

CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross Topsham
26 November 2023 Our Lord Jesus Christ, King of the Universe. Yr A. Psalter Wk 2



On this great and wonderful Solemnity of Christ the King, we proclaim as Christians that 'Jesus is Lord!' This statement has a profound impact on the way we live our lives, for if Jesus is Lord, then it means that there is no part of our existence that he does not have the right to rule. As St Paul tells us, 'everything is to be put under his feet.' Too often we get into the habit of compartmentalising our faith, letting Jesus 'rule' the bits we want him to, but otherwise it is we who are in control. The proclamation 'Jesus is Lord!' rejects such an outlook.

For if Jesus is in fact my King, then how can I also be king? 'Jesus is Lord!' is a proclamation of truth, but it is also a proclamation of faith, because if we take that to be true then we entrust Jesus with our whole lives. We see his kingdom in the people we meet, especially the poor and suffering. We see his kingdom in path of life which we tread, for we say with the Psalmist, 'He guides me along the right path; he is true to his name'. And we see his kingdom in that ultimate passage, death itself, since by his resurrection Jesus has put it under his feet. So, be bold and let Jesus rule your life. Proudly proclaim, 'Jesus is Lord!' *Fr Albert*

MASS TIMES BLESSED SACRAMENT



Sunday 26 November – Our Lord Jesus Christ, King of the Universe Safeguarding Day/Youth Day – Young People

8.45am *People of the Parish*
10.45am *Young people of Catholic Exeter*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *Sick & Housebound and all who care for them*

Tuesday 28 November

6.30pm NO Mass

Wednesday 29 November – St Cuthbert Mayne, Priest & Martyr

9.30am *Sr Teresine RIP*
Followed by praying of the Rosary
Followed by refreshments in St Richard Reynolds Centre

Thursday 30 November – St Andrew - Apostle

9.30am *John Blaskett RIP*
7.00pm Adoration of the Blessed Sacrament

Friday 1 December

6.30pm NO Mass

Saturday 2 December – St Osmund of Salisbury Bishop

9.30am *Dan Docherty RIP*

Sunday 3 December – First Sunday of Advent Year B Migrants Day

8.45am *Deceased members of the Mason & Scarfe Families*
10.45am *Veronica Hutchings RIP*
Followed by refreshments in St Richard Reynolds Centre
3.00pm Syro Malabar Mass
6.00pm *People of the Parish*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Liturgy of the Word for Children

During term time at 10.45am Mass on Sunday.

Live stream Mass To access the YouTube stream please [click here](#).

MASS TIMES SACRED HEART



Sunday 26 November – Our Lord Jesus Christ, King of the Universe Youth Day – Young People

- 5.30pm (Sat) *Biju Varghese*
9.15am *People of the Parish* - Mass with Liturgy of the Word for Children.
Followed by refreshments in the Lower Room
11.15am *Alexandra Green*
1.15pm Mass in Polish
5.30-6.00pm Adoration of the Blessed Sacrament & Benediction

Monday 27 November

- 10.00am *Pietro Giannone*

Tuesday 28 November

- 10.00am *Alexander Green*
Followed by refreshments in the Lower Room
5.30-6.00pm Adoration of the Blessed Sacrament & Benediction

Wednesday 29 November – St Cuthbert Mayne, Priest & Martyr

- 10.00am *William Vanstone RIP*
Followed by SVP Chatter Café in the Lower Room

Thursday 30 November – St Andrew, Apostle

- 6.00pm *Rosie*
6.00-9.15pm Night Fever Adoration

Friday 1 December

- 10.00am *All Souls*

Saturday 2 December - St Osmund of Salisbury, Bishop

- 10.00am *Fr Kieran Kirby RIP*
Followed by CWL refreshments in the Lower Room

Sunday 3 December – First Sunday of Advent Year B Migrants Day

- 5.30pm (Sat) *Biju Varghese*
9.15am *Stanislav Gados RIP* - Mass with Liturgy of the Word for Children.
Followed by refreshments in the Lower Room
11.15am *People of the Parish*
1.15pm Mass in Polish
5.30-6.00pm Adoration of the Blessed Sacrament & Benediction

Confessions Saturday after 10.00am Mass and 4.00-5.00pm, and on request.

The Church is open for private prayer from 9.00am until 6.00pm each day.

Live stream Mass To access the YouTube stream please [click here](#).

MASS TIMES HOLY CROSS, TOPSHAM

**Sunday 26 November Our Lord Jesus Christ, King of the Universe
Youth Day – Young People**

11.00am *People of the Parish*

Thursday 30 November

10.00am

Sunday 3 December First Sunday of Advent Year B Migrants Day

11.00am *People of the Parish*

EXETER NEWS & EVENTS

Christ the King – Youth Sunday

We join the Pope's prayer intentions for this day – For young people, may they grow in Christ. For all who work with young people, may they show leadership and compassion.

We give thanks for the gift of young people in our community, their hope, their faith, their joy. May they always be blessed and grow in knowledge and love of the Lord.

Advent

Walk with Me – a Journey of Prayer for Advent booklets are available in the Blessed Sacrament porch for a suggested donation of £1 – please put money in the wall box marked 'Books'. There are also **Advent Calendars** available in the porch for the children which are free.

Advent Retreat Day

"Prepare A Way for The Lord" Faith and Works led by Deacon Nick Johnson. On **Saturday 9 December** at St Rita's Centre, Honiton. The charge for the day, including lunch, is £25.00. Booking can be made by phone, email or online at www.stritascentre.org/events Payment can be made on the day.

November

The Deacons of the parish are growing moustaches this November to raise money and awareness of prostate cancer. Any men across Catholic Exeter are invited to join them. Please show your support by sponsoring them on the list at the back of the church

ADVENT RETREAT

with the Sisters of Mary Morning Star

An opportunity for
young women
aged 18-35 years
to come and await
the birth of Christ
in the heart of a
Monastic community.



Experience the
Advent liturgy, silence, prayer, and lectio Divina
lived in joyful expectation with the Blessed Virgin.

8TH – 10TH DECEMBER 2023

AT THE CONVENT IN LYNTON, DEVON. EX35 6BS

To book or for more info contact the Sisters at srsmarymorningstar@gmail.com

Nearest train station: Tiverton Parkway

*Do not be afraid, Mary,
you have found favour with God. Luke 1*



HOW YOU CAN HELP

Nominations

We ask you to nominate someone (individual or family), who does not have to be a parishioner, you think would benefit from a small gift this Christmas, someone who is struggling financially or who is lonely, sick or housebound. There are nomination forms at Blessed Sacrament. Please complete one and return it to the parish office

Donations of money

All donations can be placed in an envelope marked 'Love Christmas'. and put in the collection basket when you come to Mass at Blessed Sacrament. If you have the parish bank details, you can donate this way. Please add 'Love Christmas' in the narrative box. Please contact the Parish Office if you have any questions.

I nominate.....

Address.....

All nominations will be treated in confidence.

Please return to the parish office/via the presbytery letterbox

NB: Last date for donations & nominations is 8 December.

CAFOD News

Find all the latest Cafod news [by clicking here](#) Items include COP28 and news on the Israeli – Palestinian Crisis and ways how you can help with these and more issues.

CAFOD's online Advent calendar 2023

Our online Advent calendar of daily prayer and reflection will offer an opportunity to pause, reflect, pray and take action as we prepare for Christmas.

Join us as we journey through the season of Advent with our global family.

Sign up for daily reflections straight to your inbox [Interactive online Advent calendar 2023 \(cafod.org.uk\)](#)

As we approach Advent and wait for Christmas and the joy of Jesus' birth, its important to remember that some things cannot wait. For families around the world, time is running out to get vital supplies they need to survive winter. Your donation this Advent is so vital to families facing the harshest conditions.

There is still a chance to buy Advent Fair items at all Masses at Blessed Sacrament this Sunday.

Exeter Waymakers Film Night

You are invited to join Exeter Waymakers for the screening of the classic film “What a Wonderful Life” on **Tuesday 5 December at 7.00pm, Lower Room, Sacred Heart Church, Exeter**. This 1946 film is one of the best Christmas films and tells the story of George Bailey (played by James Stewart) who receives a very special Christmas gift. Reserve your FREE ticket by email to: nsmallwood@doctors.net.uk
Christmas refreshments available and all donations towards resettling a refugee family in Exeter.

Need for Short Term Accommodation

An English gentleman aged 77 is presently staying in hospital accommodation at RD&E hospital as has no UK home. He can stay there until he has an operation on 1 December and will need 3 or 4 weeks of being/living near the hospital in case something goes wrong. He can afford to pay (say £400) towards a room and also to pay for his meals. He will need accommodation for about 4 weeks. Please contact the Blessed Sacrament parish office if you can help this gentleman.

Safeguarding Sunday at Blessed Sacrament

Last Sunday was Safeguarding Sunday but the Blessed Sacrament will be joining other churches across the UK to highlight the importance of protecting children, young people and adults at risk this weekend. This is also an opportunity to celebrate those who work behind the scenes to make our church a safer place for all. There will be short talks after all Masses introducing our parish Safeguarding Reps and highlighting the work that goes on ‘behind the scenes’ to help to keep us all safe from harm.

Safeguarding Prayer:

Dear God,

Help us to be a church that: Loves, welcomes, protects.

Listens, learns, serves. Repents, restores, transforms.

Values, cares, believes. God of Justice and compassion, hear our prayer.

Help us, heal us, guide us, we pray. In Jesus name. Amen.

Christmas Cards at Sacred Heart

Sacred Heart is selling packs of Christmas cards. Each card features a different hand-picked picture of the church Nativity scenes. Each pack contains 6 cards and will be on sale for £5, and all proceeds will support our church. Thank you to those who have already bought some, there are still some left!

Home Communion

If you know of anyone who can no longer come to Mass and who would like to be added to the list for home Communion visits from Sacred Heart, then please inform either Fr Petroc, Fr Albert, or the parish office so that they can be added to our lists. For Blessed Sacrament please contact Fr Jonathan or the Blessed Sacrament Parish Office.



Exeter Night Fever

On **Thursday 30 November** we will open wide the doors of Sacred Heart Church and invite our local community to be touched by the love and beauty that we encounter through our faith. We will invite passersby into the church to light a candle as a symbol of their concerns and thoughts.

We need your help to welcome people into the church and to pray for them and their intentions. This is an event every parishioner, young and old can help with and we really need your help!

We will begin with Mass at 6.00pm followed by Exposition and conclude with Night Prayer at

9.15pm. Please, please, join us for as much of this time as you can offer. No need to sign up, just turn up on the night. For more details please speak to members of the pastoral council/SLT or email liztoy@hotmail.com

St Nicks News



Teaching Mass

We held our first teaching mass last week for Berry Pomeroy Class. Father Jonathon explained the symbolism of the mass and what each item used during the mass means. The children engaged respectfully and were so keen to learn from Father Jonathon. All KS2 classes have a teaching Mass planned and we are sure that they will enjoy the session as much as Berry Pomeroy did.

Children in Need We really enjoyed Children in Need day at St Nicholas. The children all made a fabulous effort to come to school as colourful as possible. There was plenty of sparkle and even the odd Minion floating about! The school council held their own fundraiser with a 'guess how many marbles are in the jar' stall at lunchtime. We raised over £173 for vulnerable children.

GIFT AID donors

You should soon receive an individual statement of how much you donated to the Sacred Heart and Blessed Sacrament parishes in the last financial year so that you can check that you have paid enough tax to cover the gift aid that the parish will claim. This statement will go to the address that is currently held by the gift aid organisers. If you are expecting a letter but do not receive one (or if you have not paid enough tax to cover the gift aid to be claimed), for Sacred Heart please contact Anne Schranz on 01392 215077 or exeter-sacredheart-giftaid@prcdtr.org.uk and for Blessed Sacrament please contact the Parish Office 01392 274724 exeter-heavitree@prcdtr.org.uk Many thanks to all our donors for their support of the Catholic Exeter parishes.

Help needed at Sacred Heart

If you are planning to attend Mass at the Sacred Heart on the morning of Tuesday 28 November you might consider helping the Arts Group to erect the crib. Three or four people are needed for this and they would be grateful for some helpers.

WIDER NEWS & EVENTS

Northern Lights – a Scandinavian Christmas

On Saturday 16 December at 7.30pm at St Davids Church the Exeter Festival chorus presents a programme of yuletide music by Scandinavian composers. From the crystalline sounds of the Arctic to the rich and mellifluous settings of familiar texts – with the odd Norwegian carol thrown in – we celebrate Advent and Christmas, with audience carols, the Scandi-way. God Yul! With the Divertimento Ensemble and conductor Andrea Brown and on the piano Peter Adcock.

Tickets £18 (unreserved). Students/UC £5. Children (Under 18 years) £1

Purchase online at www.exeterfestivalchorus.org.uk (no booking fees) or by phone - Ticketsource 0333 666 3333. The venue has full disabled access. Enquiries to: concertmanager@exeterfestivalchorus.org.uk. More information on posters in the churches.

International and Ecumenical Carol Service

Sacred Heart is hosting a carol service featuring international music and inviting churches from across Exeter to join. This will take place on Sunday 10 December at 5 PM. The Carol Service will be followed by refreshments including mince pies and mulled wine at the back of the church. Everyone is warmly invited.

Exeter Street Pastors

Exeter Street Pastors are recruiting. To find out more take a look at a video [here](#)

Community News

Community Advice Drop-in

Thursday 23 November 9.30am-12.30pm At St Stephen's Church, EX4 3LW. Struggling with bills? Exeter Community Energy and partners including Citizens Advice, Exeter City Council, and Southwest Water will be on hand to answer questions and give advice on energy, housing, water, and more.

www.ecoe.org.uk/healthy-homes-wellbeing

Cost of Living Support

The rise in the cost of living means that we are all having to dig a little deeper to pay for household essentials such as food and energy. Many people in Devon are being forced to make difficult decisions, especially those on the lowest incomes. Devon County Council has put together this info on what support is available: [click here](#)

Free Food

Updated Free Food Guide for people without a home can be found [by clicking here](#). Note the Salvation Army meals on Saturday and Sunday will both be at lunchtime, 1.00pm – 2.00pm and St Thomas Food Fight are recommencing their in-person hot meal table in Cowick Street on Sundays at 11.30am – 12.30pm from 5 November.

Exeter Foodbank

The Food Bank is under extreme pressure by increased demand from its usual clients as well as the need to support Afghan, Syrian and Ukrainian refugees. Donations of the following priority items are especially needed: fruit squash & fruit juice, tinned meat & fish, tinned veg & potatoes, biscuits, noodle snacks, custard, jams & spreads, Coffee, sponge pudding, sanitary products, household items (washing up liquid, washing capsules etc.)

Collection Points include – Co-Op (Heavitree/St Thomas); Tesco (Exe Vale); Sainsbury's Alphington/Pinhoe/Guildhall); Waitrose (Gladstone Rd) as well as the back of the Blessed Sacrament and Sacred heart churches. Please email Mark at info@exeterfoodbank.org.uk to find out how you can help. More information about Food Bank can be found at <https://exeter.foodbank.org.uk/give-help/donate-money/>

URC food bank

The URC Food Bank is very concerned that their stock and supplies are running low. Unless something changes they will be running out of enough food by January. Cans of food are particularly in demand. Can you help? They need tea, coffee, sugar, squash, pasta sauces, spam, tuna, instant mash, soup, beans, spaghetti and tomatoes.

Diocese of Plymouth Newsletter

The diocese is publishing a regular newsletter with items of interest from across the diocese as well as further afield. [Here is the link to the latest newsletter](#)

And here is [the link](#) if people would like to sign up to receive the next newsletter and weekly Advent reflections

Lament and Light Service

An ecumenical service is being held on Thursday 30 November at 3.00pm at Holy Family Church in Plymouth (Beacon Park Road, Plymouth, PL2 3LR). The service is being held in response to the 16 days of action against gender-based violence (25 November – 10 December), which is a campaign for the prevention and elimination of violence against women and girls. The service will be led by Fr Mark Skelton and Rev. Lizzi Green. Following the service there will be tea and coffee in the hall.

Caritas Newsletter

With news of love in action around our diocese can be found if you [click here](#)

Synodal Newsletter November 2023: [Read it here.](#)

Heavitree Community Builders update

Find out what is happening in Heavitree and surrounds by taking a look [here](#)

YMCA Exeter Christmas Carol Service

This year to be held at 1.00pm on Thursday 14 December at St David's Church. The Carol Service offers a wonderful opportunity for our friends, residents and volunteers to gather for fellowship, prayer & thanksgiving as we move towards the end of the year. Do stay with us after the service for mince pies and hot drinks – we'd love to chat!

Do please let us know if you're able to join us on 14th December by dropping us a message at events@ymcaexeter.org.uk, we would love to see you.

Consultation on future plans for Exeter

Exeter City Council is preparing the Exeter Plan, a new local plan which will shape the future of the city for the next twenty years. The Exeter Plan will be the main planning policy document for Exeter, setting out where development should take place and providing policies that will be used to make decisions on planning applications.

From 23 October 2023 until 14 January 2024 the Council is consulting on a Full Draft of the Exeter Plan. It contains the vision for the future of Exeter, a complete set of draft planning policies and potential development sites for public comment. See poster in Blessed Sacrament porch for details of venues for these meetings.

FORMING IN FAITH

Wednesday Word Scripture Reflection

We meet online via Zoom from 2.00 – 3.00pm each Wednesday. If you would like to join us, contact Maria: exeter-pastoral-assistant@prcdtr.org.uk. Come whenever you can to explore the riches of the scriptures. You will be most welcome

RCIA Rite of Christian Initiation of Adults

Most of us have, at some point in our lives, entered a swimming pool or visited a beach and entered the shallow parts of the sea. But how many of us have dared to venture out into the deep? There is an abundance of life and wonders that we find only in the depths of the water. Our Catholic faith is like that. By venturing deep into the Catholic faith, we will find abundance of life and treasures that the world cannot give.

Everyone is invited to join our new RCIA course every Thursday at 7:30 PM in the Lower Room at Sacred Heart. These sessions are aimed at those desiring to receive the Sacraments of Baptism or Confirmation but are open to anyone who wishes to learn more about the Catholic faith.

Want to learn more about the Sacraments?

Bishop Robert Barron reminds us that the great sacraments of the Church are true encounters with Christ. Through the seven sacraments of the Church, Jesus is present. The sacraments have endured for thousands of years and blessed countless lives. Everything in the Church's life comes from and returns to them.

Join us every fortnight on Monday morning after the 10.00am Mass until 12.15pm in the Lower Room of Sacred Heart Church. Our next session will be on Monday 4 December. We will explore the Sacrament of Baptism. All are welcome.



GIFT Youth & Socials News

The next Gift Youth Social will be on 8 December. If you have signed up for Gift Youth details of the next session will be sent out to you. We ask that the parent of any young person **MUST** have registered/re-registered them using the NEW form [use this link](#) before they come along to future Gift Youth Socials and Gift Youth Saturdays. This ensures the safety of the young people.



GIFT for families

GIFT is offered to all primary and secondary aged families and supports them to live and grow as Catholic Christians. GIFT meets monthly to worship together and learn about our Catholic faith. GIFT also enables parents to prepare their children to receive the sacraments of Reconciliation, Holy Communion and Confirmation.

[Click here to register for GIFT.](#)

Next GIFT Meeting **Saturday 2 December at 9.45am** at St Nicholas School, Ringswell Avenue, Exeter EX1 3EG.

Worship Thursday at Blessed Sacrament

Adoration of the Blessed Sacrament each Thursday 7.00-8.00pm

Adoration with Taizé 2nd Thursday of each month: next - 14 December.

Adoration with Stronghold Praise & Worship Third Thursday of each month: next – 18 January (there will not be a Stronghold on 21 December)

Praying the Rosary at Blessed Sacrament

Join us on the second and fourth Wednesdays of October, November and December after the 9.30am Mass in the church. We'd love to see you.

Pope's November Prayer Intention

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit. See also [The Pope Video](#)

THE WORD

Sunday 26 November Our Lord Jesus Christ, King of the Universe

First Reading Ezekiel 34:11-12,15-17

As for you, my sheep, I will judge between sheep and sheep.

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

Second Reading I Corinthians 15:20-26,28

He will hand over the kingdom to God the Father, so that God may be in all.

Gospel Matthew 25:31-46

He will take his seat on his throne of glory, and he will separate men one from another.

Sunday 3 December First Sunday of Advent Year B

First Reading Isaiah 63:16-17; 64:1,3-8

Oh, that you would tear the heavens open and come down.

Psalm Response:

God of hosts, bring us back; let your face shine on us and we shall be saved

Second Reading I Corinthians 1:3-9

We are waiting for our Lord Jesus Christ to be revealed.

Gospel Mark 13:33-37

Stay awake, because you do not know when the master of the house is coming.

CONTACT US

Sacred Heart

25 South Street, Exeter EX1 1EB
01392 642389

exeter-sacredheart@prcdtr.org.uk

Parish Priest

Fr Petroc Cobb 01392 642388

Assistant Priests

Fr Albert Lawes 01392 642378

Deacons

Brian Bargent

Delian Bower

Kelvin Russell

Parish Secretary

Coral Saunders-Mortier

*Office Hours 9.00am–12.00pm &
1.00pm–4.00pm Tuesday–Friday*

Gift Aid enquiries: exeter-sacredheart-giftaid@prcdtr.org.uk

Blessed Sacrament

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

Parish Secretary

Lesley Hooper

*Office hours Tuesday, Wednesday,
Thursday 10.00am–4.00pm*

Gift Aid enquiries:
exeter-heavitree@prcdtr.org.uk

Parish School

St Nicholas Catholic Primary School
Ringswell Avenue, Exeter EX1 3EG
01392 445403

admin@stnics.uk

www.st-nicholas-exeter.devon.sch.uk

Executive Head Teacher

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Useful links

[Bishops' Conference Updates](#)

[Churches Together Devon News](#)

[Churches Together Exeter News](#)

[Churches Together England News](#)

*Catholic Exeter is part of the Roman
Catholic Diocese of Plymouth.*