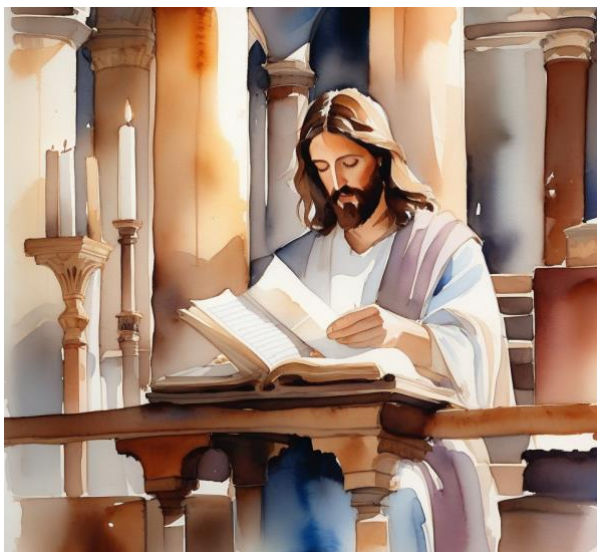


CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross
28 January 2024. Fourth Sunday in Ordinary Time. Year B. Psalter Week 4



Where does authority come from?

Where does authority come from? Why is one man regarded as a prophet, and another as a lunatic, and a third as a hypocrite? Jesus startles the crowds with a “new teaching” today, but what amazes them so much is not the message but the authority behind it: they are convinced because what he does somehow adds credibility to what he says. It’s the old situation that we are all familiar with - we look through words to see the actions, which show us the real message.

The scribes did not heal or work miracles, but simply talked about God. Jesus talks about the Kingdom of God, but also shows the people what it is - a Kingdom where all that damages human happiness is abolished. The other side to this is that we must listen to a prophet or teacher when they are backed by such authority; we may not “harden our hearts” and ignore the message when we have recognised that the messenger is sent by God. This is the hard part, because it demands that we too show, by our actions, that we have heard.

Salford Office for Liturgy.

MASS TIMES BLESSED SACRAMENT



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*

Tuesday 30 January

6.30pm *Sick & housebound*

Wednesday 31 January – St John Bosco, Priest

9.30am *GIFT Youth*

No refreshments this Wednesday

Thursday 1 February

9.30am *Baptism of Nathaniel Jimenea*
7.00pm *Adoration of the Blessed Sacrament*

Friday 2 February – The Presentation of the Lord, Feast World Day for Consecrated Life

6.30pm *Private Intention*

Saturday 3 February

9.30am *Private Intention*
Followed by Confessions

Sunday 4 February – Fifth Sunday in Ordinary Time

8.45am *For World Peace*
10.45am *People of the Parish*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *Holy Souls*

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

MASS TIMES SACRED HEART



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*
Followed by International Cafe in the Lower Room
1.15pm Mass in Polish
5.30-6.00pm Adoration of the Blessed Sacrament & Benediction

Monday 29 January

- 10.00am *Adrian Renouf RIP*

Tuesday 30 January

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

Wednesday 31 January – St John Bosco, Priest

- 10.00am *John & Elizabeth Chichester RIP*
Followed by Chatter Café in the Lower Room

Thursday 1 February

- 6.30pm Adoration of the Blessed Sacrament & Benediction
7.00pm *Alexander Green*

Friday 2 February – The Presentation of the Lord, Feast

- World Day for Consecrated Life
10.00am *Mariacclare Fleville*

Saturday 3 February – The Blessed Virgin Mary

- 10.00am *Catholic Women's League*
3.00pm Baptism: Ethan Ramayrat
Followed by refreshments in the Lower Room

Sunday 4 February - Fifth Sunday in Ordinary Time

- 5.30pm (Sat) *Luis & Isabel Barrera RIP*
9.00am *Biju Varghese RIP* Mass with Liturgy of the Word for Children
10.45am *People of the Parish* International Mass
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 [click here](#).

MASS TIMES HOLY CROSS, TOPSHAM

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

11.00am *People of the Parish*

Thursday 1 February

10.00am

Sunday 4 February – Fifth Sunday in Ordinary Time

11.15am *People of the Parish*

EXETER NEWS & EVENTS

St Petrock's Annual Homelessness Service

Today, 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.

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

A number of our children have signed up to Rock Steady to become part of a rock band in school. They have chosen instruments or to sing and we will have 5 or 6 bands working together each week to build up to a performance. The experience of being in a band will be so exciting and there is a real buzz around the school. We are very excited to hear the results of their hard work over the coming months.

Our Year 2 children will soon have their Year 2 sleepover in school. They will explore the school at night with torches and see what the toys get up to after all the children have gone home. They usually find some teddy bears working hard in the office and in classrooms!

If you would like to find out about joining our school community please contact Mrs Brocksom by emailing admissions@stnics.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.

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.

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 at 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 [this link](#).

“Never Say Dy” at 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.

CAFOD at 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](mailto:criostoir.o.mongain@icloud.com) to register your interest.

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](#).

Angela Bosley, a Blessed Sacrament parishioner, has taken part for the last two years being sponsored by friends and family

and she has signed up again this year and she would like to raise £500. To do this she is asking for more sponsorship from Catholic Exeter. She has set up a Just Giving page - [this is the link](#) The page is live now, but she will start walking on 14 February. Let’s help Angela to reach her target and help the work of Cafod.

CAFOD Pyramid box collection

Last Sunday Cafod volunteers collected £281.07 when Blessed Sacrament parishioners brought along their pyramid boxes for emptying. It is amazing how much can be collected from loose change. If anyone forgot to bring their box along there will be another opportunity to give later in the year. Thank you.



As part of being a Live Simply parish at Blessed Sacrament, we aim to reduce and re-use the things that we have.

Parishioners therefore may be interested in Topsham Repair Café, which is open on the first Saturday of each month. [Topsham Repair Café](#)

The Social Justice focus of being a Live Simply parish is the issue of asylum seekers in indefinite detention, and the Jesuit Refugee Service UK send an email on the first Friday of each month from their Detention Outreach team. This can be accessed on [following this link](#).

Did you know that you can raise money for Cafod through your everyday online shopping? When you register you can choose Cafod as your chosen charity and they receive the proceeds: [Give As You Live](#).

Ebay buyers and sellers can support Cafod here: [CAFOD Ebay](#)

The next Cafod/ live Simply meeting will be on 17 February between 10.30am in the church. New members and all ideas are welcome!

WIDER NEWS

Christians Together across Exeter (CTaX)

Thank you to those parishioners and friends from other churches we came to our United Prayer Service last Sunday. It was a lovely opportunity for Christians across Exeter to come together to pray for unity and peace and get to know each other over a cuppa after. Please continue to pray for the unity of the Christian churches.

Caritas January Newsletter

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

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

Can you help this family?



This is a picture of Haron with his brothers Cedric and Dennis, who live in extreme poverty with their grandmother Mary, in Yala. There is a desperate need for waterproof coats for children aged from 5 to 16 who live in this area.

Do you have a coat, in good condition, hanging on the back of a door that is no longer used? Have your children or grandchildren outgrown one that can be passed on to one of these children? If you have a coat please bring it in to the

Blessed Sacrament parish office to be collected. Thank you.

Online Lent Talks 2024

An opportunity to hear and reflect on different aspects of our faith during the incredibly important Lenten journey. This year Fr Mark Skelton has opted to use the five great Gospels of the Sundays of Year A. This year the five speakers who have very kindly accepted the invitation are all from within the Diocese.

Rev Nick Johnson	February 16	The Temptations
Gather Conference	February 23-25	
Rev Andrew Marlborough	March 1	The Transfiguration
Mrs Deborah Fisher	March 8	The Woman at the Well
Rev Ignatius Raj	March 15	The Man born blind
Mr Gerard Gillespie	March 22	The raising of Lazarus

The zoom meeting details are the same for all the talks as follows:

Topic: Lent Talks 2024 Time: Feb 16, 2024 06:30 PM London

Join Zoom Meeting [at this link](#). Meeting ID: 834 4584 0521 Passcode: 862737

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.



Seeking Silence

Come along to St Pancras Church in the Guildhall Shopping Centre on Wednesday 7 February (and the first Wednesday of every month) from 5.15 to 6.00pm. This event is open to anybody wishing to find some quiet time for reflection. It is led by Dawn Williams. Please come along or contact Dawn: dawnwilliamsyoga@gmail.com.

Exeter Street Pastors

Exeter Street Pastors are recruiting. A video is available here: [at this link](#). Contact admin.exeter@streetpastors.org.uk to enquire for an opportunity to observe a deployment, or for more information.

An invitation to survivors of abuse

The diocese would welcome the opportunity to hear from those 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

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

Lent Retreat Day – A Campaign of Christian Service

Saturday 2 March at St Rita's Centre, Honiton, led by Fr. Jacek Kostuch.

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

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

GROWING IN FAITH TOGETHER

GIFTtots

**Next session: Friday 9 February at the Blessed Sacrament
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](#)

GIFTfamilies

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. [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 our 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

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**.

Pope's January Prayer Intention [The Pope Video](#)

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.

THE WORD

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: 1 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.*

Sunday 28 January. 5th Sunday in Ordinary Time

First Reading Job 7:1-4,6-7

Restlessly I fret till twilight falls.

Psalm Response: Praise the Lord who heals the broken-hearted.

Second Reading: 1 Corinthians 9:16-19,22-23

I should be punished if I did not preach the Gospel.

Gospel Mark 1:29-39

He cured many who suffered from diseases of one kind or another.

CONTACT US

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

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

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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.*