PARISH NEWS

BLESSED SACRAMENT PARISH, HEAVITREE, EXETER

22 November 2026. Christ the King. Year A2. Psalter 3
29 November 2026. 1st Sunday of Advent. Year B1. Psalter 1



CHRIST THE KING

MASS TIMES

Sunday 22 November – Christ the King

8.45am *People of the Parish*
10.45am *Barbara Gair RIP*
2.00pm Syro-Malabar Rite Mass
6.00pm *Fred Morgan RIP*

Tuesday 24 November – St Andrew Dung-Lac, Priest & Martyr
6.30pm *Lynda Tyrie RIP*

Wednesday 25 November – Weekday
9.30am *Private Intention*

Thursday 26 November – Weekday
9.30am *Maria Ward RIP*

Friday 27 November – Weekday
6.30pm *Private Intention*

Saturday 28 November – Weekday
No Mass

Sunday 29 November – First Sunday of Advent

8.45am *People of the Parish*
10.45am *The Ward Family*
2.00pm Syro-Malabar Rite Mass
6.00pm *Charles& Bianca Lavender RIP, Agnes Lavender FMM RIP and Sr Mary lavender RIP*

Tuesday 1 December – Advent weekday
6.30pm

Wednesday 2 December – St Osmund of Salisbury, Bishop
9.30am

Thursday 3 December – St Francis Xavier, Priest
9.30am
6.00pm Adoration

Friday 4 December – Advent Weekday
6.30pm

Saturday 5 December – Advent Weekday
10.00am GIFT Mass at St Nicholas School

Sunday 6 December – Second week of Advent
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.

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.

Refreshments after Mass

Sunday after 10.45am and Wednesday after 9.30am. All welcome.

NEWS & EVENTS

Safeguarding Sunday

Sunday 15 November was Safeguarding Sunday. There is an open letter by Martin Christmas Nelson, Head of Safeguarding at Plymouth Diocese, on the theme of this year, Love Protects. Copies are available in the porch with further ones available from the parish office.

CAFOD
Catholic Agency for Overseas Development

2026 CAFOD World Gifts:

Love your neighbour this Christmas. Share the joy of Christmas with a CAFOD World Gift — from safe water to school supplies! A meaningful way to bless loved ones while putting your faith into action in solidarity with families around the world. Collect a catalogue from the porch, call 0300 777 0030 or visit worldgifts.cafod.org.uk

Exeter Food Bank 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.
The Food Bank is well stocked with pasta, baked beans and porridge.
Items can be placed in the basket in the back of the church. Thank you.
The latest newsletter from Exeter Food Bank
Exeter Food Bank

Force Christmas Fayre.

Jane and Gary are organising a Christmas Fayre in aid of Force Cancer Charity. This is being held in the United Reformed church just down the road on Saturday 28 November at 11.00am until 2.00pm.

They would love some donations of books, jigsaws, nearly new costume jewellery, toys, games, bottles, tombola prizes and baked cakes please. If you can help call Jane on 07890 373617 or drop your donations off in the porch for collection please.

Advent Walk With Me

Booklets will be available in the porch for a suggested donation of £1.00. Please put money in the wall box marked "books and newspapers. There will also be free Advent calendars available for children.

Missio, the Pope's charity for world mission

There are free copies of the Missio 2027 calendar in the porch for parishioners to take. If you would like to keep a mission box in your home, please contact John Mitchelmore via the parish office.

Advent Retreat Exploring Prayer and Conversion

Saturday 5 December 2026 St Rita's Centre

The day will be led by Fr. Gerald Wilson OAR and begin with coffee/tea on arrival at 9.30am. The first talk 10.00am, the second talk at 11.00am. Adoration (with an opportunity for Confession) at 12.00pm. Lunch will be served at 1.00pm. Holy Mass at 2.45pm. Depart at 3.30pm. The charge for the day, including lunch, is just £27.00. To register, please complete the application form available in the porch or from the parish office and let us know of any dietary requirements. You can contact St Rita's Centre by phone at 01404 42635, by email at admin@stritascentre.org, or register online via our website: please following this link .
Payment can be made in advance or on the day.

Catholic Children's Society

CCSP Crowdfunder Prize Draw

Would you like to win this calming relaxation bundle?
Thanks to three of our lovely parishioners who have hand made a beautiful quilt, a large crocheted soft teddy bear and a hand knitted circular christening blanket, we are delighted to be running our fourth Crowdfunder prize draw to raise funds to help support our Essential Grants programme.
Included in this year's 'Calming relaxation' bundle is a scented candle advent calendar and a calming diffuser with a selection of scented oils.

You can enter as many times as you like and the more entries you purchase, the more chance you will have of winning. Tickets are priced at £10 for one entry or buy two entries for £20 and receive a third entry for free.

The draw will close at 9am on Monday 23 November so this could make a wonderful Christmas gift for a family member or friend.
To enter please follow this link or alternatively, you can scan this QR code below using your smart phone and you will be directed to our Crowdfunding page.

The latest copy of the CCSP newsletter can be read at this link

Youth Events in the Diocese

Forthcoming youth events for 2026/2027:

- Online Safeguarding Training For youth volunteers:
  18 November - Young people and their online world
- Exploring Your Faith Residential 22- 24 January 2027
  For those aged 13-17. East Shallowford Farm Dartmoor
- Youth Volunteer Residential 12 - 14 February 2027
  For youth volunteers (18+) | St. Rita's, Honiton
- Flame 2027 Wembley Stadium

For further information about Youth Events contact Saskia at youth@prcdtr.org.uk

Catholic South West available in the porch. Price 50p

HCPT Westcountry Region Advent Liturgy…

…will take place on Sunday 29 November 4.30pm at the Church of the Assumption of Our Lady, Abbey Road, Torquay, led by Bishop Nicholas Hudson. There will be children's activities from 2.30pm and refreshments at 3.45pm, both in the parish hall. We would be delighted to welcome you!

Advent Mass at Blessed Sacrament

Bishop Nicholas will be celebrating an Advent Mass on Thursday 10 December at 7.00pm for Exeter Deanery. All are very welcome to come along.

Advent Mass at St Joseph's, Newton Abbot

Bishop Nicholas will be celebrating an Advent Mass on Friday 11 December at 7.00pm for Torbay Deanery. All are very welcome to come along. Address: 96 Queen Street, Newton Abbot, TQ122ET

Part time / Self-employed role at Aid to the Church in Need

Do you want to do more to support persecuted Christians around the world.

Aid to the Church in Need is seeking Parish Appealers to help share the stories of persecuted Christians in parishes near you. Spend a few weekends each year giving short appeals at Mass. Full training and support are provided, and no fundraising experience is necessary. This flexible, self-employed role is suitable for those who are working, retired, or semi-retired.

To view the job description and apply, visit **acnuk.org/apply-pa** or email Aloma Do Rozario at **aloma.dorozario@acnuk.org**

The Pope's Intention for November

For the proper use of wealth

Let us pray for the proper use of wealth, that not succumbing to the temptation of selfishness, it may always be put at the service the common good and solidarity of those who have less. Pope's Worldwide Prayer Network

Residential Marriage Course, 8 – 10 January 2027

Are you wanting to understand the Church's teaching on Matrimony and its vision for the Sacrament more deeply? Join us for this weekend exploring the theology of Marriage, based on Scripture and structured around the Rite itself. With time for personal reflection and exercises, sharing in couples and as a group, this weekend course serves as a standalone or as an accompaniment to other in-person or online course. For more information and to book please click here

Diocese of Plymouth News

Catholic Bishops' Conference News

St Nicholas School News

Parents of children due to start Reception class in 2027 are invited to come for a tour of the school. Please email admissions@stncs.plymouthcast.com or call 01392445403 to book! We can also offer tours for applications for Nursery to Yr 6!

We are excited that our Pupil Chaplains will represent the school on the BBC next week, to encourage more children to be weather watchers. They will take part in weather related activities at the Met Office and will be interviewed for BBC Newsround!

Our playground development is now in phase 3 and our School Council children have had a lot of input into the equipment they would like purchased from PTA funds. We are so grateful to our proactive PTA and of course the parents and children who take part in the many events they organise. It means that our playground has so much to offer the children when they are able to play outside.

Handel's Messiah

There will be a performance in the university's Mary Harris Memorial Chapel on Saturday 5 December at 7.00pm. Tickets are £20 general admission and £10 for students. Tickets can be purchased through our Eventbrite page, or through this link

Refreshments after Mass

Please join us for refreshments in the St Richard Reynolds Rooms after the 10.45am Mass on Sundays and the 9.30am Mass on Wednesday mornings.
All are warmly invited.

Safeguarding

New guidance regarding Filming and Photography at Mass

We are grateful for people's wish to remember and share these occasions and the legitimate desire to capture special moments; however, we politely request your full presence and active participation in the Mass.

Filming or photography of any kind during Mass is **not permitted unless explicit permission has been granted by the parish in advance**. Where **explicit permission** is given: Recording must be **discreet and non-disruptive.**
Sacred moments (including the Eucharistic Prayer and Holy Communion) must not be filmed. The **privacy of others**, especially children, must be respected.
All filming is under the direction of the parish. If the priest (or a representative) asks for filming to stop, this must be **respected immediately**.

Thank you for helping maintain a prayerful environment.

The Diocesan Safeguarding Office, Diocese of Plymouth is open Monday-Friday 9.0 a.m.- 4.30p.m. General enquiries: 01364 645430 or safeguarding@prcdtr.org.uk .
If the office does not respond immediately, they will aim to get back to you that working day or the next. If the matter requires an immediate response, then contact should be made directly with the Police or Social Services.
Catherine Odams is our Parish Safeguarding Representative, contact 01392 274724

FORMING IN FAITH

Gift Growing in Faith Together

Next GIFT session Saturday 5 December 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 next meet on Monday 23 November and 14 December
GIFT tots meet on the second and fourth Monday of every month from 10.00-11.00am 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. We hope that this will be an opportunity for the young people of our parish to ask questions, engage with and grow in faith together and to support each other as they learn what it means to be a Catholic in today's world.

GIFT Youth Socials (school years 7-9)

If your child has just entered Year 7, they are very welcome. The next social will be on Friday 11 December 2026.
2027 dates are: 8 January, 12 February, 12 March, 10 April.
Come and have fun!

GIFT Youth Caritas

This group is open for all young people entering School Year 10 through to 17 years of age. Meetings take place on the 1st Friday of every month, from 7.30-9.30pm in the St Richard Reynolds Centre (RRC) at Blessed Sacrament Church. Together the group learn about Catholic Social Teaching, identify international/local needs and plan fund-raising/awareness activities around chosen themes. Young people collectively facilitate this group under the guidance of a team of GIFT Youth adults.
The next meeting will be on Friday 4 December at 7.00pm.
All registered GIFT Youth aged 15-17 are welcome to join us!

To register for GIFT Youth, GIFT Youth Socials and GIFT Youth Caritas please use this link: GIFT Youth Registration

Baptism Preparation Courses 2026

Next Course: 13 and 20 March 2027, 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.

RCIA/ Gateway

Thinking about becoming Catholic? Do you want to learn more about the Catholic faith? If you have any questions, we would love to meet you. Don't worry if you haven't been to any previous sessions, feel free to join us at Sacred heart Parish where you're at. Please visit Sacred Heart Parish newsletter at this link for dates and to find out more.

PRAYER & LITURGY

We commend to the Lord…

…Maria Ward who has died. May she rest in peace. Please keep Maria, her family and friends 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

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 are invited 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 22 November – Christ the King

First Reading Ezekial 34;11-12, 15-17:
As for You, my flock, I judge between sheep and sheep.

Psalm Response The Lord is my shepherd; there is nothing I shall want.

Second Reading Corinthians 15:20-26, 28
Christ delivers the kingdom to God the father, that God may be all in all.

Gospel Matthew 25:31-46
He will sit on his glorious throne and he will separate people one from another.

"Shepherd-King o'er mountain steep, homeward guide thy wand'ring sheep." This hymn which we will probably sing today captures the readings perfectly: our King is not a cruel tyrant or despot, but a shepherd who loves his flock, who would (and did) give his life for them. Love for the flock means that he will have to judge them, separating the sheep from those who do not belong to him. Coming to the end of the Church's year leads us to look to our final ending, the homecoming the hymn speaks of. The judgement of the end of time we do not view as a trial or a terror, but as a coming home: look back to the Isaiah reading on the 28th Sunday to see what a homecoming party is offered. All we do is put our lives in order, living just and holy lives, longing for the Day of the Lord to come. *Salford Office for Liturgy*

Sunday 29 November – 1st Sunday of Advent

First Reading Isaiah 63:16b-17; 64:1, 3b-8
O that you would render the heavens and come down.

Psalm Response
Bring us back, O God; let your face shine forth, and we shall be saved.

Second Reading Corinthians 13-9
We are waiting for the revealing of our Lord Jesus Christ.

Gospel Mark 13:33-37 *Stay awake-for you do not know when the master will come.*

Sunday 6 December – 2nd Sunday of Advent

First Reading Isaiah 40:1-5, 9-11 Prepare the way of the Lord.

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

Second Reading 2 Peter 3:8-14 *We are waiting for new heavens and a new earth.*

Gospel Mark 1:1-8: *Make straight the paths of the Lord.*

CHRISTMAS AT BLESSED SACRAMENT

Saturday 19 December
2.00pm – Simbang Gabi, Filipino celebration

Sunday 20 December
3.00pm – Parish Carol Service

Tuesday 22 December
6.30pm – Mass

Wednesday 23 December
9.30am – Mass

Thursday 24 December – Christmas Eve
6.00pm – Christmas Mass.
11.30pm – Vigil of Carols & Readings

Friday 25 December – Christmas Day
12.00am – Midnight Mass
8.45am – Christmas Mass
10.45am – Christmas Mass

Saturday 26 December – St Stephen, Martyr
10.00am – Mass and enrolment of altar servers into the Archconfraternity of St Stephen, their patron saint..
11.00am – Confessions

Sunday 27 December – The Holy Family
8.45am – Mass
10.45am – Mass
2.00pm – Syro-Malabar Rite Mass
6.00pm – Mass

Monday, Tuesday, Wednesday
No Mass

Thursday 31 December
9.30am – Mass
6.30pm – Vigil to welcome the New Year

Friday 1 January – Mary, Mother of God
12.00pm – Mass followed by drinks and nibbles in St Richard Reynolds Centre.

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*

Parish Instagram *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 Representative
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 Damian Railston

DIOCESE OF PLYMOUTH

Blessed Sacrament Parish is part of the Diocese of Plymouth