

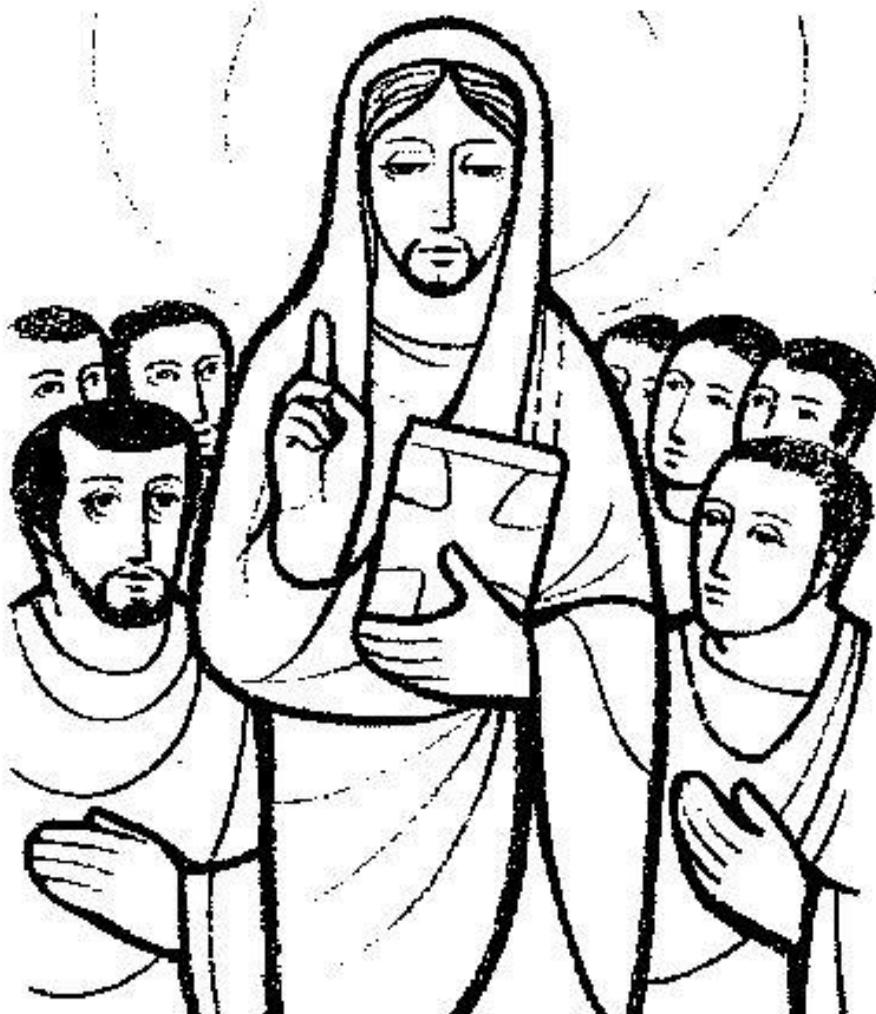
PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

15 February 2026. 6th week in Ordinary Time. Year A2. Psalter 2

22 February 2026. 1st week of Lent. Year A2. Psalter 1



Back in the 60s some groups “adopted” Jesus Christ as an icon of rebellion, overturning authority and tearing up the rule book – possibly because of the frequent confrontations between Our Lord and the Pharisees. Today’s Gospel, however, shows us Jesus not as rule-breaker, but as rule-fulfiller, bringing an even greater depth to the rule that had guided the people of Israel for centuries. Jesus does not throw out the rulebook – or as the first reading says, He does not command us to be godless! He challenges us in this Gospel to see how far our keeping God’s Law will go: will it just be about the letter of the Law (“I have never killed anyone”), or will it look deeper (“Have I ever been angry? Have I been violent in my thoughts?”). The challenge of the Kingdom of Heaven is to keep the commandments first and foremost from within, so that our outward behaviour conforms to the requirements of God’s Law. *Diocese of Salford Office for Liturgy*

MASS TIMES

Sunday 15 February – 6th Sunday in Ordinary Time

8.45am *People of the Parish*

10.45am *Angelin Alexis RIP*

6.00pm *Tim David RIP*

Tuesday 17 February – Weekday

6.30pm *Angelin Alexis RIP*

Wednesday 18 February – Ash Wednesday

9.30am *Mrs J Coombes RIP*

7.00pm *People of the Parish*

Thursday 19 February – Thursday after Ash Wednesday

9.30am *Private Intention*

6.00pm *Adoration of the Blessed Sacrament*

Friday 20 February – Friday after Ash Wednesday

6.00pm *Stations of the Cross followed by Mass*

6.30pm *Angelin Alexis RIP*

Saturday 21 February – Saturday after Ash Wednesday

9.30am *Vivian Laydon RIP*

Sunday 22 February – 1st Sunday of Lent

8.45am *Private Intention*

10.45am *Jane RIP*

6.00pm *People of the Parish*

Tuesday 24 February – Lent weekday

6.30pm

Wednesday 25 February – Lent weekday

9.30am *Mrs B Bilson RIP*

Followed by refreshments in the St Richard Reynolds Centre

Thursday 26 February – Lent weekday

9.30am *Private Intention*

6.00pm Adoration of the Blessed Sacrament

Friday 27 February – Lent weekday

6.00pm Stations of the Cross followed by Mass

6.30pm *Private Intention*

Saturday 28 February – Lent weekday

9.30am

Sunday 1 March – 2nd Sunday of Lent

8.45am *Deceased members of the Stewart family*

10.45am *People of the Parish*

6.00pm *Sheila Thomson*

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

The Saeson of Lent

Lent, like Advent, is a season of preparation. Its austerity, motivated by our sorrow for sin, is tempered by the joy we experience as people who have been redeemed by the passion, death and resurrection of the Lord Jesus. Lent puts before us the whole mystery of salvation through which God's merciful love has been revealed in Jesus Christ our Saviour.

Lent is a time of anticipation and waiting for the coming Easter celebration. The full meaning of Lent is to be found in its consummation in the three days (triduum) of Holy Thursday, Good Friday and the Easter Vigil on Holy Saturday.

Lent calls us to a renewed awareness of our vocation as Christians. We have all fallen short of our ideal to follow Jesus and we have each gone our own foolish way. Lent is a time to examine our lives and to turn back (repent) and follow him once more.

Above all Lent is a time for renewing our baptismal life. The Christian life is initiated at baptism but the process will not be completed until we rise with Christ on the last day. As we renew our baptismal promises we rededicate ourselves to the life of grace and give thanks for God's overwhelming love and mercy.

Ash Wednesday

"Turn away from sin and be faithful to the Gospel".

The season of Lent reminds us that we must change the direction of our lives, turn away from sin and walk in the path of the Gospel. Repentance means that we must constantly take stock of our lives. Even though we are baptised we are still inclined to sin. During Lent we need to have a change of heart and put the message of Christ to the forefront of our lives.

Mass with the distribution of ashes, which remind us of our need for forgiveness, will be celebrated on Ash Wednesday (18 February) at 9.30am and 7.00pm.

Satons of the Cross

During Lent we will walk the Way of the Cross with Jesus on Friday evenings at 6.00pm followed by Mass. All welcome.

Exeter Deanery Lenten Station Masses

Bishop Nicholas will be visiting the Exeter Deanery during Lent and celebrating Station Masses, an ancient catholic tradition of pilgrimages to sites within the local Church. The first of these will be at Blessed Sacrament on Thursday 5 March at 7.00pm. The second will be at the Church of St Mary Immaculate, Barnstaple on Tuesday 24 March at 7.00pm. All welcome.

Exeter Deanery Clergy Conference

There are five deaneries on the Diocese of Plymouth: Exeter, Plymouth, Torbay, Dorset and Cornwall. The clergy of each deanery meet at least three times a year to foster fraternity and to discuss matters relating to the parish communities and the life of faith. Fr Jonathan is Dean of Exeter.

The Exeter Deanery Clergy met on Tuesday this week and Bishop Nicholas joined us. He asked us to consider two questions and to share our thoughts at the meeting:
In the past year what has brought joy/hope/signs of growth to our community?
In the past year what has been the greatest challenge in your community?

The reflections prompted a very fruitful conversation and Bishop Nicholas was able to gain great insight into the parishes of the deanery and the life of the clergy and people. We were delighted to be able to spend some time with our new bishop. We were encouraged by his friendly, caring and insightful manner and look forward to working with him as our shepherd. May God bless him and all our clergy.

CAFOD Lent Lunch

The parish CAFOD group invite you to a Lenten Lunch on Wednesday 11 March at 12.00 midday in the St Richard Reynolds Centre. All welcome. Proceeds will be going to CAFOD's Lenten Appeal, supporting families like Shorai in Zimbabwe and Rejoice in South Sudan. Mass on that day will be celebrated at the later time of 11.30am.

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](#)

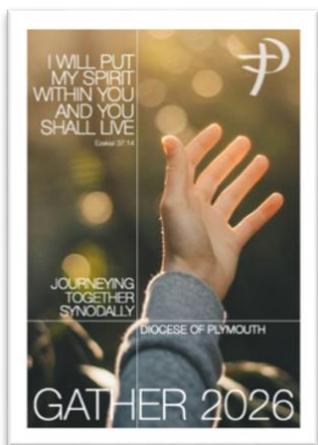
Laudato Si' Day for Creation

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](#)



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

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"

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 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?

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 jamestaghdiissian@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.

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 March at St Nicholas School. 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. Next meeting Friday 13 March. Join us to spend time with other young people, to make friends and enjoy time together. We look forward to welcoming you..

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 March. 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.](#)

PRAYER & LITURGY

Praying the Rosary 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 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 I 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.*

Sunday 22 February – 1st Sunday of Lent

First Reading Genesis 2:7-9; 3:1-7 *The creation and sin of our first parents.*

Psalm Response Have mercy on us, O Lord, for we have sinned.

Second Reading Romans 5:12-19 *Where sin increased, grace abounded all the more.*

Gospel Matthew 4:1-11 *Jesus fasts for forty days and is tempted..*

Sunday 1 March – 2nd Sunday of Lent

First Reading Genesis 12:1-4a *The call of Abram, the father of the people of God.*

Psalm Response May your merciful love be upon us, as we hope in you, O Lord.

Second Reading 2 Timothy 1:8b-10 *God calls and enlightens us.*

Gospel Matthew 17:1-9 *His face shone like the sun.*

THREE PILLARS OF LENT



PRAYER

Prayer is the action that leads people to God. We take time away from the distractions of the world, to turn to God, to contemplate, to listen and talk to Him, to be one with Him.



FASTING

Fasting is restricting consumption; depriving yourself of both good and bad things for the glory of God. This means normally watching what you eat on a day that it is practiced.



ALMSGIVING

Almsgiving is the action that leads us to see others, love them, listen to them, and lend them our time, help, advice, shelter, and company. It is based on charity - to love God and others.

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 blesseedsacrament.org.uk

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

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

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.