

# PARISH NEWS

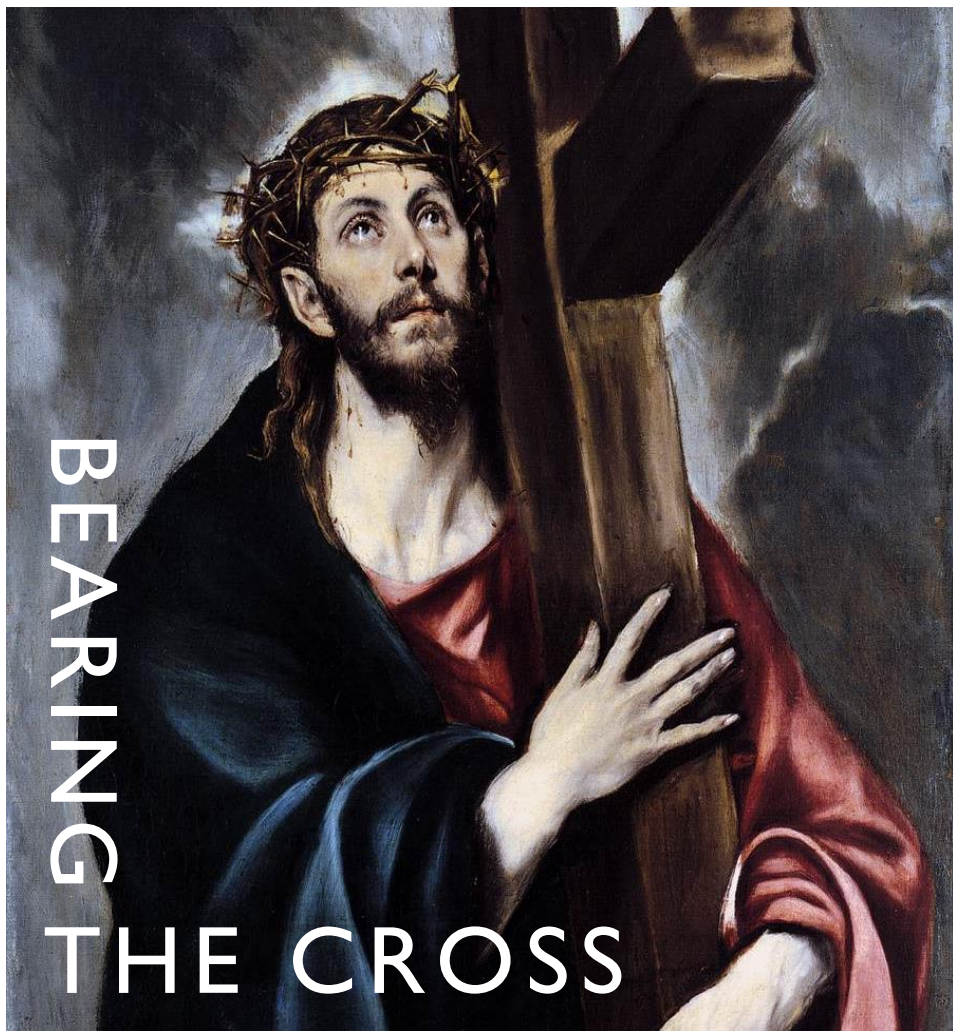


*BLESSED SACRAMENT PARISH, HEAVITREE, EXETER*  
*7 September 2025. 23rd Week in Ordinary Time. Year CI Psalter 3*  
*14 September 2025. 24th Week in Ordinary Time. Year CI Psalter 4*

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BEARING

THE CROSS



This is a very difficult set of readings. The Gospel itself starts with a saying which many find hard to understand: must we really “hate” our family to be the Lord’s disciple? The point is that it is relative: what are we prepared to give up for the Gospel? Are we going to try and make our own cross, or accept whatever we are given? Jesus is probably trying to discourage the crowd of sensation seekers and hangers-on who are crowding round him. He wants real disciples, who are aware of the possible cost: not like the incompetent builder, or the useless king. To be a disciple, one must be prepared to follow Jesus anywhere, whatever it might cost in possessions, family or friends. We may never understand why, but then “Who can know the intentions of God?”

## MASS TIMES

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

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

### **Tuesday 9 September**

6.30pm

### **Wednesday 10 September**

9.30am *Ian Johnstone RIP*

*Followed by refreshments in the St Richard Reynolds Centre*

### **Thursday 11 September**

9.30am *Private Intention*  
6.00pm *Adoration of the Blessed Sacrament*

### **Friday 12 September**

6.30pm

### **Saturday 13 September – St John Chrysostom, Bishop & Doctor**

9.30am

### **Sunday 14 September – The Exaltation of the Holy Cross**

Education Sunday

8.45am *Geoff Harding RIP*  
10.45am *People of the Parish*  
6.00pm *Anne Dooley RIP*

### **Tuesday 16 September – St Cornelius, Priest & Martyr**

6.30pm *St Cyprian, Bishop & Martyr*

### **Wednesday 17 September**

9.30am *Mrs B. Billson RIP*

*Followed by refreshments in the St Richard Reynolds Centre. Holy Rosary after Mass*

## Thursday 18 September

9.30am

6.00pm Adoration of the Blessed Sacrament

## Friday 19 September –

6.30pm *Mr Sammon RIP*

## Saturday 20 September – The Korean Martyrs

**No Mass**

## Sunday 21 September– 25th Sunday in Ordinary Time

8.45am *People of the Parish*

10.45am *Mo Flavin RIP*

2.00pm Syro-Malabar Rite Mass

6.00pm *Harold Holding RIP*

**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 was 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](#)

### Fr Emmanuel Uzoma

This weekend we 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 welcome him and hope and pray that his time of ministry here in Exeter will be fruitful and rewarding. God bless you Fr Emmanuel.



### 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.

## 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.

## GIFT Youth...

...will kick off on Friday 12 September with a welcome party for our new Year 7s. All Year 7-9s are invited to join us for pizza, games and prayer. See you there! If you haven't already registered, please register here: [GIFT Youth Registration Form](#)

## 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 next meeting will be on Friday 3 October 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 before attending. [GIFT Youth Registration Form](#)

## Feast of Our Lady of Sorrows

To mark this feast, the Rosary of the Seven Sorrows will be prayed on Sunday 14 September after the 6.00pm Mass. This special devotion invites us to reflect on the deep sorrows Mary endured throughout her life, and to unite our own sufferings with hers in prayer and hope. All welcome.

## 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. All welcome.

## 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.

## Talk: The Liberty Centre, for all women in Exeter

Please join us in the Richard Reynolds Centre for a talk by Jeanie Lynch, Head of Service for Colab Women in Exeter, from 10.30am to 12.00pm on Saturday 27 September, starting with a welcome hot drink. Jeanie and her team have been supporting women at risk of homelessness and violence in Exeter since 2017. She's grateful to the support we at Blessed Sacrament have offered over the last 4 years. She now wants to tell us about her vision for an exciting new venture called the Liberty Centre which will be a new community support resource for All women in Exeter. [Click on this link](#) for more information if you want to have a look before coming to her talk.

Please do come along and learn about the opportunities for supporting this worthwhile new venture. Thank you, *Sheila (Hosker)*

## Parish Accounts

A copy of the parish accounts comparing the income and expenditure for years ending 31/3/25 & 31/3/24 is available to view on the noticeboard in the porch. Copies and further information, if required, can be obtained from the parish office.

## Missio Red Boxes

It is the time of year before Mission Sunday that the boxes are emptied again and counted so our parish can forward the money to Missio. The boxes can either be brought to the church or its office, or John Mitchelmore will be pleased to visit your home and collect them from you. His contact details are telephone numbers 01392 757199, 07714 936657 or email [j\\_mitchelmore04@hotmail.com](mailto:j_mitchelmore04@hotmail.com). Their autumn edition of Mission Today will be in the porch and all are welcome to pick up a copy, meanwhile they thank us for our support of their missionary work worldwide.

## University of Exeter Catholic Society (Exeter CathSoc0

We are based at Boniface House Catholic Chaplaincy, University of Exeter Streatham Campus, Exeter. We are a group of students living out Gospel values through sharing our faith together and with others as a society. During each week, we have a set number of services and events which take place at our Chaplaincy. We are aware that many students might be living at home and travelling to University or simply haven't come across us yet. Please see the poster in the church porch entailing all events this term.

## The Catholic Safeguarding Standards Agency (CSSA)

### A call for information about survivor support

The CSSA are undertaking a thematic inspection of survivor engagement and support, and the Diocese of Plymouth has been chosen as one of the Dioceses to be involved in this project. Previously, known survivors of abuse were contacted and a call for information *from them* shared on the Diocesan website and Facebook.

The CSSA would now like to invite **anyone** involved in the Diocese of Plymouth, be that clergy, curia, parishioner, volunteer or any other connection to complete a similar survey, collating feedback around perceptions and understanding of survivor support in the Diocese.

While the primary focus is the period from July 2024 onwards, the CSSA do not wish to limit what people choose to share.

The direct link to the survey is here: [Public call for information-Clergy, Religious, Employees, Volunteers, Parishioners](#) and it will soon be in news section of the Diocese of Plymouth website.

If you haven't previously engaged with the Diocese of Plymouth safeguarding team but feel that it would be helpful to do so, please don't hesitate to contact the safeguarding office on **01364 645 430**, or by emailing [safeguarding@prcdtr.org.uk](mailto:safeguarding@prcdtr.org.uk)

We remain eternally grateful for those who are able and willing to share their experiences and reassure you that all feedback received helps improve safeguarding and survivor support in the future.

## 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 25 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.

## 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 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 two 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](#)

## Catholic Bishops of England and Wales

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

## 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

## Exeter Foodbank

The top five items needed this week are: Small jars of coffee, tinned meat meals, vegetarian meals, biscuits, shampoo. 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

The Church's recent Synod on Synodality has culminated in a document that summarises the Church's findings.

After four weeks of listening, discerning and writing in October 2024, the final day of the Rome Synod Assembly brought a dramatic surprise from Pope Francis - that the recommendations of the Assembly would become Church teaching. The three-year listening process was over, and it was now time to get on with implementing it.

Over the next 6 sessions, the School of Synodality will unpack a different section of the Final Synod Document, reflecting on its theological and practical implications, through recorded interviews with experts.

Come along to deepen your understanding of what synodality is and how it is a universal call for all of us to listen to each other and engage in conversation with the Spirit. The first session is entitled 'The Heart of Synodality'.

Sacred Heart Lower Room: Every fortnight on Monday from 10.30am-12.15pm beginning 8 September.

Blessed Sacrament: Every fortnight on Wednesday from 7.00pm-8.45pm beginning 10 September.

# 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.

## **GIFT Family and Youth Pilgrimage**

Our next GIFT on Saturday 13 September will be on pilgrimage to the St Boniface Shrine, Crediton. Join us at 10.00am to journey around the St Boniface Trail, Crediton at your own pace. The trail ends at the St Boniface Shrine, located in the St Boniface Catholic Church, where we will gather at 12.15pm to celebrate Mass with Fr Jonathan. All are welcome. Information will be sent via email.

If you aren't registered with GIFT to receive our emails, get in touch with Maria who will ensure you have all the information needed for a smooth and enjoyable family pilgrimage. [Exeter-pastoral-assistant@prcdtr.org.uk](mailto:Exeter-pastoral-assistant@prcdtr.org.uk)

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 Caritas for 15-18 year olds.**

The next session is Friday 3 October. If you are not registered, please do so before attending.

## **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 and Paul Poulter, who have died. May they rest in peace. Please keep Geraldine, Paul and their families in your prayers.

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

**Pope's September Prayer Intention** For our relationship with creation. Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect. [The Pope Video](#)

## THE WORD

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### **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.*

### **Sunday 14 September – 24th Sunday in Ordinary Time**

**First Reading** Exodus 32: 7-11, 13-14

*The Lord relented from the disaster that he had spoken of bringing on his people.*

**Psalm Response** I will arise and go to my father.

**Second Reading** I Timothy 1: 12-17 *Christ came to save sinners.*

**Gospel** Luke 15:1-32 *There will be joy in heaven over one sinner who repents.*

### **Sunday 21 September – 25th Sunday in Ordinary Time**

**First Reading** Amos 8: 4-7

*Against those who "buy the poor for silver."*

**Psalm Response** Praise the Lord, who raises the poor.

**Second Reading** I Timothy 2: 1-8

*Prayers should be made for all people to God, who desires all people to be saved.*

**Gospel** Luke 16: 1-13 *You cannot serve God and money.*

# 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



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