

CATHOLIC EXETER



Parishes of Blessed Sacrament and Sacred Heart

19 March 2023 Fourth Sunday of Lent - Laetare Sunday. *Year A. Psalter 4*



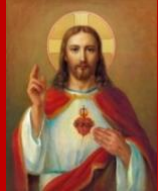
He went off and
washed himself,
and came away
with his sight
restored.

When we get to Easter, there are two symbols of the resurrection that we use in Church: fire and light (the Easter Candle) and water (the Font). Last week we reflected on water, and this week there are passages all about light – true light, that defeats the blindness of sin. Again, this would

have been offered to those preparing for Baptism but speaks to all of us who have been baptised, inviting us to be renewed in the light of Christ at Easter. Remember that one of the oldest titles of the newly baptised was “neophyte”, which means “newly enlightened”

There is a subtle link between the readings on this Sunday: in the first reading, David is anointed, and the Spirit of the Lord seizes on him. This anointing lights him along the right path - ‘no evil would I fear’ as the Psalm says. Then Paul tells us more about this light: it is Christ shining on us, calling us to live as children of light. All this is summed up in the Gospel, the marvellous story of the healing (by being ‘anointed’ with spittle) of the man born blind. Jesus is the light of the world.

MASS TIMES SACRED HEART



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

Monday 20 March – St Joseph, Spouse of the Blessed Virgin Mary

10.00am *Ruth De Sanabria*

Tuesday 21 March

10.00am *Canon Paul Cummins*

Wednesday 22 March

10.00am *The People of the Parish*

Thursday 23 March

6.30pm Adoration of the Blessed Sacrament & Benediction
7.00pm *The Sick & Housebound*

Friday 24 March – The Annunciation of the Lord

10.00am *Holy Souls*
12 Noon Stations of The Cross

Saturday 25 March

10.00am *Peace in the world*



Sunday 26 March – Fifth Sunday of Lent

Clocks go forward one hour

5.30pm (Sat) *Fr Kieran Kirby*
9.15am *Teresa Maraone RIP*
11.15am *Andrea Tindal-Robertson 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 19 March – Fourth Sunday of Lent – Laetare Sunday

8.45am *All mothers*
10.45am *People of the Parish - Led by the young people*
6.00pm *All who are homeless*

Tuesday 21 March

6.30pm *Family of Patrick Mason*

Wednesday 22 March

9.30am *Private Intention*

Thursday 23 March

9.30am *Michael McElligott RIP*

Friday 24 March

6.00pm *Stations of The Cross*
6.30pm *All who are sick and those who care for them*

Saturday 25 March – The Annunciation of the Lord

9.30am *The sick clergy of Exeter Deanery*



Sunday 26 March – Fifth Sunday of Lent

Clocks go forward one hour

8.45am *Holy Souls*
10.45am *John Wood's family*
6.00pm *People of the Parish*

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 [Click here for more information](#).

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.

LENT NEWS & EVENTS

Catholic Exeter Lent Penitential Service

Tuesday 4 April 7.00pm Sacred Heart. The sacrament of reconciliation is the most wonderful opportunity to receive God's forgiveness and the grace we need to change our lives. There will be a number of priests available for confession.

Stations of the Cross

Fridays in Lent. 12 noon at Sacred Heart. 6.00pm at Blessed Sacrament.

Lenten Lunches – Helping the homeless

Lower Room at Sacred Heart 12.30pm every Friday during Lent.

CAFOD Lent Fast Day

A total of £1145.59 was received at Blessed Sacrament. Many of the donations were Gift Aided adding £186.00 to this amount so a total of £1331.59 for CAFOD. This total does not include any donations made online and directly.

We thank everyone for their donation, big or small. They all make a difference. Thank you too to those who came to the St Richard Reynolds Centre for a Soup lunch and gave the money saved on food that day to CAFOD.

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.

Living Simply in Lent



You are invited to consider your 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. 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! All welcome to join.

FORMING IN FAITH

Would you like to deepen your prayer life?

'The Prayer Course' continues, and the next session will be about **Unanswered Prayer**, something we have all experienced. Please join us on Monday 27 March at 10.30am in the Lower Room, Sacred Heart Church OR Tuesday 28 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?

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 30 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.

Baptism Preparation Course

We are currently taking bookings for the April 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: 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, please contact Lesley in the parish office on 01392 274724 or at exeter-heavytree@prcdtr.org.uk [Baptism Enquiry form](#)

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

YOUTH & FAMILY EVENTS



Confirmation Retreat at St Rita's

*Reflections on the retreat from
some of the young people:*

'Last weekend I was delighted to be part of the confirmation retreat at St Rita's along with 14 other young people. I particularly enjoyed our art workshop with Chris Wightman creating artwork inspired by the gifts and fruits of the spirit. I also enjoyed getting to hear about everyone's favourite saints and getting to share mine with others.'

'I found it was a good place to get to know other young Catholics, a chance I don't often have. I enjoyed worshipping in different ways that I wouldn't usually choose. It was good to spend some time with the priests and to have the chance to converse at length. In general, I thought it was a lovely experience to spend some time living in a house of God. I loved having a chapel nearby at all times.'

The image above is of the artwork produced during the retreat inspired by the paper cuts of Henri Matisse. Many thanks to Chris Wightman and all our brilliant catechists.

Youth Events Newsletter [Click here for the March Newsletter](#)

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.

NEWS & EVENTS

Illegal Migration Bill

The Lead Bishop for Migrants and Refugees, Bishop Paul McAleenan, has commented on the government's Illegal Migration Bill:

"Everyone who makes a dangerous journey across the Channel to build a better life here has a name, a face, and a story."

"People are driven from their homes by poverty, conflict, persecution, natural disasters, or other factors that prevent their flourishing. Many have links to the UK or family members already living here. Yet, far too often, there are no safe routes open to them."

"While we all wish to end dangerous Channel crossings, this new legislation treats migrants and refugees as a problem to be solved rather than brothers and sisters towards whom we have responsibilities. Establishing more safe routes, and genuinely understanding people's individual circumstances are essential to meeting these."

"As Christians we call for the human person, made in the image and likeness of God, to be put at the heart of public policy."

Love the Stranger

Love The Stranger is a new publication that presents a Catholic response to migrants and refugees. It places the human being at the heart of our pastoral outreach, looking beyond statistics and policies to the person - each with a name, a face and a story. Visit our website [Diocese of Plymouth Migrants & Refugees](#) to read more and please email caritas@prcdtr.org.uk to find out about projects aimed at helping refugees here in our Diocese.

St Nicholas School News

We have a busy few weeks ahead with fundraising activities.

We are taking part in **Red Nose Day** and are looking forward to seeing the children and staff wearing something to school that brings them joy!

We are also supporting **World Downs Syndrome Day** by 'Rocking our Socks' and wearing many pairs of colourful socks to school.

Finally we are also very happy to support CAFOD with a **non uniform day** where children are invited to wear something to get noticed.

If any prospective parents would like to come and visit the school to see it in action and find out about applying for a place from **Nursery** to Yr 6 contact Mrs Brocksom our Senior Administrator by emailing abrocksom@stnics.uk. We also still have spaces in our Nursery for 3-4 year olds for Summer term, after Easter.

Vacancy in the Diocese of Plymouth

Lettings Co-Ordinator. The role is part of the Property Department. The post holder will have the day-to-day responsibility of liaising with letting agents and Diocesan representatives to coordinate all aspects of the lettings process. If you have experience as a letting agent or administrator with up to date and thorough knowledge of housing and tenant legislation and have the ability to act as a key representative for the Diocese of Plymouth we would love to hear from you. The post will be for 28 hours per week and based at St. Boniface House. For more information please visit the careers page on the Diocese of Plymouth website. To apply send application form and covering letter to recruitment@prcdtr.org.uk

Homes For Ukraine

As Russia's war in Ukraine continues, the need for hosts and homes is as high as ever. 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 6.00-6.45 pm.

To register [please follow this link](#) or telephone Caritas on 01364 645360 and pick up a leaflet in the Blessed Sacrament church porch.

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.

Caritas March Newsletter [Please click here to read.](#)

Legion of Mary

On Saturday 25 March, the Solemnity of the Annunciation, the Legion will have their Acies Ceremony in the Lady Chapel at Sacred Heart church starting from 11.30am. Everybody is welcome to participate. This is a way for parishioners to become familiar with the Legion of Mary and its workings. There will be Adoration of the Blessed Sacrament and Benediction.

Kenyan Educational Sponsorship (KES)

Sponsor Fr Albert, Fr Anil, Deacon Kelvin and Brian Bargent who are giving up alcohol, chocolate, cake & biscuits for Lent in aid of KES supporting four students from extremely impoverished backgrounds through High School. Add your name to the list, at the back of Sacred Heart and in the porch at Blessed Sacrament.

Mission Today Magazine

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

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.

Day for Catechists

Saturday 25 March 10.30am to 3.30pm at St Peter's Church, 15 St Boniface Lane, Crownhill, Plymouth. Hear about resources and share ideas and experiences. Mass at 9.30am. Drinks and snacks provided but please bring lunch. To book a place email Deborah at deborah.vankroonenburg@prcdtr.org.uk

Catholic Children's Society (Plymouth)

Recycle Your Ink Cartridges and Help Support Catholic Children's Society (Plymouth). Please pop your used ink cartridges in the box located in the Baptistry at Blessed Sacrament. Thank you for your support.

Big Diocesan Quiz (CCSP)

Friday 28 April at 7.00pm in the St Richard Reynolds Centre. We need volunteers to help organise the Quiz and sell tickets. Contact Lesley in the Parish Office if you can help in any way. Thank you.

PRAYER & LITURGY

TryPraying

The desire to reach out to God is basic to many people. The TryPraying booklet, which is available in both churches this weekend, contains stories of answered prayer, ideas about how to connect with God and honest prayers. Churches Together Across Exeter invite you to take a booklet and share it with friends, family, colleagues or even strangers, to encourage them to connect with God and to try praying. We pray that all who encounter the words and actions in this booklet are led to the heart of God and into a life of faith.

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.

We pray for...

All who are struggling mentally, physically or spiritually; the people of Ukraine, still struggling in a war zone; those affected by natural disasters; Fr Kieran, Fr Harry, Fr Michael, Bishop Christopher and all who are sick at this time. And for Thomas Frears who has recently died may he rest in peace.

EASTER

Easter Offerings

Your gift to the priests of the parishes. You can make your offering by using one of the envelopes available in the church, if you are a planned giver by using the envelope provided in your box, or by placing your offering directly in the collection. If you usually offer by standing order why not make a bank transfer: put 'Easter Offering' in the narrative. Thank you.

Blessed Sacrament Altar Servers practice

10.00am on Tuesday 4 April for all those who would like to serve during the Triduum. The practice should last no longer than an hour.

HOLY WEEK AT SACRED HEART

Palm Sunday 2 April

Mass 5.30pm (Sat), 9.15am, 11.15am

Monday 3 April

Mass 10.00am

Tuesday 4 April

Mass 10.00am

Wednesday 5 April

Mass 9.00am

Chrism Mass *Plymouth Cathedral* 12 noon

THE PASCHAL TRIDUUM

Maundy Thursday 6 April

Mass of the Lord's Supper 7.30pm

Watching at the Altar of Repose until 10.00pm

Polish Mass at Holy Cross, Topsham 7.00pm

Good Friday 7 April

The Passion of the Lord 3.00pm

Polish Stations of the Cross 6.30pm

Polish Liturgy 7.00pm

Holy Saturday 8 April

Blessing of Polish Easter baskets 10.15am, 10.45
& 11.00am

The Easter Vigil 8.00pm

Easter Sunday 9 April

Mass 9.15am, 11.15am

Polish Mass 1.15pm, 3.00pm

Easter Monday 10 April

Mass 10.00am

Polish Mass 1.15pm

HOLY WEEK AT BLESSED SACRAMENT

Palm Sunday 2 April

Mass 8.45am, 10.45am, 6.00pm

Monday 3 April

No Mass

Tuesday 4 April

Mass 6.30pm

Wednesday 5 April

No Mass

Chrism Mass *Plymouth Cathedral* 12 noon

THE PASCHAL TRIDUUM

Maundy Thursday 6 April

Mass of the Lord's Supper 7.00pm

Watching at the Altar of Repose until 10.30pm

Good Friday 7 April

Morning Prayer & Office of Readings 9.30am

The Passion of the Lord 3.00pm

Holy Saturday 8 April

Morning Prayer & Office of Readings 9.30am

The Easter Vigil 9.00pm

Easter Sunday 9 April

Mass 8.45am, 10.45am, No evening Mass

Easter Monday 10 April

Mass 9.30am

THE WORD

Sunday 19 March – Fourth Sunday of Lent – Laetare Sunday

First Reading I 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.

Sunday 26 March – Fifth Sunday of Lent

First Reading Ezekiel 37:12-14

I shall put my spirit in you, and you will live.

Psalm Response: With the Lord there is mercy and fullness of redemption.

Second Reading Romans 8:8-11

The Spirit of him who raised Jesus from the dead is living in you

Gospel John 11:1-45

I am the resurrection and the life.



*May God bless
all mothers on this
Mothering Sunday.*

CONTACT US

Blessed Sacrament

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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 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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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.*