

CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament

29 January 2023 4th Sunday in Ordinary Time. Year A. *Psalter 4*

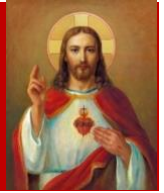


At the beginning of his Sermon on the Mount, Jesus teaches the 'Beatitudes'. They tell us what a true Christian should be, what we need to follow Christ, and elucidate the correct relationship of man to God to become more like Him. They are also a way to teach about who will find favour with God.

Our vocation as Christians is not to be first in this world but rather to be first in the eyes of God. The Lord will protect those who live lives of honesty and justice, integrity and humility. Paul also advises us to use our gifts for the good of the community because God has chosen us to give our neighbours life in Jesus, by whom He justified, sanctified and redeemed us. Amen! *Fr Anil.*

MASS TIMES

SACRED HEART



Sunday 29 January – 4th Sunday in Ordinary Time

5.30pm (Sat) *For Tom Whelan*

9.15am *For the People of the Parish*

11.15am *For Fr Michael Wheaton*

5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Monday 30 January

10.00am *For Martin Overy*

Tuesday 31 January – St John Bosco, Priest

10.00am *John & Elizabeth Chichester RIP*

Wednesday 1 February

10.00am *Holy Souls*

Thursday 2 February – Feast of The Presentation of the Lord

World Day for Consecrated Life

6.30pm Exposition of the Blessed Sacrament

7.00pm *For Vocations to the Consecrated Life*

Friday 3 February – St Blaise, Bishop & Martyr

10.00am *Fr Robin Sanders RIP*

Saturday 4 February

NO MASS

Sunday 5 February – 5th Sunday in Ordinary Time

Racial Justice Day – Justice & Peace in the World

5.30pm (Sat) *Holy Souls*

9.15am *For Fr Kieran Kirby*

11.15am *For the People of the Parish*

5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Confessions Usually Saturday after 10am Mass and 4-5pm, 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 29 January – 4th Sunday in Ordinary Time

8.45am *People of the Parish*
10.45am *Musicians & Singers*
6.00pm *Fr Michael Wheaton*

Tuesday 31 January – St John Bosco, Priest

6.30pm *Special Intention*

Wednesday 1 February

9.30am *Toddler group*

Thursday 2 February – The Presentation of the Lord World Day for Consecrated Life

9.30am *Sick & Housebound*

Friday 3 February

6.30pm *Holy Souls*

Saturday 4 February

9.30am *Fr Kieran Kirby*

Sunday 5 February – 5th Sunday in Ordinary Time

Racial Justice Day – Justice & Peace in the World

8.45am *Ukraine*
10.45am *People of the Parish*
6.00pm *Canon Paul Cummins*

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.

CHARITY BEGINS AT HOME

CAFOD News

In Pope Francis' message to charities and non-governmental organisations (NGO's) and their volunteers he said: "the world needs volunteers and organisations committed to seeking the common good... being a volunteer who helps others is a choice that makes us free, it opens us to other people's needs, to the demands of justice, the defense of the poor and to the care of creation. It means being artisans of mercy. By working together, (NGOs and their volunteers) do their best to make the miracle of the multiplication of hope a reality. We have a great need to multiply hope!"

CAFOD, the Catholic Agency for Overseas Development, are looking for people to join them in their mission. Could you help in our schools, parish, deanery or the wider diocese, bringing people together to "multiply hope" and help build a better world? Could you support local volunteers, or share your social media, communications or office skills to help CAFOD in it's vital work on behalf of the Church? Training and support is provided. See cafod.org.uk/Volunteer for more information email: plymouth@cafod.org.uk or telephone: 01752 268768

CAFOD Exeter Deanery Meeting

Saturday 11 February at St James and St Boniface, 40 Old Road, Tiverton EX16 4HJ 11.00am–1.00pm followed by a shared lunch. Open to everyone. Hear from others how CAFOD is working across the Deanery to fund raise, campaign for aid and raise awareness of social injustices across our beautiful planet.

Can You Help?

The Exeter Parish CAFOD groups are looking for someone to help with CAFOD campaigns particularly in contacting our local MPs on behalf of CAFOD. This is usually done by email or letter and is an important element of highlighting CAFOD's work. This is a voluntary role as part of a parish CAFOD group. There is lots of support and resources from CAFOD for this job. If you are interested please let your parish office know and one of the CAFOD group will contact you.

Exeter Foodbank

Priority items: Sugar (500g bags are perfect), fruit squash (orange, blackcurrant etc.), fruit juice, tinned meat, tinned potatoes, biscuits, noodle snacks, jams & spreads, custard, sponge puddings, 500g coffee jars, household items (washing up liquid, washing capsules etc.). Collection points are located at Sacred Heart and Blessed Sacrament churches. Exeter Foodbank website

Keeping warm this winter

Find Warm Spaces in Exeter

The Exeter Connect Team have compiled a map to make accessing information about warm, friendly spaces this winter easier: [Warm Spaces in Exeter](#)

FORMING IN FAITH

Are you thinking of becoming a Catholic?

Our faith journey can take us in many different directions. Some people are baptised into faith and the Church when they are infants, other people come to faith in God much later in life. Some people journey in one direction and then, for many different reasons, God calls them to change direction.

The Catholic Church welcomes those who are considering becoming part of the community. You may have already been baptised in a different church or you may have never received the sacraments. You may be married to a Catholic and look forward to being part of the same faith family. You may already be a baptised Catholic but know little about the faith or have never received the sacrament of Confirmation. You may simply feel God is calling you.

If so, we would love to meet you. We invite you to come and find out more about the Church and the journey towards joining the Catholic community.

We will meet for the first time on **Thursday 16 February at 7.30pm** in the Lower Room at Sacred Heart. It will be a very informal and friendly meeting and you don't need to do anything to prepare, just come along. Don't worry if you feel a bit daunted, this could be the first step towards a whole new life!

You may know someone who has expressed a desire to know more about being a Catholic. Please invite them and come along and support them. You would be most welcome. We look forward to seeing you.

Forming in Faith

Would you like to deepen your prayer life?

Our next series 'The Prayer Course' is a simple and accessible guide to prayer for those who are both novices and experienced in daily prayer. Using the 'Our Father' as a template for prayer, the Prayer Course will both deepen your understanding of the different types of prayer and provide an opportunity to pray together as a group. Each week, resources sheets will be available to take home and to guide you in your prayer journey.

Come along on Monday 30 January at 10.30am to the Lower Room, Sacred Heart Church OR Tuesday 31 January at 7.00pm to the St Richard Reynolds Centre, Blessed Sacrament Church. Come for all of the series or as and when you can.

Wednesday Word Scripture Reflection

The next meeting online via zoom from 2.00–3.00pm will be on 25 January. If you would like to join us contact Maria: exeter-pastoral-assistant@prcdtr.org.uk. Come whenever you can, you will be most welcome.

Preparing for Baptism

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. We meet over two consecutive Saturday mornings from 10.15-12.15 via Zoom. 2023 dates: 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 the Enquiry Form link at the end of this article to register. If you have any problems accessing this, contact Lesley on 01392 274724 or exeter-heavittree@prcdtr.org.uk [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 4 February at St Nicholas School at 9.45am

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

Ignatian Spirituality Group Retreats 2023

Have you ever thought about getting away for a while and spending time with God? If so then one of these silent, individually guided retreats available in the Diocese of Plymouth in 2023 could be just the thing for you.

Lenten Retreats

Feb 24 – 26 (Fri – Sun) Weekend Retreat

Feb 27 – 3 March (Mon – Fri) Midweek Retreat

Feb 24 – 3 March (Fri - Fri) 6-day retreat.

Venue: St Rita's Centre Honiton, East Devon. A well-appointed retreat house with comfortable ensuite accommodation situated in the Vale of Honiton.

Summer Retreats

Jun 30 – 2 July (Fri - Sun) Weekend Retreat

July 3 – 7 July (Mon - Fri) Midweek Retreat

Jun 30 – 7 July (Fri - Fri) 6-day Retreat

Venue: Sclerder Abbey near Looe in Cornwall. The retreat house in its tranquil setting and with a large garden and pleasant rural walks nearby.

Cost includes full board & lodging. Recommended donation:

Weekend Retreat £140, Midweek Retreat £240, 6-day Retreat £450.

Please contact Diocese of Plymouth Ignatian Spirituality Group at

diocesan-ignatian-retreats@prcdtr.org.uk or phone 01752 769164 or 07823 447637 for further information and booking form.

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

YOUTH

Flame 2023

If you are aged 14 to 21 why not join Youth Events at Flame being held at Wembley Stadium on Saturday 4 March. Tickets are £35 which includes 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.. It's not just for Catholics, anyone interested is welcome to come. Please let Maria Quinn, our pastoral Assistant know exeter-pastoral-assistant@prcdtr.org.uk or contact Saskia or Michelle directly by emailing youth@prcdtr.org.uk

World Youth Day 2023

Lisbon, Portugal 26 July – 8 August 2023. For young people who will be 17+ by August 2023. World Youth Day is a chance to meet Pope Francis with around three million young people from across the globe. The Pope will celebrate Mass for the opening and the closing of WYD. Speakers from around the world will lead and guide us. There will be many opportunities for inspiring catechesis and prayerful worship, but perhaps the most wonderful opportunity will be to meet other young faithful Catholics who want to share and celebrate their faith. Don't

miss it! The Diocese of Plymouth is planning to take a group of pilgrims. We will be arranging for our young pilgrims to stay with local families in Lisbon for several days to experience local culture and traditions before joining the many Youth Day events in Lisbon. Cost to be confirmed. Those who are travelling will be encouraged to embark on some fundraising, and of course the parishes will want to help. Contact Saskia youth@prcdtr.org.uk

NEWS & EVENTS

Rise Theatre: Faithful Companions

Rise Theatre's production of Faithful Companions is coming to Plymouth on 16 March. It is suitable for all ages from 11 upwards. Great for confirmation groups. Performance time is 7.00pm at St.Boniface's College. You can reserve tickets by phoning 01752 779051 or by emailing : mailbox@bonifaces.com Reserved tickets are £5 each ...cash on the door Please come and support Rise and enjoy this inspiring story.

Racial Justice Day

Justice & Peace in the World

On Sunday 5 February, the Catholic Church in England and Wales celebrates Racial Justice Sunday, a day when the Church focuses on the need to oppose racism and pursue racial justice with renewed vigour. The theme for 2023 is "All are included in the mission of Christ and His Church. Let us walk together, pray together." Find out more at [Catholic Association for Racial Justice](https://www.catholic.org.uk/racialjustice)

Retrouvaille

A Programme for Couples Struggling in their Marriages. Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue, or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. The programme helps spouses uncover or reawaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for a Face to Face weekend in Welwyn Garden City on 24th - 26th February 2023, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com or visit www.retrouvaille.org.uk

Sacred Heart International Mass

Sunday 19 February

'I looked, and behold, a great multitude which no man could number, from every nation, from all tribes and peoples and tongues, standing before the throne and before the Lamb' Revelation 7:9

You are warmly invited to the International Mass at Sacred Heart.

This is a fantastic opportunity to celebrate our Catholic unity and diversity by celebrating our national heritages united in worship of our One Loving God.

Mass will be at 10.30am followed by an International lunch in Kalendar Hall just up the street from the church. Come along and experience the cultural diversity of Catholic Exeter both in worship and in food.

Please note that on 19 February Mass times at Sacred Heart will be different. There will be Mass at 8.15am, followed by the International Mass at 10.30am

Accommodation Needed: Can you help?

Tarsisio Nyatsanza has recently arrived in Exeter and joined our community from Zimbabwe. He is currently living in a B&B but is looking for more permanent accommodation: a 1 or 2 bedroom apartment or equivalent. If you are able to help, please email tarsisionyats@gmail.com or call 07440543707.

St Nicks News

HOLY HUNT One of our Year 5/6 classes took part in a Holy Hunt this week. They walked to Blessed Sacrament Church to celebrate Mass and then 'hunted' in and around the church, exploring the symbols, statues, windows and objects and discovering the significance and meaning behind them. All key stage 2 classes will be taking part in a hunt over the rest of the school year.

NURSERY Enquiries about admission from Nursery to Year 6 can be made to Mrs Brocksom, Senior Administrator by emailing abrocksom@stnics.uk or calling 01392 445403.

HELP WITH READING 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

Knit & Natter Group

The Knit & Natter group will meet on Friday 3 February after the 10.00am Mass in the Lower Room. We welcome anyone who would like to come for a cuppa, and feel free to bring your current handiwork.



The Life of Christ at Wintershall

We are hoping to organise a trip by coach to the Wintershall Estate in Surrey to experience The Life of Christ on Saturday 1 July.

The greatest story of all time is movingly recreated with authentic detail, outstanding quality sound and music. The Life of Christ is a passion play not to be missed. It is both educational and entertaining, amusing and serious. Watch as hundreds of actors bring the story of Jesus to life in an open-air epic production set in stunning Surrey countryside. Young and old from all walks of life will be mesmerised as the story unfolds across three captivating acts from 10.00am to 3.30pm. The retelling of this evocative story against the peaceful backdrop of the Wintershall grounds has a profound effect on visitors. The Life of Christ is highly entertaining and unforgettable.

To express an interest in going please contact Blessed Sacrament Parish Office and Lesley will be able to give you more details. We will advertise the prices in the newsletter when we have all the information for you. To find out more please visit the website: [The Life of Christ](#).

Exeter Street Pastors commissioning

You are warmly invited to the commissioning service of our new Street and Prayer Pastors on Sunday 5 February 3.00 – 4.00pm followed by coffee and cake. This will take place at The Terrace, Unit 19, Higher Market, Guildhall, Queen Street, Exeter, EX4 3FB. Come and join us and the night time economy to celebrate the completion of the Pastors' training, to commission them and pray for them as they begin their ministry on the streets of our city.

Shop at St Rita's

St Rita's shop in Honiton is offering Lent and Easter religious articles. We hope you will find the range inspiring. Our prices are very competitive. Shop online at www.stritascentre.shop where you will find a wide selection of items; books, statues, holy pictures, etc. Order online, by email shop@stritascentre.org or by phone 01404 42635.

Safeguarding Training

Advance Notice - Date for Your Diary

Rob Kingdom from the Diocesan Safeguarding Team will be providing training for parishioners from Blessed Sacrament and Sacred Heart on Saturday 25 March, 9.30am until 4.00pm at St Richard Reynolds Centre at Blessed Sacrament. Refreshments and lunch will be provided. Confirmation of times nearer the time. Please give your name to Lesley Hooper at Blessed Sacrament parish office if you plan to attend. Thank you.

Caritas Plymouth [January Newsletter](#)

Stay Awake

Saturday 11 March at All Saints Church of England Academy, Weymouth, 10.00am – 7.00pm. Please come and bring your friends and neighbours to an inspirational day of growing closer to Jesus. There will be Mass, Praise and Worship, Kids' activities, Fellowship, Workshops, a Prayer Room and Pizza in the evening for dinner! What's not to love?! Tickets are FREE for those in Year 9 and under and only £10 for everyone else! Please see www.stayawakejc.com for more information and to book tickets!

LOUDfence Supporting survivors of abuse

The Diocese of Plymouth are holding a LOUDfence at Christ the King Church in Plymouth between Wednesday 15 and Friday 17 February 2023. A LOUDfence is a visible display of support and solidarity with those who have been affected by abuse showing survivors of abuse that we hear you, we believe you and that we are here to support you. Attendees will be encouraged to tie a ribbon to a fence which could also include a message of support.

The event is open to everyone, and the LOUDfence will be in place at the front of the church from 2.00pm on Wednesday 15 February until 4.30pm on Friday 17 February, for ribbons and messages to be added. Members of the safeguarding team will be present during working hours.

Wednesday 15 February at 2.00pm – Opening of the LOUDfence.

Speakers: Fr Mark Skelton (Clergy Lead for Safeguarding) and Antonia Sobocki (LOUDfence). **Thursday 16 February** – LOUDfence open all day.

Friday 17 February – LOUDfence open until 4.30pm.

A Survivors Mass will be held at 12.00 Noon, celebrated by Fr Mark Skelton.

If you are unable to attend but would like to send a message of support, please visit: [our LOUDfence website page](#) and complete the online form, e-mail sophie.scagell@prcdtr.org.uk

Understanding Synodality

Two further talks by Dr Caroline Farey. Saturday 11 February at St Peter's Catholic Church, Crownhill, Plymouth, PL5 3AX. Meet in- person or online via Zoom. Mass at 9.30am. Refreshments at 10.30am. Please bring your own lunch.

To request a zoom link email: carolinefarey@btinternet.com

11.00am: Talk 1. Sharing the priesthood of Christ.

1.15pm: Talk 2. Should women share in the hierarchy?



Aid to the
Church in Need

Steve Riedlinger, ACN fundraiser for the Diocese of Plymouth recently provided some news of ACN's work around the world:

Bringing God's word to young Amazonians

Aid to the Church in Need has distributed a new translation of its Child's Bible to the Amazonian Sateré-Mawé people, who at last can learn God's word in their own language (*reported 12th January 2023*). More than 1,000 copies of the ACN Child's Bible, *God Speaks to his Children*, were distributed to representatives of nearly 30 Sateré-Mawé communities, who live in the Andirá and Marau regions of the Amazon. In total, the charity has printed 51,459,477 copies of the book in 193 languages, including more than 10 million copies in Brazil alone.

The Sateré-Mawé number more than 12,000, with Sateré-Mawé children benefitting from a network of bilingual schools. Father Henrique Uggé, an Italian missionary said that the Sateré-Mawé will also be able to hear Mass readings in their indigenous tongue, emphasising that "this will be most useful for them".

The Child's Bible has been translated into other indigenous Brazilian languages such as Guarani, Tukano, Ticuna and Macuxi. In some cases, the Child's Bible was the first book ever to be published in that specific language.

PRAYER & LITURGY



Adoration and Taizé at Sacred Heart

Join us at Sacred Heart Lady Chapel for adoration and Taizé at 7.00pm on Wednesday 1 February. All welcome.

Pope's January Prayer Intention

For educators. We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all. [The Pope Video](#)

We commend to the Lord...

the souls of Jean Baker and Ellen Dalporto who have recently died. Please keep them and their families and friends in your prayers. May they rest in peace

THE WORD

Sunday 29 January – 4th Sunday in Ordinary Time

First Reading Zephaniah 2:3; 3:12-13

In your midst I will leave a humble and lowly people

Psalm Response:

How happy are the poor in spirit; theirs is the kingdom of heaven.

Second Reading I Corinthians 1:26-31

God chose what is foolish by human reckoning.

Gospel Matthew 5:1-12

How happy are the poor in spirit.

Sunday 5 February – 5th Sunday in Ordinary Time

First Reading Isaiah 58:7-10

Then will your light shine like the dawn.

Psalm Response:

The good man is a light in the darkness for the upright.

Second Reading I Corinthians 2:1-5

During my stay with you, the only knowledge I claimed to have was about Jesus as the crucified Christ.

Gospel Matthew 5:13-16

You are the light of the world.

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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Maria Edwards

07870 696530

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.*