

CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross
7 January 2024. The Epiphany of the Lord. Year B. Psalter Week 1



In the East, this Season of Christmas is called the Time of Manifestation or Showing. Today is the 'Feast of the Manifestation', or the Showing of the Saviour to the whole world, to all nations. In the wise men who travel from the East, we see all the nations other than the people of Israel being welcomed at the New Temple of the New Covenant - the newborn child in the manger. A look at the Psalm response shows this: "All nations shall fall prostrate before you, O Lord."

The same is true of the key word in the second reading: "Revelation" Remember that for the people of Israel this was to be their Messiah, come to restore their fortunes. By this feast, we proclaim God's plan was to extend his salvation to men and women of every nation, of every time and every place, including us. In many ways this is our Christmas Feast, when we celebrate the Good News of the Saviour's birth revealed at last to us.

MASS TIMES BLESSED SACRAMENT



Sunday 7 January – The Epiphany of the Lord

8.45am *Extraordinary Ministers of Holy Communion*

10.45am *Ministers of the Word*

Followed by refreshments in St Richard Reynolds Centre

2.00pm *Syro-Malabar Mass*

6.00pm *People of the Parish*

Monday 8 January – The Baptism of the Lord, Feast

9.30am *Private Intention*

Tuesday 9 January

6.30pm *SLT & Vision Team*

Wednesday 10 January

9.30am *Flower Arrangers*

Followed by refreshments in St Richard Reynolds Centre

Thursday 11 January

9.30am *Catholic Women's League*

7.00pm *Adoration of the Blessed Sacrament with Taizé*

Friday 12 January

6.30pm *Parish Catechists*

Saturday 13 January

9.30am *Toddler Group Families*

Followed by Confessions

Sunday 14 January – Second Sunday in Ordinary Time

Peace Sunday

8.45am *People of the Parish*

10.45am *Musicians & Singers*

Followed by refreshments in St Richard Reynolds Centre

6.00pm *Welcomers*

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 7 January – The Epiphany of the Lord

- 5.30pm (Sat) *People of the Parish*
9.15am *Martha Gawron-Franscek*
Followed by refreshments in the Lower Room
11.15am *Duncan Marshall RIP*
1.15pm *Mass in Polish*
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Monday 8 January – The Baptism of the Lord, Feast

- 10.00am *Tayo Adelabu*

Tuesday 9 January

- 10.00am *Marieclare Fleville*
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Wednesday 10 January

- 10.00am *Emmanuel Adelabu*
Followed by Chatter Café in the Lower Room

Thursday 11 January

- 6.30pm *Adoration of the Blessed Sacrament & Benediction*
7.00pm *Msgr Harry Doyle RIP*

Friday 12 January – St Aelred of Rievaulx Abbot

- 10.00am *Catenian Association*
Followed by refreshments in the Lower Room

Saturday 13 January – The Blessed Virgin Mary

- 10.00am *Maureen Lee RIP*
Followed by CWL refreshments in the Lower Room

Sunday 14 January - Second Sunday in Ordinary Time Peace Sunday

- 5.30pm (Sat) *Birthday Thanksgiving Aisosa Akpede*
9.15am *Private Intention*
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
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 7 January – The Epiphany of the Lord

11.00am *People of the Parish*

Thursday 11 January

10.00am

Sunday 14 January – Second Sunday in Ordinary Time Peace Sunday

11.00am *People of the Parish*

EXETER NEWS & EVENTS

Blessed Sacrament Parish in Council

On Saturday 20 January you are invited to join us for the first of what we intend to be an annual Parish in Council meeting.

As part of a synodal Church we place listening to the Holy Spirit and to one another at the heart of who we are and what we do. Parish in Council is a chance for us to review the state of play and to look forward to the future. The morning will include input from Fr Jonathan and members of the Parish Vision Team as well as the opportunity to discuss how we can continue to implement our vision this year.

You are all invited, we need to hear what you think!

We hope that as many of you as possible will be able to join us. Saturday 20 January. 9.30am Mass. 10.00am–10.30am refreshments in the St Richard Reynolds Centre.

11.00am–12.30pm Parish in Council in the Church.

Holy Communion at home

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.

Mass Intentions at Sacred Heart

Our diary for Mass Intentions fills up very quickly! It is wonderful to see so many people praying for each other and for our departed friends and family. If you have specific dates for your intentions, it is a good idea to fill out the Mass Offering envelopes in good time to avoid disappointment. These can either be given directly to a Priest or put through the Parish Office post box.

Spanish Choir Practice – Sacred Heart

There will be a practice for the Spanish choir (for the International Mass) between 9.15 and 11.15 Mass on Sunday 7 January. Please come along and join us.

Putting All Children First – Especially at Christmas Time

Please take time to visit the cribs in our parish churches over the Christmas period. The collection will be donated to the Catholic Children's Society as it works across the diocese spreading God's love and giving families hope in times of crisis. We continue to ask you for a combination of concern, prayer and action. May God bless all our supporters and donors.

Exeter Foodbank

Donations of the following priority items are especially needed: tinned meat, tinned vegetables, tinned fruit, noodle & pasta snacks, small jars of coffee, jams and spreads and rice pudding.

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/>

Coffee after Sunday Mass at Blessed Sacrament

We serve refreshments after the 10.45am Mass on Sunday morning but we are in need of more volunteers. The more people helping the less frequently you will have to be put on the rota. If you can help please contact Niamh Owens on 01392 986702 or email: niamhowens@googlemail.com

Love Christmas. Thank you

The many recipients of the Love Christmas 'Bags of Love' and those who came to the Christmas Afternoon would like to thank all those who gave generously of their money and time to make this a success again. We were able to deliver bags to over 30 people who had been nominated to receive a bag of love as well as bags being sent to Age UK to distribute and a number were also delivered to an organisation to give them to women in need. We were also able to send a donation to a refugee charity to help towards the cost of a Christmas party for them. Around 20 people came to the Christmas afternoon where they shared some tea and cake and sang carols. Thank you everyone!

MISSIO at Blessed Sacrament

Missio 2024 calendars are available in the church porch and you are welcome to pick one up. Any red box holders who would like their boxes emptied and counted please contact John Mitchelmore by email at j_mitchelmore04@hotmail.com or call him on 01392 757199 and he will be happy to come and collect from you.

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.

International Mass FLAGS: Is your country represented?

Australia, Austria, Belgium, Botswana, Brazil, Canada, China, Colombia, Dubai, East Timor, England, Eritrea, Ecuador, France, Germany, Ghana, Hong Kong, Hungary, Ireland, Iraq, India, Indonesia, Italy, Japan, Kenya, Lebanon, Lithuania, Malta, Mexico, Nigeria, Norway, New Zealand, Peru, Philippines, Poland, Romania, Rwanda, Scotland, Spain, Africa, Sri Lanka, Sweden, Singapore, Slovakia, UK, Ukraine, USA, Venezuela, Wales, Zambia, Zimbabwe,

If your flag is not on the list, Please contact Vivianne at email:hot-ma@hotmail.com or at the back of the church at any of the weekend Masses

URAFIKI Booksale and Coffee Morning



In November 2022 we held a coffee morning and Booksale at Maggie's house, and it was a buzzing, lively event where books were discussed and bought, coffee and cake were consumed, and thanks to your fantastic generosity £1330 was raised (this included proceeds from the online



book sale) to support Joylene and Visia through their education:

Joylene Chepkoech is now in her third year at KMTC studying nursing, and Visia Velis (who is disabled) is in his second year of studying carpentry at Kamosi College.

This year we are holding the **Coffee Morning and Booksale on Saturday January 13 at Maggie's house again, 2 The Quadrangle EX4 4UX at 10.00-**

12.30. We hope it will help dispel those Post Christmas blues and provide some good cheer and chat in gloomy January. As well as books and jams and chutney we plan to have a new and exciting **Accessories Stall!** If you have any scarves, gloves, hats, and belts you'd like to donate we'd love to put them to good use! You could even get rid of any of those unwanted Christmas gifts! There will also be a raffle.

However, as usual, books will be at the centre, we are very happy to come and collect any books (in good or very good condition) that you can spare, or if it is easier for you to drop them round you could leave them on our doorsteps if we are not in, here are our addresses:

**Maggie Bamber at 2 The Quadrangle EX4 4UX (07539175058) and
Phillippa Danvers at 41 Sylvan Ave EX4 6EY (07855152429).**

Books not bought at the coffee morning will then be available online shortly afterwards. Many thanks to you all, we hope to see you 13 January, and then we'll email the booklist as soon as we have compiled it.

Blessed Sacrament Weekly Giving Envelopes

Please collect your weekly gift aid and planned giving envelopes from the Parish Office during open hours (10.00am till 4.00pm Tuesday to Friday)

WIDER NEWS

Peace Sunday 2024

This year Peace Sunday is on **Sunday 14 January** and the theme chosen by Pope Francis is 'Artificial Intelligence and Peace'. Whilst this might seem a strangely technical theme, we know that we do need to think about the consequences of the advances in AI for peace and justice.

Certainly, governments around the world are taking the development of AI seriously. Pope Francis is raising a highly contemporary theme and one he has spoken on before when he has addressed the risks in the development of technology, not least in *Laudato Si'* and *Laudato Deum*.

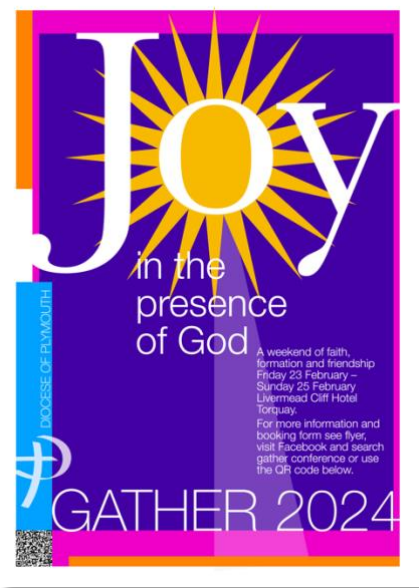
Then there are the fundamental concerns that Pope Francis raised when he announced his theme for the World Day of Peace: the need to be vigilant that a 'logic of violence and discrimination' doesn't take root in the development of AI at the expense of the most fragile and excluded; that the advancement of AI does not fuel injustice and inequality and therefore conflict, and, of course, that AI is developed so that it serves humanity and the protection of our common home. It is a theme we will need to keep returning to.

Prayer for Peace

God our creator and sustainer, we thank you for the gifts of creativity you have given us, for the ability to explore science and understand your creation. We ask your forgiveness for the times we have used science for evil and not for good, for war and not for peace. Make us vigilant as we develop technology, that violence and discrimination may not take root, that injustice and inequality will not be fueled, that the poor and vulnerable will not pay the cost. May all that we create contribute to peace and justice. Amen.

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.



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.

Join us for the whole weekend or come as a day delegate. To book use the QR code on the poster and flyer or [use this link](#). We look forward to seeing you there.

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 church 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.



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 www.retrouvaille.org.uk

Diocesan Youth Events Newsletter [click here](#)

Caritas Plymouth

Homelessness – How are we called to respond?

Join Caritas Diocese of Plymouth on Zoom on Wednesday 17 January from 6.00pm-7.00pm to pray and reflect on this important issue and to hear from charities across our Diocese about what they are doing and how we can respond. St Petros Cornwall and Routes to Roots based in Poole will be sharing their work and insights. Please register to receive the Zoom details <https://forms.office.com/e/VVp5t5qU7F>

Caritas Newsletter: With news of love in action around our diocese can be found if you [by following this link](#).

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

FORMING IN FAITH

GIFT tots

Beginning Friday 12 January 2024: Registration 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 13 January 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 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.

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](#)

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.

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. Monday 15 January 2024. All 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 starting again on Thursday 11 January at 7.30pm in the Lower Room at Sacred Heart.

A new Bishop for the Diocese of Plymouth



His Holiness Pope Francis has appointed Canon Christopher Whitehead as the Tenth Bishop of the Diocese of Plymouth.

He is currently Parish Priest of St John the Evangelist parish in Bath. We keep him in our prayers as he celebrates with his parishioners before preparing to come to us as our Bishop in February.

His ordination will take place at Plymouth Cathedral on Thursday 22 February.

PRAYER & LITURGY

Week of Prayer for Christian Unity 18-25 January

We are praying for unity among the churches, 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.

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 welcome.

Worship Thursday at Blessed Sacrament

Adoration of Blessed Sacrament each Thursday 7.00-8.00pm.

With Taizé 2nd Thursday of each month: 11 January 2024.

Please note Praise & Worship with Stronghold will be paused for the time being.

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

Sunday 7 January The Epiphany of the Lord

First Reading Isaiah 60:1-6 *Above you the glory of the Lord appears.*

Psalm Response: All nations shall fall prostrate before you, O Lord.

Second Reading: Ephesians 3:2-3.5-6

It has now been revealed that pagans share the same inheritance.

Gospel Matthew 2:1-12 *We saw his star and have come to do the king homage.*

Sunday 14 January Second Sunday in Ordinary Time

First Reading 1 Samuel 3:3-10.19 *Speak, Lord, your servant is listening.*

Psalm Response: Here I am, Lord! I come to do your will.

Second Reading: 1 Corinthians 6:13-15.17-20

Your bodies are members making up the body of Christ.

Gospel John 3:35-42 *They saw where he lived, and stayed with him.*

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

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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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.*