Stadium on Saturday 4 March 2023. Tickets are £35 which include entry and travel to Wembley. Coaches will pick up from locations in Dorset and Devon. It's a great chance to hear from speakers like Robert Bilott, singer/ songwriter Adenike and award winner Guvna B. This is the largest Catholic gathering in England and Wales. This is for those aged 14 to 21. To book [please use this form](#) or contact Saskia or Michelle by emailing youth@prcdtr.org.uk

Youth Events E-Newsletter [Click here for the latest news](#)

NEWS & EVENTS

Urgent Accommodation Needed

A Ukrainian single parent family currently living in East Devon looking for accommodation in Exeter. Daughters attend St Nicholas School and Exeter College and mum works in Exeter. Travelling by public transport is inconvenient and expensive. Please contact Charlotte Wilson on crmavb@icloud.com

Blessed Sacrament Weekly Giving Envelopes

The weekly gift aid and planned giving envelopes are available for collection from the Parish Office. Do remember to let us know if there are any changes in your circumstances; for instance, are you still paying income tax? If you have moved recently let us know your correct contact details. If you are new to the Parish and perhaps not considered gift aiding your donations this is easily done. For more information about this and standing orders, please visit the Parish Office.

Diocesan Yearbook 2023

The 2023 Diocesan Yearbook is now available at a cost of £4.00. It is a great source of diocesan information and news. Please put your payment in the wall box marked 'Books' at Blessed Sacrament or 'Repository Items' at Sacred Heart.

Blessed Sacrament Children's Liturgy Support

Can you help our lovely catechists? We are looking for volunteers who are willing to be a safeguarding presence during Children's Liturgy at the 10.45am Mass on Sundays. You will be required to take a register and be another adult presence in the group supporting the catechist whilst they lead the session. You will need a DBS certificate and the parish can help if you don't already have one. Please contact Lesley in the Parish Office exeter-heavitree@prcdtr.org.uk if you are able to help.

International Mass at Sacred Heart



Sunday 19th February 2023

National heritages so far included are: Australia, Brazil, Canada, China, Colombia, England, France, Ghana, Hong Kong, Hungary, India, Indonesia, Ireland, Italy, Japan, Lebanon, Malaysia, Malta, Mexico, New Zealand, Nigeria, Peru, Philippines, Poland, Portugal, Rwanda, Scotland, South Africa, Singapore, Spain, Sri Lanka, Thailand, Wales, Zambia and Zimbabwe. If you would like your national heritage

celebrated, please contact Vivianne Anderson on hot-ma@hotmail.com. Also, any Cantonese or Spanish speaking parishioners please contact Vivianne.

St Nicholas School News

We would welcome any parishioners who would be interested in coming in on a weekly basis to support children with their reading. You would need an enhanced DBS check for this which would be carried out by the school. If you are interested and wish to find out more please contact Mrs Brocksom abrocksom@stnics.uk

Carol Services across our City

Sunday 11 and Monday 12 December at Exeter Cathedral. Christmas with the Cathedral Choir. Times vary, please visit [Exeter Cathedral Events](#).

Monday 12 December Exeter University's Evangelical Christian Union invites you, your friends and your family to the annual 'Exeter Carol Service' at St James' Park Stadium, Stadium Way, EX4 6PX at 7.00 – 8.00pm Free entry.

Wednesday 14 December YMCA Exeter Christmas Carol Service 12.30pm at St David's Church. The service will be open to our friends, supporters, volunteers, staff and residents.

Friday 16 December Carols at the Quay 7.00pm Near the Clip and Climb centre by Rediscover Church.

Become a Plymouth Cathedral Benefactor

Can you help make our Cathedral a more beautiful place of worship? As part of a series of renovations, at Plymouth Cathedral we are remodeling the sacristies, located off the south-east corner of the nave. We are inviting applications for the position of: BENEFACTOR(S) for a minor programme of remedial restoration work. If you would like to contribute, and for further details, please e-mail Adrian Wardle, the co-ordinator of our project on arwardle@talk21.com or telephone +44(0)1752 830113. You will receive a prospectus of these important works and an invitation to donate towards the costs of this project. Thank you in advance for your charity and generosity. Canon Mark O'Keeffe, Dean of Plymouth Cathedral. [Click here for more information.](#)



Top Tips for Celebrating a Livesimply Christmas

Do buy a Christmas tree with roots or one that is grown sustainably. **Do** use reusable bags when shopping for fruit & vegetables.

Do buy CAFOD World Gifts which help

families to live better lives. **Do** recycle your Christmas tree with Exeter City Council. **Do** wrap presents in brown paper that is recyclable and use paper bows and ribbons. **Do** try to eat less meat over the holidays and buy local. **Don't** use shiny wrapping paper or glitter. **Don't** buy brand new artificial trees. **Don't** buy shiny Christmas crackers with plastic toys. **Don't** leave your Christmas lights on all day. **Don't** throw out your cards: cut them up and make gift tags for next year. **Don't** waste food: plan carefully. **Don't** throw clothes/toys out that are in good condition: offer them to charity shops

PRAYER & LITURGY

Rest in Peace...

Please pray for the repose of the soul of Annamaria Farao who has died. May she rest in peace and rise in glory.

Stronghold Praise and Worship

Thursday 15 December: Join us to praise and worship God in song and music in the St Richard Reynolds Centre at Blessed Sacrament at 7.15pm. We look forward to welcoming you to praise God in song and prayer. All welcome.

THE WORD

Sunday 11 December – 3rd Sunday of Advent – Gaudete Sunday

First Reading Isaiah 35:1-6,10

The maiden is with child.

Psalm Response: *Come, Lord, and save us'*

Second Reading St James 5:7-10

Do not lose heart for the Lord's coming will be soon

Gospel Matthew 11:2-11

Are you the one who is to come, or have we got to wait for someone else?

Sunday 18 December – 4th Sunday of Advent

First Reading Isaiah 7:10-14

God himself is coming to save you.

Psalm Response: *Let the Lord enter! He is the King of Glory.*

Second Reading St Paul to the Romans 1:1-7

Jesus Christ, descendant of David, Son of God.

Gospel Matthew 1:18-24

Jesus is born of Mary who was betrothed to Joseph, Son, of David

Rejoice in the Lord always

Joyful Prayers

The prayers in the Roman Missal for the Third Sunday of Advent convey a joyful message. The Entrance Antiphon for today's Mass reminds us to "Rejoice in the Lord always". The immediacy of Christmas is addressed in the Collect, "O God, who see how your people faithfully await the feast of the Lord's Nativity," followed by two explicit references to joy: "enable us... to attain the joys of so great a salvation" and "to celebrate them with... glad rejoicing." The Second Preface of Advent says, "we rejoice at the mystery of his Nativity" and that we are "exultant in his praise." Two invocations in the Solemn Blessing for Advent refer to joy: the second, "may he make you... joyful in hope," and the third, "So that, rejoicing now with devotion at the Redeemer's coming."

A Joyful Colour

Rose represents joy and may be used as the liturgical colour for Gaudete Sunday. Violet remains the official colour for the Season of Advent, the Third Sunday included, because all of Advent has a penitential tone, a time to be absolved of sin and be in a state of grace for Christmas. Gaudete Sunday offers a brief respite to focus on the uplifting, upcoming joyful celebration of the Nativity.

CONTACT US

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 Secretary

Lesley Hooper

Office hours Tuesday, Wednesday,

Thursday 10.00am–4.00pm

Gift Aid enquiries:

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 Gundabathina

Deacons

Delian Bower & Kelvin Russell

Parish Secretary

Coral Saunders-Mortier

Office Hours -9.00am-12.00pm &

1.00pm- 4.00pm Tuesday - Friday

Gift Aid Enquiries: [exeter-sacredheart-](mailto:exeter-sacredheart-giftaid@prcdtr.org.uk)

giftaid@prcdtr.org.uk

Parish School

St Nicholas Catholic Primary School

Ringswell Avenue, Exeter EX1 3EG

01392 445403

admin@stnics.uk

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

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Safeguarding

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Useful links

[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.*