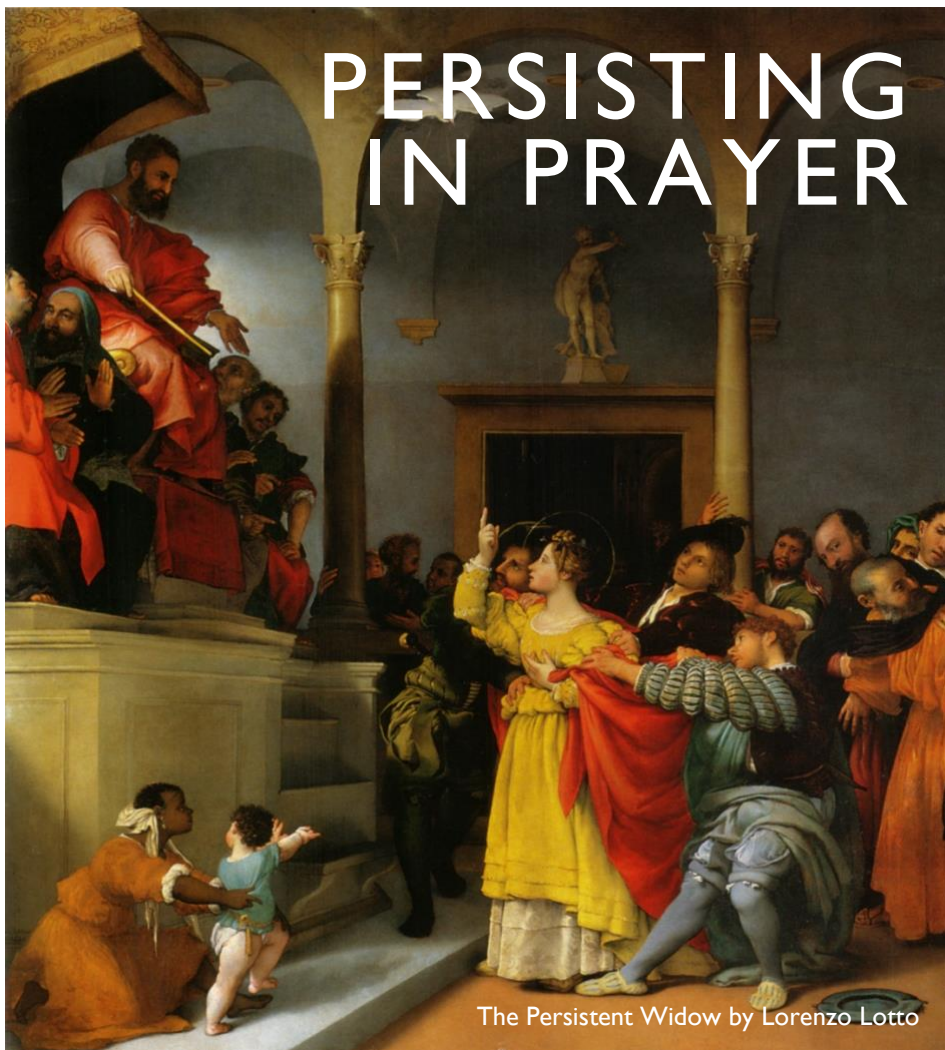


PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER
19 October 2025. 29th Week in Ordinary Time. Year C1 Psalter 1
26 October 2025. 30th Week in Ordinary Time. Year C1 Psalter 2

PERSISTING IN PRAYER



The Persistent Widow by Lorenzo Lotto

Perhaps the hardest Olympic event is the marathon: not only does it demand strength and fitness, but it calls for immense perseverance and endurance. Life in general and the Christian life in particular, is a marathon. We will face hills and mountains as well as valleys and gentle slopes in life: we will face obstacles and pressures which will make us want to say, as the prophet Elijah did, "Lord, it is enough!" Especially in our lifetime of prayer, there will be times when we say "Lord, I can go no further." Jesus himself understands the need for perseverance in prayer, and the temptation to lose heart, which is why he offers us this parable and teaching today. And remember the thought from the first reading: sometimes we may need to hold each other in our praying! *Salford Office for Liturgy*

MASS TIMES

Sunday 19 October – 29th Sunday in Ordinary Time

World Mission Day

8.45am *John Hickey Power and Beatrice Power RIP*

10.45am *Nkechi Angela Mbamali RIP*

2.00pm Syro Malabar Rite Mass

6.00pm *People of the Parish*

Tuesday 21 October

6.30pm *Paul Family, in thanksgiving*

Wednesday 22 October

9.30am

Followed by refreshments in the St Richard Reynolds Centre

Thursday 23 October

9.30am Funeral Mass – Sheelah Gardner Thorpe RIP

6.00pm Adoration of the Blessed Sacrament

Friday 24 October

6.30pm

Saturday 25 October

9.30am

Sunday 26 October – 30th Sunday in Ordinary Time

Clocks go back by one hour

8.45am *David Duben RIP*

10.45am *Sheelah Gardner-Thorpe RIP*

2.00pm Syro Malabar Rite Mass

6.00pm *People of the Parish*

NB There will be no Mass on Tuesday, Wednesday of Thursday this week.

Friday 31 October – St Ignatius of Antioch, Bishop & Martyr

6.30pm *Private Intention*

Saturday 1 November

No Mass

Sunday 2 November – 31st Sunday in Ordinary Time

Feast of All Saints

8.45am *People of the Parish*

10.45am

2.00pm Syro Malabar Rite Mass

6.00pm

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

Thank You for Your Generosity

We are deeply grateful for the continued generosity of our parishioners. Your support enables our parish to thrive and serve the community in so many ways.

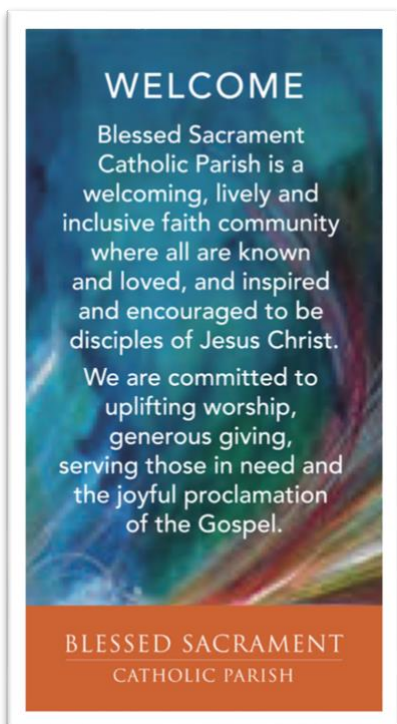
As we look to the future, we encourage those who are able, to consider switching to bank Standing Order or the Sum Up machine for their donations. This helps us plan and steward our resources more effectively.

If you are a UK taxpayer and haven't yet signed up for Gift Aid, we warmly invite you to do so. Gift aid allows us to claim an extra 25p for every £1 you give—at no extra cost to you. It's a simple way to make your generosity go even further.

Members of the Finance Committee will be available after Masses on Sunday 26th October to answer any questions and hand out forms to anyone interested in switching to online donations. Bank standing order, Gift Aid donor forms and Information on how to donate via your mobile or computer will be also be permanently available in the church porch. *Ann Edwards, Parish Treasurer*

Missio Red Boxes

It is the time of year of 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. 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.



Parish Vision Team

The members of the Parish Vision Team recently spent a day at the Convent in Lynton. The day was facilitated by David Wells who led us through a series of reflections about who we are as a team, how we see our role in the parish, and how we can better work together. The day was worthwhile and fruitful, and we all came away feeling hopeful.

As you know the team has replaced the Parish Pastoral Council as the forum for envisioning the future for the parish. This has meant a re-evaluating of our priorities and methods of working which has not always been easy. It is a work in progress but we are growing in confidence and clarity.

The principal role of the team is to support the parish as it strives to truly become the community described in our Parish Vision which you can see here.

We do this by meeting regularly – at the moment every six weeks, praying together, and discussing parish affairs. As well as assessing the state of the parish, the questions we ask are: 'What will the parish look like in ten years' time?', 'What are our hopes and dreams for the community?' and 'How can we make the Vision a Reality?'.

The members of the team are Angela Bosley (Chair), Sheila Hosker, Nick Gill, Ola Godbeer, Ann Wright, Angela Folland, Jess Lynde and Fr Jonathan. Please feel free to approach any of us to find out more about what we are doing but also to share your ideas, hopes and dreams for the parish. We want to hear from you.

Society of St Vincent de Paul (SVP)

The SVP invites you to an evening talk entitled "Churches and Canals – sailing from the Exe to the Med". Do join us on Thursday 23 October at 7.15pm in the St Richard Reynolds Centre and allow us to thank the Exeter and Topsham parishioners for all your support to our small SVP team. Join us for a glass of wine and come and hear what we've been up to this year!

RCIA Journey in Faith

Are you, or is someone you know, interested in becoming a Catholic? We regularly have requests from people who want to know more about the Catholic Faith because

they are experiencing a call to be a part of the Church. They come from all walks of life and are different ages. The Holy Spirit is at work!

We support those who want to join us by meeting regularly and discussing what it means to be a Catholic Christian. We call this journey RCIA – The Rite of Christian Initiation in Adults. Whilst it was originally formulated to receive those who had never been baptised, many of those who now come along have already been initiated into another tradition. We are all on a journey of faith. Our meetings are designed to support and encourage those who are not yet Catholic and to accompany them.

We are hoping to begin the meetings in the second week of October. If you are interested in knowing more, please contact Sacred Heart Parish on 01392 642389. Please watch this space for more details.

Christmas Fayre in aid of Force Cancer Charity

We need your help!

Jane and Gary are organizing the fayre, which is being held in the United Reformed Church church just down the road on December 13 at 11.00am until 2.00pm.

They would like some help please! Particularly lovely volunteers to work on stalls, but also donations of books, jigsaws, toys, games, bottles, tombola prizes and baked cakes. If you can help please call Jane on 07890373617.

Advent Retreat for 18–30s

Sclerder Abbey 21–23 November 2025

Join young adults from across the Diocese of Plymouth to prepare for Advent.

During the weekend you will explore John's scripture; 'The word became flesh and dwelt amongst us' (J1:14) whilst experiencing elements of the Chemin Neuf Community, listening to talks from Fr Robbie Lowe and exploring the area. A recommended donation of £30 is to help with the accommodation and food costs.

For further information contact Saskia; youth@prcdtr.org.uk .

[Follow this link to book.](#)

St Nicholas School News

We are holding an Open Evening for parents of children entering Reception Class in 2026 on Monday 20 October at 6.30pm. Explore our Early Years classrooms and outdoor learning areas, meet our dedicated Reception staff and leadership team, learn about our curriculum, routines, and approach to early education and ask questions and get a feel for life at St Nicholas. Email admissions@stncls.uk to book.

We have Nursery spaces for 3–4-year-olds from January 2026 and can offer both 30 and 15 hours funding and wrap around care in our Breakfast and After school Clubs. Contact admissions@stncls.uk for more information and to find out how to apply.

If any parishioners are interested in becoming a Foundation Governor we would be delighted to hear from you. If you wish to find out more about this role please contact Mrs Brockson, Clerk to Governors by emailing clerk@stncls.uk.

Please see our school website [here](#) to find out more about St Nicholas.

Key holders to church property.

We are required by the diocese to compile a list of everyone who has access to the church premises with a key, a fob or the code to the sacristy door.

If this includes you, please complete a form, signed and returned to the Parish Office. You can collect a form from the church porch or the office. If you have any questions, please contact Catherine in the office on 01392274724, or exeter-heavitree@prcdtr.org.

Caritas Plymouth Newsletter

[Click on 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

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

Catholic Bishops of England and Wales

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

Diocese of Plymouth September Newsletter...

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

Marriage support

Holiday periods can be very stressful for marriages and couples often suffer in silence: Does your relationship need some TLC? Need help with deeper issues?

Next programme starts 17 October [Retrouvaille website](#) Tel 07887 296 983

Stop assisted suicide – further action needed!

Sending a physical letter carries particular weight with Members of the House of Lords. Right To Life UK has created a simple tool that generates personalised letters to Peers, each focused on a specific area of concern. You can then print them, or copy them out by hand, sign, and post them. ***Please take action now and [visit this link](#) to send a letter to Peers asking them to oppose assisted suicide.***

Exeter Foodbank

The top five items needed this week are: Tinned meat meals, small jars of coffee, vegetarian meals, biscuits, shampoo. The Bank is well stocked with pasta, baked beans and porridge. There is a collection basket at the back of the church with a poster attached about the Harvest Appeal. 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

Baptism Preparation Courses 2025

Next course 14 and 28 March (split Saturdays), 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 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 if you would like to join us.

Forming in Faith

Our next session will be on Monday 20 October. We will watch and discuss Bishop Robert Barron's video on the life of St Teresa of Kolkata. Please join us after morning Mass from 10.30-12.00 in Sacred Heart Lower Room. All welcome. **Please note** that from November, we will meet on the first and third Monday of every month in Sacred Heart Lower Room from 10.30-12.00, rather than every fortnight.

GROWING IN FAITH TOGETHER

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 is on Saturday 1 November at St Nicholas School

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: New day and venue

From November, GIFT tots will meet on the 2nd and 4th Monday of every month in the Sacred Heart Lower Room. Please get in touch with Maria if you would like to register and attend: Exeter-pastoral-assistant@prcdtr.org.uk

GIFT Youth Socials: School Years 7-9

The next social will be on Friday 14 November in the St Richard Reynolds Rooms at the new time of 7.00pm - 8.30pm

If you haven't already registered, please register here: [GIFT Youth Registration Form](#)

GIFT Youth Caritas for School Years 10-13

Next session Friday 7 November 7.30pm -9.30pm Please register 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

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

Pope's October Prayer Intention

For collaboration between different religious traditions.

Let us pray that believers in different religious traditions might work together to defend and promote peace, justice and human fraternity. [The Pope Video](#)

PARISH NEWS

You will be aware that the latest issues of Parish News have been published fortnightly rather than weekly. We will be continuing to publish fortnightly for the foreseeable future as this considerably eases pressure in the parish office.

If you have any items for Parish news, please ensure they are sent to the office in plenty of time. The best way to do this is by email: exeter-heavitree@prcdtr.org.uk.

Many thanks for your understanding and cooperation.

THE WORD

Sunday 19 October – 29th Sunday in Ordinary Time

First Reading Exodus 17: 8 -13 *Whenever Moses held up his hand, Israel prevailed.*

Psalm Response

Our help is in the name of the Lord, who made heaven and earth.

Second Reading 2 Timothy 3: 14 - 4.2

That the man of God may be complete, equipped for every good work.

Gospel Luke 18: 1- 8 *God will give justice to his elect, who cry to him.*

Sunday 26 October – 30th Sunday in Ordinary Time

First Reading Sirach 35: 15b -17; 20 - 22b *The prayer of the humble pierces the clouds.*

Psalm Response The lowly one called, and the Lord heard him.

Second Reading 2 Timothy 4: 6-8, 16-18

There is laid up for me the crown of righteousness.

Gospel Luke 18: 9 -14

The tax collector went down to his house justified, rather than the Pharisee.

Sunday 2 November – 31st Sunday in Ordinary Time

First Reading Wisdom 11:22-12:2

You are merciful to all, for you love all things that exist.

Psalm Response I will bless your name for ever, my God and king.

Second Reading 2 Thessalonians 1:11-2:2

So that the name of Christ may be glorified in you, and you in him.

Gospel Luke 19: 1-10 *The son of man came to seek and save the lost.*

CONTACT US

Blessed Sacrament Parish

29 Fore Street, Heavitree, Exeter EX1 2QJ
01392 274724 exeter-heavitree@prcdtr.org.uk

Parish Priest *Fr Jonathan Stewart*

Assistant Priest *Fr Emmanuel Ozuma*

Priest in retirement *Fr John Watkins*

Pastoral Assistant *Maria Quinn*
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

Parish Website 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*

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

School Website 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