

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

24 May 2026. Pentecost Sunday. Year A. 8th week in Ordinary Time, Psalter 4

31 May 2026. The Most Holy Trinity Year A. 9th week in OT, Psalter 1



COME
HOLY
SPIRIT

We arrive at the fiftieth day - the completion of the Easter Season, and the completion of the Paschal Mystery: the Lord has died, is risen, has ascended to heaven and now gives birth to his Church, by sending the Spirit upon the apostles. This feast of the gift of the Spirit is so significant for us, because it marks the handing on of Jesus's ministry to the Church - in the Church we are guaranteed the presence of the Lord, in his sacraments, in his ministers, in the Blessed Sacrament and in his Celebrated Word. It also marks the fulfilment of our thoughts about baptism throughout this season: the gift of the Spirit which we receive in Confirmation is the 'seal' of our baptism, guaranteeing and confirming all that baptism achieves.
Salford Office for Liturgy

MASS TIMES

Sunday 24 May – Pentecost

8.45am *Christine Birkhead RIP*
10.45am *People of the Parish*
2.00pm *Syro-Malabar Rite Mass*
6.00pm *Joy Johnson RIP*

Tuesday 26 May – St Philip Neri, Priest

6.30pm

Wednesday 27 May – St Augustine of Canterbury, Priest

No Mass

Thursday 28 May – Our Lord Jesus Christ, the Eternal High Priest

9.30am *The priests of the Diocese of Plymouth*
6.00pm *Adoration of the Blessed Sacrament*

Friday 29 May

6.30pm *Private Intention*

Saturday 30 May

9.30am *Private Intention*

Sunday 31 May – The Most Holy Trinity

8.45am
10.45am
2.00pm *Syro-Malabar Rite Mass*
6.00pm *People of the Parish*

Tuesday 2 June

6.30pm

Wednesday 3 June – St Charles Lwanga and Companions, Martyrs

9.30am *Rob Hooper RIP*

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

Thursday 4 June

9.30am

6.00pm Adoration of the Blessed Sacrament

Friday 5 June – St Boniface, Bishop, Martyr & Missionary, Patron of the Diocese

6.30pm

Saturday 6 June – Mass at St Nicholas School

10.00am *For the Spiritual Welfare of Hilda & Edith Robinson*

Sunday 7 June – The Most Holy Body and Blood of Christ

8.45am *People of the Parish*

10.45am *followed by Procession of the Blessed Sacrament and Benediction in the St Richard Reynolds Centre garden.*

2.00pm Syro-Malabar Rite Mass

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

Pentecost Picnic in the Park

Please join us today for our Pentecost Picnic in the Park.

Weather permitting, we'll gather in Heavitree Park after 10.45 Mass to picnic together (bring your own picnic please). As we gather, we'll also be giving out Pentecost cupcakes to any people in the park to share our celebration with them.

Could you make a dozen cupcakes please? We'll need plenty! If you can help, please let Catherine in the parish office know, so that we can estimate numbers. If you're coming to the picnic, simply bring the cakes along on the day. For anyone unable to come, Ola will collect them in the St Richard Reynolds Centre after the 9.30am Mass on Saturday 23 May at 10.00am.

We hope you'll come and share the picnic time together - bring your own chairs and blanket - as we gather as a community with the community of Heavitree. Thank you!

Developing Parish Hospitality

We have two dedicated and talented teams who provide hospitality in our parish; the GIFT Refreshments Team and the Sunday (10.45am) Refreshments Team. These wonderful parishioners regularly provide a warm welcome and a cuppa to families and parishioners at these two events.

As a busy, diverse parish, we would like to develop other gatherings and events to build up our community discipleship and extend our mission beyond the walls of the church building. However, taking mission a step further means we need more people! More people with new ideas, more people to organise, to cook, to bake, to shop, to wash-up and clear-up, and more people to share the load as a team. As they say – the more the merrier!

So, we are holding a 'Hospitality Development' meeting on Tuesday 26 May 7.00–8.00pm (after the 6.30pm Mass) in the RRC. Please come along if you can. Come if you can offer adhoc time, regular time, 30 minutes, a day! Come if you are happy to help in any way, or if you have a good idea to share. And don't worry - coming along doesn't commit you to anything! We look forward to seeing you there.

Deacon Brian and Maria, Great West Run



Deacon Brian, from Sacred Heart Parish in Exeter, and his daughter, Maria, are running a Half Marathon, The Great West Run, on Sunday 24 May to help raise funds to build a much-needed community hospital in Abajah, Imo State, Nigeria.

[To donate or find out more, please click on this link:](#)

or scan the QR code. Thank you!

Young Adults Retreat Sclerder Abbey 19 – 21 June

A weekend retreat for 18 - 30-year-olds to reflect on our calling to be stewards of the earth, this is underpinned by the scripture Genesis 2:15. There will be times of prayer, reflection and discussion led by Fr Jude. Along with art workshops and time in the gardens. Young people are being asked to contribute £40 each. Transport will be provided from Liskeard Station both on the Friday night and Saturday morning, returning around 2pm on Sunday. It is important to book: [Sclerder Retreat \(18-30\) - Stewards of the earth – Fill in form](#) Any further questions contact: Saskia, youth@prcdtr.org.uk

Caritas – Love in action

Universal welcome at Pentecost

As we journey towards Pentecost, we remember the Church was universal in its make-up from its very beginning. To mark this Caritas has produced a WELCOME poster to celebrate the 75 languages we have identified being present in our parish communities here in the diocese. As part of [A Million Acts of Hope](#) we are inviting parishes to display our Welcome banners, not just for Pentecost, but to share our continued invitation that all are welcome in our churches and communities. Come and look at the poster and see how many languages you recognise!

Online Webinar – Violence Against Women in the Bible

Tuesday 26 May 2026, 10.00am – Midday

What does a biblical understanding of violence against women look like? How might this understanding inform our responses as Catholic communities to violence against women in our churches and in wider society? Join the webinar to hear from the panel

of theologians and practitioners. Hosted by CSAN's Domestic Abuse Alliance and Safe In Faith.

Click the link to register [CSAN Domestic Abuse Alliance \(26-May-2026\) · CharitySuite Events](#)

[Caritas Plymouth May Newsletter](#)

Catholic South West

May edition are in the porch price 50p. Please put your money in the box marked Books and newspapers'.

Catholic Post

Free copies in the porch for parishioners to take.

Exeter Food Bank

Priority items are: tinned meat, tinned vegetables, tinned potatoes, tinned fruit, noodle snacks small jars of coffee. Caritas have been told that there are also specific requests for hygiene products, and the following donations are much appreciated: toilet rolls, detergent, shower gel or soap, conditioner, shampoo, toothbrushes, feminine products, wet wipes, cleaning products, washing up liquid, children's body wash. These simple gifts make a BIG difference.

Please see the poster on the basket on the collection basket at the back of the church. Thank you. [Exeter Food Bank](#)

Exeter Foodbank Sponsored Walk 2026

Exeter Foodbank is calling on our community to lace up their walking boots on Saturday 4 July. Their goal is to see at least 100 people walking in solidarity to raise vital funds for their work supporting those in need across our city.

There are two wonderful routes to choose from, catering to all abilities:

The Exeter Green Circle: A 12-mile challenge for more seasoned walkers, circumnavigating our beautiful city.

The City Wall Trail: A shorter, accessible 1.6-mile route—ideal for families or those looking for a gentler pace.

Whether you want to take on the full circle or enjoy a historic stroll along the city walls, your participation will make a real difference. For more information and to sign up, please visit: Exeter Foodbank Sponsored Walk 2026

[Exeter Food Bank Sponsored Walk 2026](#)

[Diocese of Plymouth Youth Events News](#)

[Diocese of Plymouth Newsletter May 2026](#)

[Catholic Bishops' Conference News](#)



The Most Holy Body and Blood of Christ – Corpus Christi

On Sunday 7 June we celebrate the patronal feast of our parish – The Most Holy Body and Blood of Christ. We are richly blessed to have Jesus himself in the Blessed Sacrament as our patron who watches over us and protects us with his precious love.

At the end of the 10.45am Mass we will process the Blessed Sacrament through the church and grounds (weather permitting) finally gathering for Benediction in the garden of the St Richard Reynolds Centre. It would be lovely if as many of you as possible could stay to celebrate with us.

St Nicholas School News

Our Yr 3/4 children have had a fantastic week at Pixies Holt on Dartmoor, scrambling over rocks, learning about the environment and going on night time walks. They have loved it and the weather has been kind.

You may have seen that on Tuesday we had an electrical fire in a classroom in school. All our practice fire drills kicked in and we had an orderly, calm exit before the fire crews arrived to put out the fire. One classroom has been badly damaged but we are just so happy that all in school are safe.

For information about admissions, including into our school Nursery please contact admissions@stncs.plymouthcast.com

FORMING IN FAITH

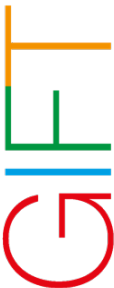
GROWING
IN FAITH
TOGETHER

GIFT is designed to support families who wish to understand more about the Catholic faith and to pass it on to the next generation. We describe GIFT as the 'gateway to the Sacraments'. As part of the process, and when families and children and young people are ready, we help prepare them to receive the Sacraments of Reconciliation, Holy Communion and Conformation.

The Church teaches that parents are the first teachers of their children in the ways of faith. As a parish we are committed to supporting parents in this most important and wonderful responsibility.

To find out more and to become part of the GIFT family of faith please get in touch; with the Parish Office exeter-heavitree@prcdtr.org.uk or our Pastoral Assistant Maria exeter-pastoral-assistant@prcdtr.org.uk.

The next GIFT meeting is on **Saturday 6 June** at St Nicholas School. All welcome. If you haven't already done so, please register at this link: [GIFT Registration Form](#)



Gift tots

Families with children 0-4 years meet twice monthly to pray, sing, explore and create the Good News. Last time we held an exciting easter egg hunt in the garden! Please note we will not meet in May. Our final two sessions of the school year will be held on Monday 8 June and Monday 22 June. We will then recommence on Monday 14 September. GIFT tots meets on the second and fourth Monday of every month from 10:00-11:00 in the Sacred Heart lower room. Please register for GIFT tots using this link: [GIFT tots Registration](#)

GIFT Youth

We encourage all young people considering the Sacrament of Confirmation to register for and attend GIFT Youth which meets monthly on a Saturday morning. To register for GIFT Youth please clicking on the appropriate link below:

GIFT Youth (school years 7-9) [Register at this link](#)

GIFT Youth Caritas (school years 10-13) [Register at this link](#)

GIFT Youth SPREE Faith Festival Weekend

SPREE 2026: 26- Westpoint Arena 28 June

GIFT Youth are going to Spree SW 26, an exciting weekend festival for young people to build strong friendships and explore their Christian faith together. We'd love Catholic Exeter youth to join us! [Take a look at Spree's promotional video.](#)

Festival Ticket The parish will subsidise tickets by 50% for each young person.

Tickets £95.00 Please contact Maria for further information: exeter-pastoral-assistant@prcdtr.org.uk

Spree are looking for volunteers. More information can be found [at this link](#)

GIFT Youth Socials School Years 7-9

Next meeting Friday 12 June 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 will take place on Friday 5 June at 7.00pm in the St Richard Reynolds Centre.

If you are in school years 10-13, we'd love you to join us on the first Friday of every month.

GIFT Youth Registration for either of the GIFT Youth groups contact Exeter-pastoral-assistant@prcdtr.org.uk.

Forming in Faith

We continue to journey through Bishop Robert Barron's Word on Fire series of the Creed. Please note we will not meet in May; our last two sessions will be on Monday 1 June and Monday 15 June. We will then recommence on Monday 7 September.

Forming in Faith meets the first and third Monday of every month from 10:30-12:00 in the Sacred Heart lower room after the 10:00 Mass. All are very welcome.

Baptism Preparation Courses 2026

Next Courses: 18 and 25 July 2026 and 14 and 28 November 2026, 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-heavitree@prcdtr.org.uk or 01392 274724.

PRAYER & LITURGY

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 11:00-11:45am. The session is run via Zoom and an email sent every Thursday with joining instructions. Please 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.

Praying the Rosary first and third Wednesday after 9.30am Mass

The Pope's Intention for May

That everyone might have food

Let us pray that everyone, from large producers to small consumers be committed to avoid wasting food, and to ensure that everyone has access to quality food.

[Pope's Worldwide Prayer Network](#)

Prayer to the Holy Spirit

Come Holy Spirit fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit, and they shall be created. And you shall renew the face of the earth.

O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations.

Through Christ our Lord. Amen.



THE WORD

Encountering the Word of God

How do you discern what God is saying to you? Do you long to reflect more deeply on his Word? Have you ever wanted to share your thoughts with others and listen to their reflections?

A group of us meet every Wednesday afternoon at 2.00pm via Zoom to do just that. This 'lectio divina' (divine reading) helps deepen our experience of God's Word and how it impacts our lives. We are not 'experts', we just want to open our hearts and listen to God and respond generously to all he says to us.

You would be most welcome to join us. Contact our Parish Pastoral Assistant Maria at Exeter-pastoral-assistant@prcdtr.org.uk. We look forward to welcoming you.

Sunday 24 May – Pentecost

First Reading Acts 2:1-11 *They were all filled with the Holy Spirit and began to speak.*

Psalm Response Send forth your spirit, O Lord, and renew the face of the earth.

Second Reading I Corinthians 12:3b-7, 12-13

In one Spirit we were all baptised into one body.

Gospel John 20:19-23

As the Father has sent me, even so I am sending you. Receive the Holy Spirit.

Sunday 31 May – The Most Holy Trinity

First Reading Exodus 34: 4b-6, 8-9 *The Lord, the Lord, a God merciful and gracious*

Psalm Response To be praised and highly exalted forever!

Second Reading 2 Corinthians 13: 11-14

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit.

Gospel John 3: 16-18

God sent his son in order that the world might be saved through him.

Sunday 7 June – The Most Holy Body and Blood of Christ

First Reading Deuteronomy 8:2-3, 14b-16a

He fed you with manna, which you did not know, nor did your fathers know.

Psalm Response Oh Jerusalem, glorify the Lord!

Second Reading I Corinthians 10:16-17

Being there is one bread, we who are many are one body.

Gospel John 6:51-58 *My flesh is true food, and my blood is true drink.*

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

Catherine Odams 01392 274724

St Nicholas School

St Nicholas Catholic Primary School,
Ringswell Avenue, Exeter EX1 3EG

01392 445403. admin@stncs.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