

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

18 February 2024. *First Sunday of Lent. Year B. Psalter 1*



TEMPTED AS WE ARE

We begin our Lenten journey at the decisive moment of the flood, when God establishes his first Covenant with man, in the person of Noah. Noah was saved from the waters, while we (as Saint Peter points out) are saved by the waters of Baptism. This is the Covenant we live in, thanks to Christ, who came to establish this “new and eternal Covenant in his blood”. He is the only one who can do this, because he is without sin, despite “having been tempted in every way that we are”. *Salford Office for Liturgy*

MASS TIMES

Sunday 18 February – First Sunday of Lent

8.45am *Private Intention*
10.45am *People of the Parish*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *Helena Cox RIP*

Tuesday 20 February

6.30pm *Peace in the World*

Wednesday 21 February

9.30am *Sick & housebound of the parish*

Thursday 22 February – The Chair of St Peter, Apostle – Feast

9.30am *Canon Paul Cummins*
7.00pm *Adoration of the Blessed Sacrament*

Friday 23 February – CAFOD Lent Fast Day

The needy and hungry of the world

9.30am *The needy and hungry of the world* **Note time of Mass**
6.00pm *Stations of the Cross*

Saturday 24 February

9.30am *Tony Sammon RIP*

Sunday 25 February – Second Sunday of Lent

8.45am *People of the Parish*
10.45am *For the terminally ill and their families*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *Joe O'Connor RIP*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Liturgy of the Word for Children

During term time at 10.45am Mass on Sunday.

Live stream Mass

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

Refreshments after Mass

Served on Sunday after 10.45am and on Wednesday after 9.30am Masses

SEASON OF LENT

Walk With Me

There are still copies of this Lenten journey of prayer for Lent booklets available in the church porch for a suggested donation of £1.00 (please put your offering in the box marked 'Books').

Stations of the Cross

During Lent Stations of the Cross will take place on Friday evenings at 6.00pm starting on Friday 23 February. Most weeks this will be followed by Mass.

Lent Retreat Day – A Campaign of Christian Service

Saturday 2 March at St Rita's Centre, Honiton, led by Fr. Jacek Kostuch.
If you have any questions, please contact Krista Radzina on 01404 42635

Online Lent Talks 2024

Series of Lenten Talks on Zoom to which anyone is welcome. No booking is needed and the code remains the same for all five evenings.

Friday 1 March	The Transfiguration	Fr Andrew Marlborough
Friday 8 March	The Woman at the Well.	Mrs Deborah Fisher
Friday 15 March	The Man born blind	Fr Ignatius Raj SDM
Friday 22 March	The Raising of Lazarus.	Mr Gerard Gillespie.

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

CAFOD Big Lent Walk

Sign up yourself by [clicking this link](#). Or to sponsor Angela Bosley she has set up a Just Giving page - [this is the link](#) Let's help Angela to reach her target of £500 and help the work of CAFOD.

Lenten Ignatian Silent Retreats

Individually guided, Ignatian silent retreats available locally in the diocese.

Honiton Lenten Retreats

Feb 23 - 25 (Fri - Sun) Weekend Retreat (£140)

Feb 26 – 1 Mar (Mon – Fri) Midweek Retreat (280)

Feb 23 – 1 Mar (Fri-Fri) 6 day Retreat (£475)

The recommended donation includes full board & lodging. If you would like to go on retreats, but has difficulty meeting the cost, this can be offset if they get in touch.

St Rita's Centre, Honiton is the venue for our Lenten retreats with very comfortable ensuite accommodation.

Please contact Plymouth Diocesan Ignatian Spirituality Group at diocesan-ignatian-retreats@prcdtr.org.uk or phone 01752 769164 Or 07823 447637 for further information or booking form.

Caritas at Lent

Caritas, Diocese of Plymouth has created a Lent Calendar – displayed in the church porch - to suggest ways in which we can use this time for prayer, reflection and action as the service of the poor. The link to the digital version of the poster [can be found by clicking this link](#)

CAFOD's online Lent calendar

CAFOD's daily Lent emails of prayer and reflection will offer an opportunity to pause, reflect, pray and take action as we prepare for Easter. Join us as we journey through Lent with our global family. [Sign up here](#) to receive daily email reflections

Ignatian Spirituality at Holy Cross Topsham

On Thursday 22 February (after 10.00am Mass and coffee) you are invited to an Ignatian Spirituality Guided Prayer Meeting. It is proposed that these will be held each Thursday during Lent. All very welcome

OTHER NEWS & EVENTS



Forget-me-not Bereavement Café

Due to the limited take-up of the nationally acclaimed Bereavement Journey we have deferred its introduction in the parish until later in the year.

In the meantime we invite anyone who has suffered a bereavement of any kind, at any time, to come along to our **Forget-me-not Bereavement Café** for a cup of coffee/tea, cake and a chat. The café will be held once a month on a Saturday morning (every fourth Saturday of the month) at 10.30am in the St Richard Reynolds Centre.

Come along, and maybe bring a friend with you who you think would also benefit from making contact with others in a friendly relaxed café. There is no need to book just come along to our first morning on **Saturday 23 March**. We look forward to seeing you.

CAFOD's Lent Fast Day – Friday 23 February

This Lent, your donations to CAFOD's Family Fast Day appeal will help hardworking people like James the fisherman in Liberia with resources, tools and training to feed their families for good. Give today using the envelope available at Masses this Sunday or online at cafod.org.uk and please join us in praying with James that our sisters and brothers around the world have what they need to feed their families. Return the envelope to church next Sunday 25 February or give online at cafod.org.uk

Caritas Quarterly Newsletter

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

Thursday Lunch Club

Spaces are available for anyone who would like to enjoy lunch and friendship on Thursdays at the St Richard Reynolds' Centre. You may choose to come fortnightly or monthly. Diners arrive from 12 noon and lunch is served at 12.30 pm.

Extra helpers are also needed so if you feel you that can offer a few hours to help approximately once a month - no cooking is involved - only setting up, serving, clearing up and enjoying meeting new people. Please give Di Bish a call on 07940 142124 or email clydebish@hotmail.com for any extra information. We look forward to hearing from you.

Rise & recline beds

Is anyone in need of a single or small double good, clean, rise and recline beds that are available to be given away. If you know of anyone who might need a bed (which usually cost in the region of £800-1000), do please let the Parish office know.

World Day of Prayer

This women-led, global, ecumenical movement holds its annual service on the first Friday of March each year. The country that prepares the theme and service is chosen years in advance and material prepared in good time so that it can be translated and shared around the world. This year the Christian women of Palestine wrote the material and the theme is 'I beg you, bear with one another in love.'

On Friday 1 March there will be two services in the Exeter area at 11.00am at South St Baptist Church, with refreshments, from 10.30am and at 7.00pm at Pinhoe Parish Church. A timely opportunity to learn from the women of Palestine and to continue to pray for the whole region.

Saying Goodbye

Exeter Cathedral at 12.30pm on Saturday 2 March. www.sayinggoodbye.org

For anyone who has either personally lost a baby at any stage of pregnancy, at birth, or in early years, or who has been affected by family members' or friends' loss. Whether the loss was recent or 80 years ago, everyone is welcome to attend.

We have also extended the services, and gladly welcome anyone who is grieving the fact that they haven't had children. This may be due to circumstance, infertility, or for other reasons - but all are welcome. Babies and children are also invited to come with their families, as the Saying Goodbye service is truly a family event for all.

Make do and Mend



Blessed Sacrament Sewing group are once again offering a sewing repair service. There will be a small charge for this, and profits used for charitable causes at the end of the year. Currently we meet

every alternate Monday from 3.00pm. Next meeting Monday 26 February. Please contact Coral on 07745922636 for more information.

Natural Family Planning (NFP) South West



New Teacher Recruitment: – in support of marriage and family life - We are looking to recruit and train new teachers to become part of a team delivering the Billings Ovulation Method (BOM) in the Plymouth Diocese. Applicants will need to chart their own fertility to gain experience. Training will be via correspondence modules.

All learning must be completed within a 2-year time frame.

Training is organised by Billings Method England (BME) which is the national accrediting body. Once accredited, you will be

expected to attend 2 local diocesan study days per year in person and attend 2 BME Zoom training sessions per year. If you are interested in finding out more, please contact: Christine on 07742 320717

“Marriage and conjugal love are by their nature ordained toward the procreation and education of children. Children are the supreme gift of marriage and contribute in the highest degree to their parents’ welfare.” [–Gaudium et Spes, no. 50]

Diocese of Plymouth Newsletter

The diocese is publishing a regular newsletter with items of interest from across the diocese as well as further afield. To access the February newsletter click [this link](#) And here is [the link](#) if you would like to sign up to receive the next newsletter directly to your in box

St Nicholas School News

For information on joining our school community please contact Mrs Brocksom by emailing admissions@stncls.uk

Lourdes Pilgrimage Appeal

Don't forget that Sian will be selling her delicious brownies after the morning Masses on Sunday 25 February. Money raised will help with the funding of her trip as a young helper to Lourdes. Sian is also happy to take your petitions with her.

Please bring them along and place in the basket on that Sunday or hand in to the Parish office marked 'FAO Sian – Lourdes'. If you are happy to make a donation to support her pilgrimage she will be very grateful. Thank you for your support.

Exeter Foodbank

Donations of the following priority items are especially needed: tins of meat, pasta sauce, small jars of coffee, small bags of sugar, biscuits, custard, tinned vegetarian meals, deodorant, shower gel and shampoo. There is a collection basket at the back of the church. 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](#).

Diocesan Youth Events Newsletter [click here](#)

Lots of upcoming events to look at and sign up for.

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 run over two consecutive Saturday mornings from 10.15-12.15 delivered via Zoom.

Forthcoming dates: 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 April 2024 course.

[Baptism Enquiry form](#)

PRAYER & LITURGY

Worship Thursdays

Adoration in church each Thursday 7.00-8.00pm.

With Taizé on the 2nd Thursday of each month. Next: 14 March.

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

For the terminally ill. Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.

Prayer for CAFOD Lent Fast - Day 23 February

For the poor and hungry of the world, may they have access to food they need to survive. For all who work overseas development, may they work alongside the poor bringing dignity and justice.

GROWING IN FAITH TOGETHER

GIFT tots

Next session: **Friday 8 March at Blesses 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. 2nd Friday every month at St Richard Reynolds Centre, Blessed Sacrament. 4th Friday every month at the Lower Room Sacred Heart. 10.15-11.15am.

[GIFT Tots Registration Form](#)

GIFT families

Next GIFT Meeting: **Saturday 2 March at 9.45am** at St Nicholas School.

GIFT is for primary and secondary aged families and supports them to live and grow as Catholics. It enables parents to prepare their children to receive the sacraments of Reconciliation, Holy Communion and Confirmation.

[GIFT Registration Form](#)

GIFT youth

Next GIFT Youth Social **Friday 15 March**. If you've signed up for Gift Youth details of the next session will be sent to you. We ask that parents of any young person wishing to come to GIFT Youth have registered them before they come to GIFT Youth Socials and GIFT Youth Saturdays. This helps ensure everyone's safety.

[GIFT Youth Registration Form](#)

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 12 February. All welcome.

RCIA: Rite of Christian Initiation of Adults

If you would like to discover more, join our RCIA course every Thursday at 7.30pm in the Lower Room at Sacred Heart.

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

THE WORD

Sunday 18 February – 1st Sunday of Lent

First Reading Genesis 9:8-15

God's covenant with Noah after he had saved him from the waters of the flood.

Psalm Response:

Your ways, Lord, are faithfulness and love for those who keep your covenant

Second Reading: 1 Peter 3:18-22 *That water is a type of baptism which saves you now.*

Gospel Mark 1:12-15 *Jesus was tempted by Satan, and the angels looked after him.*

Sunday 25 February – 1st Sunday of Lent

First Reading Genesis 22:1-2, 9-13, 15-18

The sacrifice of Abraham, our father in faith.

Psalm Response:

I will walk in the presence of the Lord in the land of the living.

Second Reading: Romans 8:31-34 *God did not spare his own Son.*

Gospel Mark 9:2-10 *This is my Son, the Beloved*

CONTACT US

Blessed Sacrament Parish

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*

Pastoral Assistant *Maria Quinn* exeter-pastoral-assistant@prcdtr.org.uk

Parish Office *Open Tuesday, Wednesday, Thursday 10.00am–4.00pm*

Gift Aid enquiries: exeter-heavitree@prcdtr.org.uk

Parish website blessedsacrament.org.uk

Parish Facebook [Facebook Catholic Exeter](https://www.facebook.com/CatholicExeter)

Safeguarding

If you have any concerns about a vulnerable child or adult please contact the parish office on 01392 274724 or by email: exeter-heavitree@prcdtr.org.uk

Parish Safeguarding Representatives

Lesley Hooper 07712 216724 or 01392 274724

Maria Edwards 07870 696530

St Nicholas 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 *Cathy Blatchford*

Useful links

[Bishops' Conference Updates](#)

[Churches Together Devon News](#)

[Churches Together Exeter News](#)

[Churches Together England News](#)