

CATHOLIC EXETER



Parishes of Blessed Sacrament and Sacred Heart
12 March 2023 Third Sunday of Lent. Year A. *Psalter 3*



A spring of water welling up to eternal life

The liturgical readings present to us the spiritual symbol of water, and its purifying and cleansing effect on the soul. As water is necessary for human life, much more is Christ's living water, the baptismal grace, necessary for man's salvation. Jesus has come to save what was lost. His death is meant to save the whole of humanity. Christ was interested in souls, especially those who are in most need of his mercy and salvation. Jesus uses his encounter with the Samaritan woman to teach his disciples and us that God's mercy is without limit. Let us, through our daily struggle for conversion, our prayer and fidelity to Christ's teachings become instruments bringing souls to Christ. The thirst for salvation, therefore, may only be quenched by the living water of Christ, his grace which provides eternal life. Amen. *Fr Anil*

MASS TIMES SACRED HEART



Sunday 12 March – Third Sunday of Lent

5.30pm (Sat) *Antonio & Carlo RIP*
9.15am *People of the Parish*
11.15am *Rosa Isabel Sanchez Umbariba RIP*
5.00-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Monday 13 March

10.00am *Fr Sean Flannery*

Tuesday 14 March

10.00am *All who are sick and those who care for them*

Wednesday 15 March

10.00am *Ukraine*

Thursday 16 March

6.30pm *Adoration of the Blessed Sacrament & Benediction*
7.00pm *Canon Paul Cummins*

Friday 17 March – St Patrick, Bishop & Missionary. Patron of Ireland

10.00am *The sick clergy of Exeter Deanery*
12 Noon *Stations of The Cross*

Saturday 18 March

10.00am *Christian Unity*

Sunday 19 March – Fourth Sunday of Lent – Laetare Sunday

5.30pm (Sat) *Holy Souls*
9.15am *People of the Parish*
11.15am *Peter Vernon Ward RIP*
5.00-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Confessions 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 12 March – Third Sunday of Lent

8.45am *People of the Parish*
10.45am *Sick clergy of Exeter Deanery*
6.00pm *People of Ukraine*

Tuesday 14 March

6.30pm *Family of Patrick Mason*

Wednesday 15 March

9.30am *All who are sick & those who care for them*

Thursday 16 March

9.30am *Rosa Isabel Sanchez Umbariba RIP*

Friday 17 March – St Patrick, Bishop & Missionary. Patron of Ireland

6.00pm *Stations of The Cross*
6.30pm *Canon Paul Cummins*

Saturday 18 March – National Child Exploitation Awareness Day

9.30am *Holy Souls*

Sunday 19 March – Fourth Sunday of Lent – Laetare Sunday

8.45am *All mothers*
10.45am *People of the Parish*
6.00pm *All who are homeless*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Liturgy of the Word for Children

During term time at 10.45am Mass on Sunday.

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

Turkey and Syria Earthquake Appeals

You can still donate in many ways. Here are just two:

Mary's Meals [click here to donate.](#)

CAFOD [click here to donate.](#)

Exeter Foodbank

New priority items: pasta sauce, tinned fruit, tinned meat, tinned vegetarian meals, noodle snacks, shampoo, deodorant, fruit squash. Collection points located at Sacred Heart & Blessed Sacrament churches, and in local supermarkets. [Click here for more information.](#)

LENT NEWS & EVENTS

Stations of the Cross

On Fridays during Lent we encourage you to participate in the traditional devotion of the Stations of the Cross, journeying with Jesus towards Calvary. 12 noon at Sacred Heart. 6.00pm at Blessed Sacrament followed by Mass.

Lenten Lunches – Helping the homeless

The Catholic Women's League invite you to a simple lunch of soup, bread and cheese, coffee or tea, served in the Lower Room at Sacred Heart at 12.30pm every Friday during Lent. Minimum suggested donation £3.50. The money raised will go to St Petrock's Day Services Centre supporting the homeless in Exeter.

Serving the Poor this Lent – Caritas Plymouth

In his message for World Day of the Poor 2022, Pope Francis reminded us of the meaning of solidarity: 'sharing the little we have with those who have nothing, so that no one will go without'. Lent is a time of prayer, fasting and preparation for the resurrection of the Lord at Easter. [Click here](#) to see the Diocese of Plymouth Lent Calendar which suggests ways in which we can use this time for prayer, reflection, and action as the service of the poor. Just a few small actions each week can make a positive difference.

CAFOD Big Lent Walk Support our Parishioners.

The CAFOD Big Lent Walk is a challenge to walk at least 200km across the 40 days of Lent. Some of our parishioners will be taking part. Críostóir Ó Mongáin will be raising money, [Click here to sponsor him](#). Marlen Siegert is also participating in this walk. [Click here to sponsor her](#).

Community CAFOD Big Lent Walk

Join us for our Walk from Holy Cross Church, Topsham on 18 March at 10.00am. The approximately 2–3-mile walk takes us through Topsham Town, around the Nature Trail and back to the church. To register, text or call: 07974 045855 or 07977 442516. [Click here for more information](#).

Lent Retreat Day at St Rita's, Honiton.

Saturday 18 March - *'Holy Shroud of Jesus - Icon, Relic, Witness'*

Starting at 9.30am and ending with Mass at 2.45pm. A wonderful opportunity to take some time out to refresh your relationship with Jesus. At an inclusive cost of only £25, it's a bargain! Book by phone, email, or [click here to book online](#).

If you have any questions, please contact Krista Radzina on 01404 42635.

FORMING IN FAITH

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

Would you like to deepen your prayer life?

'The Prayer Course' continues, and the next session will be about **Intercession**, exploring the power and importance of praying for others. Please join us on Monday 13 March at 10.30am in the Lower Room, Sacred Heart Church OR Tuesday 14 March at 7.00pm in the St Richard Reynolds Centre at Blessed Sacrament. Don't worry if you have missed the first sessions, you will really enjoy the films and discussion.

Wednesday Word Scripture Reflection

Meet online via Zoom from 2.00 – 3.00pm each Wednesday. If you would like to join us, contact Maria: exeter-pastoral-assistant@prcdtr.org.uk. Come whenever you can to explore the riches of the scriptures. You will be most welcome.

Thinking of becoming a Catholic?

Showing people around where we live is a wonderful way of making people feel welcome and at home. Last Thursday evening we spent time journeying around Sacred Heart church. We learnt about the Catholic Church, and appreciated the beauty of the building and our faith. It was very inspiring and illuminating.

If you are thinking of joining the Church or would simply like to know more about it, then you are welcome to join us. We will meet next on **Thursday 16 March** at 7.30pm in the Lower Room at Sacred Heart. The meetings are friendly and informal, and you don't need to do anything to prepare. Don't worry if you feel a bit daunted, this could be the first step towards a whole new life! We look forward to welcoming you.

YOUTH & FAMILY EVENTS

Confirmation Retreat at St Rita's

Please keep in your prayers this weekend the young people of our community who are on retreat at St Rita's, Honiton. They are preparing to receive the Sacrament of Confirmation and will be exploring their faith and particularly the gifts and fruits of the Holy Spirit. Pray too for their catechists and families.

GIFT Youth Social

Friday 17 March sees the launch party of the GIFT Youth Socials! If you are at secondary school it would be great to see you and your friends at the St Richard Reynolds Centre from 7.30-9.30pm. As it's St Patrick's day wear something green. There will be games and food, and a chance for you to have your say on what you would like from this group over the next year. Parents/carers please complete this [online registration](#) before your child/young person comes along.

GIFT: Gateway to the Sacraments

GIFT is the gateway to the sacraments of Reconciliation, Holy Communion and Confirmation in the Exeter parishes. [Click here](#) to find out more about Growing in Faith Together.

Next GIFT Meeting: Saturday 1 April at Blessed Sacrament church. Mass will be celebrated at 9.30am and will be followed by an interactive People's Passion Play with the Riding Lights Theatre Company.

Youth Events Newsletter

[Click here for the March Newsletter](#)

NEWS & EVENTS

Legion of Mary

On Saturday 25 March, Solemnity of the Annunciation, the Legion will have their Acies Ceremony at Sacred Heart church starting from 11.30am. The Acies is an annual ceremony where members of the Legion renew their consecration to Our Lady. This will involve the whole Cornwall Curia (and so we expect around 25 members to attend). However, everybody is welcome to participate as this can be a way for parishioners to become familiar with the Legion of Mary and its workings. This will include a short Adoration of the Blessed Sacrament and Benediction and will take place in Our Lady's chapel.

Kenyan Educational Sponsorship (KES)

Please remember Fr Albert, Fr Anil, Deacon Kelvin and Brian Bargent who are giving up alcohol, chocolate, cake & biscuits for the whole of Lent. This is in aid of KES who are now supporting four students from extremely impoverished backgrounds through High School, giving them hope for the future. Please support them by adding your names to the list, at the back of Sacred Heart and in the porch at Blessed Sacrament, with your sponsorship amount.

Caritas March Newsletter

Caritas Diocese of Plymouth's March newsletter is now available to read online. Please click the link here: <https://tinyurl.com/yjmvuwmi> If you would like a printed copy, please telephone Caritas on 01364 645360 .

Homes For Ukraine

There are still many Ukrainians looking to come to the UK to seek sanctuary from the war. Saint John of God Hospitaller Services (SJOG) and Caritas Social Action Network (CSAN) are offering a matching, training and support service under the Homes for Ukraine Scheme. If you would like to know more, Caritas and SJOG are holding an online event on Wednesday 22 March from 6-6.45 pm. To register please follow this link: <https://forms.office.com/e/adH56azgaq> or telephone Caritas on 01364 645360

Youth-led Mass at Blessed Sacrament

We are planning a youth-led Mass which will take place on Mothering Sunday 19 March at the 10.45am Mass. If you would like to take part in any way, there is space for everyone! Just drop us a line at exeter-liturgy@prcdtr.org.uk and we'll get back to you. The more the merrier. What a wonderful way to give thanks for our mothers together as a community.

People's Passion Play

The Riding Lights Theatre Company are coming to Blessed Sacrament on Saturday 1 April for a performance of the People's Passion Play. Following the 9.30am Mass there will be refreshments while things are set up for a 10.45am start. Our GIFT families are joining us on this day and everyone is welcome.

Big Exeter Sleep Out 2023

Chris, Dalton and Marian are taking part in this year's Big Sleep Out to raise money for Julian House who support over 1,800 vulnerable individuals nationally each year. [To donate please use this link](#) Thank you for your support

National Child Exploitation Awareness Day

18 March 2023. The focus this year is Child Sexual Exploitation (CSE), encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.

Sound and Light Show

Take a sound and light journey through the Renaissance, at Exeter Cathedral from 21-25 March. 'Renaissance' is a fully curated sound and light show created by celebrated artistic collaboration, Luxmuralis. It invites visitors to become immersed in the greatest paintings and artworks of the 14th-17th centuries. More info: [Exeter Cathedral Events](#).

Day for Catechists

Saturday 25 March 10.30am to 3.30pm at St Peter's Church 15 St Boniface Lane, Crownhill, Plymouth PL5 3AX Hear about the lay ministry of the Catechist as Pope Francis established it in "Antiquum Ministerium" (2021) Hear about resources and share ideas and experiences.

Mass will be celebrated at 9.30am and we will conclude with a time of prayer in the church. Drinks and snacks provided but please bring lunch. To book a place email Deborah at deborah.vankroonenburg@prcdtr.org.uk



“LAUDATO SI’, mi’
Signore” – “Praise be to
you, my Lord”.
Blessed Sacrament Parish
was awarded livesimply
status in 2019 by CAFOD

for demonstrating and promoting how we try to live simply through our daily actions. Our community has undertaken to respond to Pope Francis’ invitation in Laudato Si’ to “work with generosity and tenderness in protecting this world which God has entrusted to us”.

In accepting the *livesimply* award our parish commits: to live simply, to live sustainably with creation, to live in solidarity with the poor. In this way we can help create a world in which human dignity is respected and everyone can reach their full potential. This would be true progress, worth more than economic growth alone.

Why livesimply?

In embracing this initiative, we at Blessed Sacrament are committing to putting our faith into action in small everyday ways as well as in a wider context. In doing so, we hope to: Nurture our spiritual lives, Strengthen friendships, Take practical steps to support our parish, Help to play our part in significant social and environmental issues, Make stronger connections with the wider community

Living Simply in 2023.

Parishioners are invited to consider their carbon emissions this Lent:

How can we help protect the planet?

We can make a difference together as 40% of carbon emissions are from homes. Energy can be reduced through less car use, turning down heating in homes if possible, switching to LED lighting, being mindful of your consumption of food with a higher carbon footprint, and reducing food waste. Some parishioners may feel called to go vegan as part of their Lent Friday fast.

You can check your carbon footprint and see what changes you can make with this simple tool: [WWF Footprint Calculator](#)

The next CAFOD and livesimply meeting is on Saturday 15 April from 10.00am until 12.00pm. Please note the new date!

Everyone is very welcome to join us!



Sewing and Knitting Group

We will begin meeting again in the St Richard Reynolds Centre on Monday afternoons on **13 March** at 3.00pm and fortnightly after that. You would be most welcome to come and join us.

CAFOD News

Fix the food system – did you know that back in the 1980's the ten biggest seed companies controlled less than 15% of the market. Today, just four companies control 50% of the market. Over 2600 people have taken part in our online action urging the World Bank to protect the rights of small-scale farmers to freely choose their own seeds. Whilst delighted we have got their attention we need them to commit to change. So please take and share this action now at Cafod.org.uk/food

Catholic Children's Society (Plymouth)



Recycle Your Ink Cartridges and Help Support
Catholic Children's Society (Plymouth)

Did you know that you can help us raise funds simply by recycling your ink cartridges via our Recycle4Charity programme ?

For each ink cartridge recycled via the programme, we will receive up to £2 donation. Please pop your used ink cartridges in the box

located in the Baptistry at Blessed Sacrament. Thank you for your support.

Big Diocesan Quiz

The Blessed Sacrament hopes to join in with the Catholic Children's Society (Plymouth)'s Big Quiz on Friday 28 April in the St Richard Reynolds Centre.

We have a Quizmaster but are looking for a few volunteers to help with selling tickets and arranging food for the event. If you can help please contact Lesley in the Parish Office.

Mission Today Magazine

The Spring magazines are on table at the back of the church at Sacred Heart. If your red boxes are full, please phone Catherine on 0192 270328 to make arrangements.

PRAYER & LITURGY

Pope's March Prayer Intention

For victims of abuse. We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

THE WORD

Sunday 12 March – Third Sunday of Lent

First Reading Exodus 17:3-7 *Give us water to drink.*

Psalm Response: O that today you would listen to his voice:

‘Harden not your hearts.’

Second Reading Romans 5:1-2. 5-8

The love of God has been poured into our hearts by the Holy Spirit which has been given to us.

Gospel John 4:5-42 *A spring of water welling up to eternal life.*

Sunday 19 March – Fourth Sunday of Lent – Laetare Sunday

First Reading 1 Samuel 16:1, 6-7, 10-13 *David is anointed king of Israel.*

Psalm Response: The Lord is my shepherd; there is nothing I shall want.

Second Reading Ephesians 5:8-14 *Rise from the dead, and Christ will shine on you.*

Gospel John 9:1-41

He went off and washed himself, and came away with his sight restored.

Lent behaviour changes

Which of the following changes in behaviour or fasts might God be calling you to this Lenten Season? What behaviours or attitudes might you add?

Here are some suggestions by Ian Rees:

Fast from judgment, feast on compassion

Fast from greed, feast on sharing

Fast from scarcity, feast on abundance

Fast from fear, feast on peace

Fast from lies, feast on truth

Fast from gossip, feast on praise

Fast from apathy, feast on engagement

Fast from discontent, feast on gratitude

Fast from noise, feast on silence

Fast from discouragement, feast on hope

Fast from hatred, feast on love

CONTACT US

Blessed Sacrament

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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 Petroc Cobb

Assistant Priests

Fr Albert Lawes &

Fr Anil Gundabatina

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-giftaid@prcdtr.org.uk

Parish School

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Ringswell Avenue, Exeter EX1 3EG
01392 445403

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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.*