

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

3 March 2024. *Third Sunday of Lent. Year B. Psalter 3*



This week, in our journey through the Old Testament, we reach Covenant Number Three: and this is the big one - the Covenant with Moses at Sinai. The Ten Commandments are (or should be) familiar to us all: they form our side of the agreement with God - if we stick to these rules and commands, then we are truly God's people, and he is truly our God. If we ignore them, or break them, then we break the Covenant or relationship. The Temple was, for the people of Israel, the place that guaranteed the permanence of this Covenant - God dwelling with man. Jesus alerts us to the new Temple - himself - since he is the core of the New Covenant, God and Man in perfect unity. Only by the destruction of this new Temple, in his death, will he rise again as an eternal Temple, and the eternal guarantee of the New Covenant which we enjoy. *Salford Office for Liturgy*

MASS TIMES

Sunday 3 March – Third Sunday of Lent

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

Tuesday 5 March

6.30pm *Pat Stewart RIP*

Wednesday 6 March

9.30am *Tom & Richard Ware RIP*

Thursday 7 March

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

Friday 8 March

6.00pm Stations of the Cross
6.30pm *Sick & Housebound*

Saturday 9 March

9.30am *For peace in the world*

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*

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.

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 booking is needed and the code remains the same for all five evenings.

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

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 at Lent

Caritas, Diocese of Plymouth has created a Lent Calendar. The digital version of the poster [can be found by clicking this link](#)

Caritas Diocese of Plymouth Upcoming Events

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

CAFOD's online Lent calendar [Sign up here](#) for daily email reflections

Ignatian Spirituality at Holy Cross Topsham

Thursdays during Lent (after 10.00am Mass and coffee) you are invited to an Ignatian Spirituality Guided Prayer Meeting.

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 Lunch in aid of the Exeter Food Bank

You are invited to a Lenten Lunch on **Thursday 7 March** at 12.30pm in the St Richard Reynolds Centre. The lunch will consist of homemade soup, roll and cheese and coffee and tea, with a suggested donation of £4. Proceeds to the Exeter Food Bank. We would welcome any donations of cheese. Please contact Frances Canning at francesandedward@blueyonder.co.uk or call on 01392 209542 if you can help.

OTHER NEWS & EVENTS

Welcoming our new Parish Secretary

This week we welcome Catherine Odams as our new Parish Secretary. She will be 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.



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.

Romero Trust and CAFOD Joint Event in the Diocese

Friday 8 March. Mass at 6.30pm followed by the talk at 7.15pm in the St Richard Reynolds Centre, Blessed Sacrament Church

This March marks the forty-fourth anniversary of the martyrdom of Archbishop and Saint Oscar Romero in 1980. The Romero Trust commemorates the life and legacy of St Oscar Romero annually with a keynote talk at St Martin in the Fields in London. This year CAFOD and the Romero Trust are pleased to be able to host a talk here in the Diocese of Plymouth. The keynote speaker will be international speaker Raymond Perrier, Director of the Denis Hurley Centre in Durban, South Africa. Raymond is an inspirational speaker and will be speaking on 'Prayerful & Prophetic Resilience in the Face of Injustice: Archbishops Oscar Romero and Denis Hurley'.

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



A Jockey Club Racecourse

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.



Right to Life

are campaigning to reduce the abortion time limit to 22 weeks. Although the date of the debate has not yet been confirmed, it looks like it will be the beginning of March. This amendment would reduce the abortion time limit from 24 to 22 weeks in England and Wales. If passed, it will likely save a number of lives and will be the first positive change to our abortion law for a number of years. How can you help?

Ask your MP to support the abortion time limit reduction amendment to reduce our abortion time limit from 24 weeks to 22 weeks. Research indicates that a significant number of babies born at 22 or 23 weeks can now survive outside the womb, leaving a contradiction in our abortion law.

Take action: Collect a postcard today from the church porch and post it to your MP urgently in support of this amendment!

St Nicholas School News

We celebrated St David's day with a special liturgy. All the children and staff in St David's house will be identified by their yellow tops.

We held a Break the Rules Day last week which was good fun. The children enjoyed breaking a number of rules including eating pudding first, wearing trainers or nail varnish or sporting an unusual hairstyle. We raised over £300 for our PTA which was fantastic and will help towards supporting the children's play and learning.

To find out more about joining St Nicholas Nursery or school please email Mrs Brocksom, admissions@stncs.uk

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](#)

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

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 to find out how you can help. More information about Food Bank can be found at [this link](#).

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.

Would you like to be a Youth Ministry Leader?

Castle Rigg Manor (Diocese of Lancaster Retreat Centre) in the lake district, are looking for a Programme Leader to join their youth ministry team. The work involves working on retreats in the heart of the Lake District, and occasionally working on outreach visits around the area. The post is residential and comes with a salary package in the range of £26-28k, made up of paid salary, accommodation, food etc. Would suit somebody with youth ministry experience perhaps recently graduated. Interested – jack@castleriggmanor.co.uk

Art Exhibition - Spirit Justice

You are invited to the first day of the exhibition and to meet the artist Elizabeth Gray-King on Sunday 10 March between 12.00 and 2.00pm at Southernhay Church in Dix's Field, Exeter, EX1 1QA. Come and see how Justice is at the heart of God's love for people and planet and how God's Spirit can help us to share that Justice. Fine artist and theologian Elizabeth Gray King will be showing 12 intriguing and affirming canvases which explore the diversity of people, the quality of God's care and the actions we can do to support each other. Come to see, to enjoy, to work through your own personal searching. Other opening times: Sundays 12.00 – 2.00pm
Thursdays 14/3, 4/4, 11/4, 10.00am – 12.00pm
Final day Saturday 13 April 12.00pm – 2.00pm

Stay Awake

Stay Awake is taking place for the sixth year 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 www.stayawakejc.com/stay-awake-2024

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!

Soul of the City Gospel Choir

Come along to St David's Church EX4 4HR on Palm Sunday, 24 March from 4.00 to 5.30pm to hear this choir singing. Tickets are £20 on the door - concessions available. Soul of the City Gospel Choir from Exeter has made it to the final of the Gospel Choir of the Year competition on BBC Songs of Praise. During their semi-final performance they sang 'In the Sanctuary'. [Click here](#) to watch their performance at 26 minutes into the programme.

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.

Adoration and Taizé

Wednesday 6 March at 7.00pm at Sacred Heart Church

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 8 March at 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. 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

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 3 March – 3rd Sunday of Lent

First Reading Exodus 20:1-17 *The Law was given through Moses.*

Psalm Response: You, Lord, have the message of eternal life.

Second Reading: 1 Corinthians 1:22-25 *Here we are preaching a crucified Christ, an obstacle to men, but to those who are called, the wisdom of God.*

Gospel John 2:13-25 *Destroy this sanctuary, and in three days I will raise it up.*

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.*

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

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](#)