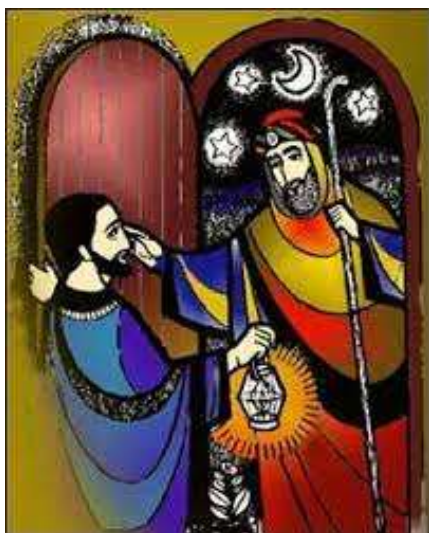


CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament

7 August 2022 Nineteenth Sunday in Ordinary time. Year C. Psalter Week 3



Be ready. As soon as he comes and knocks, they will open to him.

What a joy to realize that, even unworthy and a sinner, it will be up to me to open the door for the Lord, when He finally comes. Yes, at the hour of death, I will open the door to Heaven, or I will close it; nobody will be doing it on my behalf.

When I respond in appropriate ways even

in diverse circumstances, I am rewarded or else proportionately punished, for being inattentive. To be waiting wide-awake at my door for him to arrive is quite simple, and I can certainly do it. I must not be negligent.

Christians are never compass less castaways, they know where they come from, where they are going and how to get there; they know their destination, the means to reach it and the difficulties to be found on the way. To bear all this in mind will help us to be watchful and open the door when our Lord will warn us. Exhortations to vigilance and responsibility are often repeated in Jesus' preaching for two clear reasons: because Jesus loves us and He "watches" over us. He, who loves, does not fall asleep and, because the devil, our enemy, keeps on tempting us. Thinking of heaven and hell should not detract us from our duties down here, but it is healthy and incarnated thought, and it deserves the Lord's admiration.

Fr Anil

MASS TIMES SACRED HEART



Sunday 7 August – Nineteenth in Ordinary Time

- 5.30pm (Sat) *Patrick & Christy Glavin RIP*
9.15am *John & Maureen Wilson RIP*
11.15am *People of the Parish*
5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Monday 8 August – St Dominic, Priest

- 10.00am *Tessa Burfield RIP*

Tuesday 9 August – St Teresa Benedicta of the Cross (Edith Stein),

- Virgin & Martyr, Patron of Europe*
10.00am *John Blaskett RIP*

Wednesday 10 August – St Lawrence, Deacon, Martyr

- 10.00am *Norma Holberton RIP*

Thursday 11 August – St Clare, Virgin

- 6.30pm Exposition of the Blessed Sacrament
7.00pm *For Denise Clare Oliver*

Friday 12 August

- 10.00am *Holy Souls*

Saturday 13 August

- 10.00am *Private Intention*

Sunday 14 August – The Assumption of the Blessed Virgin Mary

- 5.30pm (Sat) *People of the Parish*
9.15am *In Thanksgiving to Mary*
11.15am *Jeanette Bluett RIP*
5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Confessions

Saturdays after 10.00am Mass and 4.00–5.00pm and on reasonable request.

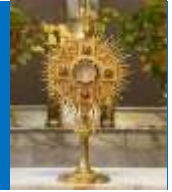
Live stream

All Masses & liturgies are streamed live from the church. To access the YouTube stream please [click here](#)

Refreshments

Tea & Coffee after Masses on Sunday (9.15am), Tuesday & Saturday

MASS TIMES BLESSED SACRAMENT



Church open for private prayer from 9.30am until 6.00pm each day.

Sunday 7 August – Nineteenth in Ordinary Time

8.45am *People of the Parish*
10.45am *Tina Akinpelu (Birthday)*
6.00pm *Canon Paul Cummins*

Tuesday 9 August – St Teresa Benedicta of the Cross (Edith Stein), Virgin, Martyr

6.30pm NO Mass

Wednesday 10 August – St Lawrence, Deacon, Martyr

9.30am *Maureen Lock RIP*

Thursday 11 August – St Clare, Virgin

9.30am *Special Intention*

Friday 12 August

6.30pm *Cath Jackson RIP*

Saturday 13 August – The Transfiguration of the Lord

9.30am *Valdi Pala RIP*

Sunday 14 August – The Assumption of the Blessed Virgin Mary

8.45am *Sick and housebound in the Parish*
10.45am *People of the Parish*
6.00pm *Diocesan Lourdes groups*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Live stream

Most Masses & liturgies are streamed live from the church. To access the YouTube stream please [click here](#).

Refreshments

Served after 10.45am Mass on Sunday and 9.30am Mass on Wednesday.

NEWS & EVENTS

Retrouvaille

A Programme for Couples Struggling in their Marriages

Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille is a programme to support couples who have difficulties in their marriage. It brings a positive focus, new hope and helps nourish and grow your marriage. Tens of thousands of couples headed for divorce have successfully saved their marriages by attending and using the tools provided. The programme helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. It helps them through difficult times whether they are disillusioned or in deep misery. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the next programme commencing with a Virtual weekend on 13 - 16 October 2022 or a Face to Face weekend in Welwyn Garden City on 24 - 26 February 2023, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com - or visit www.retrouvaille.org.uk

Season of Creation 2022

The burning bush is the symbol for this year's Season of Creation which runs from 1 September until the Feast of St Francis of Assisi on 4 October. The recent prevalence of wildfires and the hot and dry summer are signs of the devastating effects that climate change is having on the most vulnerable of our planet. Creation cries out as forests burn and people and animals are forced to migrate. However, the fire that called to Moses as he tended the flock on Mount Horeb did not consume or destroy the bush. This flame of the Spirit revealed God's presence. In this Season of Creation, this symbol of God's Spirit calls us to listen to the voice of creation and consider how we can be good stewards of the earth's valuable resources.

You can find materials for prayer and reflection on the Diocesan website. There is also an opportunity for everyone to share ideas about what more we can do care for our common home through an online survey: [here](#)

Welcomed into the life of grace

Please pray for **Joshua Tomkinson** who will be baptised at Blessed Sacrament this weekend. Please also pray for his parents and Godparents. May the flame of faith and the Holy Spirit grow as he takes his place among God's holy people.

Relics of St Bernadette to visit Great Britain

Coach to Plymouth for the visit of the Relic of St Bernadette: We have arranged a coach to go to Plymouth Cathedral on the 9 September leaving Sacred Heart at 12 Noon, and Blessed Sacrament at 12.15. We will stop at Buckfast for lunch and then proceed to the Cathedral at approximately 3.00pm. We will be there in good time for the Lourdes Liturgy at 6.00pm. There will be an opportunity to venerate the relic and watch the story of St Bernadette in the Cathedral centre. We will leave the Cathedral at approximately 7.00pm. If you wish to come, please print your name and email/contact number on the sheet at the back of the church. Price per seat £10.00, to be collected on the coach.

If anyone who has attended the Diocesan Pilgrimage to Lourdes and would like to be involved in the Lourdes Liturgy at the Plymouth Cathedral at 6.00pm on Friday 9 September please contact Fr Kieran Kirby on 01392 272815 or email Kieran.kirby@prcdtr.org.uk

Universe Catholic Weekly

Get the Universe Catholic Weekly free for a four week trial. Our weekly newspaper downloads to your smartphone or tablet so you never need to go out in the cold or rain for a paper. If you like our online paper then after four weeks free you'll be entitled to take out a quarterly subscription for just £20. Order your free trial now, limited offer. Email sales@universecatholicweekly.co.uk or call 0743 661 7650 or visit <https://universecatholicweekly.co.uk/subscribe>

Sewing Group News

It has been a while since we gave feedback on the sewing group. Despite the pandemic, the group has grown from strength to strength. We remained in contact and kept active (albeit not in person).

During this time, we made masks for the parish. Since meeting up in person again, we have taken on two projects. The first being to assist the local Hospice. This is by making fabric napkins/serviettes which have been delivered. We are now making modesty bibs for their patients. As our second project we are sewing for a family of deaf children in Kenya who are desperate for clothing.

Any donations of materials are always much appreciated.

We invite anyone who is interested in joining to please come along. We meet on a Monday evening from 7.00pm until 9.00pm at the St Richard Reynolds Centre.

Since joining Sacred Heart Parish, as their secretary, Coral is hoping to start up a similar group there. If anyone is interested in this happening, please contact her at the Sacred Heart Parish Office.

Accommodation needed with a family

A young man, from France, coming to Exeter University to do a Master's degree, is looking for a host family to house him and help him with the formalities in return for payment or a language exchange. He would be delighted to be able to discover the country within an English family. He requires accommodation from mid-September until the end of May 2023. If you or anyone you know can help please contact the Blessed Sacrament Parish Office.

March for Life

The Plymouth SPUC Branch is organising a coach to go up to the National March for Life (M4L) on Saturday 3 September in Westminster London.

A coach will leave St Peter's Church Plymouth at 7.00am. Car parking is available on site. Pick up from Exeter Services on the M5 at 8.00am. For the return the coach will leave Westminster at 5.30pm. Seats are £25 each but free seats available for those for whom the cost is prohibitive. You will need to bring a packed lunch. Phone or text Christine at SPUC Plymouth Branch to book a seat: 07742320717

Millions facing starvation in East Africa

CAFOD, the Church's overseas aid and development charity, warns that up to 20 million people are fighting for their lives in Ethiopia, Kenya and South Sudan.

This is down to the spiralling cost of food and the fact that the region is facing the worst drought in 40 years.

Communities in the north of Kenya have been stretched beyond breaking point. Between October 2021 and March 2022, 1.5 million cattle and sheep died. For pastoralists, livestock are akin to a savings account – to see your animals die is the equivalent of having your life savings wiped out. Now, the people themselves are close to starving to death.

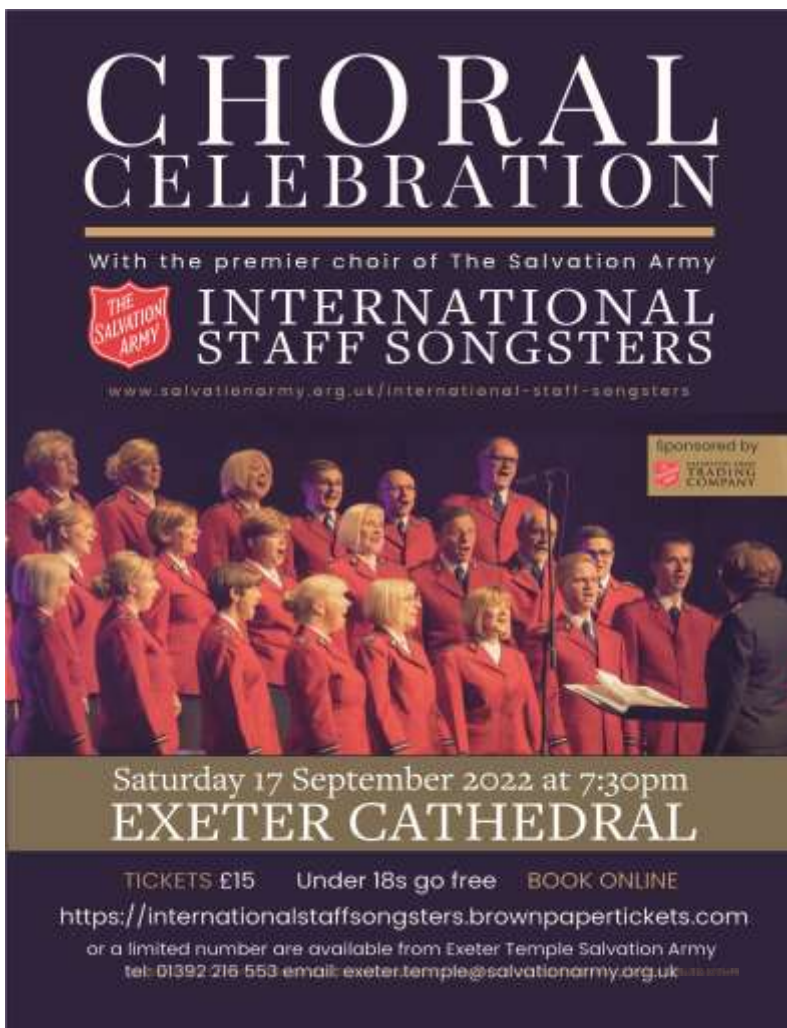
The Catholic Bishops of Kenya have launched their own appeal through Kenya's Church network but are concerned at the lack of interest from the international community. Father Ferdinand Lugonzo, "The Church is present. We bring out the facts to be the voice of the voiceless. This is bringing Laudato Si to life. We will do our part. I just appeal for you to donate as much as you can."

CAFOD has been working alongside communities across Kenya for over 30 years to help them cope better with emergencies – including three years of drought before this one. This crisis is so bad that now these resilient people and communities are under threat. But CAFOD says it will not give up.

If you feel you can, please donate to help families and communities in East Africa and around the world and help fight the causes of hunger longer term. To donate follow this link: [World Food Crisis Appeal | CAFOD](#)


Beda College Discernment Weekend

A vocation discernment weekend for men between the ages of 30 and 55 will take place at St Beuno's retreat centre in North Wales from Friday 2 to Sunday 4 September. The weekend is run jointly by the Pontifical Beda College in Rome and St Beuno's and is for men in the early stages of vocation discernment. Similar weekends in the past have been very successful. Further details and booking with St Beuno's can be found [here](#)




CHORAL CELEBRATION

With the premier choir of The Salvation Army

 **INTERNATIONAL STAFF SONGSTERS**

www.salvationarmy.org.uk/international-staff-songsters

Sponsored by  BROWN PAPER TICKETS COMPANY

Saturday 17 September 2022 at 7:30pm
EXETER CATHEDRAL

TICKETS: £15 Under 18s go free BOOK ONLINE
<https://internationalstaffsongsters.brownpapertickets.com>
or a limited number are available from Exeter Temple Salvation Army
tel: 01392 216 553 email: exeter.temple@salvationarmy.org.uk

Catholic Children's Society (Plymouth)

Annual Appeal 2022 Sunday 28 August. The theme of our CCSP Annual Appeal this year is 'Extend a Hand: Give Hope'. 'The only thing that counts is faith expressing itself through love.' Galatians 5:6.

This year's Catholic Children's Society (Plymouth) Annual Appeal is being launched during a very challenging economic situation. Many families are finding themselves in great hardship due to the rising cost of living. The Society continues to respond to increasing numbers of people applying for support to meet their basic needs and does its best to turn no-one away. However, the increased demand means that the Society's funds are depleted. I appeal to your generosity to support their work and offer what you can afford to help those in most need. May God bless you for responding as generously as you can to this Annual Appeal. Canon John Deeny, Chair, Caritas Plymouth.

We hope that even more parishes will be able to support this year's annual appeal as 30 parishes helped to raise over £17,000 in 2021. We have just received £875.90 in Gift Aid from last year's donations so it's wonderful if supporters are able to tick the Gift Aid box if you can, as this money alone can help an extra 5 families through our Essential Grants programme.

COST OF LIVING SUPPORT

Exeter Foodbank News

New priority items list: Tinned fish, noodle snacks, fruit juice, custard, small jars of coffee, 500g sugar, deodorant, toothpaste.

Collection points at the back of Sacred Heart and Blessed Sacrament churches. Donate money online [here](#). Please ONLY donate items from the list. Thank you.

Food Hub at Rediscover Church

Every Thursday from 11.00am till 1.00pm in the church in Northernhay Street we run a Food Hub, whereby anyone who is struggling with the purchasing of food at the moment, can come along and pick up a range of different items to take home for free. If you have any food you would like to donate or would like to join our team of volunteers, email: jason.ham@rediscoverchurch.com

More info: <https://www.rediscoverchurch.com/foodhub>

Free Breakfasts for Children

During the school summer holidays, commencing Friday 29 July, Heavitree United Reformed Church will be offering FREE breakfasts for children every Friday.

Refresh Cafe continues every Friday at Heavitree from 10.30 to 12.30 serving drinks and snacks. Also during Refresh on the first and last Fridays of the month there will be the Food Larder. Come along and help yourself – it is for everyone. Please pop in and see what's on offer -we look forward to seeing you.

Holiday Food Vouchers

Devon County Council have been allocated money from the government's new Household Support Fund to provide supermarket vouchers to families whose children currently receive benefit-related free schools meals for the full six weeks of the summer holiday. Please get in touch if you or someone you know could benefit. email freeschoolmeals@devon.gov.uk or call 0345 155 1019.

GROWING IN FAITH

GIFT Gateway to the Sacraments

All the information you need to register is below. Contact our Pastoral Assistant Maria Quinn (exeter-pastoral-assistant@prcdtr.org.uk) if you would like to know more about GIFT. We look forward to seeing you soon.

GIFT Youth: Our GIFT Youth Team meet with our young people for their own session. [GIFT Youth Registration Form.](#)

Next GIFT Family Session: No meeting in August. We look forward to welcoming our families at St Nicholas School again on Saturday 10 September.

Family Prayer Resources: Bedtime Chats

Register for GIFT: [GIFT Primary Registration Form.](#)

Dipping into the Catechism A response to the Synod

A new initiative in response to your request to learn more about the teachings of the Catholic Church. Each week we offer an excerpt from the Catechism along with a simple explanation. Copies of these are available in Church and online. If you would like to further explore the teachings of our faith there are several groups across the diocese that meet locally and online. If you would like more information, please contact deborah.vankroonenburg@prcdtr.org.uk

Baptism Preparation Course

Are you expecting a baby and/or looking 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 are over two consecutive Saturday mornings from 10.15-12.15 delivered via Zoom. The next course dates are 15 and 22 October. 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, please contact Lesley in the Parish Office on 01392 274724 or at exeter-heavitree@prcdtr.org.uk Baptism Enquiry form.

Wednesday Word Scripture Reflection

We meet online via zoom from 2.00-3.00pm each Wednesday but we will be taking a break during August and will meet again on 7 September. If you would like to join us, get in touch with Maria: exeter-pastoral-assistant@prcdtr.org.uk.

Catholic Exeter Forming in Faith

We will be taking a break during August and look forward to seeing everyone in September for another Word on Fire series of films about our Catholic Faith.

YOUTH

Diocesan Youth Events

The latest [3 August Newsletter available here](#)

Sing from the Heart at Buckfast Abbey on Saturday 24 September 10.00am - 5.00pm. All singing abilities are welcome. From 10.00am till 3.30pm young people will join together to explore a range of hymns, songs and chants with Buckfast Abbey Choirmaster, Matthew Searles. Friends and family are invited to arrive at 3.30pm to a mini concert, followed by a BBQ for all. Book: [by clicking here](#) For more info contact: Saskia Hogbin at youth@prcdtr.org.uk

Flame 2023 Tickets now available. [Visit the Flame website](#) for more info

World Youth Day 2023 Lisbon Portugal 26 July – 8 August 2023. Lots of information in the newsletter. [World Youth Day Lisbon 2023.](#)

Summer Catechetical Camps

We hope that all the young people and helpers who were at the Summer Camps last week had a fabulous and spirit filled time.

PRAYER & LITURGY

Prayer Around the Cross

On Fridays starting 19 August then 16 September, 14 October, 18 November, and 9 December at 7.00 pm at St. Pancras Church, Guildhall Shopping Centre

Prayer around the Cross comes from an Eastern European tradition and forms a regular part of the worship of the ecumenical Taizé Community in France. In the adapted form we use hosted at St Pancras, it consists of readings, prayers, meditations and silence, interspersed with songs and chants from Taizé and elsewhere. All are welcome.

Pope's August prayer intention

For small businesses. We pray for small and medium sized businesses; in the midst of economic and social crisis, may they find ways to continue operating, and serving their communities. [The Pope Video](#)

Day of Special Prayer

Tuesday 9 August is the feast of St Teresa Benedicta of the Cross (Edith Stein) Patron of Europe. We are asked to pray for a deepening of knowledge and understanding of our common heritage of faith. For an openness to the stranger and a care for their needs.

Prayer for Ukraine

Loving God, We pray for the people of Ukraine, for all those suffering or afraid, that you will be close to them and protect them. We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need. May we walk in your ways so that peace and justice become a reality for the people of Ukraine and for all the world. Amen.

Our Parish Family

We pray that those of our Catholic Exeter community who are enjoying holidays will return refreshed and invigorated by their time away.

We also welcome any who are visiting our Exeter parishes at this time. We pray that you have a good holiday/visit.

Into your hands, Lord...

Please pray for the repose of the soul of Maureen Lock whose funeral Mass will take place at Sidmouth Catholic Church on Friday 19 August at 10.00am. RIP.

THE WORD

Sunday 7 August – 19th Sunday in Ordinary Time

First Reading – Wisdom 18:6-9

By the same act with which you took vengeance on your foes you made us glorious by calling us to you.

Psalm Response: Happy are the people the Lord has chosen as his own.

Second Reading – Hebrews 11:1-2. 8-19

Abraham looked forward to a city founded, designed and built by God.

Gospel – Luke 12:32-48

You too must stand ready.

Sunday 14 August – The Assumption of the Blessed Virgin Mary

First Reading – Revelations 11:19; 12:1-6.10

A woman adorned with the sun, standing on the moon.

Psalm Response: On your right stands the queen, in garments of gold.

Second Reading – 1 Corinthians 15:20-26

Christ as the first-fruits and then, those who belong to him.

Gospel – Luke 1:39-56

The Almighty has done great things for me, he has exalted the low

CONTACT US

Sacred Heart

25 South Street, Exeter EX1 1EB
01392 272815
exeter-sacredheart@prcdtr.org.uk

Parish Priest

Fr Kieran Kirby

Assistant Priests

Fr Albert Lawes & Fr Anil Gundabatina

Deacons

Delian Bower & Kelvin Russell

Parish Secretary

Coral Saunders-Mortier

Sacred Heart 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 Office

Tuesday, Wednesday, Thursday
10.00am–4.00pm

Parish Secretary

Lesley Hooper

Blessed Sacrament Gift Aid:

exeter-heavitree@prcdtr.org.uk

Parish School

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

admin@stncs.uk

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

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Maria Edwards
07870 696530

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.*