

# PARISH NEWS



**BLESSED SACRAMENT PARISH, HEAVITREE, EXETER**  
10 March 2024. *Fourth Sunday of Lent. Laetare Sunday. Year B. Psalter*

---



There were two remarkable moments in the story of the Old Testament where God saved his people; one was in the escape from Egypt – we’ll keep that for the Easter Vigil. The other was the end of their second exile, this time in Babylon, which we hear of today. There was an even greater moment when God saved his people: in Jesus Christ his Son – and we hear Jesus tell Nicodemus about that today.

To understand “being saved”, we must ask “What from?” Saved from slavery, from exile, from human enemies – these are all clear. But the last and greatest salvation brought by Jesus is harder to understand: saved from sin and death. These threaten us as much as any other enemy, and our salvation in Jesus is as real as any other.

*Salford Office for Liturgy*

# MASS TIMES

---

## **Sunday 10 March** – Fourth Sunday of Lent – Laetare Sunday

8.45am *All mothers*

10.45am *People of the Parish*

Followed by refreshments in St Richard Reynolds Centre

6.00pm *Hayley Barrett RIP*

## **Tuesday 12 March**

6.30pm *Holy Souls*

## **Wednesday 13 March**

9.30am *Pope Francis (Election Anniversary)*

## **Thursday 14 March**

9.30am *Canon Paul Cummins*

7.00pm Adoration of the Blessed Sacrament with Taizé

## **Friday 15 March**

6.00pm Stations of the Cross

6.30pm *Mr Sammon for a speedy recovery*

## **Saturday 16 March**

9.30am *Stephen Candler RIP*

## **Sunday 17 March** – Fifth Sunday of Lent

8.45am *Mrs Kelly's Intentions*

10.45am *People of the Parish*

Followed by refreshments in St Richard Reynolds Centre

3.00pm Syro Malabar Rite Mass

6.00pm *Canon Vincent Burrowes RIP*

## 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.

## Confessions

Saturdays after 9.30am Mass.

There will be other opportunities to celebrate the Sacrament of Reconciliation:

**Thursday 21 March** at 7.00pm (during Adoration); **Tuesday 26 March** at 7.00pm (after 6.30pm Mass); **Good Friday** at 10.00am (after Morning Prayer) and at 4.00pm (after the Lord's Passion liturgy); **Holy Saturday** at 10.00am (after Morning Prayer).

Lent is a wonderful time to celebrate the mercy and compassion of the Lord.

# Laetare Sunday

Laetare Sunday is the fourth Sunday in the season of Lent, in the Western Christian liturgical calendar. Traditionally, it has been a day of celebration within the austere period of Lent. 'Laetare' comes from the first few words of the traditional Latin entrance verse for the Mass of the day.

Today is also traditionally celebrated as Mothering Sunday when we remember and give thanks for all mothers. May God bless the mothers of our parish. We pray for those whose children have died and for those who long to be mothers, but for whom it has not been possible. We give thanks for them all today. Happy Mothers Day!

## SEASON OF LENT

---

### Stations of the Cross

During Lent Stations of the Cross will take place on Friday evenings at 6.00pm followed by Mass.

### Online Lent Talks 2024

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

Friday 15 March            The Man born blind            Fr Ignatius Raj SDM

Friday 22 March            The Raising of Lazarus.            Mr Gerard Gillespie.

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

This is the same information for all talks.

### CAFOD Big Lent Walk

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.

### Caritas Diocese of Plymouth Upcoming Events

Please [click this link](#) to read about what events are coming up .

### Catholic Women's League

#### **Lenten Lunches Fridays at 12 30pm at the Parish Room South Street**

After the Stations of the Cross in the Sacred Heart Church at 12 noon, the CWL will be serving a Lenten Lunch consisting of a choice of soups, roll, butter and cheese followed by tea or coffee every Friday during Lent. The suggested minimum donation is £3.50. All proceeds go to St Petrock's day services for the homeless in Exeter and its environs. The need is very great, so please come to as many as you can. It is an enjoyable social event.

### Lenten Offering for Laetare Sunday and week 4 of Lent

[Here is the link](#) to this week's Lenten Offering.

# OTHER NEWS & EVENTS

---

## Welcoming our new Parish Secretary

This week we welcomed Catherine Odams as our new Parish Secretary. She has been working alongside Lesley until she leaves us at Easter. Catherine may be known to some of you but if not, we are sure that you will soon get to know her. Please give her your support and prayers as she embarks on her new role.

## End of Life

In light of the calls being made for the legalisation of assisted suicide we are sharing links to Bishop Sherrington's statement on this topic as well as the ten-point summary on the CBEW webpage [click here](#)  
10-point summary on assisted dying [click here](#)



## Forget-me-not Bereavement Café

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/LiveSimply

Parishioners may be aware that our social action focus as a LiveSimply parish is challenging the Government on their use of indefinite detention for immigration control.

In recent years, a number of independent experts have documented the serious problems in the UK's detention centres and now the Council of Europe have released its report into indefinite detention and have recommended ending its use. Detention Action are campaigning for a 28 day time limit on its use and they have a petition which can be signed here: [by following this link](#)

## Stay Awake

Stay Awake is taking place on Saturday 13 April, from 10:00 – 19:00 at All Saints Church of England Academy, Weymouth. Looking to go deeper with Jesus? Come along for some inspiring and thought-provoking talks, Holy Mass, kids' activities, praise and worship and pizza! This is an event for everyone and anyone. Tickets are free for those in Year 9 and under, £10.00 for those in Year 10 – 13, and only £12.50 for everyone else! Tickets available now, online [from](#)

To give a little more information, Stay Awake has been described as an all-age, all-day Catholic Christian Conference but it is way more fun than that description!



The life, death and resurrection of Jesus are recreated in this moving, memorable and ultimately joyful retelling of the Easter story. Told from the perspectives of Peter, Mary Magdalene and a Roman centurion named Marcus, this powerful contemporary drama leads us up to and through the events of Holy Week, to the cross and beyond.

## Youth Adventure Residential Weekend

Save the date – 24 – 26 May at Grangehurst, Buckfast Abbey. A time to get to know others in the diocese and explore your faith. For further information contact [youth@prcdtr.org.uk](mailto:youth@prcdtr.org.uk)

For more news of youth activities see [this link](#)

## Child Exploitation Awareness Day – 18 March

18 March is the annual National Child Exploitation Awareness Day which aims to highlight the issues surrounding child exploitation, and encourages everyone to **Think Twice, Think Abuse**. This year marks the 10<sup>th</sup> anniversary of this awareness day.

Child Exploitation is a form of abuse that involves the manipulation and/or coercion of young people under the age of 18. It encompasses all the ways in which children and young people can be exploited, including Child Sexual Exploitation (CSE) and criminal exploitation. National Child Exploitation Awareness Day encourages everyone to think, spot and speak out against abuse, and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.

## Catholic Children's Society (Plymouth)

Would you like to win some free tickets totalling approximately £180 thanks to the generosity of Exeter Chiefs, Torquay United and Exeter Racecourse?

The Catholic Children's Society (Plymouth) have teamed up with local sporting clubs and grounds to offer one wonderful prize for one lucky winner. All proceeds raised from the prize draw will enable CCSP to continue to support families of all faiths and none living in our Diocese.

The lucky winner will receive the following sporting bundle – Exeter Chiefs 2 standing tickets in the North Terrace for the game against Newcastle Falcons on Saturday 23 March. Torquay United 4 seats in the family stand for the game against Havant and Waterlooville on Saturday 20 April. Exeter Racecourse 2 complimentary tickets for a race day of your choice in the 2023/24 season.



Please visit [this link](#) to purchase tickets - £10 for one entry or buy two entries for £20 and receive a third entry for free. Or scan this QR code to be taken directly to our Crowdfunding Prize Draw page. **Closing date to purchase tickets - Thursday, 14 March 2024**

## 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. The latest Lenten Offering can be found at [this link](#)

## Exeter Foodbank

Donations of the following priority items are especially needed: tins of meat, tins of vegetables, tins of fruit, noodle and pasta snacks, jams and spreads, small jars of coffee and rice pudding. There is a collection basket at the back of the church. Please email Mark at [info@exeterfoodbank.org.uk](mailto:info@exeterfoodbank.org.uk) to find out how you can help. More information about Food Bank can be found at [this link](#).

# The Great Devon Breakfast

## In aid of Force Cancer Charity



Bacon butties, cereal, fruit, coffee, tea and other lovely breakfast goodies.

Join us for a lovely morning  
Including a raffle and lots of chat!

Friday March 22nd 10.00am

Donations please - Cash only

Phone Jane on 07890 373617 to reserve your table

The Richard Reynolds Centre,  
Blessed Sacrament Church, Heavitree Exeter EX1 2QJ

## Going into Hospital

Because of the Data Protection Act chaplains may now only visit you if they have your permission. Please let the parish office or one of the priests know if you are going into hospital or if one of your family is admitted so that your details can be passed to the hospital chaplain so that you/they can be visited and ministered to. You may also wish to receive the Sacrament of the Sick before you go into hospital.

## Holy Communion or a visit 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 Blessed Sacrament please tell the Parish Office or Fr Jonathan and a visit can be arranged.

## Mass intentions

If you would like a Mass said for a particular intention, for someone who is ill or a loved one who has died, in thanksgiving for an answer to prayer or perhaps something personal please contact the Parish Office and we'll help you find a date and time which suits you. It is traditional to make an offering at the same time. This is simply what you can afford and would like to give.

## Passion for Exeter

Good Friday 29 March at 10.00am at Exeter Cathedral. Followed by worship and witness on Cathedral Green

# 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 March Prayer Intention [The Pope Video](#)

For new martyrs. Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

## We commend to the Lord...

...the souls of Margaret Maunder, Michael Vanstone and Deacon John Connors. Please keep them and their families and friends in your prayers. May they rest in peace and rise in glory.

# GROWING IN FAITH TOGETHER

---

## The Call to Conversion

Explore how ordinary people in the bible, just like you, were met by Jesus where they were and called to a better life through Him. The common theme in each story is the turning of all one's attention and energy toward an ever deeper, personal relationship with Jesus Christ. Join us every fortnight on Monday morning after the 10:00am Mass until 12:15 pm in the Lower Room Sacred Heart. Next meeting is Monday 11 March. 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.

## GIFT tots

Next session: **Friday 22 March 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. 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 13 April 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](#)

## Wednesday Word Scripture Reflection

### **Prayerfully Preparing for the Proclamation of Sunday's Gospel**

Have you ever wondered what the Sunday Gospel message means for you personally? Lectio Divina (Sacred Reading) is a way of becoming immersed in the scriptures very personally and is the basis of our weekly Wednesday Word Gospel sharing group.

We meet every week from 2.00 -3.00pm via Zoom. We set aside time together to pray, read, meditate and share our thoughts on the upcoming Sunday's Gospel.

We are a friendly and inclusive group from different walks of life, and we'd be delighted if you joined us. A weekly commitment is not necessary.

Contact Maria: [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk) if you would like to join or have further questions about how the sessions run.

## THE WORD

---

### **Sunday 10 March** – 4th Sunday of Lent – Laetare Sunday

#### **First Reading** 2 Chronicles 36:14-16,19-23

*The wrath and mercy of God are revealed in the exile and in the release of his people.*

**Psalm Response:** O let my tongue cleave to my mouth if I remember you not!

#### **Second Reading:** Ephesians 2:4-10

*You who were dead through your sins have been saved through grace.*

**Gospel:** John 3:14-21 *God sent his Son so that through him the world might be saved.*

### **Sunday 17 March** – 5th Sunday of Lent

#### **First Reading** Jeremiah 31:31-34

*I will make a new covenant and never call their sn to mind.*

**Psalm Response:** A pure heart create for me, O God

#### **Second Reading:** Hebrews 5:7-9

*He learnt to obey and became for all the source of eternal salvation.*

#### **Gospel:** John 12:20-30

*If a grain of wheat falls on the ground and dies, it yields a rich harvest*

## **EASTER at Blessed Sacrament**

---

### **Palm Sunday of the Lord's Passion 24 March**

Mass at 8.45am, 10.45am and 6.00pm

### **Maundy Thursday 28 March**

7.00pm Mass of the Lord's Supper  
*followed by watching at the Altar of Repose*

### **Good Friday 29 March**

9.30am Office of Readings and Morning Prayer  
*followed by confessions.*

3.00pm The Lord's Passion  
*followed by confessions.*

### **Holy Saturday 30 March**

9.30am Office of Readings and Morning Prayer  
*followed by confessions*

9.00pm The Easter Vigil  
*Clocks go forward one hour.*

### **Easter Sunday 31 March**

Mass at 8.45am and 10.45am  
*No evening Mass*

## **EASTER at Sacred Heart**

---

### **Palm Sunday of the Lord's Passion 24 March**

Mass Sat 5.30pm & Sun 9.15am, 11.15am, 1.15pm (*Polish*)

### **Maundy Thursday 28 March**

5.30pm Polish Mass  
7.30pm Mass of The Lord's Supper

### **Good Friday 29 March**

3pm The Lord's Passion  
5.30pm Polish Good Friday Liturgy

### **Holy Saturday 30 March**

12noon – 1.00pm Polish blessing of food  
6.00pm Polish Easter Vigil  
8.30pm Easter Vigil

### **Easter Sunday 31 March**

Mass at 9.15am, 11.15am, 1.15pm (*Polish*)

# CONTACT US

---

## Blessed Sacrament Parish

29 Fore Street, Heavitree, Exeter EX1 2QJ

01392 274724

[exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)

Parish Priest *Fr Jonathan Stewart*

Priest in retirement *Fr John Watkins*

Parish Secretary *Lesley Hooper/Catherine Odams*

Pastoral Assistant *Maria Quinn* [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk)

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

Gift Aid enquiries: [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk)

Parish website [blessedsacrament.org.uk](http://blessedsacrament.org.uk)

Parish 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](mailto: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](mailto:admin@stnics.uk)

[www.st-nicholas-exeter.devon.sch.uk](http://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](#)