

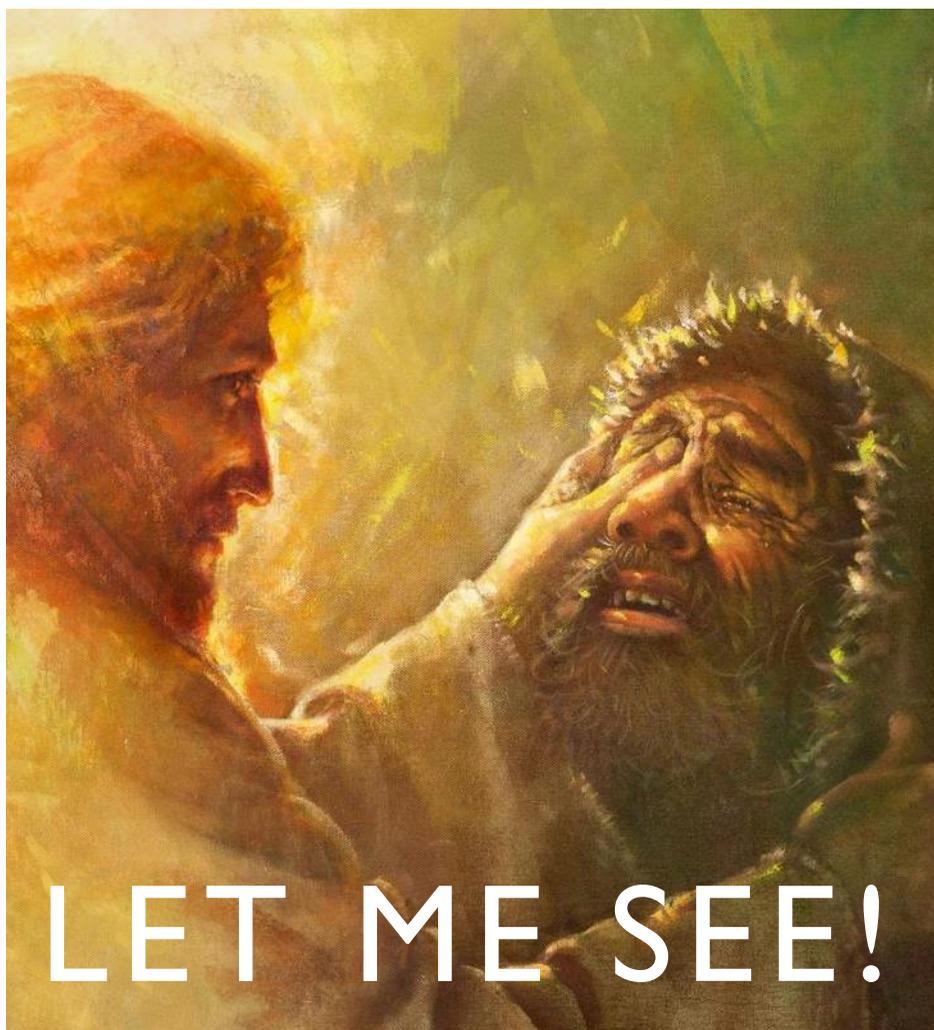
PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

15 March 2026. 4th week of Lent. Year A Psalter 4

22 March 2026. 5th week of Lent. Year A. Psalter 1



LET ME SEE!

When we get to Easter, there are two symbols of the resurrection that we use in Church: fire and light (the Easter Candle) and water (the Font). Last week we reflected on water, and this week there are passages all about light – true light, that defeats the blindness of sin. Again, this would have been offered to those preparing for Baptism, but speaks to all of us who have been baptised, inviting us to be renewed in the light of Christ at Easter. Remember that one of the oldest titles of the newly baptised was “neophyte”, which means “newly enlightened”.

There is a subtle link between the readings on this Sunday: in the first reading, David is anointed, and the Spirit of the Lord seizes on him. This anointing lights him along the right path - ‘no evil would I fear’ as the Psalm says. Then Paul tells us more about this light: it is Christ shining on us, calling us to live as children of light. All this is summed up in the Gospel, the marvellous story of the healing (by being ‘anointed’ with spittle) of the man born blind. Jesus is the light of the world.

Diocese of Salford Office for Liturgy

MASS TIMES

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

8.45am *People of the Parish*
10.45am *Malcolm Chelvanayagam RIP*
6.00pm *Chris Reagan RIP*

Tuesday 17 March – St Patrick, Bishop & Missionary. Patron Saint of Ireland
No Mass

Wednesday 18 March – Lent weekday

9.30am
Followed by refreshments in the St Richard Reynolds Centre
Holy Rosary after Mass

Thursday 19 March – St Joseph, Spouse of the Blessed Virgin Mary

9.30am

Friday 20 March – Lent weekday

6.00pm Stations of the Cross led by the Catholic Women’s League,
followed by Mass at 6.30pm *Chris Reagan RIP*

Saturday 21 March – Lent weekday

No Mass

Sunday 22 March – 5th Sunday of Lent

8.45am
10.45am *People of the Parish*
6.00pm *Chris Reagan RIP*

Tuesday 24 March – Lent weekday

11.00am Funeral Mass – Brian Kirby RIP

Wednesday 25 March – The Annunciation of the Lord

9.30am *Margaret & Joe Leonard RIP*

Followed by refreshments in the St Richard Reynolds Centre

Thursday 26 March – Lent weekday

9.30am

6.00pm Adoration of the Blessed Sacrament

Friday 27 March – Lent weekday

6.00pm Stations of the Cross led by CAFOD, followed by Mass

6.30pm

Saturday 28 March – Lent weekday

9.30am *Dan Docherty RIP*

Clocks go forward one hour

HOLY WEEK & EASTER TRIDUUM

Sunday 29 March – Palm Sunday of the Passion of the Lord

8.45am

10.45am *People of the Parish*

6.00pm *Roger Swift RIP*

Tuesday 31 March – Tuesday of Holy Week

6.30pm

Wednesday 1 April – Wednesday of Holy Week

No 9.30am Mass. *Chrism Mass at Plymouth Cathedral 12.00pm.*

Thursday 2 April – Manudy Thursday

7.00pm Evening Mass of the Lord's Supper

followed by Watching at the Altar of Repsoe until 10.00pm.

Friday 3 April – Good Friday

9.30am Morning Prayer and Office of Readings

3.00pm The Lord's Passion

Saturday 4 April – Holy Saturday

9.30am Morning Prayer and Office of Readings

9.00pm The Easter Vigil

Sunday 5 April – Easter Sunday

8.45am *People of the Parish*

10.45am

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

Parish Safeguarding Representative

The parish is deeply indebted to Maria Edwards for the work she has done as Parish Safeguarding Representative for the past few years. Maria has decided to step down from her role and so we are looking for someone to take her place.

Safeguarding is at the heart of everything we do as a parish and as a Church and the role is vital to maintaining the parish as a safe place for all people, particularly the most vulnerable. If you would be interested in taking up this ministry, and feel you possess the relevant skills, please speak to Fr Jonathan.

Stations of the Cross

Friday evenings at 6.00pm followed by Mass. All welcome.

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 are already over half way to reaching our financial target thanks to your generosity, but we would like to exceed it!

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

Do you enjoy babies and toddlers?

Could you commit one morning every month or two to support GIFT tots families? Each session we need help setting up and tidying away but most importantly, we need your help to welcome and encourage our young families as we pray, sing, explore and create the Good News.

Details: 9.30am-12.00pm, 2nd and 4th Mondays each month at Sacred Heart Lower Room. Please be in touch with Maria Exeter-pastoral-assistant@prcdtr.org.uk.

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.

Lent Family Friendly Guided Adoration

19 March 5.30-6.00pm Blessed Sacrament Church

You are invited to join us for a time of Adoration when the Blessed Sacrament will be exposed. We will gently guide you through the half-hour session with a combination of music, reflective questions and silence. What a wonderful way for families to pray together this Lent as we prepare to celebrate Easter. All welcome.

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 Saturday 28 March at St Nicholas School from 2.00-4.00pm 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.

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 paddyrylands@gmail.com

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.

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



Catholic Children's Society News

Great Big Diocesan Quiz 8 May 2026

This year's Quiz is on Friday, 8 May 2026. It would be wonderful if your parish could join in. Last year, 9 parishes took place and helped raise almost £1,400.

Another parish joined in a few weeks later and a further £500 was raised bringing the total to almost £2,000. All you have to do is find a venue and a quiz master, then as many parishioners as possible to make up the teams and CCS will supply the rest. Could one of the teams from your parish be crowned Overall Diocesan Champion 2026, the title which is currently held by 'Not So Deadly' from St Mary's in Poole who scored 93.5 out of a possible 130 marks in our 2025 Great Big Diocesan Quiz ?

Would you like to join our 50:50 Club?



Helping Hands is a simple and effective way of raising funds for CCS as half of the money raised in subscriptions is used for our Essential Grants programme and Pro-active Parenting courses and the other half is returned to members as prizes.

For example, if we have £200 in subscriptions from members each month, then £100 would be used to help children and their families/carers and the other £100 will be distributed as prize money eg £50 first prize, £30 second prize and £20 third prize. The distribution of prize money will be determined each time by the number of members in the draw. It costs £12 a year for entry into all twelve monthly draws and you can enter each draw more than once by increasing your subscription to £24 for two entries, £36 for three entries and so on.

If your name is drawn out, we will post a cheque to you. To start your Helping Hands membership, all you need to do is complete our application by [following this link](#).

Thank you for everything you do to support the Catholic Children's Society based in the Diocese of Plymouth which covers all of Devon, Cornwall and parts of Dorset.



Time for a Spring Clean?

It's that time of year when we start to look forward to the longer evenings and look to dust off the cobwebs of the Winter months by having a good old-fashioned Spring Clean. Did you know that you can donate your unwanted items through the Catholic Children's Society (Plymouth)'s Orange Box recycling scheme and turn clutter into cash for a very good cause ?

In 2025, our Orange Boxes raised a staggering £35,216.51, compared to the previous year's record-breaking total of £5,970.51 in 2024 and £5,534.00 in 2023.

Thank you to all parishes who maintain an Orange Box and to every generous donor who has contributed to this amazing amount of money raised!

Items that can be popped into your parish Orange Box include:

- Stamp collections, first day covers or old envelopes and postcards pre 1950
- Coins and banknotes – any and all, old and new, from all over the world, obsolete or otherwise
- Precious metals including broken jewellery, old trophies, gold, silver etc
- Metals including ornaments, metal toys, keys and locks, metal cutlery – any age and any condition
- Costume jewellery and Medals
- Small antiques and collectibles
- Watches – digital, quartz or manual wind – working or not
- Any Catholic religious memorabilia such as rosaries, crucifixes, medals etc

Don't forget you can recycle your old ink cartridges through our recycling boxes which also raised almost £400 for CCSP and saved 27.57kg from landfill last year. The Orange Box can be found in the St Richard Reynolds Rooms. The ink cartridge re-cycling box can be found in the back of the church.

Bible Alive...

...is a Catholic scripture magazine which draws its strength, inspiration and direction from the liturgical cycle. There are 4 copies of the March/ April edition in the porch, price £6.00. Please put your money in the box marked "Books and Newspapers"

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?

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

Catholic South West

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"

Diocesan Newsletter for March

[Follow this link to read the latest issue of the Diocesan Newsletter.](#)

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.](#)

Exeter Food Bank

Priority items are: tinned meat, tinned vegetables, tinned potatoes, rice pudding, pasta sauce, vegetarian meals, jams & spreads, noodle snacks, tinned tomatoes, toothpaste, toiletries. There is a collection basket at the back of the church. There is a collection basket at the back of the church. Thank you.

St Nicholas School News

Our Yr 5 children had a fantastic time in London last week. They went on a tour of Parliament and observed the House of Lords in session, they saw a wonderful production of Matilda and learned so much at the Science Museum the next day. They came back full of the new experiences they had enjoyed.

We are continuing the development of our outdoor spaces. We have had some children's exercise equipment installed on the playground. We are also developing reflective spaces in our more wooded areas for children who wish to have

some quieter time during breaks. We are lucky to have such fantastic grounds and now that the weather is improving the children are loving being outside more.

If you would like to find out about admission to St Nicholas from age 3 - 11 please contact admissions@stncls.uk for more information and to arrange a tour. We do have Nursery spaces available from Easter and September.

FORMING IN FAITH

Forming in Faith

Forming in Faith meets on the first and third Monday of every month. Next meeting Monday 16 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 11 April 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 May 19.00-20.30.

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

GIFT Youth Caritas School Years 10-13

The next GIFT Youth Caritas group meeting has been rescheduled from 3 to 10 April as this is a more fitting date for our celebration film night. It will still be in the RRC. 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.

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 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 15 March – 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.*

Sunday 22 March – 5th Sunday of Lent

First Reading Ezekiel 37: 12-14 *I will put my spirit within you, and you shall live.*

Psalm Response With the Lord there is mercy, in him is plentiful redemption.

Second Reading Romans 8:8-11

The Spirit of him who raised Jesus from the dead dwells in you.

Gospel John 11: 1-45 *I am the resurrection and the life.*

Sunday 29 March – Palm Sunday of the Passion of the Lord

First Reading Isaiah 50:4-7

I hid not my face from disgrace, and I know that I shall not be put to shame.

Psalm Response My God, my God, why have you forsaken me?

Second Reading Philippians 2:6-11

He humbled himself, therefore God has highly exalted him.

Gospel Matthew 21:1-11 *Blessed is he who comes in the name of the Lord!*



Dear Mother...

...with love

Today on this Mothering Sunday we pray for all mothers and thank God for their love and care. We pray that the Lord will comfort and strengthen them with his presence and guide them as they guide us. For our mothers who have died, we pray that they may receive the reward of their goodness and rest in peace in the arms of the Lord and his Mother Mary.

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.