

CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross
10 December 2023. Second Sunday of Advent. Year B. Psalter Week 2



It may seem sometimes that God really likes to take his time in fulfilling his promises to us. However, we are reminded by St Peter, 'He is being patient with you all, wanting nobody to be lost and everybody to be brought to change his ways.' Our whole lives are an Advent of the Lord, waiting and preparing for his return in glory. But in the season of Advent, we can get too caught up with the secular busyness, that we forget that this is a time of deep spiritual preparation.

The voice cries out to us again, 'Make a straight highway for our God across the desert. Let every valley be filled in, every mountain and hill be laid low.' The patience of God is our opportunity to repent. If our hearts have valleys of despondency and sadness, then fill them with thanksgiving to God for his blessings. If they have mountains of pride and arrogance, then lay them low with the gift of humility. For only then will our hearts be able to joyfully shout to our world by our words and actions, 'Here is your God!' and discover that he does indeed fulfil his promises to us today. *Fr Albert*

MASS TIMES BLESSED SACRAMENT



Sunday 10 December – Second Sunday of Advent – Bible Sunday

8.45am *Mrs Kelly's intentions*
10.45am *People of the Parish*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *Deceased members of the Grant family*

Tuesday 12 December

6.30pm *Canon Paul Cummins*

Wednesday 13 December – St Lucy, Virgin & Martyr

9.30am *Friends & Family of the Smyths*
Followed by refreshments in St Richard Reynolds Centre

Thursday 14 December – St John of the Cross, Priest & Doctor

9.30am *For a new Bishop*
7.00pm *Adoration of the Blessed Sacrament*

Friday 15 December

6.30pm *Krzysztof Jasinski RIP*

Saturday 16 December

9.30am *Dan Docherty RIP*
3.00pm *Simbang Gabi – Filipino Mass*

Sunday 17 December – Third Sunday of Advent – Gaudete Sunday

8.45am *Sick & Housebound*
10.45am
Followed by refreshments in St Richard Reynolds Centre
3.00pm *Syro Malabar Mass*
6.00pm *People of the Parish*

Confessions

See below for times of Confessions during Advent.

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](#).

MASS TIMES SACRED HEART



Sunday 10 December – Second Sunday of Advent – Bible Sunday

- 5.30pm (Sat) *People of the Parish*
9.15am *Biju Varghese RIP - Mass with Liturgy of the Word for Children.*
Followed by refreshments in the Lower Room
11.15am *Anna Maraone*
1.15pm *Mass in Polish*
5.00pm *Ecumenical Carol Service*
Followed by Mulled Wine & Mince Pies at the back of the Church

Monday 11 December

- 10.00am *Baby Xander Yonas & Family*

Tuesday 12 December

- 10.00am *Msg Harry Doyle RIP*
Followed by refreshments in the Lower Room
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Wednesday 13 December – St Lucy, Virgin & Martyr

- 10.00am *Chris Lee RIP*
Followed by SVP Chatter Café in the Lower Room

Thursday 14 December – St John of the Cross, Priest & Doctor

- 6.30pm *Adoration of the Blessed Sacrament & Benediction*
7.00pm *Andre & Monica Adelabu 51st Wedding Anniversary*

Friday 15 December

- 10.00am *Christopher Aldo*

Saturday 16 December

- 10.00am *Kenneth & Vera Bolton RIP*
Followed by CWL refreshments in the Lower Room

Sunday 17 December – Third Sunday of Advent – Gaudete Sunday

- 5.30pm (Sat) *People of the Parish*
9.15am *Michael O'Toole RIP - Mass with Liturgy of the Word for Children.*
Followed by refreshments in the Lower Room
11.15am *Biju Varghese RIP*
1.15pm *Mass in Polish*
5.30pm – 6.30pm *Confessions with Exposition*

Confessions: On Saturday after 10 am Mass, or 4-5 pm. Otherwise on reasonable request.

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

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

MASS TIMES

HOLY CROSS, TOPSHAM

Sunday 10 December – Second Sunday of Advent – Bible Sunday

11.00am *People of the Parish*

Thursday 14 December

10.00am *Blake RIP*

Sunday 17 December Third Sunday of Advent – Gaudete Sunday

11.15am *People of the Parish*

CHRISTMAS MASS TIMES

Blessed Sacrament

Sunday 24 December	6.00pm Vigil Mass 11.30pm Vigil of Readings and Carols Followed by Mass at Midnight
Monday 25 December	8.45am, 10.45am, No evening Mass
Tuesday 26 December	No Mass
Weds 27 December	No Mass
Thursday 28 December	No Mass
Friday 29 December	6.30pm
Saturday 30 December	9.30am
Sunday 31 December	8.45am, 10.45am, 6.00pm
Monday 1 January	12.00noon <i>followed by drinks and nibbles</i>
Tuesday 2 January	6.30pm

Sacred Heart

Sunday 24 December	6.00pm Vigil Mass 9.00pm Polish Mass 11.30pm Vigil of Readings and Carols Followed by Mass at Midnight
Monday 25 December	9.15am, 11.15am, Polish Mass 1:15pm
Tuesday 26 December	10.00am
Weds 27 December	10.00am
Thursday 28 December	7.00pm
Friday 29 December	10.00am, 7.00pm Polish Carols
Saturday 30 December	10.00am
Sunday 31 December	9.15am, 11.15am, Polish Mass 1:15pm
Monday 1 January	10.00am
Tuesday 2 January	10.00am

Holy Cross

Monday 25 December 11.00am
Thursday 28 December 10.00am
Sunday 31 December 11.00am

ADVENT CONFESSIONS

Blessed Sacrament

Saturday 16 December after 9.30am Mass
Tuesday 19 December 7.00pm with Exposition
Wednesday 20 December 7.00pm with Exposition
Saturday 23 December after 9.30am Mass

Sacred Heart

Sunday 17 December to Weds 20 5.30pm-6.30pm with Exposition
Thursday 21 December 6.00pm-7.00pm with Exposition
Friday 22 December 5.30pm-6.30pm with Exposition
Saturday 23 December after 10am Mass with Exposition
Saturday 23 December 4.00pm-5.00pm with Exposition

Exeter Foodbank Tree at Blessed Sacrament

Our Christmas tree is now in the church, and you will see it is already decorated with Exeter Foodbank Tags. Each tag includes an item the Foodbank has prioritised this Christmas. You are invited to take a tag, purchase that item, bring it to church and place it under the tree. When you take a tag, we invite you to take a ribbon and tie it to the tree to remember a loved one who will not be with you for Christmas. We will continue to do this throughout Christmastide. Many will benefit from your generosity. Thank you in anticipation.

EXETER NEWS & EVENTS

Advent Walk with Me booklets are available in the Blessed Sacrament porch, and at Sacred Heart at the back of the church, for a suggested donation of £1 – please put money in the wall box marked ‘Books’ at Blessed Sacrament, or ‘Repository Items’ at Sacred Heart. There are also free Advent Calendars available in the Blessed Sacrament porch for the children.

November Many thanks to all of those who sponsored all of those who grew moustaches for November. We are now collecting your very kind contributions towards men’s health. Please give your money to the parish office or to one of the Deacons, please do not put it into the collection plate.

Sacred Heart Church International Mass

There will be a practise for the Spanish Choir at 7.00pm in the Lower Room. Please come along as we prepare for the International Mass.

Sacred Heart Church Book Club

The next meeting of the Sacred Heart Book Club will be on Thursday 4 January 2024 at 7.30pm, in the Upper Room, after evening Mass. The book that we are reading is 'Foster', by Claire Keegan. All are welcome.

Filipino Christmas Celebration – Simbang Gabi

This traditional Filipino Mass will be celebrated at Blessed Sacrament on **Saturday 16 December at 3.30pm**. An invitation is extended to all parishioners to join the Filipino community.

CAFOD News

Cafod Advent Fair –

Thank you to all who helped and contributed and to those who supported on the day. The total raised was £1526.48 a fantastic sum for Cafod.

Find all the latest Cafod news [by clicking here](#). Items include COP28 and news on the Israeli – Palestinian Crisis and ways how you can help with these and more issues.

CAFOD's online Advent calendar 2023

Our online Advent calendar of daily prayer and reflection will offer an opportunity to pause, reflect, pray and take action as we prepare for Christmas.

Join us as we journey through the season of Advent with our global family.

Sign up for daily reflections straight to your inbox [Interactive online Advent calendar 2023 \(cafod.org.uk\)](https://www.cafod.org.uk)

As we approach Advent and wait for Christmas and the joy of Jesus' birth, it's important to remember that some things cannot wait. For families around the world, time is running out to get vital supplies they need to survive winter. Your donation this Advent is so vital to families facing the harshest conditions.

Useful links:

[CAFOD statement on Israel-Hamas ceasefire](#)

[Respond in your parish this Advent to this crisis](#)

[Advent prayer cards to order for your parishioners](#)

[Advent prayers and prayers for Israel and the Occupied Territory of Palestine](#)

[Fundraising ideas for Advent and Christmas](#)

Home Communion

If you know of anyone who can no longer come to Mass and would like to be added to the list for home Communion visits from Sacred Heart, please inform Fr Petroc, Fr Albert, or the parish office so that they can be added to our lists. For Blessed Sacrament please contact Fr Jonathan or the Blessed Sacrament Parish Office.

Catholic Children's Society (Plymouth)

Copies of the Society's latest newsletter are available in the Blessed Sacrament porch and see the poster for more information.

Christmas Cards at Sacred Heart

Sacred Heart is selling packs of Christmas cards. Each card features a different hand-picked picture of the church Nativity scenes. Each pack contains 6 cards and will be on sale for £5, and all proceeds will support our church. Thank you to those who have already bought some, there are still some left!

Exeter Foodbank

The Food Bank is under extreme pressure by increased demand from its usual clients as well as the need to support Afghan, Syrian and Ukrainian refugees. Donations of the following priority items are especially needed: fruit squash & fruit juice, tinned meat & fish, tinned veg & potatoes, biscuits, noodle snacks, custard, jams & spreads, Coffee, sponge pudding, sanitary products, household items (washing up liquid, washing capsules etc.)

Collection Points include – Co-Op (Heavitree/St Thomas); Tesco (Exe Vale); Sainsbury's Alphington/Pinhoe/Guildhall); Waitrose (Gladstone Rd) as well as the back of the Blessed Sacrament and Sacred heart churches. Please email Mark at info@exeterfoodbank.org.uk to find out how you can help. More information about Food Bank can be found at <https://exeter.foodbank.org.uk/give-help/donate-money/>

The Jubilee 2025 & the Year of Preparation



There will be a Jubilee of the whole Church in 2025 and we are going to be spending the coming year preparing for such an event. The theme of the Jubilee (Pilgrims of Hope), is an occasion of joy and mercy. Events will be planned throughout the year, it is an occasion of grace and celebration. You can view the trailer for the Jubilee [here](#) There is also an App, available on all devices – **Iubilaeum25** – which contains latest news, the hymn for the Jubilee, and a calendar of events.

The Holy Father has asked us to focus on two things: the **Our Father**, and the four **Constitutions of the Second Vatican Council**. The Our Father as a means to focus our prayer, and the Constitutions as a means to renew catechesis in the Church.

Caritas Plymouth

Homelessness – How are we called to respond?

Online event 6-7pm Wednesday 17 January 2024

Catholic Social Teaching reminds us that housing is not a valueless system but a core part of what it means to live a dignified human life. Cardinal Vincent Nichols has said

that “the provision of secure, decent housing for all is a hallmark of a good society. ‘And yet on any given night, tens of thousands of families and individuals are experiencing the worst forms of homelessness across Great Britain. This includes more than 200,000 households in England alone.

This online event of prayer and reflection will include presentations from organisations working on the frontline of homelessness including St Petrocs Cornwall and Routes to Roots in Dorset, who will share their response to the enormous challenge of homelessness and how we can best respond. All are welcome. Please register to receive the Zoom invitation <https://forms.office.com/e/VVp5t5qU7F>

Caritas Newsletter: With news of love in action around our diocese can be found if you [click here](#)

Cost of Living Signposting: information can be found [here](#)

Reverse Advent Calendar: We have also created a reverse advent giving calendar to encourage donations to local foodbanks in the run up to Christmas - a great idea, find details [here](#)

Diocese of Plymouth

Advent reflections and prayers Follow [this link](#) to the first of four Advent offerings on the theme of HOPE

Diocesan Yearbook 2024

The 2024 Diocesan Yearbook is now available at Blessed Sacrament at a cost of £4.00. It is a great source of diocesan information and news. Please put your payment in the wall box marked ‘Books’.

Diocese of Plymouth Newsletter

The diocese is publishing a regular newsletter with items of interest from across the diocese as well as further afield. [Here is the link to the latest newsletter](#)

And here is [the link](#) if people would like to sign up to receive the next newsletter and weekly Advent reflections. [Click Here](#) for the link to the second Advent offering on the theme of PEACE.

Northern Lights Concert

We invite parishioners and clergy to watch Gerry Hinton and Charlotte Wilson who are singing in the Northern Lights concert at St David's Church, Exeter EX4 4HR, on Saturday 16 December at 7.30pm. Tickets £18 (unreserved) Students/UC £5, Children (under 18 years) £1

Community News

Cost of Living Support

The rise in the cost of living means that we are all having to dig a little deeper to pay for household essentials such as food and energy. Many people in Devon are being

forced to make difficult decisions, especially those on the lowest incomes. Devon County Council has put together this info on what support is available: [click here](#)

Free Food

Updated Free Food Guide for people without a home can be found [by clicking here](#). Note the Salvation Army meals on Saturday and Sunday will both be at lunchtime, 1.00pm – 2.00pm and St Thomas Food Fight are recommencing their in-person hot meal table in Cowick Street on Sundays at 11.30am – 12.30pm from 5 November.

Synodal Newsletter November 2023: [Read it here.](#)

YMCA Exeter Christmas Carol Service

This year to be held at 1.00pm on Thursday 14 December at St David's Church. The Carol Service offers a wonderful opportunity for our friends, residents and volunteers to gather for fellowship, prayer & thanksgiving as we move towards the end of the year. Do stay with us after the service for mince pies and hot drinks – we'd love to chat!

Do please let us know if you're able to join us on 14th December by dropping us a message at events@ymcaexeter.org.uk, we would love to see you.

FORMING IN FAITH

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.

RCIA: Rite of Christian Initiation of Adults

Is God calling you? Are you seeking to discover more about the Catholic Church? The Rite of Christian Initiation of Adults is an opportunity for you to learn more. These sessions are aimed at those wanting to learn more, desiring to receive Baptism or Confirmation in the Catholic Church. If you would like to discover more, join our RCIA course every Thursday at 7.30pm in the Lower Room at Sacred Heart.

Want to learn more about the Sacraments?

Bishop Robert Barron reminds us that the great sacraments of the Church are true encounters with Christ. Through the seven sacraments of the Church, Jesus is present. The sacraments have endured for thousands of years and blessed countless lives. Everything in the Church's life comes from and returns to them.

Join us every fortnight on Monday morning after the 10.00am Mass until 12.15pm in the Lower Room of Sacred Heart Church. Our next session will be on Monday 4 December. We will explore the Sacrament of Baptism. All are welcome.

GIFT tots Beginning in January 2024.

An hour of fun faith for pre-school age children and their parents and carers. Come together to pray, sing, explore and create the Good News as we Grow In Faith Together. The second Friday every month at the St Richard Reynolds Centre, Blessed Sacrament. Or the fourth Friday every month at the Lower Room Sacred Heart Parish Centre. 10.15-11.15am. **Registration is required to attend**, please complete one registration form per child attending the group that you will find at this link [See you there.](#)



GIFT Youth & Socials News

The next Gift Youth Social will be on 19 January 2024. 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.



GIFT for families

GIFT is offered to all primary and secondary aged families and supports them to live and grow as Catholic 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 of Reconciliation, Holy Communion and Confirmation.

[Click here to register for GIFT.](#)

Next GIFT Meeting **Saturday 13 January at 9.45am** at St Nicholas School, Ringswell Avenue, Exeter EX1 3EG.

Baptism Preparation Course



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. Courses are over two consecutive Saturday mornings from 10.15-12.15

delivered via Zoom. Forthcoming dates: **27 January & 3 February**, 20 & 27 April, 20 & 27 July and 12 & 19 October

2024. 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, contact Lesley on 01392 274724 or exeter-heavitree@prcdtr.org.uk. We are now taking bookings for the January 2024 course. [Baptism Enquiry form](#)

PRAYER & LITURGY

COP28 Prayer Support Nov.30 – Dec.12

Little more than praying can help us now!

An hour of prayer will take place at Sacred Heart, 10.30 – 11.30, every day, barring Sundays, for the duration. Please join us when you can.

Worship Thursday at Blessed Sacrament

Adoration of the Blessed Sacrament each Thursday 7.00-8.00pm

Adoration with Taizé 2nd Thursday of each month: next - 14 December.

Adoration with Stronghold Praise & Worship Third Thursday of each month: next – 18 January (there will not be a Stronghold on 21 December)

Pope's December Prayer Intention

Let us pray that people with disabilities may be at the centre of attention in society, and that institutions may offer inclusion programmes that value their participation.

See also [The Pope Video](#)

Sunday 10 December Second Sunday of Advent

First Reading Isaiah 40:1-5. 9-11 *Prepare a way for the Lord.*

THE WORD

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

Second Reading: 2 Peter 3:8-14 *We are waiting for the new heavens and new earth.*

Gospel Mark 1:1-8 *Make his paths straight.*

Sunday 17 December Third Sunday of Advent

First Reading Isaiah 61:1-2,10-11

He has sent me to proclaim a year of favour from the Lord.

Psalm Response: My soul rejoices in my God.

Second Reading: 1 Thessalonians 5:16-24

May you all be kept safe for the coming of our Lord Jesus Christ

Gospel John 1:6-8,19-28 *There stands among you the one coming after me.*

CONTACT US

Sacred Heart

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Parish Priest

Fr Petroc Cobb 01392 642388

Assistant Priests

Fr Albert Lawes 01392 642378

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-giftaid@prcdtr.org.uk

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

Parish School

St Nicholas Catholic Primary School
Ringswell Avenue, Exeter EX1 3EG
01392 445403

admin@stnics.uk

www.st-nicholas-exeter.devon.sch.uk

Executive Head Teacher

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Safeguarding

Sacred Heart

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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.*