

PARISH NEWS

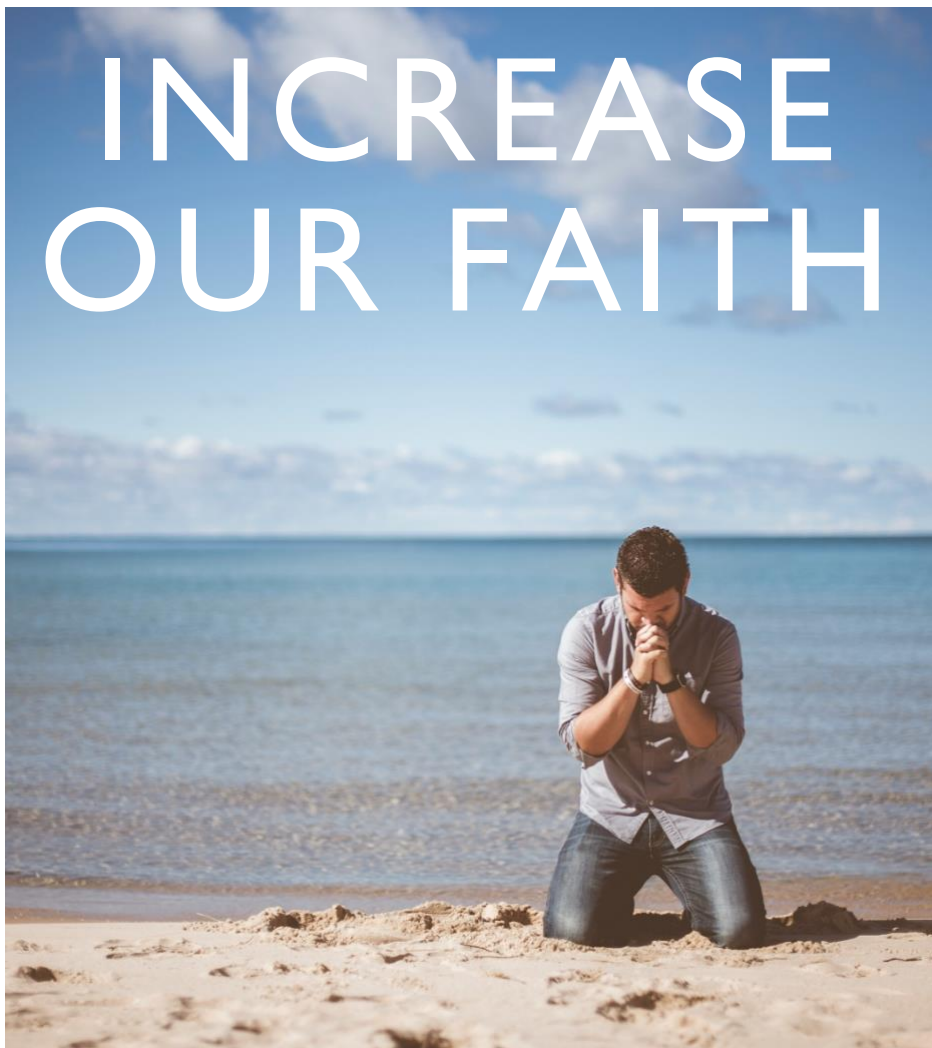


BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

5 October 2025. 27th Week in Ordinary Time. Year CI Psalter 3

12 October 2025. 28th Week in Ordinary Time. Year CI Psalter 4

INCREASE OUR FAITH



Faithfulness, faith and trust. These most invisible and difficult things are what God asks of us – just as we, in our own way, ask them of those who love us. “Trust me”, we say, “all will be well.” And if someone does trust us, the reward is simply that trust was well-placed. We have done our duty. Sometimes when we talk about “faith” we put the emphasis on “believe and accept”. Today’s readings (especially the passage from Habakkuk) invite us to think in terms of “trust”. The request of the Apostles is interesting: “Increase our faith” could also mean “Make it easier for us,” or “Prove that you are who you say you are.” Jesus replies that he can’t do that – you can’t make someone trust you. It has to be a gift, freely given. *Salford Office for Liturgy*

MASS TIMES

Sunday 5 October – 27th Sunday in Ordinary Time

World Day of Migrants & Refugees

8.45am *People of the Parish*

10.45am *Private Intention*

2.00pm Syro Malabar Rite Mass

6.00pm *Private Intention*

Tuesday 7 – October – Our Lady of the Rosary

6.30pm

Wednesday 8 – October

9.30am

Followed by refreshments in the St Richard Reynolds Centre

Thursday 9 October – St John Henry Newman, Priest

9.30am

6.00pm Adoration of the Blessed Sacrament

Friday 10 October – St John Henry Newman, Priest

6.30pm

Saturday 11 October

9.30am

Sunday 12 October – 28th Sunday in Ordinary Time

Prisoners Sunday. *Prisons Week- Prayer for Prisoners and their Families*

8.45am

10.45am *People of the Parish*

2.00pm Syro Malabar Rite Mass

6.00pm

Tuesday 14 – October

6.30pm

Wednesday 15 October – St Teresa of Jesus, Virgin & Doctor

9.30am *The Tapp Family*

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

Thursday 16 October

9.30am *Private Intention*

6.00pm Adoration of the Blessed Sacrament

Friday 17 October – St Ignatius of Antioch, Bishop & Martyr

6.30pm

Saturday 18 October – St Luke, Evangelist

9.30am

Sunday 19 October – 29th Sunday in Ordinary Time

World Mission Sunday

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*

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

Love the Stranger – World Day of Migrants & Refugees

Today the Church marks the World Day of Migrants & Refugees. The day draws attention to one of the greatest challenges of our time. Pope Francis chose as this



Jubilee year's theme for the 111th World Day of Migrants & Refugees: *"Migrants, missionaries of hope."*

For millions of people, migration is not a choice but a necessity. War, persecution, political instability, and increasingly the effects of

climate change force people to leave their homes in search of safety and stability. On their journeys they often face uncertainty, marginalisation and even hostility. And yet, Pope Francis and Pope Leo remind us, the very act of moving forward in hope is a witness of courage and faith.

Migrants bring not only their struggles but also their gifts; enriching host communities and calling all of us to deeper solidarity. Migrants truly are missionaries of hope and through them, we are also called to be missionaries of hope.

Caritas Plymouth have held a Jubilee Year event, ***Migrants, Missionaries of Hope***, for the World Day of Migrants and Refugees, to reflect on how we as the Catholic community can respond to issues facing migrants and refugees as we are called to **Love the Stranger**, and how small changes can have a positive impact on the environment, which often most affects those already living on the margins. There is a short [video message here](#) from Bishop Paul McAleenan, Lead Bishop for Migrants and Refugees.

Prayer for World Day for Migrants and Refugees

God of mercy, compassion and hope,
from a world of war, violence and injustice,
we turn to you in fervent prayer,
for those whose lives are blighted.

Help us all to be pilgrims of hope and peace.
Help us to see and reach out in charity
to migrants, refugees and displaced persons,
privileged witnesses of hope.

Help us to show hospitality to the stranger and the unloved,
fellow humans but in need.

Help us to recognise and accept the dignity of all as your children,
as our brothers and sisters.

May we all be living witness to that hope,
the promise of a present and a future in your kingdom.
We make our prayer through Christ our lord. Amen.

Catholic Bishop's Conference of England and Wales



CAFOD Family Fast Day

Please donate to our Family Fast Day
parish collection to share God's abundant
gifts with our global neighbours as they find
lasting solutions to poverty and climate

challenges. Your generosity offers "signs of hope" in this Jubilee Year, helping build more water tanks in communities like Waré's in Ethiopia where women have to walk for hours to get water. Use the CAFOD envelope in church, donate online [by following this link](#) or call 0303 303 3030. You can also text CAFOD to 70560 to donate £10.



Stop assisted suicide – further action needed!

As the assisted suicide Bill progresses through the Lords, Peers have made it clear that receiving physical letters will have the most influence at this stage of the process. Right To Life UK has launched a new *EasyAction* tool that creates a personalised letter to be sent in the post to a Peer highlighting a key concern with the Bill, selects a Peer to receive it, and customises the letter so that it is addressed from you.

Please take action now and [visit this link](#) to send a letter to Peers asking them to oppose assisted suicide.

Prison Week 12 to 18 October 2025

Jesus said: I was in Prison and you came to me.

PACT is the Prison Advice and Care Trust, the national Catholic Charity working to support prisoners and their families in England and Wales.



On **Sunday 12 October** we will remember Pope Francis and his call to support prisoners at Mass this weekend. Prisons are in crisis, and life for prisoners and their families in our communities is challenging. At PACT we are here for people of all faiths and none, with catholic values influencing the way we work respecting human

dignity, walking with love and care alongside prisoners and their families and believing everyone can be redeemed and make a fresh start.

There will be more information about PACT at all Masses and a second collection to support PACT's important work in the year ahead. Alternatively, you can follow this link to donate: [Donate - Prison Advice and Care Trust](#). Click to find out more about PACT: [Home - Prison Advice and Care Trust](#)

The Prisons Week Prayer

Lord Jesus Christ, you have come so that we may have life to the full,
Listen to our prayers for all in prison and their families. Touched by your spirit,
May they find newness of heart and be open to that new life that is found only in you.
May they know care and receive support from those around them.
May they find new purpose in serving you in their brothers and sisters. Amen

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 in today's world. 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 faith 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.

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. 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.

How can we support Colab and the Exeter Women's Centre Campaign?

Last Saturday morning around 20 people from the parish came to hear an inspiring talk by Jeanie Lynch. Jeanie is the leader and visionary behind an invaluable service offered to women in Exeter who find themselves in unimaginably dire straits. Her vision, and the campaign she's driving forward, looks to expand the essential menu of services and opportunities available to support these women in regaining their self-worth and accessing the support they need.

If you would like to be part of a parish group looking at how we can best support Jeanie's work: the current Colab and the planned Liberty Centre for women in Exeter, please get in touch with me by 12 October at sheilahosker@outlook.com. Please do also have a look at the new Liberty Centre website at: www.libertycentrexeter.org.uk.

Exeter Gospel Choir Concert to raise funds for Age UK

Join Exeter's Soul of the City Gospel Choir Friday 17 October for an evening of joyful, uplifting music and rich harmony, all to raise funds for Exeter Age UK. Friday 17 October at 7.00pm at St Thomas Methodist Church, Cowick Street, Exeter. Book tickets online: [at this link](#) or by calling 01392 202092

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 at 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!

St Nicholas School News

Our first Mass of the new academic year was a wonderful experience. The Pupil Chaplains were commissioned and awarded their distinctive yellow hoodies. Thank you to Fr Jonathan for celebrating Mass and for all of the hard work he and Mrs Quinn do to ensure the school grows in faith together. At this Mass the school community were also able to celebrate Fr Jonathan's Silver Jubilee of his ordination and present him with a few gifts.

If you would like to find out about joining our Nursery or school or are interested in becoming a Governor please contact the Senior Administrator, Mrs Brocksom by emailing admissions@stnics.uk.

University of Exeter Catholic Society (Exeter CathSoc)

We are based at Boniface House Catholic Chaplaincy, University of Exeter Streatham Campus, Exeter. We are a group of students living out the values of the Gospel through sharing our faith together and with others as a society. Each week we have a set number of services and events which take place at the 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 detailing all events this term. We look forward to welcoming you.

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".

Diocese of Plymouth September Newsletter...

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

Catholic Bishops of England and Wales

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

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](#)

Catholic Children's Society (Plymouth)

Fancy winning an air fryer bundle?

Thanks to HBH Woolacotts and The School Wear Shop in Plymouth who have donated an AFI40 Ninja Air Fryer and a £100 supermarket gift card of your choice, we are delighted to be running our third Crowdfunder prize draw to raise funds to help support our Essential Grants programme. Included in the bundle will be a cookbook - 'How to Make Anything in an Airfryer' by Hayley Dean with 100 quick, easy and delicious recipes.

You can enter as many times as you like and the more entries you purchase, the more chance you will have of winning. Tickets are priced at £10 for one entry or buy two entries for £20 and receive a third entry for free. The draw will close at 9am on



Monday, 24 November 2025 so this could make a wonderful Christmas gift for a family member or friend.

To enter, please visit [this link](#). Alternatively, scan this QR code using your smart phone and you will be directed to our Crowdfunding page.

Plymouth Diocesan Ignatian Spirituality Group

There is a poster in the porch with details of Ignatian silent and individually guided retreats, available locally in the Plymouth Diocese for Advent 2025. They are for those who would like to step back from everyday life for a little while to review their journey in faith and make a little extra space and time for God.

Nov 28 –30 (Fri – Sun) Weekend Retreat (£160)

Nov 28 – 2 Dec (Fri – Tues) Extended Weekend Retreat (£280)

Dec 1 – 5 Dec (Mon – Fri) Midweek Retreat (£275)

Nov 28 – 5 Dec (Fri - Fri) 6-day retreat (£475)

Venue: St Rita's Centre Honiton Venue: St Rita's Centre Honiton, East Devon, a well-appointed retreat house with comfortable ensuite accommodation situated in the Vale of Honiton.

Cost includes full board & lodging, but help is available for those who would like to go on retreat but have difficulties with the recommended donations. Retreats are available for similar 2026 Lent retreats of varying lengths: Friday Feb 13 - 20 2026. For further details and bookings contact Plymouth Diocesan Ignatian Spirituality Group at diocesan-ignatian-retreats@prcdtr.org.uk or phone 01752 769164 / 07823 447637.

Marriage help – Retrouvaille

Holidays periods can be very stressful for marriages and couples often suffer in silence. Marriage support - Does your relationship need some TLC? Need help with deeper issues? Next programme starts 17 October, Email www.retrouvaille.org.uk or telephone 07887 296 983 for more details.

Marriage Care

Would you be interested in training and volunteering as a Relationship Counsellor with Marriage Care? We are a Catholic organisation specialising in relationship support and are currently looking for those who would be interested in training via our **Certificate in Relationship Counselling (CRC) course**.

We are reaching out early to give you the opportunity to benefit from a new and additional pathway we are offering - the option to volunteer with our marriage preparation service prior to the CRC selection. To find out more and to register your interest either for entry at this stage or prior to our CRC selection process in Autumn 2026 please visit: www.marriagecare.org.uk or email: volunteer@marriagecare.org.uk. Please also see the poster in the porch.

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. There's also a poster in the porch 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: 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-heavittree@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

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

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...

...will not be meeting during the month of October.

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

GIFT Youth Socials: School Years 7-9

The next social will be on Friday 10 October in the St Richard Reynolds Rooms.

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. 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 5 October – 27th Sunday in Ordinary Time

First Reading Habakkuk 1: 2-3; 2: 2-4 *The righteous shall live by his faith.*

Psalm Response O that today you would listen to his voice! Harden not your hearts.

Second Reading 2 Timothy 1: 6-8 , 13-14

Do not be ashamed of the testimony about our Lord.

Gospel Luke 17: 5-10 *If you had faith.*

Sunday 12 October – 28th Sunday in Ordinary Time

First Reading 2 Kings 5:14 -17 *Namaan returned to the man of God and confessed his faith in the Lord.*

Psalm Response The Lord has shown his salvation to the nations.

Second Reading 2 Timothy 2 :8-13 *If we endure, we will also reign with Christ.*

Gospel Luke 17; 11-19 *No one was found to return and give praise to God except this foreigner.*

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.

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*

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
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