

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

1 March 2026. 2nd week of Lent. Year A Psalter 2

8 March 2026. 3rd week of Lent. Year A. Psalter 3



MASS TIMES

Sunday 1 March – 2nd Sunday in Lent

8.45am *People of the Parish*

10.45am *Anna Russell RIP*

6.00pm *Sheila Thomson*

Tuesday 3 March – Lent weekday

6.30pm *Annabel Fearne RIP*

Wednesday 4 March – Lent weekday

9.30am *Mary and Tony Gilroy RIP*

Followed by refreshments in the St Richard Reynolds Centre

Holy Rosary after Mass

Thursday 5 March – Lent weekday

7.00pm Exeter Deanery Station Mass

celebrated by Bishop Nicholas and clergy of the deanery

Followed by refreshments in the St Richard Reynolds Centre

Friday 6 March – Lent weekday

Women's World Day of Prayer

6.00pm Stations of the Cross followed by Mass at

6.30pm *Toby RIP and his family*

Saturday 7 March – Lent weekday

10.00am Mass at St Nicholas School

Sunday 8 March – 3rd Sunday of Lent

8.45am *People of the Parish*

10.45am *Philip James Evans RIP*

6.00pm *Annabel Fearne RIP*

Tuesday 10 March – Lent weekday

6.30pm *Annabel Fearne RIP*

Wednesday 11 March – Lent weekday

9.30am

Followed by refreshments in the St Richard Reynolds Centre

Thursday 12 March – Lent weekday

9.30am *Private Intention*

6.00pm Adoration of the Blessed Sacrament

Friday 13 March – Lent weekday

6.00pm Stations of the Cross followed by Mass

6.30pm *Private Intention*

Saturday 14 March – Lent weekday

9.30am

Sunday 15 March – 4th Sunday of Lent – Laetare Sunday

8.45am *Deceased members of the Stewart family*

10.45am *People of the Parish*

6.00pm *Private Intention*

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

Transfiguration

Lent is a Season of preparation for the whole Paschal Triduum – Maundy Thursday, Good Friday and Easter Sunday: not just a time to reflect on the Cross.

Often our Lenten devotions can focus exclusively on the Cross, and the idea of Baptism can be lost. This is why the Church invites us to join the disciples in looking beyond the cross this Sunday: we see the glory of Easter, the glory of the Resurrection and the glory of the baptised.

We see all this in the Transfiguration: we are invited to recognise who Jesus is. It is the glorified Jesus, whom we will celebrate at Easter, who calls us to journey through Lent, just as God called Abram to journey far from his home. So the readings lead to us acknowledge that Lent is a very special ‘calling’, to follow the Lord of glory to the renewal of baptismal purity.

Diocese of Salford Office for Liturgy

Sations 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 pilgrimage 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, Barnstable on Tuesday 24 March at 7.00pm. All welcome.

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.

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, link below, We are walking in our own time to fit around our life schedules, but so far have done 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.

[Please visit the JustGiving page to donate.](#)

Catholic Womens' League Lenten Lunches

Fridays during Lent a soup, bread and cheese lunch will be served in the Sacred Heart Parish room South Street between 12.30 pm and 1.30pm.

Donation at least £4. All proceeds to St Petroch's Centre for the homeless.

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](#)

Online prayer and fellowship

Are you housebound? Do you find it difficult to get to Mass on a regular basis because of health issues or age?

Join us for a time of online prayer and fellowship every Friday from 11:00-11:45. The session is run via zoom and an email sent every Thursday with joining instructions. Get in touch if you or someone you know would enjoy this session. We can support you with setting up zoom on a device. Contact Maria exeter-pastoral-assistant@prcdtr.org.uk

Catholic Childrens' Society



Do you love knitting?

Over the last few years, parishioners from a number of parishes around the diocese, have knitted beautiful baby blankets, cardigans, hats, booties, mittens and teddy bears.

Thanks to these kind, wonderful knitters, we have posted many small bundles of knitted garments to families who apply for an Essential Grant as

they don't have enough funds to pay for some of the basic essentials for their babies such as cots and mattresses, single and double pushchairs, baby monitors, baby clothes, travel systems, high chairs, car seats, sterilisers, electric breast pumps, changing bags and bottles, nappies and wipes. We've received some wonderful feedback from parents.

If you enjoy knitting and would like to help families of all faiths and none, please do get in touch with our Essential Grants Manager by calling 01364 645424 or by emailing vicki.dunstone@ccsplymouth.org.uk

GIFT Youth Caritas

Fun Bingo Session in Support of Ripple Effect

Love bingo? Love supporting good charities? Then come to the GIFT Youth Caritas bingo session on 28 March at St Nicholas School from 2-4pm in support of Ripple Effect, a charity supporting poor communities in Africa. Pay what you can with a suggested donation of £10 per family. There will also be a raffle, games, refreshments and a cake sale. If you have something we could auction or include as a prize in the raffle please either contact Nick Gill (drnickgill@gmail.com) to let him know or bring it along on the day. Physical prizes are good but it could also be a service or experience! See you there.

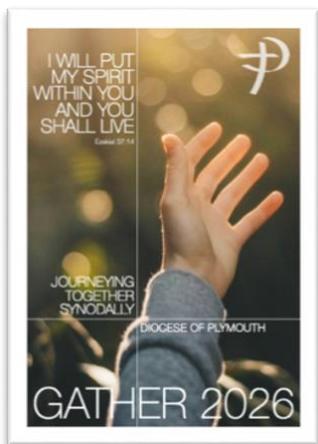
Inspire Festival for young people

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](#)

Blessed Sacrament and Sacred Heart Parish will subsidise every youth ticket by 50%. Under 18s will need to have a named Adult Leader on their registration form. If you are planning on registering for INSPIRE, please contact Maria exeter-pastoral-assistant@prcdtr.org.uk to find out your named adult leader and how to claim 50% of your ticket back.



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

Stepping in to Stillness

An Introduction to Contemplative Praying and Living

Contemplative Retreats at St. Rita's Centre, Honiton, Devon

Sometimes people find their prayer is changing – they feel drawn more and more into a place of stillness with God. These residential retreats provide participants with a space for such prayer. They are based on Franz Jalics SJ's *Way of Contemplative Praying and Living*, also known as *the Gries Path of Prayer*.

They offer an introduction to this prayer for anyone seeking a more contemplative way of praying and living amidst the busy-ness of daily life. For those familiar with the *Gries Path*, they provide an opportunity to deepen it.

'There are many paths to contemplation. I show you one of them. I myself have walked the way I describe; should it help someone else to find his or her way I am satisfied.'

(Franz Jalics SJ. *Contemplative Retreat*)

April 20th – 24th 2026

An Introduction to the *Gries Path of Prayer* as well as an opportunity for a short retreat for those familiar with this way of prayer.

For further details: contact the retreat co-ordinator Paddy Rylands

paddyrylands@gmail.com

August 18th – 27th 2026

8 Day Contemplative Retreat for those familiar with this way of praying as well as introducing the *Gries Path* to those for whom it is new. (The team will include the current director of Haus Gries, Fr Lutz Mueller SJ as well as Margaret Castro and Paddy Rylands)

For further details: contact the retreat co-ordinator Paddy Rylands

paddyrylands@gmail.com

Online Starting on Sept 22nd 2026

Tuesday Evenings. 7.00pm – 9.00pm. 7 Online Sessions (Zoom) Introduction to the *Gries Path of Prayer*. Those for whom getting away from home is difficult find this to be a helpful introduction to stepping into a prayer of stillness with God.

For further details, contact the Administrator, House of Prayer

enquiries@houseofprayer.org.uk

Lent Talks on Zoom

Fr Mark Skelton will be hosting a series of talks re to reflecting on five of the Parables of Jesus. Previous talks have been a lovely virtual community that gathers and is a great opportunity to reflect together on our faith.

Monday 2 March Dame Karen Foong – The Parable of the Rich Fool

Thursday 12 March Fr Mark Skelton – The Parable of the Good Shepherd

Thursday 19 March. Sr Bernadette Reis – The Parable of the Prodigal Son

Thursday 26 March Simon Giarchi – The Parable of the Sheep and the Goats

Each talk begins at 7.00pm on Zoom. Meeting ID: 895 7188 9251 Password: 125755

Saying Goodbye Service

Saying Goodbye, part of Mariposa International, are returning to Exeter with a very special Baby loss remembrance and support service (part of a series of services held across UK, Ireland, and the USA).

On the 21 March at 11.00am, in Exeter Cathedral, we will be hosting one of our Saying Goodbye Services. Who is the service for?

Anyone who has either personally lost a baby at any stage of pregnancy, at birth, or in early years, or who has been affected by family members' or friends' loss. Whether the loss was recent or 80 years ago, everyone is welcome to attend. We have also extended the services, and gladly welcome anyone who is grieving the fact that they haven't had children. This may be due to circumstance, infertility, or for other reasons - but all are welcome. Babies and children are also invited to come with their families, as the Saying Goodbye Service is truly a family event for all.

To read more on the charity, please see the Saying Goodbye website, which you can find at: www.sayinggoodbye.org

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?

Catholic South West...

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

Catholic Bishops' Conference

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

Diocesan Youth Events newsletter

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

St Nicholas School news

Our Yr 5 children are off to London by coach next week to visit the Houses of Parliament and the Science Museum Wonderlab as well as watch the fantastic Matilda musical. The children are all very excited (as are the staff!). Once that is over we will be looking forward to the Yr 3/4 trip to Pixies Holt on Dartmoor.

Now that the weather is improving outdoor play becomes more important and we are looking forward to phase 2 of our playground equipment installation very soon. We are having children's exercise equipment installed and dens built to enhance our wonderful space.

We have spaces in our Nursery from April. Please contact admissions@stnics.uk for a tour and more information. We are also always happy to give tours to parents of children up to Yr 6 who wish to come to St Nicholas.

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.

Lost property

We have been advised on fire safety grounds to remove items of lost property from the porch. There are now several items in the parish office. Please contact the office within the next two weeks if you think you have lost an item; they will otherwise be disposed of.

Free electronic kitchen scales...

...in working order. Please contact the parish office if you would like these. First come first served!

FORMING IN FAITH

Forming in Faith

Forming in Faith meets on the 1st and 3rd Monday of every month.

We are next meeting on Monday 2 March after morning Mass at Sacred Heart from 10.30am-12.15pm in the Lower Room. All welcome

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 19.00-20.30. We will be celebrating our third anniversary and St Patrick's Day. Join us to spend time with other young people, to make friends and enjoy time together.

We look forward to welcoming you. Please see the registration link below.

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-heavittree@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 March

For disarmament and peace.

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

THE WORD

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.*

Sunday 8 March – 3rd Sunday of Lent

First Reading Exodus 17: 3-7 *Give us water to drink.*

Psalm Response Oh that today you would listen to his voice!

Harden not your hearts.

Second Reading Romans 5:1-2, 5-8

Love has been poured into our hearts through the Spirit who has been given to us.

Gospel John 4: 5--42 *A spring of water welling up to eternal life.*

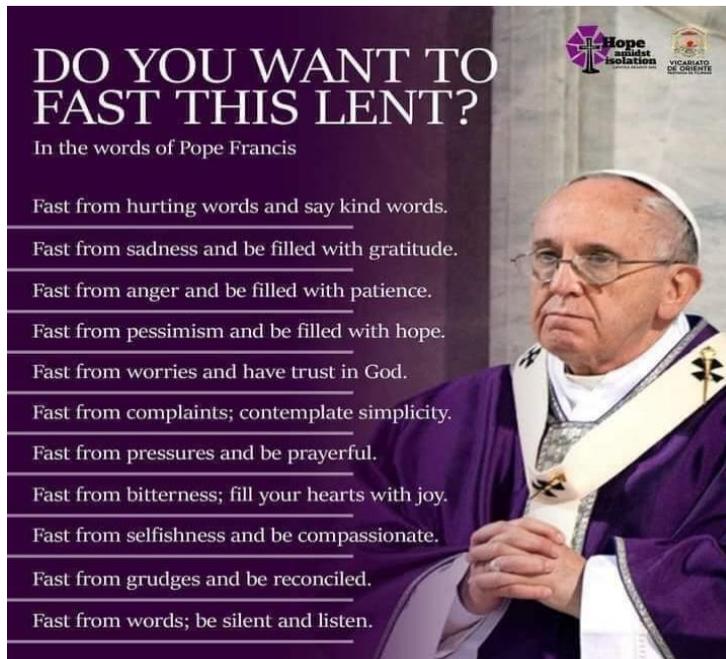
Sunday 22 February – 4th Sunday of Lent

First Reading 1 Samuel 16:1b, 6-7, 10-13a *David is anointed king of Israel.*

Psalm Response The Lord is my shepherd; there is nothing I shall want.

Second Reading Ephesians 5: 8-14 *Arise from the dead, and Christ will shine on you.*

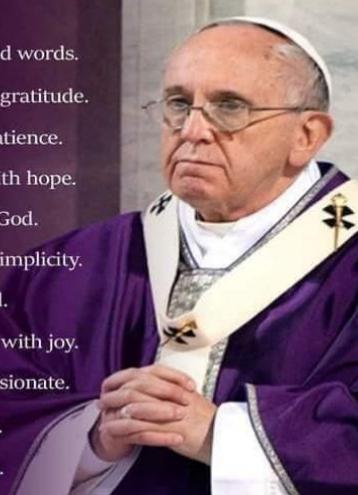
Gospel John 9:1-41 *He went and washed and received his sight.*



DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

Hope amidst isolation
VICARIATO DE CONSTITUCIONES



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](#)

Parish Instagram [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.