

CATHOLIC EXETER



Parishes of Sacred Heart, Blessed Sacrament, and Holy Cross
3 December 2023. First Sunday of Advent. Year B. Psalter Week 1



The master is coming!

Advent opens with a great cry, and a great promise: “*Oh that you would tear the heavens open and come down!*” is the cry, of a people who need God. “*...The master is coming*” is the promise, not to breed fear, but to answer our cry. Advent begins, not with thoughts of the past, with the coming of the Lord we celebrate at Christmas, but with the future, and the promise that He is coming back. We are encouraged to treat every day as the day the Lord will come; we do not do this out of fear for a Master who beats his servants, but out of love of a Master who always treats us with love and mercy. Nevertheless we must always be watchful, because we can grow sleepy and complacent, saying that we can leave this prayer or that confession or the other change in the way we live to tomorrow. Even as we look forward to the tomorrow of the Lord’s coming, we must remember that it might be today! *Salford liturgy*

MASS TIMES BLESSED SACRAMENT



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*

Tuesday 5 December

- 6.30pm *Mary & Fred Collier*

Wednesday 6 December – St Nicholas, Bishop

- 9.30am *For a new Bishop*
Followed by refreshments in St Richard Reynolds Centre

Thursday 7 December – St Ambrose, Bishop & Doctor

- 9.30am *Patricia Cummings RIP*
7.00pm *Adoration of the Blessed Sacrament*

Friday 8 December – The Immaculate Conception of the Blessed Virgin Mary

- 6.30pm *Charles Edward Grant (Ted) RIP*

Saturday 9 December

- 9.30am *Dan Docherty RIP*
3.00pm *Syro Malabar Mass*

Sunday 10 December – Second Sunday of Advent – Bible Sunday

- 8.45am *Mrs Kelly's intentions*
10.45am *People of the Parish*
Followed by refreshments in St Richard Reynolds Centre
6.00pm *Deceased members of the Grant family*

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 3 December – First Sunday of Advent Year B Migrants Day

- 5.30pm (Sat) *Biju Varghese RIP*
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

Monday 4 December

- 10.00am *Colin Mannis RIP*

Tuesday 5 December

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

Wednesday 6 December – St Nicholas, Bishop

- 10.00am *Alexander Green*
Followed by SVP Chatter Café in the Lower Room

Thursday 7 December – St Ambrose, Bishop & Doctor

- 6.30pm Adoration of the Blessed Sacrament & Benediction
7.00pm *Biju Varghese RIP*

Friday 8 December – The Immaculate Conception of the Blessed Virgin Mary

- 10.00am *Zoe*

Saturday 9 December

- 10.00am *Rachel Munro RIP*
Followed by CWL refreshments in the Lower Room

Sunday 10 December – Second Sunday of Advent – Bible Sunday

- 5.30pm (Sat) *People of the Parish*
9.15am *Biju Varghese RIP* - Mass with Liturgy of the Word for Children.
Followed by refreshments in the Lower Room
11.15am *Anna Maraoni*
1.15pm Mass in Polish
3.30pm Night Fever leading into Carol Service at 5pm

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 3 December First Sunday of Advent Year B Migrants Day
11.00am *People of the Parish*

Thursday 7 December
10.00am

Sunday 8 December Second Sunday of Advent
11.15am *People of the Parish*

EXETER NEWS & EVENTS

Migrants' Day

The first Sunday of Advent is Migrants' Day.

We pray for our society that it may always welcome the stranger.

We pray for all those countries from which asylum seekers and refugees have fled that all may work together for peace and justice.

Exeter Foodbank Christmas Tree at Blessed Sacrament

Our Christmas tree is now in the church, and you will see it is already decorated with Exeter Foodbank Tags. Each tag includes an item the Foodbank has prioritised this Christmas. You are invited to take a tag, purchase that item, bring it to church and place it under the tree. When you take a tag we invite you to take a ribbon and tie it to the tree to remember a loved one who will not be with you for Christmas. We will continue to do this throughout Christmastide. Many will benefit from your generosity. Thank you in anticipation.

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.

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*

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

Sacred Heart Church Book Club

The next meeting of the Sacred Heart Book Club will be on Thursday 4 January 2024 at 7.30pm, in the Upper Room, after evening Mass. The book that we are reading is 'Foster', by Claire Keegan. All are welcome.

Simbang Gabi

This traditional Filipino Mass will be celebrated at Blessed Sacrament on **Saturday 16 December at 3.30pm**. An invitation is extended to all parishioners to join the Filipino community.



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, it's 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.

Thank you to all who helped and contributed and to those who supported on the day.

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.



Letter from SVP

Dear friends, your small SVP group, working across Catholic Exeter, has been busy this year. Here are some of our highlights.

Chatter Café, Wednesday mornings, a Warm Welcome space and open to all for conversation, companionship and a cuppa.

Visits. Our small team continue to contact and visit parishioners and others who need our support, either by telephone or face to face.

Practical Support. We were recently able to equip and furnish a house to support a migrant family. We funded bus tickets to enable migrant families to cook for themselves at an Exeter cultural kitchen.

School. This year we funded a school shoes project and will be supporting young families with Christmas food vouchers which have really made a difference in these difficult times.

Vinnie Packs. This winter we hope to distribute another fifty cold weather Vinnie Packs to keep Exeter's homeless community warm.

We would love to do more.....and could if we had more people in the team! Thank you for your prayers and your continued support. *Peter Schranz, President, Exeter parishes SVP*



St Nicholas School News

We are looking forward to celebrating St Nicholas Day on the 6 December. We will be celebrating with a Mass in the school hall at 9.30am - parishioners are welcome to attend. Children will make paper shoes ready to be filled with gold chocolate coins and will have special cakes to share in class, made by the school kitchen.

We are also busy rehearsing our Christmas nativities, ready to perform to parents next week. Children are also very excited about a disco organised by our PTA to celebrate the end of term.

For information about joining our school community please contact Mrs Brocksom (admissionenquiries@stnics.uk)

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.

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, starting at 3.30pm with Night Fever, and continuing with the Carol Service at 5 p.m. The Carol Service will be followed by refreshments including mince pies and mulled wine at the back of the church. Everyone is warmly invited.

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!

WIDER NEWS & EVENTS

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/>

The Jubilee 2025 & the Year of Preparation



There will be a Jubilee of the whole Church in 2025 and we are going to be spending the coming year preparing for such an event. The theme of the Jubilee (Pilgrims of Hope), is an occasion of joy and mercy. Events will be planned throughout the year, it is an occasion of grace and celebration. You can view the trailer for the Jubilee [here](#) There is also an App, available on all devices – **lubilaeum25** – which contains latest news, the hymn for the Jubilee, and a calendar of events.

The Holy Father has asked us to focus on two things: the **Our Father**, and the four

Constitutions of the Second Vatican Council. The Our Father as a means to focus our prayer, and the Constitutions as a means to renew the catechesis in the Church.

Caritas Plymouth

Homelessness – How are we called to respond?

Online event 6-7pm Wednesday 17 January 2024

Catholic Social Teaching reminds us that housing is not a valueless system but a core part of what it means to live a dignified human life. Cardinal Vincent Nichols has said that “the provision of secure, decent housing for all is a hallmark of a good society. ‘And yet on any given night, tens of thousands of families and individuals are experiencing the worst forms of homelessness across Great Britain. This includes more than 200,000 households in England alone.

This online event of prayer and reflection will include presentations from organisations working on the frontline of homelessness including St Petrocs Cornwall and Routes to Roots in Dorset, who will share their response to the enormous challenge of homelessness and how we can best respond.

All are welcome. Please register to receive the Zoom invitation

<https://forms.office.com/e/VVp5t5qU7F>

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

Cost of Living Signposting: information can be found [here](#)

Reverse Advent Calendar: We have also created a reverse advent giving calendar to encourage donations to local foodbanks in the run up to Christmas - a great idea, find details [here](#)

Diocese of Plymouth

Advent reflections and prayers Follow [this link](#) to the first of four Advent offerings on the theme of HOPE

Diocesan Yearbook 2024

The 2024 Diocesan Yearbook is now available at Blessed Sacrament at a cost of £4.00. It is a great source of diocesan information and news. Please put your payment in the wall box marked 'Books'.

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

Northern Lights Concert

We invite parishioners and clergy to watch Gerry Hinton and Charlotte Wilson who are singing in the Northern Lights concert at St David's Church, Exeter EX4 4HR, on Saturday 16 December at 7.

30pm. Tickets £18 (unreserved) Students/UC £5, Children (under 18 years) £1

Community News

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.

Synodal Newsletter November 2023: [Read it 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.

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 7.30pm 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.

GIFTtots Beginning in January 2024.

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. The second Friday every month at the St Richard Reynolds Centre, Blessed Sacrament. Or the fourth Friday every month at the Lower Room Sacred Heart Parish Centre. 10.15-11.15am. Please complete one registration form per child attending the group that [you will find at this link](#) See you there.



GIFT Youth & Socials News

The next Gift Youth Social will be on 19 January 2024. 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.

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. Forthcoming dates: **27 January & 3 February**, 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



PRAYER & LITURGY

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 January 2024 course. [Baptism Enquiry form](#)

COP28 Prayer Support Nov.30 – Dec.12

Little more than praying can help us now!

An hour of prayer will take place at Sacred Heart, 10.30 – 11.30, every day, barring Sundays, for the duration. Please join us when you can.

Adoration & Taizé Prayer

Wednesday 4 October 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

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)

Pope’s December Prayer Intention

Let us pray that people with disabilities may be at the centre of attention in society, and that institutions may offer inclusion programmes that value their participation.

See also [The Pope Video](#)

THE WORD

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 1 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.

Sunday 10 December Second Sunday of Advent

First Reading Isaiah 40:1-5. 9-11 *Prepare a way for the Lord.*

Psalm Response: Let us see, O Lord, your mercy and give us your saving help.

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

Gospel Mark 1:1-8 *Make his paths straight.*

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

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

admin@stnics.uk

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

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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.*