

CATHOLIC EXETER



Parishes of Blessed Sacrament, Sacred Heart, and Holy Cross

13 August 2023 Nineteenth Sunday in Ordinary Time. Year A. *Psalter Week 3*

WE DO NOT WALK ALONE



Life is like this Sunday's Gospel. Sometimes we are in a boat, sheltering in our comfort zone. Other times we are like Peter, outside the boat, walking on water towards the Lord, responding to his call. Occasionally we are Peter, drowning and crying out 'Lord! Save me!' And finally, at times we are Christ himself, holding out our hand to bring strength to someone struggling. This is what it means to be the Church. We are in the business of both being saved and saving others. When we do not focus on Jesus, we are tossed about by the waves of life. Yet, when we are focused on him, we too can walk on water, stretching forth our hands to help those in need. As Pope Francis said in Lisbon, 'The only time it is lawful to look down on someone is when we help someone to get up.'

During the World Youth Day pilgrimage, I have been struck by how we have lived this experience of the Church. The same people who needed comfort and encouragement at one moment, were the same people who gave it in another. For in the Christian life, we do not walk on water alone. Christ is always with us; in the hands that help us up when we sink, and in our hands that reach out to those who are sinking. We do not walk alone. *Fr Albert.*

MASS TIMES

SACRED HEART



Sunday 13 August – Nineteenth Sunday in Ordinary Time

5.30pm (Sat) *People of the Parish*
9.15am *Laurence Bennett RIP*
Followed by refreshments in the Lower Room
11.15am *Michael Sullivan RIP*
1.15pm Mass in Polish
5.00-6.00pm NO ADORATION THIS WEEK

Monday 14 August – St Maximillian Mary Kolbe, Priest & Martyr

10.00am *Haley Odlozil RIP*

Tuesday 15 August – The Assumption of the Blessed Virgin Mary Holy Day of Obligation

10.00am *Raffalele Piero Marras RIP*
Followed by refreshments in the Lower Room
7.00pm *For all students awaiting exam results*

Wednesday 16 August

10.00am *Geoffrey Bond RIP*
Followed by SVP Chatter Café in the Lower Room

Thursday 17 August

6.30pm Adoration of the Blessed Sacrament & Benediction
7.00pm *Yvonne Cooper RIP*

Friday 18 August

10.00am *Luisa Giannone RIP*

Saturday 19 August

10.00am *Norman Yendell RIP*
Followed by CWL refreshments in the Lower Room

Sunday 20 August – Twentieth Sunday in Ordinary Time

5.30pm (Sat) *Vocations*
9.15am *People of the Parish*
Followed by refreshments in the Lower Room
11.15am *For a new Bishop*
1.15pm Mass in Polish
5.00-6.00pm NO ADORATION THIS WEEK

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 13 August – Nineteenth Sunday in Ordinary Time

8.45am *People of the Parish*

10.45am

Followed by refreshments in St Richard Reynolds Centre

6.00pm *Bernard Castlehouse*

Tuesday 15 August – The Assumption of the Blessed Virgin Mary Holy Day of Obligation

9.30am

7.00pm *Jeanette Bluett*

Wednesday 16 August

9.30am *William Hayman RIP*

Thursday 17 August

9.30am *Sick & housebound of the parish*

Friday 18 August

6.30pm *Alex Szytko RIP*

Saturday 19 August

9.30am *John & Mary Swanlon RIP*

Sunday 20 August – Twentieth Sunday in Ordinary Time

8.45am *People of the Parish*

10.45am *Mike Fox RIP*

Followed by refreshments in St Richard Reynolds Centre

3.00pm *Syro Malabar Rite mass*

6.00pm *Olive Morgan RIP*

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 13 August – Nineteenth Sunday in Ordinary Time

11.00am *People of the Parish*

Wednesday 16 August

12.00noon The Assumption of the Blessed Virgin Mary

Sunday 20 August – Twentieth Sunday in Ordinary Time

11.00am *People of the Parish*

EXETER NEWS & EVENTS

Welcome

We welcome to Blessed Sacrament and Sacred Heart parishes all who are visiting us at this time. We pray you have a good holiday/visit.

We also pray that those of our community who are enjoying holidays will return refreshed and invigorated by their time away.



Sacred Heart Book Club

The next meeting of the parish Book Club will take place in the Presbytery on

Thursday 31 August at 7.30pm, after evening Mass. Tea and coffee will be provided. The book that we shall be reading is '**North and South**' by Elizabeth Gaskell.

If you are having trouble obtaining a copy, or would like more information, please let either Philippa (pmsmallwood@hotmail.com) or Martin (mkovery@gmail.com) know. All are welcome.

CAFOD News

Fix The Food System

Thank you to everyone who signed Salina's letter to the World Bank about being able to use local seeds. Across the Exeter parishes we received 350 signatures. These have now been returned to CAFOD to join with thousands of others from parishes around the UK. They will then form a campaign for the World Bank meeting in October. You can find out more about the campaign at this link

<https://cafod.org.uk/campaign/fix-the-food-system>

Cafod Ecumenical Service

The seed is the word of God. (Luke 8.11)



The CAFOD/Live Simply group are organising an Ecumenical Service of Creation on **Saturday 2 September at 11.00am in the Blessed Sacrament Church**. The service will be followed by a light, plant based, buffet lunch in the St Richard Reynolds Centre. All are very welcome.

If you, or anyone you know, perhaps from other churches, would be able to help with e.g., music, readings, food, decorations, general help on the day please come to the next CAFOD meeting on **19 August 10.00am-12.00pm** in the St Richard Reynolds Centre. If you are unable to attend the meeting but would be able to help us please email s.larkin@exeter.ac.uk. You can also give this email out to anyone else who may be interested. Thank you.

CAFOD
Catholic Agency for
Overseas Development

orlive simply



CAFOD Sewing Group

Autumn Fair

A CAFOD Autumn Fair is being planned and the livesimply 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 cupboards that they could 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 Blessed Sacrament church for any items you can donate. 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!

Cafod/livesimply

As part of Blessed Sacrament becoming a Live Simply parish in 2019, we undertook an action to promote social justice, this being to challenge the Government's policy of putting asylum seekers in indefinite detention.

The Jesuit Refugee Service UK send regular updates through email and by post. This includes an email on the first Friday of each month from their Detention Outreach team, focussing on the work they do with people in detention, with a different member sharing their reflections and with invitations to join them in prayer. This can be accessed on <https://www.jrsuk.net/subscribe/>

The Catholic Bishops' Conference of England and Wales for International Affairs offers guidance and "a call to action" in support of migrants and refugees.

For more information see <https://www.cbcew.org.uk/love-the-stranger/>

Sacred Heart Parish Craft Fair



To showcase our parish community's skills we are holding a Craft Fair. The donations will go to support Waymakers and Parish funds.

When: Saturday 30 September

Time: 11.00am to 3.00pm

Where: Upper and Lower Rooms at Sacred Heart Parish. If you would like a table to exhibit and sell please contact Coral at the parish office on 01392 642389 or by email exeter-sacredheart@prcdtr.org.uk

Everyone is welcome!

WIDER NEWS & EVENTS

Vacancy in the Diocese of Plymouth

The Diocese of Plymouth is seeking to recruit a Caritas Refugee and Migrant project worker for a 2-year project to explore how we promote a culture of encounter and partnership between parishes and their diverse local communities, building on the Love the Stranger teaching document from the Catholic Bishops of England and Wales. The post will be flexible - home/office based within the Diocese. Travel within the Diocese will be required so access to a car/public transport is essential. Hours: 17.5 per week on a two-year fixed term contract. Actual annual salary for pro-rata hours: £12500-£13500 depending on experience, plus mobile phone allowance and pension scheme. For more information visit the careers page on the Diocese of Plymouth website. To apply send your application form and covering letter to recruitment@prcdtr.org.uk **Closing date Monday 21 August.** Interviews 29/30 August. The post is subject to a DBS check.

March for Life

A march for Life will be taking place in Westminster on **Saturday 2 September**.



A coach will be leaving St Peter's Church, Crownhill, Plymouth PL5 3AX at 7am, with a pick-up from Exeter Services at 8.00am and arriving in London between 12.30 to 1.00pm. The march begins at 2.00pm. The coach departs Westminster at 5.30pm. For all enquiries or to book seats contact Plymouth SPUC Branch Secretary: Christine Hudson – Tel: 07742320717 or Email: chrishud78@talktalk.net Seats cost £25 each. Some free seats are available. (Donations towards the cost of

coach hire (£1745) gratefully received) Ample car parking at St Peter's Church. Come and join us and be a voice for all the 10 million+ aborted babies who have no voice!

Exeter Foodbank

Priority items required: pasta sauce, tinned fruit, tinned meat, tinned vegetarian meals, noodle snacks, fruit squash, shampoo and deodorant. Collection points are located at Sacred Heart & Blessed Sacrament churches, and in local supermarkets.

[Click here for more information.](#)

There has been a 42% increase in number of clients so far this year compared to the same period in 2022; a 52% increase in the number of food parcels given to children. 607 clients who have received support and advice in 'the Living Room' community hub. 1,499 households who needed Exeter Foodbank for the first time in the last 12 months. 108,772kg of food given to people in Exeter at the Mint, The Beacon, and Cranbrook. Thank you to our amazing supporters and volunteers. We can only do this because of your kindness and compassion. If you would like a copy of our Annual Report, please email: mark@exeterfoodbank.org.uk - we can send it to you via email. More info: <https://exeterfoodbank.co.uk/>

Catholic Children's Society (Plymouth)

Annual Appeal

The theme of our CCSP Annual Appeal this year is '**Creating Hope for Families – Changing Lives**'. There will be collections at Masses the weekend of 26/27 August. Envelopes will be available next week with more information.

As we continue to navigate through these challenging economic times, we are only too aware that there are many families and individuals in our midst who are facing tremendous strain due to the very high cost of living. The Catholic Children's Society Plymouth remains on the front line in responding to an ever-growing number of those seeking support to meet their basic needs and making every effort not to turn anyone away. However, the mounting demand has taken a toll on the Society's resources, depleting its funds. The Society has benefitted enormously from the compassionate and generous giving of so many people. Their invaluable contributions continue to make a significant difference in helping bring comfort and practical support to many families and individuals who are especially struggling in these difficult times. I appeal to your generosity, once again, to support the remarkable work of the Catholic Children's Society Plymouth, through its Annual Appeal. Thank you, and your parishioners, for your generosity in the past, and may God bless you for responding as generously as you can to this year's Appeal. *Canon John Deeny*

**mary's
meals** | a simple solution to world hunger



With no lines and no net, it takes a lot of imagination to recognise a tennis court in an almost 200 square metre area of concrete in northern Malawi. Patrick Sichamba has that imagination. Five years ago, he hit a ball with a racket there for the first time. Now the 16-year-old, who has additional needs, is a double Special Olympic World Games gold medal winner.

Patrick and Hannah Winesi, also 16, ate Mary's Meals at their school in [Malawi](#). This summer, they won gold together in the tennis mixed doubles at the Special Olympic World Games in Berlin. There was further joy for Patrick, who won a second gold medal in the singles tournament. Patrick says: "I was able to train relentlessly because the **phala** [porridge] I received every day from Mary's Meals gave me energy. "My dad passed away when I was really little. But I think my mum is pretty proud of me, and so is my teacher. Tennis has changed my life. Without tennis, I would never have

known that I could do anything really well.” You can read more about this incredible sporting success on [our blog](#).
It costs just £19.15 to feed a child for an entire school year with Mary's Meals. Please donate today and help more children like Patrick and Hannah unlock their talents.
To donate go to: <https://donate.marysmeals.org/gb>

FORMING IN FAITH

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 14 September** 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! Please join us, we look forward to welcoming you.

GIFT for families

GIFT is offered to all primary/secondary aged families and supports them to live and grow as Christians. GIFT meets monthly to worship together and learn about our Catholic faith. GIFT also enables parents to prepare their children to receive the sacraments. [Click here to register for GIFT.](#)

Next GIFT Meeting: **Saturday 9 September** at St Nicholas Catholic Primary school at 9.45am

GIFT Youth & Socials News

Friday 15 September

GIFT Youth throws a welcome party in the St Richard Reynolds Centre from 7.30-9.30pm for new year 7's. Come along to make new friends and meet old ones. All GIFT Youth members regardless of age are welcome to attend.

Sunday 24 September

GIFT Youth are beginning to organise teams for the outrageously fun Youth Rally being held at St Rita's. Do get in touch if you'd like to join in the fun.

Friday 17 November

Calling all parishioners: come along to a Bingo and Talent Show at St Nicholas School from 7.30 – 9.30pm which is being organised by our youth to help raise funds for GIFT Youth activities and CAFOD. Tickets will be on sale in the autumn.

For further information regarding any of the above, get in touch with Maria:

Exeter-pastoral-assistant@prcdtr.org.uk

Forming in Faith

Please note that we will not meet during the month of August and will recommence on Monday **11 September** at Sacred Heart and **Tuesday 12 September** at Blessed Sacrament.

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. Come whenever you can to explore the riches of the scriptures. You will be most welcome.

Please note that we will not meet in August. Our next session will be on **Wednesday 6 September**.

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

PRAYER & LITURGY

We commend to the Lord...

Lady Maria Iddesleigh, her Requiem Mass will be at Sacred Heart parish at 11.30am on 21 August. May she rest in peace and rise in glory.

We pray for...

...for the sick or housebound in our parishes and those who are particularly poorly at this time.

...for the appointment of a new Bishop for our diocese.

...for all young people who are awaiting exam results in the next couple of weeks.

We hope and pray that they are successful in attaining the grades that they need to progress their careers.

Pope's August Prayer Intention



For World Youth Day. We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

For The Pope's video [click here](#)

Words of thanks...

Chris Wale RIP

Thankyou for all your support, love and prayers which have surrounded us as a family. We ask for your continued prayers especially over the next coming months. Love from Marian, Dean, Daniel, Nichola and all the Family.

THE WORD

Sunday 13 August 19th Sunday in Ordinary Time

First Reading: 1 Kings 19:9.11-13 *Stand on the mountain before the Lord.*

Psalms Response: Let us see, O Lord, your mercy and give us your saving help.

Second Reading: Romans 9:1-5

I would willingly be condemned if it could help my brothers.

Gospel: Matthew 14:22-33 *Tell me to come to you across the water.*

Sunday 20 August 20th Sunday in Ordinary Time

First Reading: Isaiah 56:1.6-7 *I will bring foreigners to my holy mountain.*

Psalms Response:

Let the people praise you, O God; let all the peoples praise you.

Second Reading: Romans 11.13-15.29-32

With Israel, God never takes back his gifts or revokes his choice.

Gospel: Matthew 15:21-25 *Woman you have great faith.*

The Feast of the Assumption - 15 August



The commemoration of the death of the Blessed Virgin Mary (the Dormition, or falling asleep, as it was known in the East) is known as the Assumption because of the tradition that her body did not decay but that she was raised up, body and soul, into heaven. This tradition was already present in the sixth century; by the beginning of the twentieth century it was widespread; and after consulting the views of bishops all over the world, the Pope formally and infallibly declared the doctrine of the Assumption to be part of the authentic and ancient doctrine of the universal Church.

CONTACT US

Blessed Sacrament

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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 642389

exeter-sacredheart@prcdtr.org.uk

Parish Priest

Fr Petroc Cobb 01392 642388

Assistant Priests

Fr Albert Lawes 01392 642378

Fr Anil Gundabathina 01392 642386

Deacons

Brian Bargent

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)

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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.