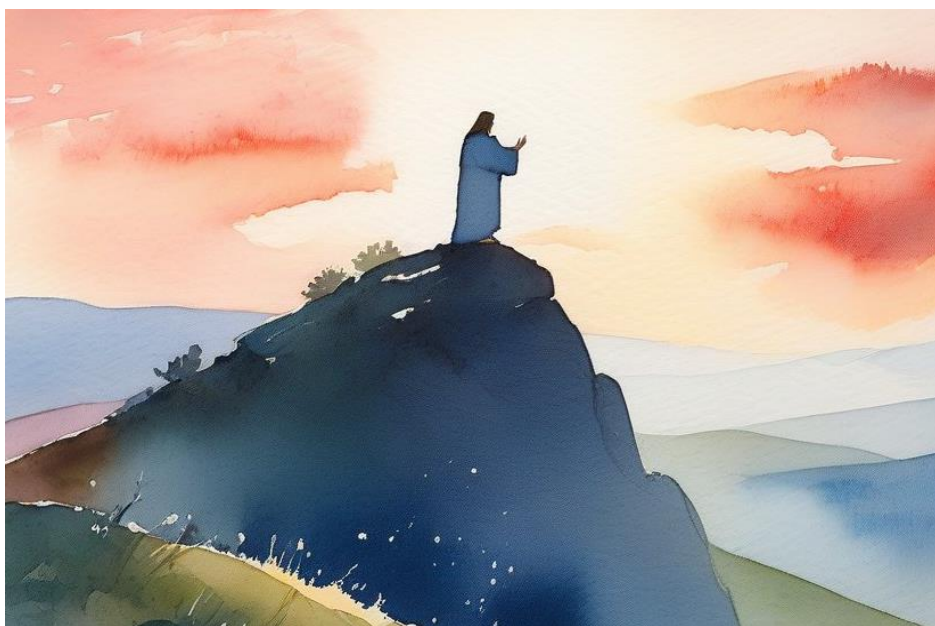


CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross

4 February 2024. Fifth Sunday in Ordinary Time. Year B. Psalter Week I



This world, as we know, is a fragile and fallible place, in which we encounter hunger, disease, sickness and death. Jesus proclaims, by his actions of healing, that there is another world, the Kingdom of God, which will be free from all such anxieties and afflictions. The story of Paradise and the Garden of Eden painted a picture of a world which was perfect, and free from all problems. Jesus came into the world precisely to offer us a return to Eden, if we follow him. Each of his miracles is also, in some sense, a parable or teaching, pointing out to us something of the lost happiness and perfection which he is restoring. This vision of Paradise is not Utopian or delusory, not just a vain hope to comfort us with, but the true manifestation of God's love for us. Jesus could not cure every disease or sickness in the world then: but his miracles of healing are a sign that one day, when the Kingdom comes, sickness and disease will be wiped away for ever. *Salford Office for Liturgy.*

MASS TIMES BLESSED SACRAMENT



Sunday 4 February – Fifth Sunday in Ordinary Time

8.45am *For World Peace*

10.45am *People of the Parish*

Followed by refreshments in St Richard Reynolds Centre

6.00pm *Holy Souls*

Tuesday 6 February – St Paul Miki & Companions, Martyrs

NO Mass

Wednesday 7 February

9.30am *Private Intention*

Followed by refreshments in St Richard Reynolds Centre

Thursday 8 February

Day of Prayer for Victims of human trafficking
and those who wish to combat it.

9.30am *Victims of human trafficking*

7.00pm Adoration of the Blessed Sacrament with Taizé

Friday 9 February

6.30pm *Sick & housebound*

Saturday 10 February – St Scholastica, Virgin

9.30am *For peace in the world*

Followed by Confessions

Sunday 11 February – Sixth Sunday in Ordinary Time

Day of prayer for the unemployed
World day for the sick - we pray for the sick and
those who care for them.

8.45am *People of the Parish*

10.45am *For the sick and those who care for them*

Followed by refreshments in St Richard Reynolds Centre

6.00pm *Eamonn Maher RIP*

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

MASS TIMES SACRED HEART



Sunday 4 February - Fifth Sunday in Ordinary Time

- 5.30pm (Sat) *Luis & Isabel Barrera RIP*
9.00am *Biju Varghese RIP*
10.45am *People of the Parish International Mass*
1.15pm *Mass in Polish*
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Monday 5 February – St Agatha, Virgin & Martyr

- 10.00am *Alexandra Green*

Tuesday 6 February – St Paul Miki & Companions, Martyrs

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

Wednesday 7 February

- 10.00am *Private Intention*
Followed by SVP Chatter Café in the Lower Room

Thursday 8 February

- Day of Prayer for Victims of human trafficking
and those who wish to combat it.
6.30pm *Adoration of the Blessed Sacrament & Benediction*
7.00pm *Elza Babu*

Friday 9 February

- 10.00am *Chris Forrest RIP*

Saturday 10 February – St Scholastica, Virgin

- 10.00am *Ricardo Sebastian Nogueiro SJ who will be receiving his Diaconate
Ordination in Nairobi, Kenya at Our Lady of Guadalupe*
Followed by refreshments in the Lower Room

Sunday 11 February - Sixth Sunday in Ordinary Time

- Day of prayer for the unemployed & World Day for the sick - we
pray for the sick and those who care for them.
5.30pm (Sat) *People of the Parish*
9.15am *Ronald & Maureen Lee RIP*
Mass with Liturgy of the Word for Children
11.15am *Isabel & Jesu's Sanchez RIP*
1.15pm *Mass in Polish*
5.30-6.00pm *Adoration of the Blessed Sacrament & Benediction*

Confessions Saturdays after 10.00am Mass and at 4.00-5.00pm and on request

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

MASS TIMES HOLY CROSS, TOPSHAM

Sunday 4 February – Fifth Sunday in Ordinary Time

11.00am *People of the Parish*

Thursday 8 February

10.00am

Sunday 11 February – Sixth Sunday in Ordinary Time

11.00am *People of the Parish*

EXETER NEWS & EVENTS

Holy Cross, Topsham - Ignatian Spirituality

Thursday 22 February (after 10.00am Mass and coffee) you are invited to our first Ignatian Spirituality Guided Prayer Meeting. It is proposed that these will be held each Thursday during Lent. All very welcome

Extraordinary Ministers of the Eucharist at Sacred Heart

Following the reintroduction of Holy Communion under both kinds at the 9.15am Sunday Mass, we would like to extend this to the Saturday 5.30pm Vigil Mass, if we have sufficient ministers.

If you feel that you would like to serve our parish community in this way, or if you would just like to know more about what is involved, please contact Martin Overy on 01392 436740, or by email at mkovery@gmail.com.

If possible, we could start this on **Saturday 10 February**. Training will be provided, and Ministers will be commissioned by Fr Petroc on a suitable occasion. Thank you.

Exeter Foodbank

Donations of the following priority items are especially needed: tinned meat, tinned vegetables, tins of fruit, noodle & pasta snacks, jams & spreads, small jars of coffee, rice pudding.

Collection Points include – Co-Op (Heavitree/St Thomas); Tesco (Exe Vale); Sainsbury's Alphington/Pinhoe/Guildhall); Waitrose (Gladstone Rd) as well at 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 [this link](#).



“Never Say Dy” at Sacred Heart

Join the Arts Group at our presentation of “**Never say Dy**”: A murder mystery written by our own Maureen Speller. *School reunions will never look the same to you after this!!*

Members of both parishes are invited to join us at the Sacred Heart Parish Rooms, South Street, Exeter on **Friday 9 or Saturday 10 February at 7.00pm or Sunday 11 February 2.30 p.m.**

As before, performers may be using their scripts. Net Proceeds to be split between Exeter Waymakers Refugee Resettlement Programme and Kenyan Educational sponsorship. Tickets, including light refreshments, minimum £5: available from: Gerry Hinton 07970 042641 (e-mail gerryhinton@aol.com) or Dorf Ruscoe 01404 822689 or by contacting any member of the Group.

CAFOD’s Big Lent Walk



Sign up for CAFOD’s Big Lent Walk and challenge yourself to walk 200km in 40 days. You can sign up as an individual, parish or school by [clicking this link](#).

Angela Bosley, a Blessed Sacrament parishioner, has taken part for the last two years being sponsored by friends and family

and she has signed up again this year and she would like to raise £500. To do this she is asking for more sponsorship from Catholic Exeter. She has set up a Just Giving page - [this is the link](#) The page is live now, but she will start walking on 14 February. Let’s help Angela to reach her target and help the work of Cafod.

As part of being a Live Simply parish at Blessed Sacrament, we aim to reduce and re-use the things that we have.

Parishioners therefore may be interested in

Topsham Repair Café, which is open on the first Saturday of each month. [Topsham Repair Café](#)

The Social Justice focus of being a Live Simply parish is the issue of asylum seekers in indefinite detention, and the Jesuit Refugee Service UK send an email on the first Friday of each month from their Detention Outreach team. This can be accessed on [following this link](#).

Did you know that you can raise money for Cafod through your everyday online shopping? When you register you can choose Cafod as your chosen charity and they receive the proceeds: [Give As You Live](#).

Ebay buyers and sellers can support Cafod here: [CAFOD Ebay](#)

The next Cafod/ live Simply meeting will be on 17 February between 10.30am in the church. New members and all ideas are welcome!

St Nicholas School News



We are currently finalising details for our upcoming Yr 3/4 trip to Pixie's Holt on Dartmoor. The children will be going on a night time walk and also 'weasling' over rocks on Hounds Tor the next day.

We also have our Yr 2 sleepover coming up. The children are excited about seeing what goes on in school at night! They always carry out a torch light walk and usually find a few teddys up to mischief in the school office and classrooms!

Lourdes Pilgrimage Appeal



Hello. my name is Sian.

This Easter, I'll be travelling to Lourdes with HCPT as a young helper with a group of young people from across Devon. I would really appreciate your support and prayers for my pilgrimage.

I'll be going with the 141 group who are based at Sidmouth parish and Fr Jonathan has kindly agreed for me to do some fundraising in our parish over the next few weeks.

I'm planning to bake some brownies to sell for people to take away after the 8.45am Mass, or enjoy in the Richard Reynold Centre after 10.45am Mass on Sunday 25 February. They will be delicious!

I know that people really value being able to send their petitions to Lourdes too. If you want me to take your petitions, please feel free to bring them along and leave in the basket after all Masses on 25 February, or they can be given in to the Parish Office, FAO 'Sian - Lourdes'. If you would like to make a donation to support my pilgrimage, I'd be very grateful. Thank you so much. Sian.

Sacred Heart Book Club

The next meeting of the Book Club will be on Thursday 15 February at 7.30pm. The book that we shall be reading is '**The Spire**', by William Golding. All are welcome.

Walk With Me

A Lenten journey of prayer for Lent. Booklets are available in the Blessed Sacrament church porch for a suggested donation of £1.00 (please put your offering in the box marked 'Books').

WIDER NEWS

Caritas January Newsletter

Follow [this link](#) to the January edition of the Caritas Diocese of Plymouth newsletter.

Diocesan Statement about the Bishop's Ordination

“The Episcopal Ordination of Canon Christopher Whitehead will not take place on 22nd February 2024 as expected. Canon Paul Cummins continues as the Diocesan Administrator. A canonical process is currently underway, and no further comments will be made until this process has been concluded. Canon Christopher Whitehead has stepped back from active ministry whilst this process is ongoing.”

Marriage Week 7 – 14 February

Marriage week is an annual celebration offering the opportunity to support and promote marriage and family life. It is celebrated this year from 7 – 14 February.

Excerpts from a reflection for Marriage Week from James Ryan, Discipleship Promoter for the National Office for Vocation.

The Church teaches that marriage is a vocation, a call from God and a response from two people, by God's sustaining divine grace, who promise to build a lifelong, intimate and sacramental partnership of love and life. The call to marriage is a way of living out our universal call to holiness which is freely given to each person when they are baptised. Couples and Christian parents should follow their own proper path to holiness by faithful love, throughout the entire length of their lives.

We are called to live out our vocation in different ways, perhaps as a priest or religious and some of us will remain single. Whichever state of life God calls us each of us to, we are all united by our call to holiness, just like the saints in heaven. Let us give thanks for our husbands and wives, parents, grandparents, those who inspire us, and those we look up to in marriage.

We also pray for all engaged couples, that through a period of discernment together, in prayer, and guided support that they use this is an opportunity of growth together. We pray that the witness in these materials will inspire married couples, young people and children, in the celebration of marriage during Marriage Week.

God our Father, We pray in thanksgiving for the vocation to marriage And for each couple that you join together in order to make a family. We ask that every marriage brings each couple closer to you and closer to holiness. We pray for those who are struggling in their marriage at present, That they can make it through this tough time And support each other in their differences. We make this prayer through Christ, your Son, our Lord. Amen

During Masses at Blessed Sacrament on Sunday 11 February married couples will have the opportunity to renew their marriage vows.

Diocese of Plymouth Newsletter

The diocese is publishing a regular newsletter with items of interest from across the diocese as well as further afield

And here is [the link](#) if you would like to sign up to receive the next newsletter.

The Israeli-Palestinian Crisis – CAFOD - an update



Thank you for your donations and prayers throughout the ongoing crisis in Israel and the occupied Palestinian territory.

The humanitarian situation facing people in the region has become increasingly desperate. But your kind donations have helped CAFOD's local partners in Israel and the occupied Palestinian territory to respond to the needs around them.

Thanks to your support, our partners are: providing emergency shelter, blankets, food and basic goods to over 5,000 families; offering psychological support to people in Gaza, as well as marginalised communities in southern Israel offering refuge to those who have lost homes; distributing plastic sheets to cover windows in shelters that have been destroyed; providing cash for over 20,000 households used to buy food in local markets Please **continue to pray** for everyone affected by this crisis, and hold in your hearts those who are injured or have lost loved ones, livelihoods, and homes. We stand in awe of the unwavering strength and courage of our local partners, who persevere in their mission despite losing their own homes and facing constant threats of aerial bombardment. To find out more [click here](#)

Lent Retreat Day – A Campaign of Christian Service

Saturday 2 March at St Rita's Centre, Honiton, led by Fr. Jacek Kostuch.

The day will begin with coffee/tea on arrival at 9.30am. The first talk will start at 10.00am, and the second talk will be at 11.00am. Exposition and Adoration of the holy Sacrament in silence will be at 12.00pm. Lunch will be served at 1.00pm. Mass will be celebrated at 2.45pm and there will be an opportunity for Confession.

The charge for the day, including lunch (3 course meal), is just £25.00. Booking can be made by phone, email or online (www.stritascentre.org/events) Payment can be made on the day. If you have any questions, please contact Krista Radzina on 01404 42635

Lenten & Summer Ignatian Silent Retreats

Individually guided, Ignatian silent retreats available locally in the diocese.

Honiton Lenten Retreats

Feb 23 - 25 (Fri - Sun) Weekend Retreat (£140)

Feb 26 – 1 Mar (Mon – Fri) Midweek Retreat (280)

Feb 23 – 1 Mar (Fri-Fri) 6 day Retreat (£475)

Sclerder Summer Retreats

July 5 - 7 (Fri - Sun) Weekend Retreat (£140)

July 8 - 12 (Mon - Friday) Midweek Retreat (£280)

July 5 -12 (Fri - Fri) 6 day Retreat (£475)

The recommended donation includes full board & lodging. If you would like to go on retreats, but has difficulty meeting the cost, this can be offset if they get in touch.

St Rita's Centre, Honiton is the venue for our Lenten retreats with very comfortable ensuite accommodation.

Sclerder Abbey, a retreat house for our summer retreats situated near Looe in Cornwall has a large garden with views of the sea and pleasant rural walks nearby.

Please contact Plymouth Diocesan Ignatian Spirituality Group at diocesan-ignatian-retreats@prcdtr.org.uk or phone 01752 769164 Or 07823 447637 for further information or booking form.

Online Lent Talks 2024

An opportunity to hear and reflect on different aspects of our faith during the incredibly important Lenten journey. This year Fr Mark Skelton has opted to use the five great Gospels of the Sundays of Year A. This year the five speakers who have very kindly accepted the invitation are all from within the Diocese.

Rev Nick Johnson	February 16	The Temptations
Gather Conference	February 23-25	No talk
Rev Andrew Marlborough	March 1	The Transfiguration
Mrs Deborah Fisher	March 8	The Woman at the Well
Rev Ignatius Raj	March 15	The Man born blind
Mr Gerard Gillespie	March 22	The raising of Lazarus

The zoom meeting details are the same for all the talks as follows:

Topic: Lent Talks 2024. Time: Feb 16, 2024 06:30 PM London

Join Zoom Meeting [at this link](#). Meeting ID: 834 4584 0521 Passcode: 862737

Diocesan Youth Events Newsletter [click here](#)

FORMING IN FAITH

Baptism Preparation Course

Are you expecting a baby and/or wish to have your child baptised? We look forward to supporting you in preparation for this important sacrament and welcoming you and your family into the community of the Church. Courses run over two consecutive Saturday mornings from 10.15-12.15 delivered via Zoom.

Forthcoming dates: 20 & 27 April, 20 & 27 July and 12 & 19 October

2024. Godparents are especially welcome to attend the second Saturday session as the role of Godparents is explored. Click on the link at the end of this article to register. If you have any problems accessing this, contact Lesley on 01392 274724 or exeter-heavitree@prcdtr.org.uk. We are now taking bookings for the April 2024 course. [Baptism Enquiry form](#)

Want to learn more about the Sacraments?

Join us every fortnight on Monday morning after the 10.00am Mass until 12.15pm in the Lower Room Sacred Heart. Next meeting is Monday 12 February. All welcome.

RCIA: Rite of Christian Initiation of Adults

These sessions are aimed at those wanting to learn more, desiring to receive Baptism or Confirmation in the Catholic Church. If you would like to discover more, join our RCIA course every Thursday at 7.30pm in the Lower Room at Sacred Heart.

GROWING IN FAITH TOGETHER

GIFT tots

Next session: Friday 9 February at the Blessed Sacrament

Registration is Required

An hour of fun faith for pre-school age children and their parents and carers. Come together to pray, sing, explore and create the Good News as we Grow In Faith Together. Second Friday every month at St Richard Reynolds Centre, Blessed Sacrament. Fourth Friday every month at the Lower Room Sacred Heart. 10.15-11.15am. [GIFTtots Registration](#)

GIFT families

GIFT is for primary and secondary aged families and supports them to live and grow as Catholics. It enables parents to prepare their children to receive the sacraments of Reconciliation, Holy Communion and Confirmation.

Next GIFT Meeting: **Saturday 2 March at 9.45am** at St Nicholas School, Ringswell Avenue, Exeter EX1 3EG. [Register for GIFT.](#)

GIFT Youth & Socials News

Next GIFT Youth Social **Friday 16 February**. If you've signed up for Gift Youth details of the next session will be sent to you. We ask that parents of any young person wishing to come along to GIFT Youth have registered them [using this form](#) before they come to GIFT Youth Socials and GIFT Youth Saturdays. This ensures the safety of our young people.

PRAYER & LITURGY

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

Worship Thursday at Blessed Sacrament

Adoration of Blessed Sacrament each Thursday 7.00-8.00pm.

With Taizé on the 2nd Thursday of each month. Next one: **8 February**.

Pope's February Prayer Intention [The Pope Video](#)

For the terminally ill. Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



Adoration & Taizé Prayer

Wednesday 7 February at Sacred Heart at 7.00pm. Come and join the Lord in this time of prayer. *"The Almighty has done great things for me; holy is his name."* – Magnificat antiphon Evening Prayer



St Scholastica (480 – 547) February 10

Twins often share the same interests and ideas with an equal intensity. Therefore, it is no surprise that Scholastica and her twin brother, Benedict, established religious communities within a few miles from each other.

Born in 480 Scholastica and Benedict were brought up together until he left for Rome to continue his studies. Scholastica founded a religious community for women near Monte Cassino at Plombariola, five miles from her brother's monastery.

THE WORD

Sunday 4 February. 5th Sunday in Ordinary Time

First Reading Job 7:1-4.6-7

Restlessly I fret till twilight falls.

Psalm Response: Praise the Lord who heals the broken-hearted.

Second Reading: I Corinthians 9:16-19.22-23

I should be punished if I did not preach the Gospel.

Gospel Mark 1:29-39

He cured many who suffered from diseases of one kind or another.

Sunday 11 February. 6th Sunday in Ordinary Time

First Reading Leviticus 13:1-2.44-46

The leper must live apart: he must live outside the camp.

Psalm Response: You are my refuge, O Lord; you fill me with the joy of salvation.

Second Reading: I Corinthians 10:31-11:1

Take me for your model, as I take Christ.

Gospel Mark 1:40-45

The leprosy left him at once and he was cured.

CONTACT US

Sacred Heart

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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

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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.*