

CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross
21 January 2024. Third Sunday in Ordinary Time. Year B. Psalter Week 3



Where does Jesus begin his ministry? Where John the Baptist left off - preaching a message of repentance, of change, to welcome the new Kingdom of God. There is a simplicity to this message, which is not compromised by anything. Today's Gospel has these simple words from Jesus, and then the story of his calling more disciples to follow him and share in the work of spreading this message.

Repentance has had something of a bad press. We tend to think of it as an old-fashioned concept. But every age needs to hear this call: to look at what we do and say and assume, and realise that there are such things as right and wrong, and that sometimes we follow the wrong path. To follow Jesus, and to accept the Kingdom of God, demands that we make a radical choice, which might well change our lives.

Salford Office for Liturgy.

[Sacred Heart website](#) • [Blessed Sacrament website](#) • [Facebook Catholic Exeter](#)

MASS TIMES BLESSED SACRAMENT



Sunday 21 January – Third Sunday in Ordinary Time

- 8.45am *Emma Bullous RIP*
10.45am *Church cleaners*
Followed by refreshments in St Richard Reynolds Centre
3.00pm *Christian Unity Service*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *People of the Parish*

Tuesday 23 January

- 6.30pm *Alpha & Connect Teams*

Wednesday 24 January – St Francis de Sales, Bishop & Doctor

- 9.30am *Roy Thomson RIP*
Followed by refreshments in St Richard Reynolds Centre

Thursday 25 January – Conversion of St Paul - Feast

- 9.30am *Private Intention*
7.00pm *Adoration of the Blessed Sacrament*

Friday 26 January – St Timothy, Bishop & St Titus, Bishop

- 6.30pm *Sick & Housebound*

Saturday 27 January

- 9.30am *In Thanksgiving*
Followed by Confessions

Sunday 28 January – Fourth Sunday in Ordinary Time Racial Justice Day

- 8.45am *People of the Parish*
10.45am *Justice & Peace*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *John & Teresa McKentay*

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](#)

MASS TIMES SACRED HEART



Sunday 21 January – Third Sunday in Ordinary Time

- 5.30pm (Sat) *People of the Parish*
9.15am *Rev Thomas Barney RIP*
Followed by refreshments in the Lower Room
11.15am *Private Intention*
1.15pm *Mass in Polish*
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Monday 22 January

- 10.00am *Sarah Mills RIP*

Tuesday 23 January

- 10.00am *Adelabu Family*
Followed by refreshments in the Lower Room
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Wednesday 24 January – St Francis de Sales, Bishop & Doctor

- 10.00am *Coral Saunders-Mortier*
Followed by Chatter Café in the Lower Room

Thursday 25 January – Conversion of St Paul - Feast

- 6.30pm *Adoration of the Blessed Sacrament & Benediction*
7.00pm *Kenneth & Vera Boltan RIP*

Friday 26 January – St Timothy, Bishop & St Titus, Bishop

- 10.00am *Vincent Reeve RIP*

Saturday 27 January – The Blessed Virgin Mary

- 10.00am *Catholic Women's League*
Followed by CWL refreshments in the Lower Room

Sunday 28 January - Fourth Sunday in Ordinary Time Racial Justice Day

- 5.30pm (Sat) *Biju Varghese RIP*
9.15am *Elza Babu*
Mass with Liturgy of the Word for Children
Followed by refreshments in the Lower Room
11.15am *People of the Parish*
1.15pm *Mass in Polish*
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Confessions Saturdays after 10.00am Mass and at 4.00-5.00pm and on request

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

MASS TIMES HOLY CROSS, TOPSHAM

Sunday 21 January – Third Sunday in Ordinary Time

11.00am *People of the Parish*

Thursday 25 January – Conversion of St Paul - Feast

10.00am

Sunday 28 January – Fourth Sunday in Ordinary Time

Racial Justice Day

11.15am *People of the Parish*

EXETER NEWS & EVENTS

Service of Prayer for Christian Unity 21 January

United service of prayer hosted by Christians Together Across Exeter at Blessed Sacrament Church at 3.00pm on Sunday 21 January 2024. We welcome Rev Ash Plom from St David's Church who will be the main speaker. Refreshments afterwards. All are welcome so please come along.

The Bereavement Journey

The Bereavement Journey is a great place for talking to others who have been bereaved, or just to hear how others are experiencing and dealing with similar issues. Grief is more easily managed when journeying with others and past losses can be opened up safely.

If you have been bereaved and feel you may not have come to terms with your loss, we hope you will benefit from attending The Bereavement Journey which is being run in the St Richard Reynolds Centre at the Blessed Sacrament church. This journey offers 15 films over 7 sessions, offered weekly, starting on Saturday 10 February at 10.00am. Guests are placed in groups of 6-8 for discussion following the films and volunteers guide them in exploring their loss, aided by a Guest Manual (for a suggested donation of £15).

Anyone 18 years+ for whom someone important has died at any time is welcome.

Places must be booked in advance. This can be done by emailing or phoning the Blessed Sacrament Parish Office.

We look forward to welcoming you on this journey.

St Nicholas School News

The new term has started well with much going on at St Nicholas! Our Yr 5's had a fantastic time on their London Trip visiting the Houses of Parliament, the Imperial

War Museum and the Cambridge theatre to watch Matilda. We hope to make this trip a regular event. The children made many fantastic memories!

Compton Class attended a learning mass with Fr Jonathan and learned all about the symbolism of the mass.

We also had a visit by Rock Steady who work with children to form school rock bands playing guitars, drums, keyboard and singing. The children were so enthusiastic and we are excited to see these bands take shape over the next few months and to see them perform.

To find out about joining St Nicholas School from our Nursery to Yr 6 please contact Mrs Brocksom by emailing admissions@stncls.uk

Sacred Heart Book Club

The next meeting of the Book Club will be on Thursday 15 February at 7.30pm, after evening Mass. The book that we shall be reading is '**The Spire**', by William Golding. All are welcome.

Legion of Mary Exeter Praesidium

We meet weekly on Friday at 6.00pm in the Sacred Heart Parish lower room. Come and join us to share our faith, pray together, and do apostolic work reaching out to people in need.

Prostate Cancer Drive



A BIG thank you to all those who supported our drive for Prostate Cancer. Did you notice the moustaches on Deacons Kelvin and Brian and Bill Hughes? Magnificent!! With your amazing support, they managed to raise £600.00,

International Mass – Sacred Heart



We are very proud to host our annual International Mass on Sunday 4 February at 10:45am at Sacred Heart Church. You are invited to attend Mass followed by a Bring & Share Feast at Mecure Southgate Hotel, South Street. National Dress would add to the occasion. (Please bring a plate/dish of food sweet or savoury typical of your country.) There are no facilities for HOT Food. Please remember to label ingredients clearly, people could have allergies to e.g., nuts, wheat, dairy etc. There will also be a Bar available for you to purchase drinks.

Catholic Women's League CWL

The next meeting of CWL will be on Tuesday 23 January at 2.00pm in the Sacred Heart Parish Room South Street. Exeter. Please bring your annual subscription of £26. New members will be very welcome. We will be making plans for the year at this meeting.

“Never Say Dy” Sacred Heart



Join the Arts Group at our presentation of “**Never say Dy**”: A murder mystery written by our own Maureen Speller. *School reunions will never look the same to you after this!!* Members of both parishes are invited to join us at the Sacred Heart Parish Rooms, South Street, Exeter on **Friday 9 or Saturday 10 February at 7.00pm or**

Sunday 11 February 2.30 p.m. *As before, performers may be using their scripts.* Net Proceeds to be split between Exeter Waymakers Refugee Resettlement Programme and Kenyan Educational sponsorship. Tickets, including light refreshments, minimum £5: available from: Gerry Hinton 07970 042641 (e-mail gerryhinton@aol.com) or Dorf Ruscoe 01404 822689 or by contacting any member of the Group.

Sacred Heart – Road Access

Devon Highways will be carrying out maintenance works to the footway on Fore Street and South Street, Exeter, between Monday 29 January – Friday 22 March 2024. They will maintain pedestrian access along Fore Street and South Street throughout the works, as well as access to premises.

Exeter Foodbank

Donations of the following priority items are especially needed: tinned meat, tinned vegetarian meals, pasta sauce, small jars of coffee, small bags of sugar, biscuits, toothpaste and toothbrushes.

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/>

Cafod Sacred Heart

The Church relies on people getting involved. Our parish, our community, our world needs you. Could your New Year’s resolution be getting more involved in the life of our church? Which aspects of church bring you life or joy? Could you give a bit of time to help those parts flourish?

CAFOD, the Catholic Agency for Overseas Development, are looking for people to give some time and join them in their mission. Could you help in our parish, inspiring our church to help build a better world or by visiting our local schools? Or raise a voice and campaign for justice or perhaps use your communication skills to help CAFOD raise its voice throughout the area. Could you coordinate local volunteers or share your admin skills to help CAFOD keep costs low? The CAFOD volunteer team here in the diocese is a very happy and friendly team and would welcome new members! Our present team at Sacred Heart is older parishioners so some younger blood would be most welcome.

Please email criostoir.o.mongain@icloud.com to register your interest.

WIDER NEWS

Ordination of Bishop Christopher Whitehead

Our Bishop-elect Christopher Whitehead will be ordained as tenth Bishop of Plymouth on February 22 in Plymouth Cathedral at 12.00 noon.

As much as we would wish for all who desire to take part in the Mass to be present in the Cathedral we deeply regret that its seating capacity is extremely limited.

In an effort to allocate seats fairly, each parish in the diocese will be given two tickets so that all our parishes will be represented.

At Blessed Sacrament we propose to allocate our tickets by ballot. If you would like to attend the ordination in person, please complete a ballot slip, (which can be obtained from the church porch) with your name and telephone number. Please put the completed slips through the presbytery letterbox. We will then draw out the names of the two people who are successful and let them know by phone. (Please get your ballot papers in before 30 January)

There will be opportunities to meet the Bishop personally during the coming year, when he will be visiting all areas of our diocese.

The Service of Solemn Vespers at the Cathedral on 21 February, the evening before the Ordination and Installation Mass, will be open to all wishing to come and pray with and for the Bishop-elect as he prepares for the following day's profoundly significant ceremonies for him and for our diocese.

Importantly, both the Solemn Vespers and the Ordination Mass and Installation will be live-streamed [here](#), so this too may provide an opportunity for your parish community to gather together to watch the live-streamed events and to participate from afar, sharing in this historic occasion together.

CAFOD's Big Lent Walk



Sign up for CAFOD's Big Lent Walk and challenge yourself to walk 200km in 40 days. You can sign up as an individual, parish or school by [clicking this link](#). Is there someone you know who can walk for the Parish and then get everyone to sponsor them? Or could you get together for a one-off event to stand in

solidarity with communities around the world?

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 January newsletter](#)

And here is [the link](#) if you would like to sign up to receive the next newsletter

Feast of St Bakhita Modern Slavery Event

Modern slavery is a serious crime being committed across the UK in which victims are exploited for someone else's gain. It can take many forms including trafficking of people, forced labour and servitude. Victims are often hidden away, may be unable to leave their situation, or may not come forward because of fear or shame. This 2-hour event will hear from a range of speakers about modern slavery in our Diocese and how we are called to respond. There will be practical advice about what to look out for and what we can do if we have concerns. The event will take place on the Feast of



St Bakhita, patron of victims of modern slavery, on Thursday 8 February from 10.30am -12.30pm at the Church of the Assumption of Our Lady parish rooms in Abbey Road, Torquay and will be followed by a free light lunch. Please use the QR code, call 01364 645425 or email caritas@prcdtr.org.uk to register so we can plan catering.

An invitation to survivors of abuse

We held our first survivor group meetings in November, which were an opportunity for anyone with lived experience of abuse to share their thoughts and ideas about survivor support work in our diocese. We are very grateful to all those who generously gave their time to attend these meetings.

The diocese would welcome the opportunity to hear from others who have a lived experience of abuse, so that we can involve them in the work we are doing to support survivors. If you would like to help us with this work, or you would like to find out more, please contact: Sophie Scagell (Survivor Support Caseworker) on 01364 645436 / sophie.scagell@prcdtr.org.uk

Lent Retreat Day

A retreat day titled "a campaign of Christian service..." led by Fr. Jacek Kostuch will be held on the Saturday 2 March at St Rita's Centre, Honiton.

The day will begin with coffee/tea on arrival at 9.30am. The first talk will start at 10.00am, and the second talk will be at 11.00am. Exposition and Adoration of the holy Sacrament in silence will be at 12.00pm. Lunch will be served at 1.00pm. Mass will be celebrated at 2.45pm and there will be an opportunity for Confession. The charge for the day, including lunch (3 course meal), is just £25.00.

Booking can be made by phone, email or online (www.stritascentre.org/events)

Payment can be made on the day.

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

Christians Together across Exeter (CTaX)

CTaX invites you to a United Prayer Service at 3.00pm on Sunday 21 January in Blessed Sacrament Church, followed by refreshments in the St Richard Reynolds Centre. This is an opportunity for Christians across Exeter to come together to pray for unity and peace. All are welcome.

Diocesan Youth Events Newsletter [click here](#)

Vacancy in the Diocese of Plymouth

Assistant to Diocesan Care Officer

To support in delivering organisational and practical pastoral assistance to the clergy welfare support team. The primary objective of the team is to support the well-being of clergy members who are sick or retired from Ecclesiastical office in the diocese. If you have experience in a nursing and/or in the organisation of care support in the social sector, some awareness or knowledge of social care policy and legislation in relation to older people and an ability to act as a key representative for the diocese of Plymouth we encourage you to get in touch.

The hours are 21 per week and the location is St Boniface House, Ashburton or a Plymouth location. The closing date is Monday 29 January

For more information visit the careers page on the Diocesan website. To apply please send your application form and covering letter to recruitment@prcdtr.org.uk.



Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue... or have you just stopped talking to each other? Does talking about it only

make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage.

Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work.

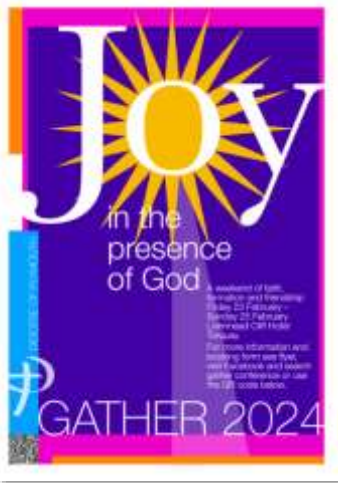
For confidential information about 'Retrouvaille' or to register for the next programme commencing with a Virtual weekend on 8 - 11 February 2024 or a Face to Face weekend in Welwyn Garden City on 14-16 June 2024, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com - or visit <http://www.retrouvaille.org.uk/>

Caritas January Newsletter

Follow [this link](#) to the January edition of the Caritas Diocese of Plymouth newsletter.

St Petrock's Annual Homelessness Service

Sunday 28 January at 4.00pm in St Petrock's Church on Exeter High Street (with refreshments afterwards in St Petrock's Centre). This is a simple annual service we host each year to bring together supporters to reflect on homelessness in Exeter, with readings, Christian teaching, songs and a space to remember those from the homeless community who have died over the past year.



GATHER 2024

Joy in the presence of God

The annual GATHER Conference unites people from across the Diocese of Plymouth and further afield for a weekend of faith, formation and friendship. This year, once again, we will gather at the Livermead Cliff Hotel, Torquay from Friday 23 February – Sunday 25 February.

Speakers include Avril Baigent from the Diocese of Northampton, artist Colin Bentley, Sr Mary Magdalen from the Sisters of Mary, Morning Star, Lynton and David Wells. Jo Boyce, from CJM Music will be leading the liturgies.

The Livermead Cliff hotel is now completely full and has sold out of rooms. We have over 100 delegates

booked but still have places for day delegates at a cost of £55 or £95 including the conference dinner. To book use the QR code on the poster and flyer or [use this link](#).

The Livermead House Hotel is the sister hotel to the Livermead Cliff Hotel. It is diagonally opposite the Gather hotel and a short 5 min walk. It currently has availability for the Gather weekend but works out a little more expensive. They offer a discounted rate for Gather conference delegates. Please contact the hotel directly for their BnB rate.

The Water's Edge Hotel in Torquay currently has availability for the dates of our Gather weekend. It is walkable from the Livermead Cliff and is reasonably priced. Please contact them directly to book.

FORMING IN FAITH

GIFT tots

Next session Friday 26 January at Sacred Heart: Registration is Required

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. Second Friday every month at St Richard Reynolds Centre, Blessed Sacrament. Fourth Friday every month at the Lower Room Sacred Heart. 10.15-11.15am. [GIFTtots Registration](#)

GIFT 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.

Next GIFT Meeting: **Saturday 3 February at 9.45am** at St Nicholas School, Ringswell Avenue, Exeter EX1 3EG. [Click here to register for GIFT.](#)

GIFT Youth & Socials News

The next Gift Youth Social will be on **16 February**. If you have signed up for Gift Youth details of the next session will be sent to you. We ask that the parent of any young person wishing to come along to Gift Youth has registered them using the form [use this link](#) before they come along to Gift Youth Socials and Gift Youth Saturdays. This ensures the safety of the young people.

Baptism Preparation Course

Are you expecting a baby and/or wish 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

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

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?

Join us every fortnight on Monday morning after the 10.00am Mass until 12.15pm in the Lower Room Sacred Heart. Next meeting is Monday 29 January. All welcome.

Worship Thursday at Blessed Sacrament

Adoration of Blessed Sacrament each Thursday 7.00-8.00pm.

With Taizé on the 2nd Thursday of each month. Next one: **8 February**.

Week of Prayer for Christian Unity 18-25 January

We are praying for unity among all Christians, a unity founded upon truth and compassion, For the church to find a common voice, to speak on matters that affect the whole of society. Please pray the prayer below during the week, and always.

Prayer for Unity

Lord Jesus, who prayed that all might be one, we pray to you for the unity of all Christians, according to your will, according to your means. May your Spirit enable us to experience the suffering caused by division, to see you sin and to hope beyond all hope. Amen.

Pope's January Prayer Intention

For The Gift of Diversity in the Church. Let us pray that the spirit helps us recognise the gift of different charisms within the Christian community, and to discover the richness of different ritual traditions in the heart of the Catholic Church. See also

[The Pope Video](#).

THE WORD

21 January. 3rd Sunday in Ordinary Time

First Reading Jonah 3:1-5.10

The people of Nineveh renounce their evil behaviour.

Psalm Response: Lord, make me know your ways.

Second Reading: I Corinthians 7:29-31

The world as we know it is passing away.

Gospel Mark 1:14-20 *Repent, and believe the Good news.*

Sunday 28 January. 4th Sunday in Ordinary Time

First Reading Deuteronomy 15:15-20

I will raise up a prophet and I will put my words into his mouth.

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

Harden not your hearts.

Second Reading: I Corinthians 7:32-35 *An unmarried woman can devote herself to the Lord's affairs; all she need worry about is being holy.*

Gospel Mark 1:21-28 *He taught them with authority.*

CONTACT US

Sacred Heart

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exeter-sacredheart@prcdtr.org.uk

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

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Maria Edwards

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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.*