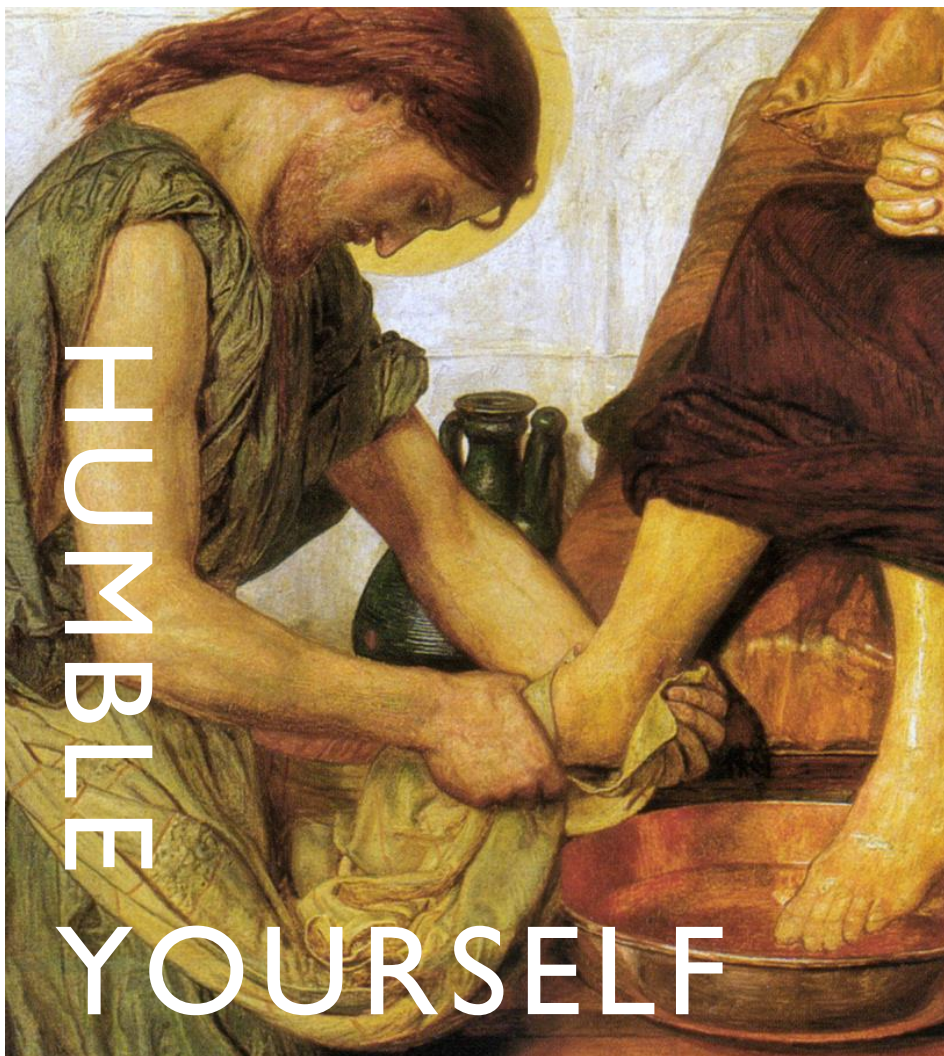


# PARISH NEWS



*BLESSED SACRAMENT PARISH, HEAVITREE, EXETER  
31 August 2025. 22nd Week in Ordinary Time. Year C. Psalter 2*

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HUMBLE  
YOURSELF

Humble behaviour is the mark of the Christian, as it always was the mark of someone “in favour with the Lord.” In the Gospel, we see Jesus watching the Pharisees: it’s almost amusing to picture them shuffling for the best places, the polite “after you” to put themselves in a better position. How would they have reacted to his teaching? They may well have remembered the passage we read from the Old Testament and realised that Jesus was teaching the teachers something they should be well aware of.

*Salford Office for Liturgy*

## MASS TIMES

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### **Sunday 31 August – 22nd Sunday in Ordinary Time**

8.45am	<i>People of the Parish</i>
10.45am	<i>For a new bishop</i>
2.00pm	Syro-Malabar Rite Mass
6.00pm	<i>Canon Paul Cummins</i>

### **Tuesday 2 September**

6.30pm	<i>For the staff and students of St Nicholas School</i>
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### **Wednesday 3 September – St Gregory the Great, Pope & Doctor**

9.30am	<i>For a new bishop</i>
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*Followed by refreshments in the St Richard Reynolds Centre. Holy Rosary after Mass*

### **Thursday 4 September**

9.30am	<i>For those starting new ventures</i>
6.00pm	Adoration of the Blessed Sacrament

### **Friday 5 September**

6.30pm	<i>Private Intention</i>
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### **Saturday 6 September**

11.00	Fr Jonathan’s Silver Jubilee Mass
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*Followed by a Jubilee Celebration at St Nicholas School*

### **Sunday 7 September– 23rd Sunday in Ordinary Time**

8.45am	<i>People of the Parish</i>
10.45am	<i>Mo Flavin RIP</i>
2.00pm	Syro-Malabar Rite Mass
6.00pm	<i>Harold Holding RIP</i>

**Confessions** Saturdays after 9.30am Mass or by appointment.

## Liturgy of the Word for Children

During term time at 10.45am Mass on Sunday. For children aged 3 – School Year 3. Please register as you arrive at church.

**Live stream Mass** [Access the parish YouTube page at this link.](#)

# NEWS & EVENTS

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## Season of Creation

1 September is the World Day of Prayer for the Care of Creation and the beginning of the Season of Creation, which ends on 4 October, the Feast of St Francis of Assisi.

For more information and inspiration, visit the diocesan website here:

[Season of Creation-Diocese of Plymouth](#)

## Father Jonathan's Silver Jubilee Celebration

Saturday 6 September

Fr Jonathan's celebrated the Silver Jubilee of his ordination to the priesthood on Tuesday 8 July. We will celebrate the anniversary as a parish with Mass at 11.00am on Saturday 6 September at Blessed Sacrament Church.

The Mass will be live streamed.

If you would like to, and are able, please make a donation. Cash donations can be made through the special envelopes that will be available in the church porch. Bank transfers may be made using these details: PRC DTR Heavitree RC Parish, A/C no 06036007, Sort Code: 52 41 60. Please mark this donation: 'Fr J Jubilee'. Alternatively, the card machine will be available for donations. Thank you.

## Fr Emmanuel Uzoma

At the weekend of 6/7 September we will welcome Fr Emmanuel Uzoma to Exeter. Fr Emmanuel will be living at Sacred Heart but working in both Blessed Sacrament and Sacred Heart parishes. We are delighted to be able to welcome him and hope and pray that his time of ministry here in Exeter will be fruitful and rewarding. God bless you Fr Emmanuel.

## Important Message: Nationwide Emergency Alert

Sunday 7 September 2025 at 3.00pm

The UK Government will sound the next Nationwide Emergency alert on Sunday 7 September 2025 at 3.00pm. This alert is designed to protect the public. However, for victims of domestic abuse, especially those living with a hidden or second mobile device, it can unintentionally put them at serious risk.

NOTE: The alert, which triggers a loud, unavoidable siren and message on all compatible mobile phones, **will sound even if a phone is on silent.**

[For more information please follow this link.](#)

For individuals currently managing their safety discreetly, especially those in coercive or controlling environments, this could expose a secret device or raise questions that could jeopardise their wellbeing.

**Important Safeguards to Take NOW**

Disable alerts on any hidden device (Settings > Notifications > Advanced Settings > Emergency Alerts). Please note this varies by device / operating system. Detailed instructions from the gov.uk website to “opt out” of the alerts: [can be found at this link](#). Consider turning off or powering down any secondary phone before the test.  
ACTION: Please circulate this information to anyone you believe may be at risk.



## Alpha is coming – 16 September

We are delighted to announce that our next Alpha course will begin on Tuesday 16 September at 7.00pm in the St Richard Reynolds Centre. This exciting series will run on Tuesday evenings until November 25.

If you, and friends, would like to join us for this exploration of the basics of the Christian faith in an open friendly environment, share conversation and supper then [please click on this link to show your interest](#) and we will be in touch.

## Calling all 15–18-year-olds: GIFT Youth Caritas Group

This new group will be open to 15–18-year-olds across both Sacred Heart and Blessed Sacrament parishes. They will meet on the first Friday evening of every month for friendship, pizza and social action. Our first meeting will be on Friday 5th September from 19:30-21:30 in the St Richard Reynolds Centre, Blessed Sacrament. Together, the group will identify international/local justice issues and, inspired by Catholic Social Teaching, plan actions such as letter writing, awareness raising or fundraising. The young people will collectively run the group themselves, under the guidance of a team of GIFT Youth adults.

For those not already registered with GIFT Youth, please fill in this registration e-form before attendance on the 5th September.

[GIFT Youth Registration Form](#)

## Pinwood Pipes Concert

Saturday 13 September 2025, 7.00pm Blessed Sacrament Church

A programme of arrangements and original music for recorders from across the ages, including pieces by Handel, Mozart, Gounod, Schmelzer, Steve Marshall, Andrew Melville, Glen Shannon and more ...

Admission free, retiring collection in aid of [Balloons Charity](#). This is a local charity supporting bereaved children and young people: Please see the poster in the porch.

## Accommodation required

A parishioner is seeking privately rented accommodation, ideally in Heavitree. The requirements are that the accommodation be ground floor, close to shops and bus stops, and preferably not a house share. The parishioner is a non-smoker, not a pet owner and is child free. Please contact the parish office if you can help.

## Parish Pilgrimage to Launceston

On Saturday 11 October you are invited to join a pilgrimage to St Cuthbert Mayne Church in Launceston, one of the four designated pilgrimage sites in our diocese this Jubilee Year. Canon John Deeny will welcome us to mass at 11.00am before we have a chance to view the relic of St Cuthbert Mayne among others.

Find out about one of our region's patron saints, bring lunch to share in the parish centre, and follow an optional town trail around key sites related to St Cuthbert Mayne's life. And for those with Pilgrim Passports, you can add another stamp!

To register your interest and for more information, contact the Parish Office: [exeter-heavitree@prcdtr.org.uk](mailto:exeter-heavitree@prcdtr.org.uk).

In keeping with the Jubilee theme of Care for Creation, we would like to arrange a car share. So please let us know if you require a lift or could offer a number of seats to your fellow pilgrims.

## 2025 Diocesan Youth Rally

20 September, St Rita's, Honiton. 12.00–6.00pm

The Rally is aimed at those aged 6–16 years. Come as a team of 6 (over 12s or under 12s) or join a team. It's a fun way to meet others from across the Diocese, have a go at some of the challenges and maybe win a trophy. Tickets are £10.00 per person which includes BBQ and snacks. Parents are free and food will be provided for them too. Coach transport will be available at no extra cost. It will leave from Okehampton at 11.00am and can pick up attendees by arrangement at 11.45am from Ringswell Avenue, Exeter EX1 3EG, close to St Nicholas School. The return drop-off will be around 6.30pm.

For further information please contact Saskia at [youth@prcdtr.org.uk](mailto:youth@prcdtr.org.uk). To book [please follow this link](#). To arrange travel to the Rally by coach, please contact Patrick Morris, 07880734088

## Unbound-Freedom in Christ

Prayer Conference September 20/21 St Boniface College. Plymouth.

Deliverance. Freedom. Belonging.

- Negative thoughts, repetitive sins and unhealthy relationships.
- Destructive habits, idols, and false identities.
- Resentments and bitter wounds that never seem to heal.

What if you could reach out and touch God's love and never be the same?

Unbound is a non-confrontational freedom and inner healing ministry which helps people worldwide reclaim their true- identity in Christ.

Author and co-founder Matt Lozano will be speaking live from the USA.

Mass. Confessions. Adoration. Trained ministry teams. Praise and worship.

Booking essential tickets not available on the door. Over 18s only.

Tickets £40 via the link. [Book your ticket here](#)

For more details 01752 701660 or 07940 453607

## Year of Jubilee – Jubilee of Catechists

27 September at Buckfast Abbey 10.00am – 4.00pm.

A day for catechists and those interested in catechesis.

*“My teaching is not mine, but His who sent me.” John 7:16*

Speakers include: Dr Pat McGovern and the LIFT Team from Truro and Deacon Tim van Kroonenburg from Newton Abbot parish.

To book please contact [plymouth-crownhill@prcdtr.org.uk](mailto:plymouth-crownhill@prcdtr.org.uk). If you would like to share gifts and experiences, displays, posters or presentations, please contact [deborah.vankroonenburg@prcdtr.org.uk](mailto:deborah.vankroonenburg@prcdtr.org.uk)

## World Day of Migrants and Refugees 29 Sept

The Church has been celebrating the World Day of Migrants and Refugees (WDMR) since 1914. It is always an occasion to express concern for different vulnerable people on the move, to pray for them as they face many challenges, and to increase awareness about the opportunities that migration offers. Caritas Diocese of Plymouth invite you to an online event on Thursday 25th September 6pm-7.30pm on Zoom to reflect on how our faith calls us to *Love the Stranger* and work for global change at a local level. [Please register here](#) to receive the details.



Catholic Agency for  
Overseas Development

## Response in Gaza

Your donations to Gaza since the start of the conflict have been a vital lifeline. Right now, CAFOD's partner, Caritas Jerusalem, is delivering essential medical treatment to

displaced people and providing medicines to treat chronic illnesses. We have helped 1,400 households with cash to buy supplies in the last month and we are currently feeding 2,000 people with new stocks of flour and rice. Despite the restrictions on aid coming into Gaza, CAFOD's local partners are working tirelessly to help people.

And with your ongoing support, they will do all in their power to keep doing so. You can find out more about how you can make a difference in Gaza at [cafod.org.uk](http://cafod.org.uk).

Thank you for backing our work through holding collections for our Family Fast Day appeals and for continuing to [pray for peace](#) in the Middle East.

## Marriage help – Retrouvaille

Retrouvaille helps couples find hope and healing for their marriage. Next date: 17-19 October. [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk) Tel: 0788 7296983

## Catholic South West

September's edition is available in the porch, price 50p. Please put money in the box marked “books and papers”.

## Bible Alive...

...is a Catholic scripture magazine which draws its strength, inspiration and direction from the liturgical cycle. The hope is that it invites a daily encounter with Jesus through the word of God.

There are four copies of the September/ October edition in the porch, price £6.00. Please put your money in the box marked "books and papers"

## Diocese of Plymouth latest Newsletter...

...can be read [at this link](#)

## Caritas Plymouth Newsletter

[Click at this link](#) to read the latest edition of the Caritas Diocese of Plymouth newsletter, with news of love in action and upcoming events in our diocese

## Catholic Bishops of England and Wales

For the latest news from the Bishops' Conference [please click here.](#)

## Exeter Foodbank

The top five items needed this week are: Small jars of coffee, tinned meat meals, pasta/noodle snacks, vegetarian meals, pasta sauce, rice. There is a collection basket at the back of the church. Thank you. [Exeter Food Bank](#)

## Going into Hospital?

Are you, or someone you know, going into hospital for any length of time, and would you like the Chaplaincy team to know? Please let the parish office know.

## Getting Married?

Congratulations. If you are hoping to marry at Blessed Sacrament Church or any other place, including abroad, we require at least six months' notice. Please contact the parish office to arrange an appointment to meet with the parish priest.

# FORMING IN FAITH

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## Baptism Preparation Courses 2025

Next Course: 11 and 18 October 2025, 10.10am to 12.15pm. Godparents are especially welcome to attend the course as their role is explored. Click [Baptism Enquiry form](#) to register. If you have any problem accessing this, contact the parish office at [Exeter-heavitree@prcdtr.org.uk](mailto:Exeter-heavitree@prcdtr.org.uk) or 01392 274724.

## Wednesday Word Scripture Reflection

Wednesdays 2.00 – 3.00pm via zoom. We meet to pray, read, meditate and reflect 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. Contact Maria [exeter-pastoral-assistant@prcdtr.org.uk](mailto:exeter-pastoral-assistant@prcdtr.org.uk) if you would like to join us.

## Forming in Faith

Our fortnightly sessions are held at Sacred Heart after the 10.am Mass on Mondays from 10.30am-12.00pm. Our next session will be on Monday 8 September in the Lower Room. All welcome!

# GROWING IN FAITH TOGETHER

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## 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. The next session will be on Saturday 13 September.

Register for GIFT and GIFT Youth at these links: [GIFT Registration Form](#) [GIFT Youth Registration Form](#)

## Mark 10 Mission

This website offers short children's liturgy videos for both under 8s and 8–12-year-olds to help families engage with the Sunday Gospel. You can use this to help your children prepare for and engage with the Sunday Mass. Check out the [website here](#).

## GIFT tots

If you and your little one(s) would like to join us, please register using this link: [GIFT tots Registration Form](#)

We will be meeting every 2nd and 4th Friday in September, from 10.15am to 11.15am, beginning on Friday 12 September, in the St Richard Reynolds Centre.

## GIFT Youth Socials

Next social Friday 12 September 7.30–9.30pm in the St Richard Reynolds Centre.

## GIFT Youth – Sacrament of Confirmation

Growing in faith, attending GIFT Youth sessions and participating in Sunday Mass are all key elements of a deepening faith. If you are interested in receiving the Sacrament of Confirmation this year, please get in touch with the parish office.

## GIFT Join the team

We'd love you to help us; get in touch if you could offer one Saturday morning a month to join the catechist teams or volunteer to serve refreshments.



# PRAYER & LITURGY

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## We commend to the Lord...

Geraldine Smithers who has died. May she rest in peace. Please keep Geraldine and her family in your prayers.

## We welcome to the Life of Grace...

Kaden, who was baptized on Saturday. Please pray for his family and Godparents. May he grow in love and knowledge of the Lord and be richly blessed.

**Rosary** Blessed Sacrament Church, first and third Wednesday after 9.30am Mass.

## Pope's August Prayer Intention

For formation in discernment

For mutual coexistence. Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons. [The Pope Video](#)

# THE WORD

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## Sunday 31 August – 22nd Sunday in Ordinary Time

**First Reading** Sirach 3: 17-18, 20, 28-29

*Humble yourself so you will find favour in the sight of the Lord.*

**Psalm Response** In your goodness, O God, you provided a home for the poor.

**Second Reading** Hebrews 12:18 -19, 22-24a

*You have come to Mount Zion and to the city of the living God.*

**Gospel** Luke 14:1, 7-14 *Everyone who exalts himself will be humbled, and he who humbles himself will be exalted.*

## Sunday 7 September – 23rd Sunday in Ordinary Time

**First Reading** Wisdom 9: 13-18

*Who can discern what the Lord wills?*

**Psalm Response** O Lord, you have been our refuge, from generation to generation.

**Second Reading** Philemon 9b-10, 12-17

*Have him back no longer as a bondservant but as a beloved brother.*

**Gospel** Luke 14: 25-33 *Anyone who does not renounce all that he has cannot be my disciple.*



## Parish Instagram

Blessed Sacrament's Instagram page is active! Please visit and follow us at the link below or by clicking the Instagram symbol. We are pleased that social media is offering parishioners the opportunity to exercise their creative charisms. [Blessed Sacrament Instagram](#)

# CONTACT US

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## 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*

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

Parish Secretary *Catherine Odams*

Parish Office *Open Tuesday – Friday 10.00am–4.00pm*  
Gift Aid enquiries: [Exeter-heavitree-giftaid@prcdtr.org.uk](mailto:Exeter-heavitree-giftaid@prcdtr.org.uk)

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

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

Parish Instagram [blessedsacramentexeter](https://www.instagram.com/blessedsacramentexeter)

**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**  
*Maria Edwards 07870 696530  
& Catherine Odams 01392 274724*

## 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)

Head Teacher Mr Damian Railston



**DIOCESE OF PLYMOUTH**

*Blessed Sacrament Parish is part of the Diocese of Plymouth*