

# CATHOLIC EXETER



**Parishes of Blessed Sacrament, Sacred Heart, and Holy Cross**  
**9 July 2023** Fourteenth Sunday in Ordinary Time Year A. *Psalter 2*

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Throughout the journey of life, we encounter a variety of burdens. Some are inflicted upon us by others, while others are the result of our own mistakes and wrongdoings. Some may even be a part of God's plan, meant to help us and those around us grow, much like how Jesus' burden of the cross led to our salvation through the virtue of humility.

Jesus never promised a life free of burdens, but he did promise an easy yoke and a light burden for those who follow his teachings. When we accept his Will, our burdens become his to share. We believe that God became human to share our struggles and guide us towards his ultimate peace and joy. As Easter people, we celebrate the joy of the Risen Lord and the triumph of eternal life over death. Let us not dwell on sorrow and negativity, but instead embrace the hope and positivity that comes with faith. *Fr Anil*

# MASS TIMES

## SACRED HEART



### **Sunday 9 July – Fourteenth Sunday in Ordinary Time – Sea Sunday**

5.30pm (Sat) *Violet Bower RIP*  
9.15am *Holy Souls*  
Followed by refreshments in the Lower Room  
11.15am *People of the Parish*  
1.15pm Mass in Polish  
5.00-6.00pm Adoration of the Blessed Sacrament & Benediction

### **Monday 10 July**

10.00am *Katie*

### **Tuesday 11 July – St Benedict, Abbot & Patron Europe, Feast**

10.00am *For the sick and housebound and people who care for them*  
Followed by refreshments in the Lower Room

### **Wednesday 12 July**

10.00am *Requiem Mass Michael John Dunstone*  
Followed by Chatter Café in the Lower Room

### **Thursday 13 July**

6.30pm Adoration of the Blessed Sacrament & Benediction  
7.00pm *Pope Francis*

### **Friday 14 July**

10.00am *Canon Paul Cummins*  
7:00pm NO POLISH MASS FIRST FRIDAY JULY & AUGUST

### **Saturday 15 July – St Bonaventure, Bishop & Doctor**

10.00am *For a New Bishop*  
Followed by CVL refreshments in the Lower Room

### **Sunday 16 July – Fifteenth Sunday in Ordinary Time**

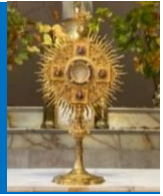
5.30pm (Sat) *People of the Parish*  
9.15am *All who work to protect the unborn child*  
Followed by refreshments in the Lower Room  
11.15am *Fr Paddy Kilgarriff RIP*  
1.15pm Mass in Polish  
5.00-6.00pm Adoration of the Blessed Sacrament & Benediction

**Confessions** Saturday after 10am Mass and 4-5pm, and on reasonable request.

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

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

# MASS TIMES BLESSED SACRAMENT



## **Sunday 9 July – Fourteenth Sunday in Ordinary Time – Sea Sunday**

8.45am *People of the Parish*  
10.45am *Bob Bendall RIP*  
6.00pm *Canon Paul Cummins*

## **Tuesday 11 July – St Benedict, Abbot & Patron Europe, Feast**

6.30pm *Theresa Obiageli Enwonwu RIP*

## **Wednesday 12 July**

9.30am *Fr Paddy Kilgarriff RIP*  
Followed by refreshments in St Richard Reynolds Centre.

## **Thursday 13 July**

9.30am *Chris Wale RIP*  
7.00pm Exposition of the Blessed Sacrament

## **Friday 14 July**

6.30pm *Special Intention*

## **Saturday 15 July - St Bonaventure, Bishop & Doctor**

9.30am *Diocese of Plymouth*

## **Sunday 16 July – Fifteenth Sunday in Ordinary Time – Sea Sunday**

8.45am  
10.45am International Mass – *People of Parish*  
Followed by refreshments in St Richard Reynolds Centre  
6.00pm

## **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.

# MASS TIMES

## HOLY CROSS, TOPSHAM

### **Sunday 9 July – Fourteenth Sunday in Ordinary Time – Sea Sunday**

11.00am

*People of the Parish*

### **Wednesday 12 July**

10.00am

### **Sunday 16 July – Fifteenth Sunday in Ordinary Time**

11.00am

*People of the Parish*

## EXETER NEWS & EVENTS

### Visiting parishioners in hospital and at home

Because of the Data Protection Act, information about anyone in hospital does not get automatically passed to the parishes. If you are going into hospital or know someone who is in hospital, please let your parish office or one of the priests know so that a visit can be arranged. This also applies if someone is in a nursing/care home. Anyone who is housebound and cannot get to Mass can also be visited if we are given information about the person. Please contact your parish office to arrange a visit.

### Film Night at Sacred Heart

**Exeter WAYmakers** are showing the film *Swimmers* on **Tuesday 11 July at 7.00pm** in the Lower Room at Sacred Heart Church. The film depicts the dramatic true story of two Syrian sisters fleeing war-torn Damascus, swimming the Mediterranean to reach Greece as asylum seekers, and their journey to compete at the Olympic Games. Refreshments will be available. Tickets are limited and you can request your **FREE** ticket by email to: [nsmallwood@doctors.net.uk](mailto:nsmallwood@doctors.net.uk) If you are unable to come please visit Exeter WAYmakers at: [www.exeterwaymakers.org.uk](http://www.exeterwaymakers.org.uk) and discover ways in which you can help support us to resettle a family.

### Brian Bargent to be ordained as a Deacon

Brian, from Sacred Heart parish, is to be ordained at Plymouth Cathedral on **Saturday 15 July at 12 noon**. What an occasion of joy and celebration!

We have booked a coach for the ordination, and we still have 10 places available. Please contact Sacred Heart Parish Office to book a place. If you are coming on the coach, please bring £10 to cover the cost. You may still make your own way, but please be aware that parking is very limited at the cathedral. There is to be a barbeque after the ceremony. **The coach will leave Sacred Heart at 9.45am**

**stopping at Blessed Sacrament (at the Co-Op) at 10.00am. The coach will leave the Cathedral at 2.30pm.**

## Calling all Young Musicians at Blessed Sacrament

Come along to a planning session for our next youth led Mass from **9.30-11.00am on Saturday 15 July at the Café in Heavitree park** [Cafe – ParkLife Heavitree](#) If you have not played with us before, you are very welcome to join us. Please bring any ideas, special music requests or ideas that you have as we look at planning our monthly Masses for the autumn. If you are **not** registered with GIFT Youth and would like to come, please ensure your parents register you using [this link](#) so that we have your emergency contacts and medical details. Please note that there will not be youth-led Masses in July or August.

If you would like to join the team of altar servers at Blessed Sacrament, please see Fr Jonathan.

## Parishioners Singing at Festival of Choirs.

Felicity and Charlotte Wilson will be singing *The Dream of Gerontius*, at The Festival of Choirs on **15 July at Exeter Cathedral**. If you would like to go and support our ladies, please [Click Here](#) The concert is being promoted and performed by Exeter Festival Chorus. It is the choir's main celebration of its 30th anniversary year.

## International Mass at Blessed Sacrament

**Sunday 16 July at 10.45am** Blessed Sacrament will celebrate an International Mass followed by an international lunch.

We are a diverse parish with parishioners from all over the world. We would like as many of you as possible to come along to make it a truly international celebration.

**If you would like to contribute to the food/music/readings etc. and you haven't yet been approached, please contact the parish office.**

**Sign-up sheets for those wishing to carry their country's flag and for bringing your national cold food will be available in the church porch over the next couple of Sundays.**

Previous International Masses have been some of the most vibrant celebrations in our parish. We look forward to a wonderful day of celebration.

## Sacred Heart Book Club

We are reading *Emma* by Jane Austen and the next meetings will take place on **Wednesday 19 July** after 10.00am Mass or **Thursday 20 July** after 7.00pm Mass in the parish rooms. Please come along and share your thoughts. All are very welcome.



# St Nicholas School News



As we roll towards the end of term so much is taking place at St Nicholas. We have started to meet new parents and children who will join us throughout the school in September. We are very happy to welcome them to our school community. We have also started the leaving events for our Year 6 children. They will soon be attending a Diocesan leavers Mass at Blessed Sacrament Church with leavers from other Catholic schools as well as holding our own celebration in school with a special cake. The yearbook is completed and being printed - this will be a lovely memento of their time at St Nicholas. They will also have a leaver's disco and take part in Young Enterprise as well as performing 'Romeo and Juliet' to parents. Amidst all this we have held a whole school Sports day and Year 6 have had swimming lessons. Reception class have had a visit from some beekeepers and will be heading off to Exmouth soon for a trip to the beach.

If you want to find out more about joining St Nicholas from Nursery to Year 6 in September please contact Mrs Brocksom - [abrocksom@stnics.uk](mailto:abrocksom@stnics.uk)

## Toddler Group

Meets in the St. Richard Reynolds Centre, Blessed Sacrament, from 9.30 to 11.30am on most Mondays during term time. We are a small and friendly, volunteer-led community group for parishioners of all Exeter parishes and also for non-parishioners. It is open to babies and children aged 0-5, together with their parent or carer. Please note that spaces at the group are currently in high demand and we are operating with a waiting list. If you would like to be added to the waiting list, please contact [blessedsacramenttoddlergroup@gmail.com](mailto:blessedsacramenttoddlergroup@gmail.com). available at all Masses this weekend.

## CAFOD and *livesimply* News

CAFOD's Fix the Food System Campaign is urging the UK government to protect the right of farmers to produce the food that feeds us all. There will be talks about this and a petition to sign at all Masses at Sacred Heart on 15 & 16 July and at Blessed Sacrament on Sunday 23 July.

### CAFOD/Sewing Group Autumn Fair

A CAFOD Autumn Fair is being planned and the sewing group are hoping to make lots of items for this sale. In the true spirit of *livesimply* instead of purchasing new materials they are asking if anyone has any of the following in their cupboard that they would like to donate: **Christmas coloured wool and fabrics, sewing accessories, felt, bias binding, ribbons, iron on interface, hot glue gun sticks**. A box will be placed at the back of the Blessed Sacrament church for any items that you can donate. And why not come along on Monday afternoons from 3.00 till 5.00pm to the St Richard Reynolds Centre and join this very friendly productive group!

## YMCA Exeter Vacancy

A new role has become available at YMCA Exeter. We are recruiting a **Rents Officer** to join our growing staff team. As a Christian organisation, we are inspired and motivated by our faith in Jesus Christ and the hope and love He has given us. The successful candidate will be able to fully support and promote the ethos of YMCA Exeter and actively take part in the spiritual mission of our work. Please find details of this exciting job opportunity [by clicking here](#)

## Exeter Foodbank

Priority items required: pasta sauce, tinned meat, noodle snacks, biscuits, coffee, tea, sponge pudding & jam/spreads. Collection points are located at Sacred Heart & Blessed Sacrament churches, and in local supermarkets. [Click here for more information.](#)

## WIDER NEWS & EVENTS

### Catholic Children's Society (Plymouth)

**You can make a difference by doing something both rewarding and challenging!** We are looking for **Parish Volunteers** to help promote our charity across the Plymouth Diocese, and **Trustees** to serve on our Board which meets four times a year. Your skills and enthusiasm might be just what we need – especially if you have professional skills in areas such as business/finance, HR, or social care. We are also looking for **Youth Trustees** to bring a different perspective to our work. For more information, please email [vicki.dunstone@prcdtr.org.uk](mailto:vicki.dunstone@prcdtr.org.uk) or call 01364 645420.

### An invitation to survivors of abuse

The diocese would very much like to hear from people who have a lived experience of abuse, so that we can involve them in the work we are doing to support survivors. We welcome the opportunity to hear survivors' feedback and ideas so that we can improve our response to those who have been hurt by abuse. If you think you might be able to help us in this work, or if you would like to find out more about what we are doing in the diocese to support survivors, please contact: Sophie Scagell (Survivor Support Caseworker) [sophie.scagell@prcdtr.org.uk](mailto:sophie.scagell@prcdtr.org.uk) or call her on 01364 645436

## FORMING IN FAITH

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

## 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 6 July** at 7.30pm in the Lower Room at Sacred Heart. 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.

## Forming in Faith

We will next meet on **Monday 17 July** at 10.30am in the Lower Room, Sacred Heart OR on **Tuesday 18 July** at 7.00pm in the St Richard Reynolds Centre at Blessed Sacrament. We are looking at 'Pivotal Player' films and next is Michelangelo. Please come and join us for lively conversation and growth in faith. We look forward to seeing you.

## Wednesday Word Scripture Reflection

We 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](mailto:exeter-pastoral-assistant@prcdtr.org.uk). Come whenever you can to explore the riches of the scriptures. You will be most welcome.

## Preparing for Baptism

**We are now taking bookings for the July sessions.**

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 our parish family. Sessions run over two consecutive Saturday mornings from 10.15-12.00 on Zoom. Dates: **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 below 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](mailto:exeter-heavitree@prcdtr.org.uk) [Baptism Enquiry form](#)

## 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 GIFT.

**Next GIFT Meeting: Saturday 1 July** at St Nicholas Catholic Primary school at 9.45am We look forward to welcoming you.

## GIFT Youth & Socials News

The next Gift Youth Social will be on **Friday 21 July**. If you have signed up for Gift Youth details of the next session will be sent out to you. We ask that the parent of any young person **MUST** have registered/re-registered them using the NEW form [use this link](#) before they come along to future Gift Youth Socials and Gift Youth Saturdays. This ensures the safety of the young people

# PRAYER & LITURGY

## We commend to the Lord...

the souls of Joyce Bick, Michael John Dunstone, Chris Wale and Fr Paddy Kilgariff who have died recently. May they rest in peace and rise in glory.

## Prayer Ministry at Blessed Sacrament

Have you ever experienced the power of the Holy Spirit through someone praying personally for you? Blessed Sacrament Parish is planning to offer Sunday prayer ministry. We are seeking parishioners with a heart for prayer, a listening ear, and a gentle disposition. This is an opportunity to pray into the needs of those who come forward, sharing the love and compassion that God has for each of us. Training will be provided. For more information, please contact Maria [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk).

## Pope's July Prayer Intention

For a Eucharistic life. We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

# THE WORD

## Sunday 9 July Fourteenth Sunday in Ordinary Time

**First Reading:** Zechariah 9:9-10

*See now, your king comes humbly to you.*

**Psalm Response:** I will bless your name for ever, O God my King.

**Second Reading:** Romans 8:9.11-13

*If by the spirit you put an end to the misdeeds of the body, you will live.*

**Gospel:** Matthew 11:25-30 *I am gentle and humble of heart.*

## Sunday 16 July Fifteenth Sunday in Ordinary Time

**First Reading:** Isaiah 55:10-11

*The rain makes the earth give growth.*

**Psalm Response:** Some seed fell into rich soil and produced its crop.

**Second Reading:** Romans 8:18-23

*The whole creation is eagerly waiting for God to reveal his sons.*

**Gospel:** Matthew 13:1-23 *A sower went out to sow.*

# CONTACT US

## Blessed Sacrament

29 Fore Street, Heavitree,

Exeter EX1 2QJ

01392 274724

[exeter-heavitree@prcdtr.org.uk](mailto: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](mailto:exeter-heavitree@prcdtr.org.uk)

## Sacred Heart

25 South Street, Exeter EX1 1EB

01392 272815

[exeter-sacredheart@prcdtr.org.uk](mailto:exeter-sacredheart@prcdtr.org.uk)

### Parish Priest

Fr Petroc Cobb 01392 642388

### Assistant Priests

Fr Albert Lawes 01392 642378

Fr Anil Gundabatina 01392 642386

### 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](mailto:giftaid@prcdtr.org.uk)

## Parish School

St Nicholas Catholic Primary School

Ringswell Avenue, Exeter EX1 3EG

01392 445403

[admin@stnics.uk](mailto:admin@stnics.uk)

[www.st-nicholas-exeter.devon.sch.uk](http://www.st-nicholas-exeter.devon.sch.uk)

### Executive Head Teacher

Cathy Blatchford

## Pastoral Assistant

Maria Quinn

[exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

## Safeguarding

### Sacred Heart

Andrew Blewett

07729 608356

[drewmail2016@gmail.com](mailto:drewmail2016@gmail.com)

Coral Saunders-Mortier

07745 922636 or 01392 272815

[exeter-sacredheart@prcdtr.org.uk](mailto:exeter-sacredheart@prcdtr.org.uk)

### Blessed Sacrament

Lesley Hooper

07712 216724 or 01392 274724

[exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)

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.