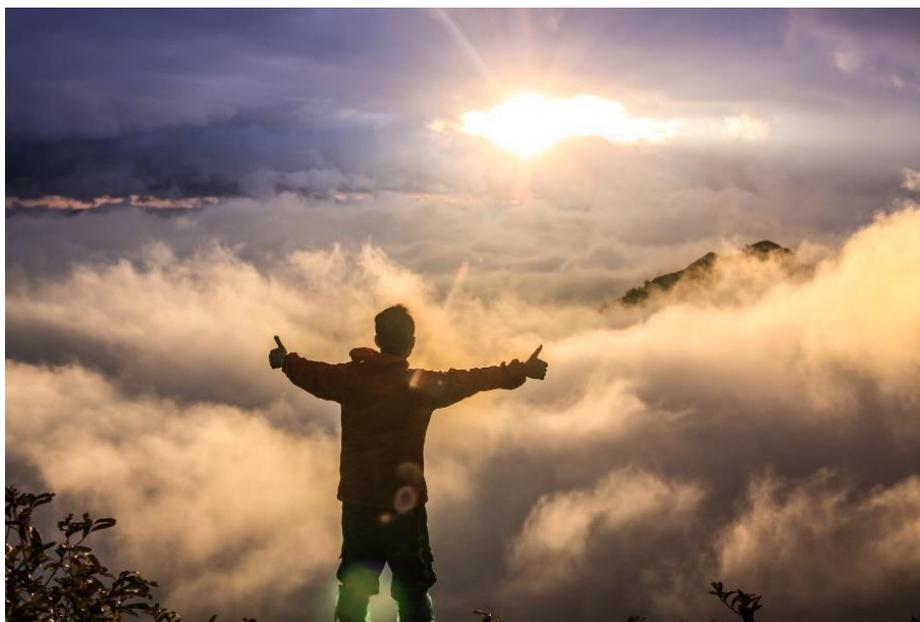


CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament

5 February 2023 5th Sunday in Ordinary Time. Year A. *Psalter 1*



You Are the Light of the World!

Contrary to popular opinion, faith is NOT a private affair. For the gift that we have been given in Jesus is not for ourselves alone but for the whole world. To keep our faith private, to not bother people with it, is to have tasteless salt or a lamp under a tub. If we do not share our faith, then what is it good for? By not sharing the faith we even lose the benefits of the gift given to us. How can we hide the Light from those who seek it? It is not for our own glory that we must bear witness to the faith by publicly loving God and our neighbour, but for the glory of our Father in heaven and for the life of our world. *Fr Albert*

MASS TIMES SACRED HEART



Sunday 5 February – 5th Sunday in Ordinary Time

Racial Justice Day – Justice & Peace in the World

5.30pm (Sat) *Holy Souls*

9.15am *For Fr Kieran Kirby*

11.15am *For the People of the Parish*

5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Monday 6 February – St Paul Miki & Companions, Martyrs

10.00am *Requiem Mass for Nancy Ruffle RIP*

Tuesday 7 February

10.00am *Holy Souls*

Wednesday 8 February

NO MASS

Thursday 9 February

6.30pm Exposition of the Blessed Sacrament

7.00pm *For Fr Michael Wheaton*

Friday 10 February – St Scholastica, Virgin

10.00am *Requiem Mass for Kathleen Greener RIP*

Saturday 11 February

NO MASS

Sunday 12 February – 6th Sunday in Ordinary Time

5.30pm (Sat) *Ronald & Maureen Lee RIP*

9.15am *For Jolana Behunova*

11.15am *For the People of the Parish*

5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Confessions Usually Saturday after 10am Mass and 4-5pm, and on reasonable request.

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

Refreshments served after Masses on Sunday (9.15am), Tuesday, Wednesday and Saturday.

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

MASS TIMES BLESSED SACRAMENT



Sunday 5 February – 5th Sunday in Ordinary Time

Racial Justice Day – Justice & Peace in the World

8.45am *People of Ukraine*

10.45am *People of the Parish*

6.00pm *Canon Paul Cummins*

Tuesday 7 February

6.30pm *Victims of trafficking*

Wednesday 8 February

NO MASS

Thursday 9 February –

9.30am *Fr Kieran Kirby*

Friday 10 February – St Scholastica, Virgin

6.30pm *Parishioners who are housebound*

Saturday 11 February

9.30am *All who are sick and those who care for them.*

Sunday 12 February – 6th Sunday in Ordinary Time

8.45am *Fr Michael Wheaton*

10.45am *All children & young people.*

6.00pm *People of the Parish*

Confessions

Saturdays after 9.30am Mass and on reasonable request.

Live stream Mass

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

Refreshments

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

CHARITY BEGINS AT HOME

CAFOD News

CAFOD Exeter Deanery Meeting

You are invited to our Deanery Meeting at 11.00am – 1.00pm on Saturday 11 February at St James and St Boniface, 40 Old Road, Tiverton, EX16 4HJ followed by a shared lunch. Discover how CAFOD is working across the Deanery to fundraise, campaign, and raise awareness of social injustice. We hope to see you there.

Can You Help?

The Exeter CAFOD groups are looking for someone to help with campaigns, particularly in contacting our local MPs. This important element of highlighting CAFOD's work is usually done by email or letter. It is a voluntary role as part of a parish CAFOD group and there CAFOD will supply support and resources. If you are interested, please let your parish office know and one of the CAFOD group will contact you.

Exeter Foodbank

Priority items: Fruit squash (orange, blackcurrant etc.), fruit juice, tinned meat, tinned potatoes, biscuits, noodle snacks, jams & spreads, custard, sponge puddings, 100g coffee jars, household items (washing up liquid, washing capsules etc.). Collection points are located at Sacred Heart, Blessed Sacrament churches and in local supermarkets. For more information, see [Exeter Foodbank website](#)

Keeping warm this winter

Find Warm Spaces in Exeter

The Exeter Connect Team have compiled a map to make accessing information about warm, friendly spaces this winter easier: [Warm Spaces in Exeter](#)

Cost of Living – What Can You Do to Help?

Caritas Diocese of Plymouth is running an online event at 12.00pm on Thursday 9 February to share resources that parishes and groups can use to support people who may be struggling with the cost of living. The event will last around 40 minutes and will share useful links and ideas to signpost those who may be looking for help. There will be an opportunity to share insights and raise any areas where people might welcome further guidance. [To register. Click Here](#) and we will send out the details.

Caritas Plymouth

[Click Here to read the January Newsletter](#)

FORMING IN FAITH

Are You Thinking of Becoming a Catholic?

Our faith journey can take us in many different directions. Some people are baptised into faith and the Church when they are infants, other people come to faith in God much later in life. Some people journey in one direction and then, for many different reasons, God calls them to change direction.

The Catholic Church welcomes those who are considering becoming part of the community. You may have already been baptised in a different church or you may have never received the sacraments. You may be married to a Catholic and look forward to being part of the same faith family. You may already be a baptised Catholic but know little about the faith or have never received the sacrament of Confirmation. You may simply feel God is calling you.

If so, we would love to meet you. We invite you to come and find out more about the Church and the journey towards joining the Catholic community.

We will meet for the first time on **Thursday 16 February at 7.30pm** in the Lower Room at Sacred Heart. It will be a very informal and friendly meeting and you don't need to do anything to prepare, just come along. Don't worry if you feel a bit daunted, this could be the first step towards a whole new life!

You may know someone who has expressed a desire to know more about being a Catholic. Please invite them and come along and support them. You would be most welcome. We look forward to seeing you.

Would You Like to Deepen Your Prayer Life?

Come along to Forming in Faith, our adult catechesis groups. Our current series 'The Prayer Course' is a simple and accessible guide to prayer for those who are both novices and experienced in daily prayer. Using the 'Our Father' as a template for prayer, the Prayer Course will both deepen your understanding of the different types of prayer and provide an opportunity to pray together as a group. This week's session concentrates on "Adoration." Each week, resource sheets will be available to take home and to guide you in your prayer journey.

The next meetings will be on **Monday 13 February at 10.30am in the Lower Room, Sacred Heart Church OR Tuesday 14 February at 7.00pm in the St Richard Reynolds Centre, Blessed Sacrament Church.**

You are welcome to come for all of the series or as and when you can.

Wednesday Word Scripture Reflection

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, you will be most welcome.

Is God calling me to Priesthood or to the Religious life?

Have you ever wondered, 'Is God calling me to Priesthood or to the Religious life?' Then come along to a Day of Reflection for men on Saturday 18 February from 10.00 – 16.00 at Christ the King Church, Armada Way, Plymouth, PL12EN.

The day will include Mass; a time of Adoration; a short conference; an opportunity for Confession; 'One to One talks' with Priests from our Diocese; and sharing food together (this will be provided – please let us know of special dietary requirements). If you are under 18, you are welcome to attend with your parents' permission. If needed, arrangements can be made to collect you from Plymouth Railway Station and returned after.

For further information and to register for the event, please contact Fr Jacek Kostuch on Jacek.Kostuch@prcdtr.org.uk or speak to your Parish Priest, by 14 February.

GIFT: Gateway to the Sacraments

GIFT is for all families of faith who want to learn about their Catholic faith, meet other families and be supported in their family faith journey. GIFT is the gateway to the sacraments of Reconciliation, Holy Communion and Confirmation in the Exeter parishes. Find out more on the Blessed Sacrament Website GIFT page: [Click Here](#)

Next GIFT Meeting: Saturday 4 March at St Nicholas School at 9.45am

Get in Touch and Register If you would like to join us, please register using the appropriate link: GIFT Primary [Registration Form](#) and [GIFT Youth Registration Form](#). If you have any questions, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk

Sign up to the Diocese of Plymouth Newsletter

The Diocese of Plymouth Communications Team is relaunching the Diocesan Newsletter. It is a source of spiritual reflections as well as information and news from across the Diocese. If you would like to receive the newsletter via email please [Click Here](#). You will be free to opt out of receiving emails at any time.

Ignatian Spirituality Group Retreats 2023

Have you ever thought about getting away for a while and spending time with God? If so then one of these silent, individually guided retreats available in the Diocese of Plymouth in 2023 could be just the thing for you.

Lenten Retreats

Feb 24 – 26 (Fri – Sun) Weekend Retreat

Feb 27 – 3 March (Mon – Fri) Midweek Retreat

Feb 24 – 3 March (Fri - Fri) 6-day retreat.

Venue: St Rita's Centre Honiton, East Devon. A well-appointed retreat house with comfortable ensuite accommodation situated in the Vale of Honiton.

Summer Retreats

Jun 30 – 2 July (Fri - Sun) Weekend Retreat

July 3 – 7 July (Mon - Fri) Midweek Retreat

Jun 30 – 7 July (Fri - Fri) 6-day Retreat

Venue: Sclerder Abbey near Looe in Cornwall. The retreat house in its tranquil setting and with a large garden and pleasant rural walks nearby.

Cost includes full board & lodging. Recommended donation:

Weekend Retreat £140, Midweek Retreat £240, 6 day Retreat £450.

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

Dipping into the Catechism

[Click Here for the February Sheets](#)

YOUTH

Rise Theatre: Faithful Companions

Rise Theatre's production of Faithful Companions is coming to St Boniface's College, Plymouth at 7.00p.m. on 16 March. Join us to explore the inspirational true story of Marie Madeleine d'Houët, foundress of an international Society of Catholic sisters called the Faithful Companions of Jesus. In this original stage production, we see the courageous story of one woman's fight to address the great need in the world around her in 19th century France and beyond, lived through steadfast devotion to Jesus Christ and responding to God's call. It is suitable for all ages from 11 upwards. [Click Here for more information and to book.](#) You can also reserve tickets by phoning 01752 779051, or by emailing mailbox@bonifaces.com Reserved tickets are £5 each ...cash on the door.



Flame is a gathering of young people aged 14 – 21 from across the country being held at Wembley OVO Arena on Saturday 4 March. It is a fantastic opportunity to experience a dynamic and vibrant expression of our Catholic faith with great talks, music, and theatre. [Click Here to see what it's like.](#) This year's speakers include Cardinal Tagle from the Philippines, Guvna B, Adenike, artist Therese Withers, and many more! Tickets are only £35 which includes entry and travel to Wembley. Coaches will pick up from locations in Dorset and Devon. It's not just for Catholics, so anyone interested is welcome to come. If you would like to go, **please BOOK NOW.** You can let Maria Quinn, our pastoral Assistant know exeter-pastoral-assistant@prcdtr.org.uk or contact Saskia or Michelle directly by emailing youth@prcdtr.org.uk

PARISH NEWS & EVENTS

Sacred Heart: Young Children's Mass Bags



If you are a parent of little children, then please take advantage of our wonderful new Mass Bags. From this week, the stewards at our Sunday Masses will have Mass Bags available for young children that parents can borrow to help occupy and teach their children about faith during Mass. The bags cater for children who are 0 – 5 years old. After Mass please remember to return the bags to the back of church so that they can be enjoyed by other families each week.

Accommodation Needed: Can you help?

Tarsisio Nyatsanza has recently arrived in Exeter and joined our community from Zimbabwe. He is currently living in a B&B but is looking for more permanent accommodation: a 1–2 bedroom apartment or equivalent. If you are able to help, please email tarsisionyats@gmail.com or call 07440543707.

Understanding Synodality

Two further talks by Dr Caroline Farey on Saturday 11 February at St Peter's Catholic Church, Crownhill, Plymouth, PL5 3AX. Meet in person or online via Zoom. Mass at 9.30am. Refreshments at 10.30am. Please bring your own lunch.

To request a zoom link email: carolinefarey@btinternet.com

11.00am: Talk 1. Sharing the priesthood of Christ.

1.15pm: Talk 2. Should women share in the hierarchy?

LOUDfence: Supporting survivors of abuse

The Diocese is holding a LOUDfence event at Christ the King Church, Plymouth from 15 – 17 February. A LOUDfence is a visible display of support and solidarity with those who have been affected by abuse showing survivors of abuse that we hear you, we believe you and that we are here to support you. With talks by Fr Mark Skelton and Antonia Sobocki, attendees will be able to discover more about support for survivors, and to tie a ribbon to a fence which could also include a message of support. There will also be a Survivors Mass at 12.00pm on Friday 17 February.

The event is open to everyone, and the LOUDfence will be in place at the front of the church from 2.00pm on Wednesday 15 February until 4.30pm on Friday 17 February for ribbons and messages to be added. Members of the safeguarding team will be present during working hours.

If you are unable to attend but would like to send a message of support, please visit: [our LOUDfence website page](#) and complete the online form, e-mail sophie.scagell@prcdtr.org.uk

Sacred Heart International Mass

Sunday 19 February

'I looked, and behold, a great multitude which no man could number, from every nation, from all tribes and peoples and tongues, standing before the throne and before the Lamb' Revelation 7:9

You are warmly invited to the International Mass at Sacred Heart.

This is a fantastic opportunity to celebrate our Catholic unity and diversity by celebrating our national heritages united in worship of our One Loving God. Mass will be at 10.30am followed by an International lunch in Kalendar Hall just up the street from the church. Come along and experience the cultural diversity of Catholic Exeter both in worship and in food, at our bring and share lunch.

Please note that on 19 February Mass times at Sacred Heart will be different. There will be Mass at 8.15am, followed by the International Mass at 10.30am

Retrouvaille: Help to Renew Your Marriage

Do you feel alone in your marriage? 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. The programme helps spouses uncover or reawaken 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 a Face-to-Face weekend in Welwyn Garden City on 24 – 26 February, call or text 07887 296983 or 07973 380443 or email retrouvailleukinfo@gmail.com or visit www.retrouvaille.org.uk

Stay Awake – Saturday 11 March

At All Saints Church of England Academy, Weymouth, 10.00am – 7.00pm. Please come and bring your friends and neighbours to an inspirational day of growing closer to Jesus. There will be Mass, Praise and Worship, Kids' activities, Fellowship, Workshops, a Prayer Room and Pizza in the evening for dinner! What's not to love?! Tickets are FREE for those in Year 9 and under and only £10 for everyone else! Please see www.stayawakejc.com for more information and to book tickets!

Safeguarding Training

Advance Notice – Saturday 25 March

Rob Kingdom from the Diocesan Safeguarding Team will be providing training for parishioners from Blessed Sacrament and Sacred Heart on Saturday 25 March, 9.30am until 4.00pm at the St Richard Reynolds Centre at Blessed Sacrament. Refreshments and lunch will be provided. Confirmation of times nearer the time. Please give your name to Lesley Hooper at Blessed Sacrament parish office if you plan to attend. Thank you.

Lent and Easter at St Rita's Shop

Buy Lent and Easter religious articles now from St Rita's Shop, Honiton. Shop online at www.stritascentre.shop where you will find an inspiring selection of items, books, statues, holy pictures etc. at competitive prices. You can also order online, by email shop@stritascentre.org or by phone 01404 42635.



The Life of Christ at Wintershall

We are hoping to organise a trip by coach to the Wintershall Estate in Surrey to experience The Life of Christ on Saturday 1 July.

The greatest story of all time is movingly recreated with authentic detail, outstanding quality sound and music. The Life of Christ is a passion play not to be missed. It is both educational and entertaining, amusing and serious. Watch as hundreds of actors bring the story of Jesus to life in an open-air epic production set in stunning Surrey countryside. Young and old from all walks of life will be mesmerised as the story unfolds across three captivating acts from 10.00am to 3.30pm. The retelling of this evocative story against the peaceful backdrop of the Wintershall grounds has a profound effect on visitors. The Life of Christ is highly entertaining and unforgettable.

To express an interest in going please contact Blessed Sacrament Parish Office and Lesley will be able to give you more details. This trip is open to parishioners of all Exeter parishes. We will advertise the prices in the newsletter when we have all the information for you. To find out more please visit the website:

[The Life of Christ.](#)

St Nick's News

We cannot believe we only have one week left until half term! We are looking forward to a week's break and then coming back on Tuesday 21 February to (hopefully) slightly warmer weather and a busy half term ahead building up to Easter. In the first week back, we will have our Ash Wednesday liturgy led by one of our Yr 3/4 classes. We will then look forward to St David's Day and World Book Day in the following week.

Thank you to the parishioners who have already contacted us about reading with the children. We are delighted to have had such a great response for this important role to support children's reading and learning. We are still happy to receive expressions of interest - please contact Mrs. Brocksom, Senior Administrator (abrocksom@stnics.uk). A reminder that we will need to carry out an enhanced DBS check for this volunteer role.



Catholic Children's Society (Plymouth) Needs You!

It is with great sadness that the trustees of the Catholic Children's Society (Plymouth) share the news of the sudden death of our Co-Chair, John Larter. May he rest in peace and rise in glory. We are looking for

someone to carry on John's good work. You could be the one to do it. We are looking for enthusiastic trustees who can commit to serving on the board with professional skills in areas such as business/finance, HR or social care. It is a voluntary position that is both rewarding and challenging.

We also need youth trustees to bring the views of the new generations into our work. Open to anyone aged at least 18, especially if you are at university or have just completed your studies, then consider that you can make a difference to some of the most deprived families across Cornwall, Devon, and Dorset. This volunteering role will give you good business experience, an ability to find out how a small charity works, knowledge of safeguarding, as well valuable experience working as part of a diverse team and much more.

Further details are on our website www.ccsplymouth.org.uk, or contact the office on **01364 645420**, or by email ccs@prcdtr.org.uk.

Diocese of Plymouth Vacancy

Exeter/Torbay Deanery Bookkeeper

The Diocese is seeking to recruit a Deanery Bookkeeper, home based in the Exeter/Torbay area. **Location:** Homebased in Exeter/Torbay. **Hours:** 5 days per week (35 hours) worked during normal office hours. (Job share considered of 2 roles of 17.5 each). **Salary:** Circa £26,000 per annum. **Closing date:** February 13 at 12.00pm. For more information and to apply [Click Here](#)

PRAYER & LITURGY

Pope's February Prayer Intention

For Parishes: We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need. [Click Here to watch Pope Francis talk about his Intention.](#)

Prayer for Persecuted Christians

Father in Heaven, you make your sun shine on good and bad alike. Your Son Jesus Christ died for us all and in His glorious Resurrection he still retains the five wounds of his Passion. With his divine power he now sustains all those who suffer persecution and martyrdom for the sake of their fidelity to Faith of the Church. May persecuted Christians around the world remain, like Mary, at the foot of the cross of Christ the Martyr. Comfort those menaced by violence and those oppressed by uncertainty. May your Holy Spirit of love make fruitful the witness and the blood of those who die forgiving. Amen.

We commend to the Lord...

the souls of Jean Baker, Michael McElligott and Frank McDonough who have recently died. Please also pray for the souls of Nancy Ruffle and Kathleen Greener whose funerals take place this week. Please keep them and their families and friends in your prayers. May they rest in peace and rise in glory.

THE WORD

Sunday 5 February – 5th Sunday in Ordinary Time

First Reading Isaiah 58:7-10

Then will your light shine like the dawn.

Psalm Response: The good man is a light in the darkness for the upright.

Second Reading 1 Corinthians 2:1-5

During my stay with you, the only knowledge I claimed to have was about Jesus as the crucified Christ.

Gospel Matthew 5:13-16

You are the light of the world.

Sunday 12 February – 6th Sunday in Ordinary Time

First Reading Ecclesiasticus 15:15-20

He never commanded anyone to be godless.

Psalm Response: They are happy who follow God's law!

Second Reading 1 Corinthians 2:6-10

God predestined wisdom to be for our glory before the ages began.

Gospel Matthew 5:17-37

You have learnt how it was said to your ancestors; but I say this to you.

CONTACT US

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

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 Gundabathina

Deacons

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-](mailto:exeter-sacredheart-giftaid@prcdtr.org.uk)

giftaid@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

Cathy Blatchford

Pastoral Assistant

Maria Quinn

exeter-pastoral-assistant@prcdtr.org.uk

Safeguarding

Sacred Heart

Andrew Blewett

07729 608356

drewmail2016@gmail.com

Blessed Sacrament

Lesley Hooper

07712 216724 or 01392 274724

exeter-heavitree@prcdtr.org.uk

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.*