

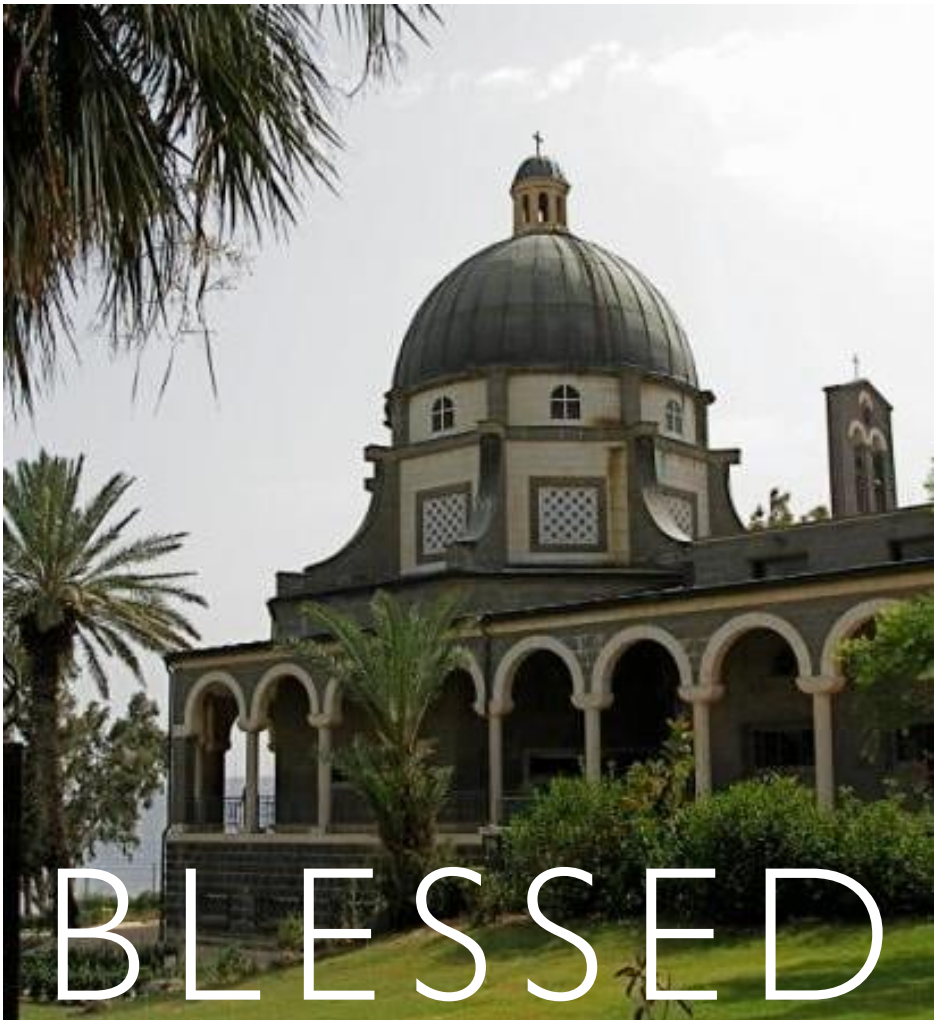
PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

1 February 2026. 4th week in Ordinary Time. Year A2. Psalter 4

8 February 2026. 5th week in Ordinary Time. Year A2. Psalter 1



Last week we heard Saint Matthew describing the beginnings of Jesus' public ministry. This week Matthew begins the most important summary of the proclamation of the kingdom of God – what we refer to as the Sermon on the Mount. This great collection of Jesus' teachings begins with the Beatitudes – the Charter of the Kingdom. It is essential to understand these, if we are to understand what we will read in Matthew's Gospel during the rest of this year: the key, as underlined by the First Reading, is that the values of this world are not the values of the Kingdom of God – the Kingdom will see things turned upside down: happiness and blessing belong to those whom this world would ignore or mistreat. If we truly wish to live out the Gospel, we would do well to reflect on the virtues laid out in this familiar passage.

Salford Office for Liturgy

MASS TIMES

Sunday 1 February – 4th Sunday in Ordinary Time Racial Justice Day

8.45am *For all who need our prayers*

10.45am *Angelin Alexis RIP*

6.00pm *People of the Parish*

Tuesday 3 February – Weekday

6.30pm *Tony Sammon RIP*

Wednesday 4 February – Weekday

9.30am *Mary O'Shea Hayward*

Followed by refreshments in the St Richard Reynolds Centre

Holy Rosary after Mass

12.30pm *Funeral Service – Mary O'Shea Hayward RIP*

Thursday 5 February – St Agatha, Virgin & Martyr

9.30am

6.00pm *Adoration of the Blessed Sacrament*

Friday 6 February – St Paul Miki and Companions, Martyrs

6.30pm *Angelin Alexis RIP*

Saturday 7 February – Weekday

9.30am

Sunday 8 February – 5th Sunday in Ordinary Time

Day for Victims of Human Trafficking and Those Who Work to Combat it

8.45am *Petrus Alibeg RIP*

10.45am *Angelin Alexis RIP*

6.00pm *People of the Parish*

Tuesday 10 February – St Scholastica, Virgin

6.30pm *Angelin Alexis RIP*

Wednesday 11 February – Weekday

9.30am

Followed by refreshments in the St Richard Reynolds Centre

Thursday 12 February – Weekday

9.30am

6.00pm Adoration of the Blessed Sacrament

Friday 13 February – Weekday

9.30am

Angelin Alexis RIP

Saturday 14 February – St Cyril & St Methodius, Patrons of Europe

9.30am

Sunday 15 February – 6th Sunday in Ordinary Time

Day for the Unemployed

8.45am

People of the Parish

10.45am

Angelin Alexis RIP

6.00pm

Confessions Saturdays after 9.30am Mass or by appointment.

Adoration Thursdays 6.00pm in church.

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

Racial Justice Sunday

This Sunday, 1 February is Racial Justice Sunday and the theme this year is: “Whoever loves God must also love his brother” (1 John 4:21): *Promoting Racial Justice in our Parishes.*

Click [here](#) to watch a short video message from Bishop Paul McAleenan, from the Bishop’s Conference. “In the family of the Church and in society, there are people from every nation and race. All are important and wonderfully made. The central commandment is to love. True love recognises the value of everyone.” Let us today commit to love our neighbours from every nation and every race.

Lost Property

We have been advised, on fire safety grounds, to remove the items of lost property which were in the porch. Please contact the office if you wish to claim your property.

Colway Retreat

Exeter University Chaplaincy- Saturday 7 February

Some religious sisters from the Community of Our lady of Walsingham will lead a retreat at the Chaplaincy open to any young person aged 18-30. The retreat will be from 10.00am to 4.00pm; Mass will be celebrated at noon by Fr Michael. Tickets are £10.00 and can be purchased [by following this link](#).

UNBOUND Lenten Book Club

Every Friday during Lent, 2.00-3.00pm, St Richard Reynolds Centre. All welcome.

As we journey towards Easter, we will delve into the true freedom that Christ has won for us. Join us as together we share the book Unbound; A Practical Guide to Deliverance by Neal Lozano. Unbound prayer ministry is the model for inner healing most widely endorsed by Catholic bishops and priests throughout the world.

You can read more about Unbound [here](#) and [here](#)

Starting on Friday 20 of February we will gather between 2.00pm-3.00pm in the Blessed Sacrament's St Richard Reynolds Centre, 29 Fore Street, EX1 2QJ. The book can be bought on Amazon. Please read the first chapter before the first session and come and share your thoughts. For more information contact Tanya Trevena or Clare Simpson on 07710326882 or email unboundstboniface@gmail.com

Towards a synodal church – Conversations in the Spirit



How do we listen to each other well?

How do we step back from our own agendas to be attentive to where the Spirit is moving? How can we make better decisions

about organising ourselves as Christian communities? How do we enrich our parish communal life with enriching conversations? The Synod process has emphasised the importance of listening and good conversations in our community life. However, these are not always so easy in practice!

Blessed Sacrament Exeter are hosting a one day face-to-face facilitator training workshop with Fr Matthew Nunes, Director of the School for Synodality.

This Conversations in the Spirit workshop will run on Saturday 21 February and will introduce the principles of holding prayerful, truthful and safe conversations which value gracious listening and courageous speaking. It is suitable for all levels of experience, including people who have not been involved in the Synod process so far. All parishioners from across the diocese are very welcome to attend. Email exeter-heavitree@prcdtr.org.uk to let us know you're coming. We're asking for a contribution of just £10 per person to cover costs – pay on the day. Please bring a packed lunch.

Saturday 21 February 9.30am tea and coffee for a 10.00am start, 3.30pm finish, St Richard Reynolds Centre.

Lent Retreat Day. The Sacrament of Liberation

Saturday 21 February, St Rita's Centre, Led by Fr Robbie Low.

The day will begin with coffee/tea on arrival at 9.30am. First talk 10.00am. Second talk 11.00am. Adoration with an opportunity for Confession 12.00pm. Lunch 1.00pm. Holy Mass 2.45pm. Depart 3.30pm. Charge for the day, including lunch, £25.00.

Application forms available in porch and from the parish office. To register, please complete the application form and let us know of any dietary requirements. You can contact St Rita's Centre by phone at 01404 42635, by email at

admin@stritascentre.org, or register online [via our website here](#).

Payment can be made in advance or on the day.

Dilexi Te – The Burning Heart of the Church's Mission

A day of reflection with Bishop Nicholas Hudson

21 February 2026, 11.00am-4.00pm, Buckfast Abbey Conference Centre

Join Caritas and CAFOD this Lent for a diocesan day to reflect on Pope Leo XIV's powerful Apostolic Exhortation Dilexi Te, which calls us to return to the Gospel and reminds us that love of the poorest of our sisters and brothers is part of the "burning heart of the Church's mission".

Hear from our inspirational Speakers: Rt Rev Nicholas Hudson, Bishop of Plymouth; Christine Allen, CAFOD Director; Raymond Friel OBE, CSAN Chief Executive Officer; Fr. Richard Finn OP, University of Oxford. [Click here to register](#) or email: caritas@prcdtr.org.uk. See the poster in the porch.

The CAFOD Big Lent Walk



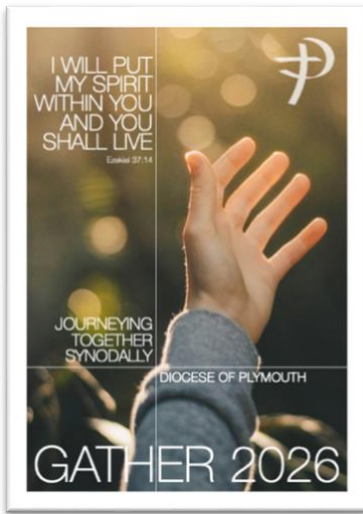
This Lent, four of our parishioners are walking 200km (each!) over 40 days in solidarity with those who walk miles each day just to access safe water.

We have one team fundraising page which we'll share with you in the next newsletter as well as a photo of four brave

people taking up this challenge. We will walk in our own time to fit around our life schedules, but hope to do at least one walk together. If you would like to join the challenge you'd be very welcome; please let the parish office know as soon as possible.

Caritas January Newsletter

To read news of love in action around our diocese and upcoming events and dates, [please click this link](#)



GATHER Conference 2026

We look forward to welcoming you to our annual GATHER conference Friday 20 – Sunday 22 March at Livermead Cliff Hotel, Torquay.

This year's theme is 'I will put my spirit within you, and you shall live' and our speakers include Avril Baigent (School for Synodality) and Fleur Dorrell (The God who Speaks). Pauline Books will be bringing a selection of their excellent range for people to peruse and buy, and you can expect a warm welcome and a wonderful weekend of faith, formation and friendship.

We are delighted that we will also be joined by Bishop Nicholas as we journey together synodally - we'd love you to join us too!

Booking forms are available from the parish office

or by [following this link](#) or emailing plymouthgather@yahoo.com

Laudato Si' Day for Creation

Saturday 7 March 2026 10.00am-4.00pm, Exeter University Chaplaincy

We encourage all who are in the Exeter area to come and join Caritas for a day of reflection and discussion looking at Catholic social teaching on the present climate and nature crises. With speakers Canon Kristian Paver, the Judicial Vicar and Chancellor of the Diocese of Plymouth, and Kirsty Wright Head of Property who will speak on our diocesan response.

There will be a free simple lunch provided and an opportunity to celebrate Holy Mass together before lunch, and Adoration of the Blessed Sacrament at the end of the day.

To register your attendance please use this link: [Laudato Si' Day for Creation](#)

Inspire Festival

Saturday 14 March 2026, Buckfast Abbey. 11.00-18.00

Youth Events would like to welcome young people aged 12-24 to Inspire. Inspire is a festival of musicians, speakers and workshops encouraging young people to explore how Christ is rooted in their lives. Details on the bands, speakers and workshop will be released over the coming week. Tickets are £30 per person. Under 18s must be accompanied by an adult. For further information contact Saskia or Ruby:

youth@prcdtr.org.uk or to book: [Inspire 2026 Parish Booking Form](#)

Catholic South West...

...is a monthly newspaper for Catholics in the Plymouth, Portsmouth and Clifton Dioceses. Copies of February's edition are in the porch, price 50p. Please put your money in the box marked "Books and Newspapers"

MAKE A WILL, MAKE A DIFFERENCE – IT'S A GOOD IDEA !

Provide security for you, your loved ones
and the children of the future

**CCSP WILLS WEEK - w/c
23 February 2026**



We have teamed up with **Tozers** Solicitors, who have three offices
in Exeter, Newton Abbot and Teignmouth and who have a long
history of being legal advisers to CCSP

- Writing a will may seem complicated but it doesn't have to be, and it is vitally important because it makes our relatives' grief journey a little easier to navigate when we are gone
- Making a will can be costly but if you need to make one, or need to make an adjustment to an old will, please join in our Wills Week
- You will benefit from the expertise of **Tozers**, free of charge – we just ask you to make a small donation to CCSP as a thank you
- Perhaps you could include a legacy for CCSP which doesn't have to be a large sum of money. A gift in a will, however large or small, plays an important part in continuing the work of our charity. CCSP is the only Catholic charity in the Diocese exclusively supporting children and families

TOZERS

To request more information, or to book an appointment to make a simple will with a member of the team from **Tozers**, in one of their offices, please email enquiries@tozers.co.uk or call **01392 207020**. Please allow up to 5 working days for a response

Catholic Children's Society, Plymouth Essential Grants Programme report

This details how many families we helped in the Diocese in 2025 and where, together with a breakdown of what items we had purchased and, most importantly, some feedback we had received. Please see the copy in the porch.

Modern Slavery Newsletter

Last year, Caritas produced a special newsletter for each of the Jubilee themes. The final newsletter from the Jubilee year on modern day slavery, was postponed to coincide with the feast of St Bakhita, patron of victims of modern slavery and human trafficking. To read it [please click here](#)

Plymouth Diocesan Ignatian Spirituality Group

Ignatian silent and individually guided retreats are available locally in the Plymouth Diocese for Lent and Summer 2026 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. 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. Please see the poster in the porch for dates and venues.

For further details and bookings contact Plymouth Diocesan Ignatian Spirituality Group at diocesan-ignatian-retreats@prcdtr.org.uk or phone 01752 769164 or 07823 447637

Catholic Post...

...is a monthly Catholic newspaper with a mission to share good news and stories across the country and beyond. There are some free copies in the porch. Details of how to subscribe are in the newspaper itself or [at this link](#)

Catholic Bishops' Conference

For the latest news click here: [News - Catholic Bishops' Conference](#)

Stay Awake! Saturday 2 May

Tickets are now available – book yours today at www.stayawakejc.com

Taking place at The Thomas Hardy School, Dorchester, from 10.00am – 6.00pm, finishing with Holy Mass and optional free pizza until 7.00pm. Inspiring talks and workshops for all, with children's groups, meaning fun & fellowship for all ages! Could this be part of your New Year's resolution, to come closer to the Lord as a family, individual, and community?

FORMING IN FAITH

Forming in Faith

We are currently watching Bishop Robert Barron's 6 episode series entitled 'Creed.' Join us for the second episode 'God the Father Almighty' on Monday 2 February after morning Mass from 10.30am-12.15pm in the Lower Room. Forming in Faith meets on the 1st and 3rd Monday of every month.

GIFT

The next GIFT meeting is on Saturday 7 February. All welcome.

[GIFT Registration Form](#)

Gift tots

GIFT tots is a family-friendly faith group open to all families with children between the ages of 0-4 years-old. We meet on the 2nd and 4th Monday of every month, 10:15-11:15am, in the Sacred Heart Lower Room. Get in touch with Maria to join us: Exeter-pastoral-assistant@prcdtr.org.uk

GIFT Youth Socials

School Years 7-9. We are going bowling on Friday 13 February. This social needs an RSVP. Please get in touch with Maria to RSVP. More details will be forthcoming; keep an eye on your email.

GIFT Youth Caritas School Years 10-13

Our focus this term will be on learning about the 'Ripple Effect' charity and the issues surrounding it. [Find out more at this link.](#) Fundraising ideas include a car boot sale with cakes after Sunday Mass in March. If you are in school years 10-13, we'd love you to join us on the first Friday of every month. Next meeting Friday 6 February. If anyone in the parish has ideas regarding issues/charities that this group can focus on, please get in touch with the Parish Office: exeter-heavitree@prcdtr.org.uk

GIFT Youth Registration

For either of the GIFT Youth groups [register at this link.](#)

Diocesan Youth Events newsletter

To receive the weekly newsletter [follow this link.](#)

St Nicholas School PTA

Have you experience or are you able to help the teachers and PTA at St. Nicholas Catholic Primary School write funding bids to help raise money to use to enrich the curriculum and enhance the facilities?

The PTA is a volunteer organisation made up of parents, teachers and friends of the school. We work with the school staff to help provide a positive environment for the children to learn in. Our current project is to improve the playground facilities but we also need help to raise funds to buy new tech equipment and a well written bid to Trusts and Organisations which provide financial and other resources can and does make a huge difference.

If you're able to help in this way (or in any other) please do contact the PTA or the Chairman. Our emails are PTA@stncs.uk or jamestaghdissian@hotmail.com

Exeter Food Bank

Priority items are: tinned meat, tinned vegetables, vegetarian meals, rice, noodle snacks, rice pudding, small jars of coffee, tea bags (pack of 40). There is a collection basket at the back of the church. There is a collection basket at the back of the church. Thank you.

PRAYER & LITURGY

We commend to the Lord...

...the souls of Mary O'Shea Hayward and Frank Bertorelli who have died.

Mary's funeral will be celebrated at Blessed Sacrament Church on Wednesday 4 February at 12.30pm.

Frank's funeral will be at St John Fisher Catholic Church, Wellington, on 11 February 11.30am. All welcome.

May Mary and Frank rest in peace. Please keep their families and all those who mourn their loss in your prayers. May they find comfort and consolation.

Praying the Rosary

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

The Pope's Intention for February

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

THE WORD

Sunday 1 February – 4th Sunday in Ordinary Time

First Reading Zephaniah 2 :3; 3;12-13

I will leave you in your midst a people humble and lowly.

Psalm Response Blessed are the poor in spirit; for theirs is the kingdom of heaven.

Second Reading 1 Corinthians 1:26-31 *God chose what is weak in the world.*

Gospel Matthew 5; 1-12a *Blessed are the poor in spirit.*

Sunday 8 February – 5th Sunday in Ordinary Time

First Reading Isaiah 58: 6-10 *Your light shall break forth like the dawn.*

Psalm Response A light rises in the darkness for the upright.

Second Reading 1 Corinthians 2: 1-5

I proclaimed to you the mystery of Christ crucified.

Gospel Matthew 5: 13-16 *You are the light of the world.*

Sunday 15 February – 6th Sunday in Ordinary Time

First Reading Sirach 15:15-20 He has not commanded anyone to be ungodly.

Psalm Response Blessed are those who walk in the law of the Lord!

Second Reading 1 Corinthians 2; 6-10

A wisdom God decreed before the ages for our glory.

Gospel Matthew 5 17-37 *It was said to those of old; but I say to you.*

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.