

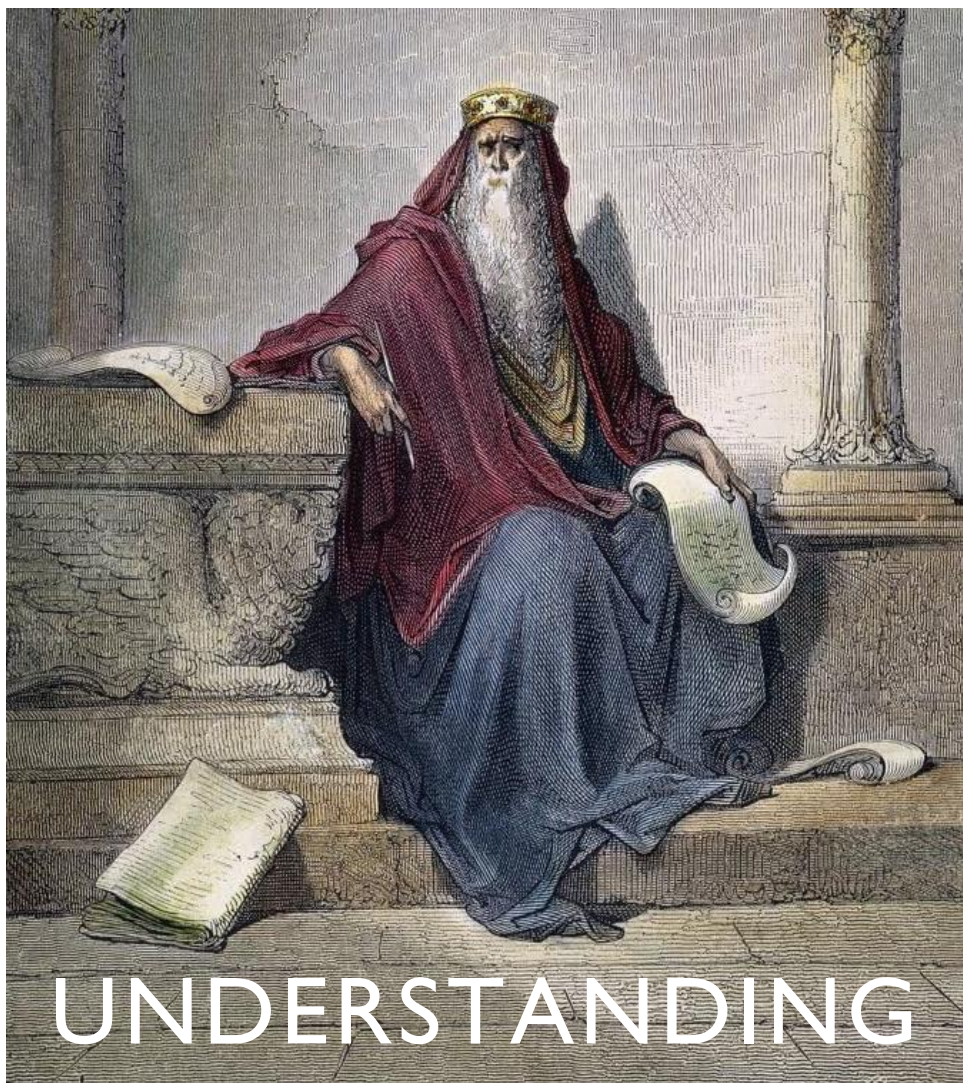
PARISH NEWS



BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

26 July 2026. 17th Week in Ordinary Time Year A2. Psalter 1

2 August 2026. 18th Week in Ordinary Time. Year A2. Psalter 2



UNDERSTANDING

What a gift it is, to be able to recognise the true value of things and choose those which will last forever and bring us true happiness! Solomon, renowned for wisdom, is able to make the right choices when offered the chance to have anything he wants. What would we choose? The parable in the Gospel tells us that, in a sense, the choice is already before us: we can see the kingdom of heaven waiting for us: it is of greater value than anything else, and so all our hearts should be set on it. Nothing should stand in our way. *Salford Office for Liturgy*

MASS TIMES

Sunday 26 July – 17th 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*

Tuesday 28 July – Weekday No Mass

Wednesday 29 July – Saints Martha, Mary & Lazarus

9.30am *Priest's Intention*
Followed by coffee in the St Richard Reynolds Centre
Holy Rosary after Mass

Thursday 30 July – Weekday No Mass

6.00pm *Adoration of the Blessed Sacrament*

Friday 31 July – Saint Ignatius Loyola, Priest

6.30pm *Private Intention*

Saturday 1 August – Saint Alphonsus Mary de Ligouri, Bishop & Doctor

9.30am *Marjorie Elizabeth Gifford Pitman RIP*

Sunday 2 August – 18th Sunday in Ordinary Time.

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

Tuesday 4 August – Saint John Mary Vianney, Priest

6.30pm

Wednesday 5 August – Weekday

9.30am
Followed by coffee in the St Richard Reynolds Centre

Thursday 6 August – The Transfiguration of the Lord

9.30am *Mrs Kay Shovlin RIP*
6.00pm *Adoration of the Blessed Sacrament*

Friday 7 August – Weekday

6.30pm

Saturday 8 August – St Dominic, Priest

9.30am

Sunday 9 August – 19th Sunday in Ordinary Time.

8.45am

Private Intention

10.45am

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 (please check above).

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

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.

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)

CAFOD
Catholic Agency for
Overseas Development

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.

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
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'.

[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: 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

The Pope's Intention...

... for August is for evangelization in the city, focusing on finding new and creative ways to build community in urban areas marked by loneliness. [Pope's Worldwide Prayer Network](#)

We commend to the Lord...

the soul of Fr Jon Bielawski who has died. Details of Fr Jon's funeral will be published when we know them. May he rest in peace and rise in glory

Congratulations...

...to Tobias who will join us at the table of the Lord this Sunday and receive Holy Communion for the first time. We wish him and his family every blessing and give thanks for all those who have helped him prepare for this wonderful occasion.

Online prayer and fellowship

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.

THE WORD OF GOD

Sunday 26 July – 17th Sunday in Ordinary Time

First Reading 1 Kings 3:5-6a, 7-12 *You have asked for yourself understanding..*

Psalm Response O Lord, how I love your law!

Second Reading Romans 8:28-30

He predestined to be conformed to the image of his Son.

Gospel Matthew 13:44-52 *He sells all that he has and buys that field..*

Sunday 2 August – 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.*

Sunday 9 August – 19th Sunday in Ordinary Time

First Reading 1 Kings 19:9a, 11-13a *Stand on the mount before the Lord.*

Psalm Response Show us, O Lord, your mercy, and grant us your salvation.

Second Reading Romans 9:1-5

I wish that I were accursed for the sake of my brothers and sisters.

Gospel Matthew 14:22-33 *Command me to come to you on the water.*

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



DIOCESE OF PLYMOUTH

Blessed Sacrament Parish is part of the Diocese of Plymouth