

CATHOLIC EXETER



Parishes of Sacred Heart and Blessed Sacrament

22 January 2023 3rd Sunday in Ordinary Time. Year A. *Psalter 3*



Jesus is calling you

Jesus is calling you! Whatever your circumstances, whatever your job, whatever you know or don't know, Jesus is calling you. Discipleship is not for the professionally religious, if that were true then Jesus would have first asked the scribes and Pharisees to follow him, not some fishermen. Jesus is calling you! If he can turn fishermen into fishers of men, then he can work with your life too. The call is to allow him to transform your life and elevate it to the glory of God. By following Jesus, your circumstances become his; your job becomes his; your family becomes his; your life becomes his. Jesus is calling you!

MASS TIMES SACRED HEART



Sunday 22 January – 3rd Sunday in Ordinary Time

Sunday of the Word of God

- 5.30pm (Sat) *For the People of the Parish*
9.15am *For Christian Unity*
11.15am *Jesus Sanchez RIP*
5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Monday 23 January

- 10.00am *For Barry Kidd*

Tuesday 24 January – St Francis de Sales, Bishop & Doctor

- 10.00am *Fr Sebastian Wolf OSB RIP*

Wednesday 25 January – Feast of the Conversion of St Paul

- 10.00am *Barbara Dare RIP*

Thursday 26 January – SS Timothy & Titus, Bishops

- 6.30pm Exposition of the Blessed Sacrament
7.00pm *Holy Souls*

Friday 27 January

- 10.00am *Anne Lansberry RIP*

Saturday 28 January – St Thomas Aquinas Priest & Doctor

- 10.00am *For Sean Macgriana*

Sunday 29 January – 4th Sunday in Ordinary Time

- 5.30pm (Sat) *For Tom Whelan*
9.15am *For the People of the Parish*
11.15am *For Fr Michael Wheaton for recovery*
5.00-6.00pm Exposition of the Blessed Sacrament & Benediction

Confessions Usually after 10 a.m. mass & 4-5 p.m. on Saturday 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 22 January – 3rd Sunday in Ordinary Time

Sunday of the Word of God

- 8.45am *Emma Bullous RIP*
10.45am *For all souls of the Bols family*
6.00pm *People of the Parish*

Tuesday January – St Francis de Sales Bishop & Doctor

- 6.30pm *Toddler Group*

Wednesday 25 January – Feast of the Conversion of St Paul

- 9.30am *Fr Kieran Kirby*

Thursday 26 January – SS Timothy & Titus Bishops

- 9.30am *Canon Paul Cummins*

Friday 27 January

- 6.30pm *Holy Souls*

Saturday 28 January – St Thomas Aquinas Priest & Doctor

- 9.30am *Sick & Housebound*

Sunday 29 January – 4th Sunday in Ordinary Time

- 8.45am *People of the Parish*
10.45am *Musicians & Singers*
6.00pm *Fr Michael Wheaton*

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.

Sunday of the Word of God

The third Sunday of Ordinary Time is the 'Sunday of the Word of God' – a day instituted by Pope Francis on the feast of St Jerome in 2019, devoted to the celebration and study of Sacred Scripture.

Devoting a specific Sunday of the liturgical year to the word of God can enable the Church to experience anew how the risen Lord opens up for us the treasury of his word and enables us to proclaim its unfathomable riches before the world.

Pope Francis, Aperuit Illis

If you're curious about the Bible, ['The God Who Speaks'](#) is the place for you. Here you will find great resources; events and ideas to help you deepen your faith and love of the Scriptures.

CHARITY BEGINS AT HOME

Exeter WAYmakers January Update

Exeter WAYmakers is a Community Sponsorship Group working towards welcoming a refugee family to Exeter.

The government has set up a system - Community Sponsorship - to assist with the settling of refugees in this country, allowing communities to welcome families and help with their integration when arriving here. Exeter Waymakers are a Community Sponsorship Group from Catholic Exeter including Blessed Sacrament, Sacred Heart and Topsham parishes. We are working towards welcoming and resettling a refugee family in Exeter with the support of the Catholic charity Caritas Plymouth. These UNHCR refugees have been waiting a long time in camps to be resettled.

Progress in the last 12 months

The parishes of Sacred Heart, Blessed Sacrament and Holy Cross have been supporting this project for over twelve months in a variety of ways. Fundraising has been progressing well: we have received a number of very generous donations and several events, such as coffee mornings and plays together with pumpkin carving at St Nicholas school, have raised money towards the fund. Some of this money will be used to purchase furniture and equipment when our family arrives together with paying for services that may be necessary, such as interpreting. We would like to take this opportunity to thank all those who have contributed to this very worthy cause. We have raised over £15000 so far. A major obstacle to progress has been finding suitable accommodation for a refugee family and the team has been working hard through 2022 to explore how

this can be achieved. Given the financial circumstances around benefits and the rental and purchase housing markets, this has proved a real challenge but a promising possible solution is presently being discussed.

Next steps

As mentioned above, we need help now on the core team within areas such as communication - website, social media.

When the family arrives we will also need volunteers to help with a variety of jobs - welcoming and supporting the family with attending appointments, befriending, transport around the city, translating and many others, such as help with the benefits system and even DIY skills!

We want to expand now in order to get the necessary DBS checks in place, so if you would like to be involved and can help with any of these tasks please contact the team through our website - www.exeterwaymakers.org.uk/contact - or speak directly to a team member: Sacred Heart Neil and Phil Smallwood, Blessed Sacrament Chris and Imelda Wightman. We look forward to hearing from you.

Sacred Heart supporting Lepra

Lepra is an international charity working to beat leprosy. They work directly with people in India and Bangladesh, prioritising marginalised and hard to reach communities to support people affected by leprosy and refer them for treatment and care. Lepra offers a holistic approach to the treatment of leprosy, providing mental health support, and social and economic advocacy. The five key areas of work are: prevention, detection, treatment, disability support and inclusion. There will be second offering on 28 & 29 January at Sacred Heart for this cause. Please give generously. [Visit Lepra website to find out more.](#)

CAFOD News

CAFOD Exeter Deanery Meeting

Saturday 11 February at St James and St Boniface, 40 Old Road, Tiverton EX16 4HJ 11.00am–1.00pm followed by a shared lunch. Open to everyone. Hear, from others, how CAFOD is working across the Deanery to fund raise, campaign for aid and raise awareness of social injustices across our beautiful planet.

Can You Help?

The Exeter Parish CAFOD groups are looking for someone to help with CAFOD campaigns particularly in contacting our local MPs on behalf of CAFOD. This is usually done by email or letter and is an important element of highlighting CAFOD's work. This is a voluntary role as part of a parish CAFOD group. There is lots of support and resources from CAFOD for this job. 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, fruit juice, tinned fish, tinned meat, tinned potatoes, tinned vegetables, biscuits, noodle snacks, jams & spreads, custard, sponge puddings, 500g coffee jars, household items (washing up liquid, washing capsules etc.). Collection points at Sacred Heart and Blessed Sacrament churches.

Keeping warm this winter

Warm Banks Across Exeter

There are a number of warm banks across Exeter should you choose to go into town and want a cup of tea. They include: • The Central library: • Sidwell Centre (Tuesday Wellbeing support: 3:00pm–5:00pm, Tuesday to Friday. Social Cafe: 2:00pm–5:00pm offer access to warm banks). • St Katherine's Community Centre • Beacon Community Centre

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](#)

St Petrock's. Supporting the homeless

You are warmly invited to St Petrock's annual Homelessness Sunday Service on Sunday 29 January at 4.00pm (doors open 3.45pm). This is a simple annual event we host each year to bring together supporters to reflect on homelessness together, with readings, Christian teaching, songs and a space to remember those from the homeless community who have died.

The service will be in St Petrock's Church (entry via the High Street – next door to Caffè Nero) followed by refreshments afterwards in St Petrock's Centre. Rev Andy Mulcock from Isca Church and Rev Ross Maynard from South St Baptist will be leading this year's service, with music from St Basil's.

Mary's Meals

Every serving of Mary's meals now costs 10p and the cost of feeding a child for a school year has risen from £15.90 to £19.15.

This is the first increase to this figure since March 2020. The soaring prices of essential commodities – such as grain, fuel and fertiliser – mean that the cost of feeding children with Mary's Meals has risen by 20%.

We know that the escalating cost of living is causing much pain for both people here in the UK who make our work possible and the children who eat Mary's Meals. If you can give any amount today, please know that this will be received

with deep gratitude – particularly because our income is not growing at the same rate as the cost of feeding the children

Our [Double The Love](#) campaign ends on 31 January. Until then, donations to Mary's Meals will be matched by a group of generous supporters, up to £1.5 million. This means that any donation, no matter the size, will have twice the impact! Thank you for everything you do for Mary's Meals.

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.

Wednesday Word Scripture Reflection

The next meeting online via zoom from 2.00–3.00pm will be on 25 January. If you would like to join us contact Maria: exeter-pastoral-assistant@prcdtr.org.uk. Come whenever you can, you will be most welcome.

Dipping into the Catechism [Click here for January sheets](#)

Forming in Faith

Would you like to deepen your prayer life?

Our next 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. Each week, resources sheets will be available to take home and to guide you in your prayer journey.

Come along on Monday 30 January at 10.30am to the Lower Room, Sacred Heart Church OR Tuesday 31 January at 7.00pm to the St Richard Reynolds Centre, Blessed Sacrament Church. Come for all of the series or as and when you can.

Preparing for Baptism

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. We meet over two consecutive Saturday mornings from 10.15-12.15 via Zoom. 2023 dates: 15 & 22 April, 15 & 22 July, and 14 & 21 October.

Godparents are especially welcome to attend the second Saturday session as the role of Godparents is explored.

Click the Enquiry Form link at the end of this article to register. If you have any problems accessing this, contact Lesley on 01392 274724 or heavitree@prcdtr.org.uk [Baptism Enquiry Form](#)

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. Find out more on the Blessed Sacrament Website GIFT page: [Click Here](#)

Next GIFT Meeting: Saturday 4 February 2023 at St Nicholas School.

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

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 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.

NEWS & EVENTS

Pastoral Assistant News

We are delighted to be able to tell you that Maria Quinn, Pastoral Assistant for Catholic Exeter, who has been working part-time in the community for over a year, will be working full-time from the middle of February.

Maria is a valued member of the pastoral team and has already been involved in many aspects of Catholic life here in Exeter. Please keep her in your prayers as she continues to support us and the work we are doing.

Sacred Heart International Mass

General meeting for everyone involved with the International Mass on Wednesday 25 January at 7.00pm in the Sacred Heart Lower Room

Blessed Sacrament Children's Liturgy Registration

To ensure the safety of children at Children's Liturgy on Sunday morning, at the 10.45am Mass, we are required to take a register. In order to save time in the session and enable us to focus on the Gospel reading we are asking that people pre-register their children's name when you arrive at church using the slips available in the porch. Simply fill in your child's full name and they then bring the slip with them when they join the liturgy. Thank you.

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. The accommodation required is a 1 or 2 bedroom apartment or equivalent. If you know of anything, or are able to help in any way, please email tarsisionyats@gmail.com or call 07440543707.

Sacred Heart Chatter Café

The Catholic Exeter Saint Vincent De Paul Society (SVP) were recently featured in the diocesan newsletter [Click here to read more](#). Our current project is using our Chatter Café as a registered 'Warm Space'. By providing comfort, community, and a little bit of warmth we seek to live out our faith in accordance with Gospel values. The SVP aspire to serve Christ in the poor, by working in love to shape a more just and compassionate society. The Chatter Café is open to all on Wednesdays 10.30am -12.30 p.m. at the Sacred Heart Lower Room. If you would like to find out more or how to get involved with the SVP, contact Peter on pschranz5@gmail.com or speak to any of our team during cafe opening times.

Holocaust Memorial Day Commemoration

Robert Rinder (Judge Rinder) and Bernie Graham will be guest speakers at Exeter Cathedral for Holocaust Memorial Day on Friday 27 January. At this commemoration ceremony we will be remembering the innocent victims of genocide, bearing witness for those who endured such terrible events, and honouring the survivors and all those whose lives were changed beyond recognition. [For more info click here](#)

Safeguarding Training

Advance Notice - Date for Your Diary

Rob Kingdom from the Diocesan Safeguarding Team will be providing Safeguarding Training for parishioners from Blessed Sacrament and Sacred Heart

from approximately 9.30am until 4.00pm on Saturday 25 March (Refreshments and lunch will be provided) in the St Richard Reynolds Centre (confirmation of times will be known nearer the time).

Who should attend this training?

- Anyone who is currently a Gift Catechist, Adults serving at the altar, Parish visiting, Eucharistic ministry outside of the church, Children's Liturgists and Catechists, Youth Workers, **any one of these who has not attended/completed Diocesan approved training in the last 3 years.**
- Anyone who is thinking of volunteering to undertake one of the above roles.
- Any member of the parish who would like to understand more about Safeguarding would be welcome to join us.

Please give your name to Lesley Hooper in the Blessed Sacrament parish office if you plan to attend. Thank you.

Stay Awake

Stay Awake is taking place for the fifth year on Saturday 11 March, at All Saints Church of England Academy, Weymouth, 10.00am – 7.00pm. This is YOUR Invitation! 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!

Stay Awake has been described as *“Such an inspiring, fruitful and enjoyable day!”* *“Glorious!”*, *“Such a joy!”*, *“Encouraging!”*, *“Awesome!”*, *“It was wonderful to see God's love in action!”* *“I offered to leave at lunch time but neither of the children wanted to!”*

LOUDfence Supporting survivors of abuse

Save the date - The Diocese of Plymouth will be holding a LOUDfence at Christ the King Church in Plymouth starting on Wednesday 15 February and concluding on Friday 17 February.

LOUDfence is a visible display of support and solidarity with those who have been affected by abuse. Attendees are encouraged to tie ribbons around a fence which could also include a message of support. We want survivors to know that we hear you, we believe you and that we are here to support you. We hope that you can join us. More details will follow soon.

Understanding Synodality

By popular demand, the diocese is offering two further talks on vital aspects of synodality by Dr Caroline Farey. Saturday 11 February at St Peter's Catholic Church, Crownhill, Plymouth, PL5 3AX. Come and discuss in person or join the day online via Zoom. Mass at 9.30am. Refreshments at 10.30am. Lunch at 12.15pm (please bring your own lunch).

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

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

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

PRAYER & LITURGY

Octave of prayer for Christian Unity

18–25 January. For this Week of Prayer for Christian Unity we are guided by the churches of Minneapolis as we seek to explore how the work of Christian unity can contribute to the promotion of racial justice across all levels of society.

Through this resource, the Churches Together in Britain and Ireland writers' group has focused our attention on the 30th anniversary of the murder of Stephen Lawrence, which we mark in 2023. The work of restoring hope through justice undertaken in Stephen's memory continues to change lives for the better.

As we join with other Christians around the world for the Week of Prayer we pray that our hearts will be open to see and hear the many ways in which racism continues to destroy lives, and to discern the steps we can take as individuals and communities to heal the hurts and build a better future for everyone.

Join St Matt's Church at Lower Summerland for a service on Sunday 22 January from 6.00 till 7.00pm. For info visit [Churches Together in Britain and Ireland](#).

We commend to the Lord...

Please pray for the souls of Bob Benfield, Nancy Ruffle and Kathleen Greener who have recently died. May they rest in peace.

Pope's January Prayer Intention

For educators. We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all. [The Pope Video](#)

THE WORD

Sunday 22 January – 3rd Sunday in Ordinary Time
Sunday of the Word of God

First Reading Isaiah 8:23-9:3

In Galilee of the nations the people have seen a great light

Psalm Response: The Lord is my light and my help.

Second Reading 1 Corinthians 1:10-13.17

Make up the differences between you instead of disagreeing among yourselves.

Gospel Matthew 4:12-23

*He went and settled in Capernaum: in this way
the prophesy of Isaiah was to be fulfilled.*

Sunday 29 January – 4th Sunday in Ordinary Time

First Reading Zephaniah 2:3; 3:12-13

In your midst I will leave a humble and lowly people

Psalm Response:

How happy are the poor in spirit; theirs is the kingdom of heaven.

Second Reading 1 Corinthians 1:26-31

God chose what is foolish by human reckoning.

Gospel Matthew 5:1-12

How happy are the poor in spirit.

CONTACT US

Blessed Sacrament

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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

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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.*