

PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

7 June 2026. *The Most Holy Body and Blood of Christ. Year A2. Psalter 2*

14 June 2026. *Eleventh Week in Ordinary Time Year A2. Psalter 3*



The Most Holy Body and Blood of Christ

The Eucharist is a mystery with so many layers and a depth that takes more than a lifetime to penetrate. It is not just a “thing” that we receive – however reverently – it is a person, a relationship, a belonging and a transformation that we consume, that becomes part of us: “Receive what you are – the Body of Christ”.

The readings for today's feast invite us to reflect on how our celebration of the Eucharist brings Christ's words to our reality: “...who eats my flesh and drink my blood lives in me and I live in him.” The people of the Old Testament had God living in their midst, walking with them on their journey, feeding and nourishing them with the gift of manna from heaven. Jesus walks with us today, not looking on from afar, journeying “in communion” with us – living within us, as we eat and drink the gifts he extends from the Last Supper. And as Saint Paul reminds us, our communion with the One Christ is also a communion with each other – God lives in us as the Church, as we become His Body. *Salford Office for Liturgy*

Today is the Patronal Feast of our parish. How blessed we are to have the Blessed Sacrament as our patron, Jesus himself. Let us pray that as a community we will truly reflect, and indeed be, the presence of Jesus Christ in this part of the world.

MASS TIMES

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

8.45am

10.45am *People of the Parish*

2.00pm *Syro-Malabar Rite Mass*

No Masses this week except:

Friday 12 June – The Most Sacred Heart of Jesus

6.30pm

Sunday 14 June – 11th Sunday in Ordinary Time.

8.45am *People of the Parish*

10.45am

2.00pm *Syro-Malabar Rite Mass*

6.00pm *Leslie McLoughlin RIP*

No Masses this week except:

Friday 19 June –

6.30pm

Sunday 21 June – 12th Sunday in Ordinary Time – Day for Life

8.45am

10.45am *Terry and Vivian Laydon RIP*

2.00pm *Syro-Malabar Rite Mass*

6.00pm *People of the Parish*

Confessions Saturdays after 9.30am Mass or by appointment.

Adoration Thursdays 11 and 18 June 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

Day for Life.

The Church teaches that life is to be nurtured from conception to natural death. In England and Wales, Day for Life is celebrated on the third Sunday of June each year. This year it falls on Sunday 21 June. This year's theme is The Wonder of the Child in the Womb. There will be a second collection at all Masses on this day.



URAFIKI Coffee, Cake and Raffle Morning Saturday 20 June 10.00am– 12.00 noon at the St Richard Reynolds Centre

We are hoping to raise money for two children to go to primary school in Yala, Kenya: Shantel

Minayo lives with her grandmother who plucks tea in order to put food on the table. Iwyne Mudogo lives with his father and sister. His father lost his leg whilst working breaking rocks. He feeds his two children by begging house to house. For enquiries and information please call Imelda on 01393 460041 or mobile 07815 693939

Accommodation required

An Italian exchange student staying in Exeter from September until January is looking for simple accommodation. Please contact the parish office if you can help.

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, as well as art workshops and time in the gardens. Young people are being asked to make a contribution of £40 each. Transport will be provided from Liskeard Station both on the Friday night and Saturday morning, returning around 2.00pm 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

St Nicholas School News

We are back ready to start the final term before Summer which will include the Yr 6 residential to Kilve, Sports Day, Yr 6 Leavers Events, transition events for new Reception children and hopefully lots of sunshine! We have recovered from the fire in one of our classrooms last month and much work will take place to reinstate the room ready for September. We are still so impressed with the actions of our staff on that day to keep the children calm and safe.

We are happy to give tours and information to parents wishing to find out about our school, from Nursery to Yr 6 - please email admissions@stnics.plymouthcast.com

School Transport grants for the academic year 2026-27

The Diocese of Plymouth is now taking applications from parents/guardians wishing to apply for grants for transport to a Catholic or Catholic/CoFE joint school situated in the Diocese of Plymouth. Applications for the academic year 2026-27 must be submitted in writing and be signed by the Parish Priest. Families will be notified at the start of the Autumn term if their application has been successful.

There are limited funds and not all applications may be successful.

You can obtain an application form from the parish office.

Caritas – Love in action

Please click the link to read the latest news of love in action around our diocese

[Caritas Plymouth May Newsletter](#)

Catholic South West

Copies of the June edition are in the porch price 50p. Please put your money in the box marked 'books and newspapers'.

[Diocese of Plymouth Youth Events News](#)

[Diocese of Plymouth Newsletter May 2026](#)

[Catholic Bishops' Conference News](#)

Exeter Foodbank News

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. [Exeter Food Bank](#)

Please see the poster on the collection basket at the back of church. Thank you.

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:

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

2) 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](#)

Society for the Protection of the Unborn (SPUC)

Parliament has approved an amendment that removes legal consequences for a woman aborting her own baby-at any stage, for any reason. Self-induced abortion up to birth is now legal in England and Wales.

Find out what YOU can do. [Visit Spuc at this link to join the fightback](#)

There are postcards in the porch for people to complete to express an interest in the work of SPUC.



YOUTH FUN DAY 2026
A day of games, challenges and fraternity

Saturday 11th July 2026 12.00 - 18.00
St Rita's, Honiton EX14 1AP
Tickets £5 per person



Join young people aged 6-17 from across the Diocese.
Come as a team of 6 or join others on the day to make a team.
Price includes BBQ and snacks

Activities include; obstacle course, penalty shoot out, netball, crafts, tug of war and bouncy castle

Click here to book

For further information contact:
Saskia or Ruby, youth@prcdtr.org.uk
Patrick Morris, 07880734088

Diocese of Plymouth, Youth Events

FORMING IN FAITH



The next GIFT meeting is on **Saturday 4 July** 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. 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, especially those 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 click 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

Registration deadline 7 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](#)

Forming in Faith

We continue to journey through Bishop Robert Barron's Word on Fire series of the Creed. Our last session will be on 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

We commend to the Lord...

Please pray for the repose of the soul of Brenda Keating who has died. May she rest in peace. Please also pray for her family and friends.

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 June

For the values of sport

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth. [Pope's Worldwide Prayer Network](#)

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.

THE WORD

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.*

Sunday 14 June – 11th Sunday in Ordinary Time

First Reading Exodus 19: 2-6a

You shall be to me a kingdom of priests and a holy nation.

Psalm Response We are his people, the sheep of his flock.

Second Reading Romans 5: 6-11

If we were reconciled by the death of the Son, much more shall we be saved by his life.

Gospel Matthew 9:36-10:8 *Jesus called to him his twelve disciples and sent them out.*

Sunday 21 June – 12th Sunday in Ordinary Time

First Reading Jeremiah 20:10-13

He has delivered the life of the needy from the hand of evildoers.

Psalm Response In your great mercy, answer me, O Lord.

Second Reading Romans 5: 12-15 *The free gift is not like the trespass.*

Gospel Matthew 10: 26-33 *Do not fear those who kill the body.*

CONTACT US

Blessed Sacrament Parish

29 Fore Street, Heavitree, Exeter EX1 2QJ
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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.