

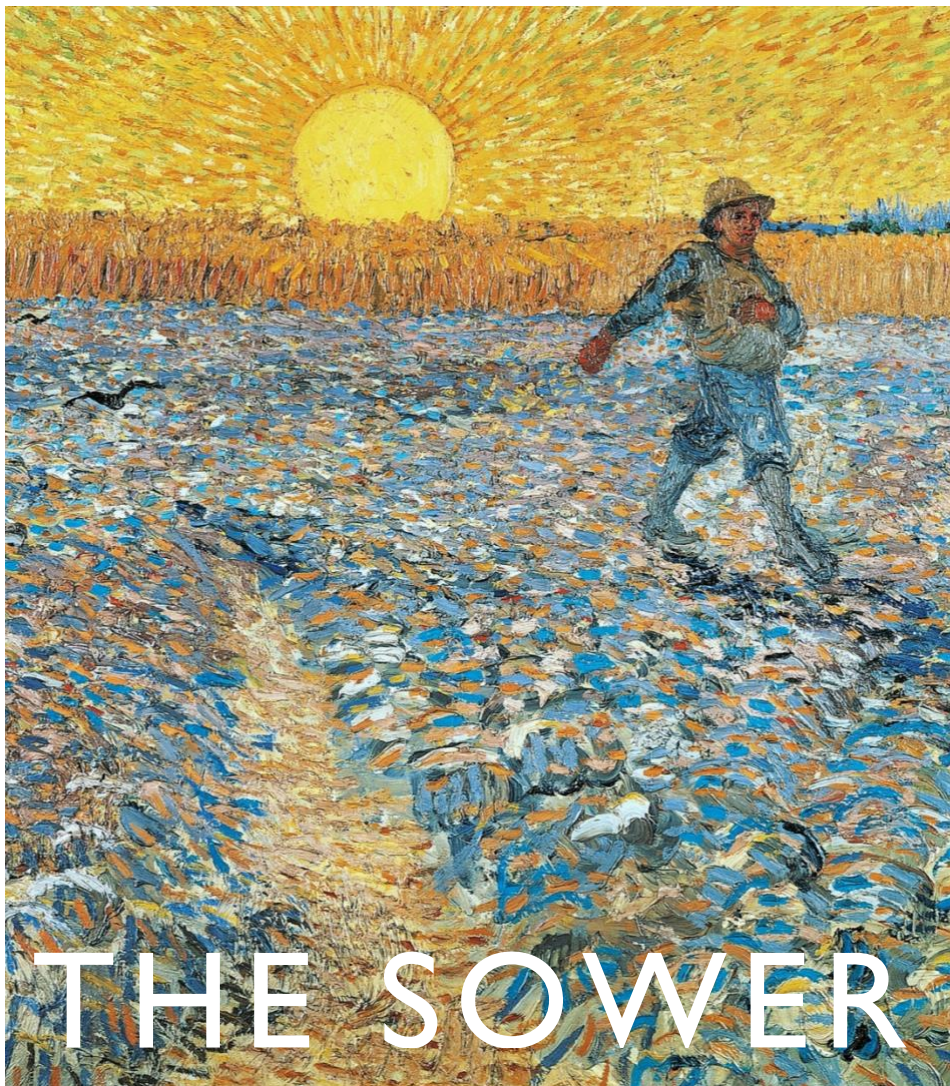
PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

12 July 2026. Fifteenth Week in Ordinary Time Year A2. Psalter 3

19 July 2026. Sixteenth Week in Ordinary Time. Year A2. Psalter 4



The Gospel today is the beginning of a new section in Matthew, called 'The Parabolic Discourse' - a section of parables Jesus tells the crowd, which we will read over the next three weeks. A parable is a story with a hidden meaning: we can easily remember the story, and gradually the true meaning becomes clearer and clearer.

Today is a famous example: the Parable of the Sower. In itself it is a story that would easily be understood by Jesus's audience - people who lived in an agricultural economy. Jesus uses their understanding to make an important teaching about the message he has brought: it is like a seed that is thrown out and received in different ways - the ideal is when the seed finds good soil, and produces a crop that can be seen and harvested: so the ideal listener to the word is one who allows it to lodge in the heart but also produces a visible result. What is the harvest we should yield, when we have heard the word? *Salford Office for Liturgy*

MASS TIMES

Sunday 12 July – Sea Sunday

8.45am *Seafarers and Fishers around the world*
10.45am *Fr Jonathan Stewart*
2.00pm *Syro-Malabar Rite Mass*
6.00pm *People of the Parish*

Tuesday 14 July – Weekday

6.30pm *Wyn Chard RIP*

Wednesday 15 July – St Bonaventure, Bishop & Doctor of the Church

9.30am *Parishioners working in healthcare*
Followed by coffee in the St Richard Reynolds Centre
Holy Rosary after Mass

Thursday 16 July – Weekday

9.30am *Frank Burchall RIP*
No Adoration this evening

Friday 17 July – Weekday

6.30pm *Staff & Students of St Nicholas School*

Saturday 18 July – Weekday

9.30am *The Thomson family*

Sunday 19 July – 14th Sunday in Ordinary Time.

8.45am *People of the Parish*
10.45am *Sophia Barrett-Musoke RIP*
2.00pm *Syro-Malabar Rite Mass*
6.00pm *Ken Macdiarmid RIP*

Tuesday 21 July – Weekday

9.30am *Those who minister in our parish*

Wednesday 22 July – St Mary Magdalene

9.30am *Tony Lim RIP*
Followed by coffee in the St Richard Reynolds Centre

Thursday 23 July – St Bridget of Sweden, Religious. Patron of Europe

9.30am *Andy Makepeace RIP*

6.00pm Adoration

Friday 24 July – Weekday

11.00am Funeral Mass for Margaret Winifred Chard (Wyn) RIP

No evening Mass

Saturday 25 July – St James, Apostle

9.30am

Sunday 26 July – 15th Sunday in Ordinary Time.

8.45am *Deceased members of the Jenkinson Family*

10.45am *Philip & Marie Derbyshire RIP*

2.00pm Syro-Malabar Rite Mass

6.00pm *People of the Parish*

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

Today is Sea Sunday

Seafarers and fishers play a vital role in all of our lives, but they often work in difficult, hazardous conditions. Sea Sunday is a day when the Church prays for all those who live and work at sea. Your support will make a big difference to seafarers and fishers in need. You can donate in church, by visiting [Stella Maris Sea Sunday](#) or by texting 'SEA' to 70460 to donate £5. This collection is vital to enable Stella Maris to continue its important work, so please give generously. There will also be a retiring collection after Masses on Sunday and Gift Aid envelopes are available in the porch. Thank you.

Skylarks singing for us on Thursday 16 July

Two members of the Blessed Sacrament Music Collective, Caroline and Marlen, are also members of a group of singers called Skylarks. They are performing a programme of songs on themes of birds, trees, hills and mountains, ranging from traditional folk songs to contemporary settings and arrangements. There will also be readings of a few poems to help thread the themes together.

The concert is on Thursday 16 July at Blessed Sacrament, starting at 7.00pm.

There is no charge but we hope you will consider making a donation as you leave to support the work of Exeter Citizens Advice. All welcome.

Important Safeguarding announcements

[Statement from the President and Vice President of the Catholic Bishops Conference of England & Wales Safeguarding Statement](#)

Photos and videos

Please be aware that photos and videos cannot be taken of people, especially children, without their permission. We are aware that there are times when photos are a special keepsake. However, GDPR and Safeguarding guidance must be followed.

Children using the toilet during Mass

To ensure the safety and well-being of our youngest parishioners, we kindly remind all parents and guardians that children must be accompanied by an adult when leaving the church during Mass. This helps the parish maintain our safeguarding standards and ensures that every child is protected.

Thank you for your cooperation in keeping our parish community a safe and welcoming environment for families.



SCAN ME

GIFT Youth Caritas

The group are hosting a BBQ and board games afternoon at the Richard Reynolds Centre on Sunday 19 July from 1.00–3.00pm. It's pay what you can with a minimum suggested donation of £5.00 per person (payable on the day). It's in aid of the Mziwothando Soup Kitchen that serves the Qandu-Qandu informal settlement in Cape Town, home to more than 10,000 people living in extreme poverty.

Please book your place [at this link](#) Please sign up by

Wednesday 15th July and choose the 'add on' if you are vegetarian. Places are limited so book fast! It should be a fun and relaxed couple of hours.

You can also book by scanning the QR code above. See you there!

GIFT Aid

The parish is immensely grateful to all donors who have supported the parish during the year and helped to keep our doors open to achieve our Mission. If you don't already do so, please consider whether you could increase the value of your donation by 25% at no cost to you, by signing up for Gift Aid. Forms are available in the porch or from the Parish Office.

Gift Aid donors-you should soon receive an individual statement of how much you gave in the year so you can check you have paid enough tax to cover the Gift Aid that the parish will claim. This statement will go to the address that we currently hold for you. If you are expecting a letter but do not receive one, please contact Lesley Hooper: exeter-heavitree-giftaid

ARISE! Women's Conference.

Save the date. Arise! Women's Conference. Saturday 5 September 7.00pm at Pinhoe Road Baptist Church. To find out more visit: www.arisewomensconference.org



Kenya Educational Sponsorship

The two Exeter Deacons Kelvin Russell and Brian Bargentare at it again, this time tackling a 100 mile tandem ride the weekend of 11/12 July.

They are raising funds for Kenyan Educational Sponsorship (KES), a charity that supports very poor but able students through High School before they go to university. Many of these students come from extremely impoverished backgrounds with only one parent to support them. Education is their only hope to improve their own lives and that of their families.

Joyce has sadly lost both parents and is being raised by her grandmother. They are extremely poor. Education is her only hope to progress in life and KES will pay her school fees and thereby give her a chance in life. She deserves it!

We are currently sponsoring 4 boys and 7 girls through High School. To donate online please visit the JustGiving page or scan the QR code. Thank you. [JustGiving /crowdfunding. Kelvin Russell](https://www.justgiving.com/crowdfunding/Kelvin-Russell)



Set them up for Summer!

Please support our summer campaign for Exeter Foodbank, as they help and support people in crisis across the city. Our summer-themed collection crate is ready for your food donations. Online donations can be made direct to the Foodbank via our JustGiving page www.justgiving.com/page/set-them-up-for-summer

Current priority items: tinned meat, tinned vegetables, tinned potatoes, tinned fruit, noodle snacks (i.e. Pot Noodle/ Mug Shot/ Pasta 'n' Sauce), small jars of coffee.

Thank you. [Exeter Food Bank](https://www.exeterfoodbank.org.uk/)

The Missionary Sisters of St Peter Claver...

...sincerely thank all the Parishioners of Blessed Sacrament for your generous support during the Annual Mission Appeal 2026.

A total of £1006.25 was raised to support the Missionaries and the Mission in need.

We are deeply grateful for your generosity and prayerful support.

May God reward you all.



CAFOD-DEC Venezuela Earthquake Appeal

You can help our neighbours affected by the 24 June earthquakes in Venezuela with emergency shelter, water and food.

CAFOD is already working with local

Church partners to support people who have lost their homes, but we need your support to help more survivors. Your donation will provide essential supplies and help families rebuild their lives.

Donate to the CAFOD-DEC Venezuela Earthquake Appeal today at [CAFOD](#) or call 0300 999 0030.

Please keep our neighbours in Venezuela in your prayers.

Diocesan Catechetical Summer Camp 2026. Last chance!

... will take place 27–31 July, at Grangehurst, Buckfast Abbey, TQ11 0EE.

The camp has been running for many years and is a time where those aged 9–12 come together to explore their faith, whilst meeting other young people from across the diocese. The 5-day camp is full of games, crafts and workshops exploring the papal document 'Dilexi Te'. Cost £150 per person. To book please visit: [Summer Camp 2026 – Fill in form](#) Further information contact: sumercamps@prcdtr.org.uk. Booking closes on Monday 13 July.

Prison Advice and Care Trust (PACT)

Pact- the leading national Catholic charity working in the criminal justice system are looking for volunteers to support their work at our local prison- HMP Exeter. Volunteers would help support families and children as they visit their loved ones in prison. If you would be willing to get involved, please speak to Maria Edwards or contact Christina Friend Family Engagement Manager at exeter@prisonadvice.org.uk.

Catholic Children's Society

We continue to produce two Flash Information posters each year, which we send to all parishes, as this was something our Board wanted to do to keep you all up-to-date on our Essential Grants Programme to remind everyone about the support we can offer to families of all faiths and none living in our Diocese.

Our fourth poster details how many families we have helped in the first six months of 2026 compared to this time last year and where those families live. We continue to provide some feedback we have received and there are updates on our Annual and Crib appeals as well as a plea for potential trustees to step forward to join our board of trustees. Please see the copy in the porch.

Mass for Marriage 2026

Midday, Saturday 12 September at The Cathedral Church of St Mary and St Boniface Plymouth PL1 5HW. Celebrant Bishop Nicholas Hudson

Marriage enriches us all. All are welcome, including those remembering late loved ones. Let us know your anniversaries or intentions, or your planned wedding date.

For more information, please contact deborah.vankroonenburg@prcdtr.org.uk

Retrouvaille Marriage Support

Marriage in a rut? Or need help with deeper issues?

Retrouvaille has helped thousands of couples find hope and healing in their marriage.

Next dates: 2–4 October. www.retrouvaille.org.uk/info Tel: 0788 7296983

Adoremus National Eucharistic Pilgrimage & Congress

Our third National Eucharistic Congress will take place in London on Sat 10 Oct. There will be Mass at St George's Cathedral and a procession across the Thames to Westminster Cathedral, followed by a vigil of Adoration until 6am. A coach would leave Plymouth at 5am and pick up at Exeter Services. If you would like a space, please contact Fr Chris at Poole: (01202) 746539

See, Speak, Act: Faith in Action Against Modern Slavery

Wednesday 14 October 2026 | 1.00–5.00pm | Plymouth Methodist Central Hall "*He has sent me... to set the oppressed free.*" (Luke 4:18)

Sadly, Modern Slavery is happening in communities across the UK, including here in the Diocese of Plymouth. It is often hidden in plain sight and we may well encounter people affected by this terrible exploitation, making this a relevant issue for your community, as both a practical safeguarding matter and an explicit response to the call of the Gospel.

[Caritas Diocese of Plymouth](#) has for some time been raising awareness of Human Trafficking and Modern Slavery, and alongside [The Clewer Initiative](#), we have arranged an ecumenical event to support Catholic and other Christian communities to respond to this modern manifestation of exploitation and slavery.

Through practical talks and workshops, participants will learn how to recognise the signs of modern slavery, report concerns safely, and enable church communities to respond with compassion, justice, and hope. Together, we can equip our congregations to respond faithfully and effectively to one of the most pressing human rights issues of our time. Please see the poster in the porch to register.

Catholic South West

The paper is for Catholics in the Plymouth, Clifton and Portsmouth Dioceses. Copies of the July edition are in the porch price 50p. Please put your money in the box marked 'books and newspapers'.

The Pope's Intention for July

For respect for human life

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God. [Pope's Worldwide Prayer Network](#)

[Diocese of Plymouth News](#)

[Catholic Bishops' Conference News](#)

St Nicholas School News

For information about joining our school community please email admissions@stncls.plymouthcast.com

FORMING IN FAITH



Next GIFT meeting is on Saturday 5 September 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. We will re-commence at the start of the school year 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](#)

Forming in Faith

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. We will re-commence after the summer on Monday 7 September. 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 pray...

for the people of Venezuela, those who have lost their lives, families who have lost loved ones and friends and all who are engaged in the alleviation of suffering and the rebuilding of lives. Lord, grant them peace and hope.

We commend to the Lord...

the souls of Margaret (Wyn) Chard and Tony Lim who have died. May they rest in peace. Please also pray for their family and friends.

Tony's Funeral Mass will be celebrated at Holy Cross Church, Topsham on 15 July at 12.00 midday. Wyn's Funeral Mass will be held at Blessed Sacrament Church on 24 July at 11.00am.

We welcome into the life of faith...

... Theresa Jimenea who was baptised on Friday afternoon and Sofia Fitzpatrick, who will be baptised next Saturday. Please keep Theresa, Sofia, their parents and Godparents in your prayers.

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

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.



Skylarks

a cappella singers

WHAT A WONDERFUL WORLD

in words and music

Sunday 12th July

4pm

*St Stephen's Church
High Street, EX4 3LW*

Thursday 16th July

7pm

*Blessed Sacrament Church
Fore Street, EX1 2QJ*

**Retiring collection for
Exeter Citizens Advice**



THE WORD

Sunday 12 July – 15th Sunday in Ordinary Time

First Reading Isaiah 55:10-11 *The rain makes the earth bring forth and sprout.*

Psalm Response Some seed fell into good soil and yielded its fruit.

Second Reading Romans 8:18 - 23

The creation waits with eager longing for the revealing of the sons of God.

Gospel Matthew 13: 1- 23 *A sower went out to sow.*

Sunday 19 July – 16th Sunday in Ordinary Time

First Reading Wisdom: 12:13, 16-19 *You give repentance for sins.*

Psalm Response Oh Lord, you are good and forgiving.

Second Reading Romans 8:26-27

The Spirit intercedes for us with groanings too deep for words.

Gospel Matthew 13:24-43 *Let us both grow together until the harvest.*

Sunday 26 July – 18th Sunday in Ordinary Time

First Reading Isaiah 55:1-3 *Come and eat.*

Psalm Response You open your hand and fulfil us, O Lord

Second Reading Romans 8:35, 37-39

Nothing in all creation will be able to separate us from the love of God in Christ.

Gospel Matthew 14: 13-21 *They all ate and were satisfied.*

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 Techer Mr Damian Railston



DIOCESSE OF PLYMOUTH

Blessed Sacrament Parish is part of the Diocese of Plymouth