

Parish of the Sacred Heart

Sunday 23rd January 2022

PSALTER 3 Third Week in Ordinary Time

'Your words are spirit, Lord, and they are life.'

Confessions

Saturdays after 10am Mass and 4pm-5pm and on reasonable request

Sun 23rd Jan	5.30pm	First Mass of Sunday - 5.30pm Saturday Evening	People and the Parish
	9.15am	Holy Mass (Tea and Coffee served after Mass)	Private Intention
	11.15am	Holy Mass	For our members of Parliament
Mon 24th Jan	10.00am	Holy Mass - St Francis de Sales	The Holy Souls
Tues 25th Jan	10.00am	Funeral Requiem Mass for Renato Salzano RIP	
Wed 26th Jan	10.00am	Holy Mass - St Timothy and St Titus	For Monica Campbell- West
Thurs 27th Jan	10.00am	Holy Mass	Private Intention
Fri 28th Jan	10.00am	Holy Mass - Anniversary of the Ordination of Bishop Mark O'Toole	For Bishop Mark
Sat 29th Jan	10.00am	Holy Mass - (Tea and Coffee served after Mass)	Private Intention

This Sunday has been instituted by Pope Francis as the Sunday of the Word of God, an opportunity for the whole church to deepen our knowledge of scripture. Let us take this opportunity today to listen closely and discern whether we can hear Jesus calling us to something more.

Prayer for the Synod: We stand before you Holy Spirit

**We stand before You, Holy Spirit,
as we gather together in Your name.**

**With You alone to guide us,
make Yourself at home in our hearts;
teach us the way we must go
and how we are to pursue it.**

**We are weak and sinful;
do not let us promote disorder.
Do not let ignorance lead us down the wrong path
nor partiality influence our actions.**

**Let us find in You our unity
So that we may journey together to eternal life
and not stray from the way of truth
and what is right.**

**All this we ask of You,
who are at work in every place and time,
in the communion of the Father and the Son,
forever and ever. Amen**



Diocese of Plymouth - Walking Together

We have been receiving lots of feedback from parish groups on our Synodal journey but would love to hear more from those who may not be able to or wish to participate in a group. There is a short online survey which can be completed anonymously <https://www.surveymonkey.co.uk/r/9MVCQ7M>. Please share this link with family and friends. If you want to keep in touch with the Synodal Journey, newsletter updates can be found on our website <https://www.plymouth-diocese.org.uk/walking-together-the-process/>

Masks

It would appear that as from this Thursday masks will no longer be mandatory in public places, however, as part of our Christian duty to keep one another protected, particularly the vulnerable, we will continue to wear masks in church (unless of course, you are exempt) and sanitise our hands.

Scripture References

Nehemiah 8:2-6,8-10 Psalm 18(19):8-10 Corinthians 12:12-30 Luke 1:1-4,4:14-21

Question of the Week

“In what ways am I poor oppressed or held captive?” How does the Lord’s promise speak to me, how can I bring glad tidings to those who are poor and oppressed?”

Scripture Reflection

It is common when people here the word ‘the Church’, they think of the priests, bishops and popes who are in positions of authority in the Church. This is however a big mistake. As St. Paul reminds us, ‘though many make one body, so it is with Christ. In one Spirit we were all baptised...and one Spirit was given o us all to drink.’ Just as there are many kinds of parts in a body, each doing different things, yet still working together for the common goal of the body, so in the Church there are many kinds of people with different roles and responsibilities, but we are all called to the same mission. What is that mission? It is the mission of Christ Himself, since we are His Body. Listen to how Jesus describes His mission using the prophecy of Isaiah. ‘The Spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord’s year of favour.’ If the Church were limited to just those in authority, that is like saying that a body only consists of an eye. But also, to say that the Church only really exists in the people of a parish, is like saying that a body only consists of a hand. God has called us all together for the mission to spread the good news of human salvation in Jesus, and it is by working together in harmony, following the will of God in our life together with each other. All of us in the Church have been anointed at baptism. We have been united in Jesus. Let us renew our efforts to live this powerful unity in the world.

The Pope’s Intentions for January

For true human fraternity.

We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.



Photo Copyright Catholic Church/Marcin Mazur

Healing and Thanksgiving Pilgrimage to Holy Land

The planned Diocesan Pilgrimage to the Holy Land with Bishop Mark, originally scheduled for March this year, has been postponed to later this year. The new dates are 30th October to 10th November, when hopefully conditions for travelling will be much easier for us all. It will include a full programme of visits to the Holy Sites and staying in excellent Christian accommodation in the hills of Samaria and Judea, and closing with three nights at the Sea of Galilee. Places are limited, but to register your interest and for further detail please contact Della Shenton on della@5gr.org

News from St Nicks

Our Yr 1/2 children had a fun morning last week finding out all about the school dog, Alfie the cavapoo, for a science project. They met him with his owner, Mrs Brocksom, and they asked lots of questions such as whether he has brothers or sisters (5 brothers), what his fur feels like (soft and curly), whether he is good (very) and what food he likes best (anything!). They discussed what his toys, lead and food bowls are made of and why so that they could then go back to class and design a toy for him.

Our Yr 4 children are looking forward to their residential trip to Heatree for lots of outdoor activities at the start of February. If it is cold they have been promised lots of hot chocolate! We are also planning the Yr 2 sleepover in school soon. It is lovely that we are able to start to offer these fun experiences to the children again after such a hard few years. To find out about joining our school (Nursery to Yr 6) please contact Mrs Brocksom (abrocksom@stnics.uk)

Vacancy – Tribunal & Chancery Administrator



The Diocese of Plymouth is looking to appoint the following position. Tribunal & Chancery Administrator (part time)

Location: St Boniface House Near Ashburton Devon with some home-working.
Salary: £11.39 per hour (Actual Salary - £7,107.36 per annum) plus contributory pension scheme (subject to eligibility) Hours: 12 hours per week

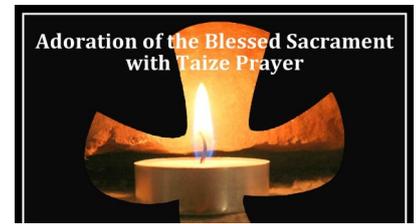
Under the direction of the Judicial Vicar/Chancellor, the Tribunal & Chancery Administrator is responsible for the effective administration of the Tribunal & Chancery Office and the overseeing of the processing of cases/Chancery matters in conjunction with the instructing judges/Chancellor. Good administration, Microsoft Office skills and a degree of flexibility is essential.

Copies of the job description and application form are obtainable from the Human Resources Department on 01364 645383 or email recruitment@prcdtr.org.uk. Applications are by application form and covering letter. The last date for applications is Monday 31 January 2022 and interviews will be held on Wednesday 9 February 2022.

Adoration of the Blessed Sacrament with Taizé Prayer

Wednesday 2nd February 2022 at 7.00 pm

Everyone is welcome



You Can 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 (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. There is no group therapy or group work.

This programme has helped 10s of 1000s of couples experiencing difficulties in their marriage. For confidential information about Retrouvaille', or to register for the next programme a 'Virtual' weekend commencing 3rd – 6th Mar 22. Call or text +44 788 7296983 or Email retrouvailleukinfo@gmail.com – or visit www.retrouvaille.org.uk

Baptism Preparation Course

We are taking bookings for the January course now. Are you expecting a baby and/or looking to have your child baptised? We look forward to spiritually supporting you in preparation for this important sacrament and welcoming you and your family into our parish family. Courses are over two consecutive Saturday mornings from 10:15-12.00. If the Covid conditions still call for it the sessions will delivered via zoom. The course dates for 2022 are: 15/22 January, 14/21 May, 16/23 July and 15/22 October. Godparents are especially welcome to attend the second Saturday session as the role of Godparents is explored. [Click here](#) to go to Baptism enquiry form to register. If you have any problems accessing this you can contact the parish Office on 01392 272815 or at exeter-sacredheart@prcdtr.org.uk

Exeter Foodbank January

Food Shortages priority items list: jams & Spreads, Noodle Snacks, Soft Drinks, Coffee (100G), Sugar, Shampoo, Washing Powder (capsules). Please ONLY donate items from the list. Thank for your understanding. You may donate food items once again in the trolley at the back of the church.

Wednesday Word Scripture Reflection

Wednesday word meets online via zoom from 2.00-3.00pm. If you would like to join us then, please get in touch with Maria: exeter-pastoral-assistant@prcdtr.org.uk. Please note that you do not need to make a weekly commitment and a warm welcome will await you whenever you can come.

Homelessness Sunday

CTAX annual Homelessness Sunday service, with a chance to meet the new Director of St Petrock's, Peter Stephenson, is being held on Sunday 30 January at 4.00pm at St Petrock's Church.

Youth Events

We are starting to plan the 2023 trip to World Youth Day.

Rise Theatre are starting their travels around the diocese. The next event will be in Plymouth. Anyone from across the diocese may attend any of the Rise Theatre events. The plan is to reach, Newquay in February and Exeter and Torquay in March. Don't forget to encourage any young adults (18+) to join the young adults group. There are online groups encouraging all across the diocese to join in prayer meetings including a weekly rosary group. Youth Events are not only aimed at the young people active in the church, it aims to reach out to those linked to our parish communities. youth@prcdtr.org.uk

Exeter Street Pastors

Here to... Listen, Care & Help. What we do: Work with the Night-Time Economy enabling people to have a safe and Enjoyable evening. Be the presence of God on the streets of Exeter. Exeter Street Pastors started in 2009 and currently have approximately 60 trained volunteers from over 30 different churches. We can be found out and about in Exeter city centre one Friday and every Saturday night between 10.30pm and 2.30am. What we provide: * A listening ear * A Calming and prayerful presence * Flip-flops, water, First aid, lollipops.

Are you a Christian, over 18, and have a heart to serve as Jesus' hands and feet on the street of Exeter? If so we start training on Monday 7th March 2022. For more information and an application form please email admin.exeter@streetpastors.org.uk Training of this year's intake of Exeter Street Pastors begins Monday 7 March – sign up now for your place, or share widely to help this great ministry recruit it's team for this year. Contact admin.exeter@streetpastors.org.uk for details.

Week of Prayer for Christian Unity 2022

18 - 25 January. The theme of this year's WPCU is "We Saw His Star in the East". Resources have been prepared by churches in the Middle East and can be found here. From Monday 17 – Sunday 30 January Exeter Prays: Collective city-wide prayer, around the week of prayer for Christian Unity. There will be 14 leaders guiding a daily devotional video prayer being distributed online and through social media, such as Exeter Prays on YouTube and Facebook.

Sunday 23 January Week of Prayer for Christian Unity United Service 7.00pm at Wonford Methodist Church. A prayer evening to mark the global Week of Prayer for Christian Unity. Gather with Christians from across the city to pray for the work of the Church in our communities.

Look & Ichthus Sheets

Ichthus [January](#) **Look** [January](#)

Big Exeter Sleep Out

The Big Exeter Sleep-Out is open for registrations! Your help and support are vital to the most vulnerable in the region. You are invited to join us at this year's event and help by joining the challenge and raise awareness and funds for rough sleepers and vulnerable adults and homelessness in Exeter and Devon. It's a grim realisation that without support like ours, the life expectancy of a long-term homeless person is just 45 years! For this year's event, upon registering, you can choose where you would like to sleep-out.

Whether it is joining the Julian House team and others in St James Park Stadium in Exeter for the night or joining virtually and sleep out at home in your garden, balcony or kitchen floor. We will all be connected by one aim – to raise vital funds to provide safe shelter and support for men and women forced to sleep outside every night. Please follow the link to register and start your own challenge [Big Exeter Sleep-Out | Julian House | Homeless Charity | Devon](#) or contact Daffne Zamudio directly if you have any enquiries bigexetersleepout@julianhouse.org.uk or check out <https://www.julianhouse.org.uk/support-us/events/big-exeter-sleep/> for more information

The Universe Catholic Weekly

The Universe Catholic Weekly is thrilled to announce that we have launched our new on line newspaper with the full support of our first subscriber none other than His Eminence Cardinal Vincent Nichols. Order your Digital copy by going to www.universecatholicweekly.co.uk or call us on 0743661 7650 and ask for Michelle. Special offer: Only £20 for 3 months.

Refugees and Migrants Online Event Invitation Tues 8th Feb 2022 5-6pm

On the Feast of St Bakhita, all are invited to join Caritas Plymouth for an hour of prayer, reflection and discussion on the challenges facing migrants and refugees and the opportunity to take action, including through community sponsorship. This is a free online event. You can register via this link <https://forms.office.com/r/K3uz5LLY2X> or by emailing caritas@prcdtr.org.uk.

Diocese of Plymouth Walking Together

Synodal Journey for Youth

Are you aged 11 - 17? Join in the discussion, sharing your thoughts on the future of the Catholic Church on Monday 25th January 7pm. For the Zoom link please email Saskia: youth@prcdtr.org.uk

All Masses and Liturgies are now being live-streamed. **[CLICK HERE](#)**

On the Sacred Heart Website **[CLICK HERE](#)**

- * Walking Behind the Global Synod
- * Gift
- * Honouring Sunday
- Caritas January Newsletter

GI FT Growing In Faith Together - January Update

GIFT Families gathered together on Saturday 8 January to explore the meaning of the feast of the Epiphany, to celebrate Mass and to socialise. Families considered their own personal gifts that they have to offer Jesus and to the service of others. Our 19 January parents zoom meeting will meet to explore and discuss the miracle of the feeding of the five thousand.

What is GIFT?

GIFT is for all families of faith: for families who have already made their Holy Communion or for families with children who are looking forward to receiving this sacrament; for families with older children who want to be confirmed in their faith; for families with younger children who want to experience and grow in faith in a simple and enjoyable way

Next Meetings

Saturday 5 February: Families Session at St Nicholas School

Bedtime Chats Blessed Sacrament Website GIFT [Bedtime Chats](#)

Get in Touch with Maria at exeter-pastoral-assistant@prcdtr.org.uk.

Register for GIFT by clicking [this link](#).

Could you be a GIFT to our parish?

Are you a parent or grandparent who have done – or are still doing - your best to pass on your faith to your family (regardless of the outcome)?

Are you a single person who is faithful and committed to your faith and to the Church, but don't necessarily have all the answers?

Then you're just who we're looking for!

It has been said that 'faith is caught, not taught'. Think of how you came to faith, the people who you 'caught' it from. But faith, once it's caught, also needs to be taught – and that's where you come in.

We need help passing on the faith to our young, and not so young. We need people just like you who could support families and individuals to grow in their faith. We don't need experts, we need ordinary, faithful Catholics who are willing to give up some of their time to take part in this important work. It's unpaid (!) but the rewards are immense. It's tiring, but then nothing was ever achieved without a bit of hard work. More importantly, it's cooperating with the Holy Spirit to bring others, just like you, to a deeper understanding of the place of God in our lives and the beauty of faith. And, to be frank, we can't do it without you!

Please get in touch with Fr Kieran, Fr Albert or the parish office if you're prepared to help. You'll join a brilliant team and be given lots of support. Thank you.



Fancy meeting other young catholics across our diocese?

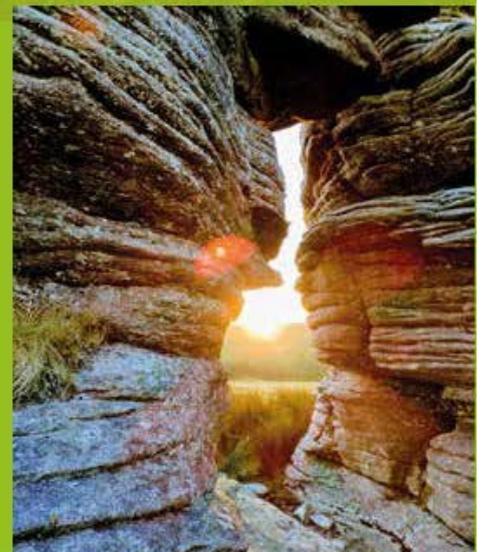
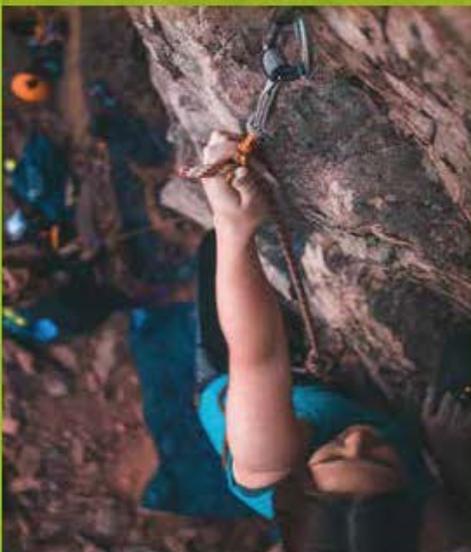
Youth Events are running a residential at

Heatree, on Dartmoor.

It is a great opportunity for young people across the diocese to come together and have some fun together. A chance to explore Dartmoor, enjoy outdoor activities such as climbing and abseiling, share stories whilst sat around the campfire and explore faith in our lives.

Friday 18th to 20th February 2022
£95 all inclusive.

This event is aimed at young people aged 10 (Year 6) to 17 (Year 13)
To secure a place a £30 deposit must be received by January 9th 2022



To book, contact Saskia: youth@prcdtr.org.uk

Catholic Exeter Forming in Faith

Have you ever struggled to answer the question, Why are you a Catholic? Have you ever wondered why we believe what we believe? Have you ever asked, Why did I stop learning about my faith when I was a child?

Our parishes of Sacred Heart and Blessed Sacrament are together offering a wonderful opportunity to develop and deepen your relationship with God and the Church by exploring our Catholic faith.

We are establishing an adult formation group meeting in person fortnightly, to grow in faith together.

Monday 31st January 10.30am–12.30pm at Sacred Heart
Tuesday 1st February 7.00–9.00pm at Blessed Sacrament.

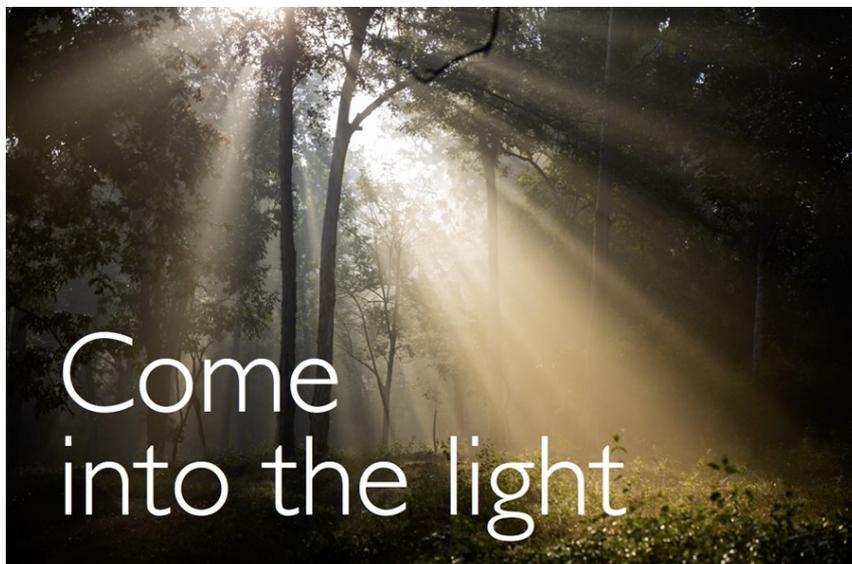
The sessions will be the same, it's the day, time and venue that are different. To start us off we're going to watch and discuss films from Bishop Robert Barron's 'Word on Fire' series. The films cover a wide range of faith themes such as The Mass, The Saints and The Sacraments. Exploring these, together with lively and stimulating conversation will open our minds to the riches of our faith and the treasures of the Church's teaching.

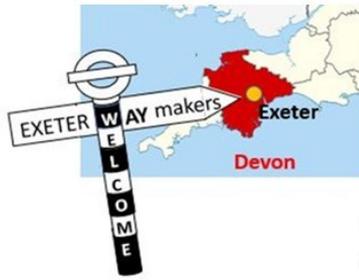
To get a flavour of what's on offer watch the trailer for the series 'Catholicism' by clicking the link below.

<https://www.wofdigital.org/packages/catholicism-series/videos/catholicism-trailer-short>

To join us on this journey of discovery or simply to find out more, register by clicking the box below. We look forward to seeing you.

[REGISTER HERE](#)





EXETER WAYmakers

... are a group of people from Catholic Exeter, who are preparing to resettle a Refugee family here in our City of Sanctuary.
As the name suggests we seek to prepare a WAY, as WAYmakers of Welcome

We will be expanding the invitation to help support us, more widely with time, at various stages and this will extend more broadly into our Community in the City.

In 2015, Pope Francis called on "every parish, every religious community, every monastery, every sanctuary in Europe to take in a family, saying the Vatican's two parishes would lead by example." *We are pleased to be following similarly ...*

We are currently a core group of 12 and this has need of further people, to help us accomplish more...

CARITAS in Diocese of Plymouth are our Lead Sponsor, in making an application to the Home Office to resettle a family and utilising the UK Government Community Sponsorship Scheme to do this.

There are significant challenges and opportunities for us all to grow, in ways we can not imagine. We are building upon a basis of prayer, that is turning into actions that are making progress.

If you would like to join us, to help transform the life of a family, please make contact to learn more ... Thank you.

Exeter WAYmakers > Chris Lee Email: cml_lee@hotmail.com Mobile: 07702 435890

GOOD NEWS IN ACTION: A few of the many **WAYS** in which we are looking to make a difference as **WAYmakers** – Can you help?

RESEARCHERS for what we need to find out!
FUNDS & FUND RAISING
 Integration enablement activity
Inter-family participation
OFFERING DAYS OUT
TRANSPORT to appointments initially
INNOVATORS
Helpers
COMMUNICATIONS & Social Media
Understanding of **BENEFIT** entitlements
LEARNING ENGLISH
WAYmakers...
BEFRIENDING
RESOURCES
INVESTORS Wellbeing
Sponsors Collaborators
PROPERTY
CULTURAL AWARENESS
TRANSLATORS & UNDERSTANDING
PARTNERSHIPS with **SCHOOLS**

CARITAS SOCIAL ACTION NETWORK (CSAN)

<https://www.csan.org.uk/news/afghanistan-response/>

As well as all the information contained in the link, CARITAS Plymouth will also be looking to connect with those leading on migration in the SW to support any local resettlement scheme. e.g. Exeter WAYmakers. If you would like to know more and help Exeter WAYmakers, please make contact. Thank you Chris Lee M:07702 435890 E: cml_lee@hotmail.com

Online donations

It is now possible to make your weekly loose plate offering and other donations on-line. ****All donations are anonymous.****

Please use this link to make your online donation;

<https://givealittle.co/campaigns/f94e8739-d2fd-4ce6-9fca-60470ef39403>

Alternatively, you can go to the website; <https://www.sacredheartexeter.org/>
Scroll down to the 'Parish News' section and click the highlighted 'Donate Here' text.

There is also a link on our Facebook Page; <https://www.facebook.com/Sacred-Heart-Catholic-Church-Exeter-422138011310698>

If you need further guidance please email the Church Office.



Spiritual Communion

My Jesus, I believe that you are present in this Holy Sacrament of the Altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you Sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Parish of the Sacred Heart **25 South Street, Exeter, EX1 1EB** **Parish Priest: Fr Kieran Kirby**

Assistant Priest: Fr Albert Lawes

Deacons: Delian Bower and Kelvin Russell

Parish Secretary: Karmen Trice

Parish Telephone: 01392 272815 Email: exeter-sacredheart@prcdtr.org.uk

Website: <https://sacredheartexeter.org>

Exeter Pastoral Assistant: Maria Quinn email: exeter-pastoral-assistant@prcdtr.org.uk

Safeguarding Rep: Andrew Blewett Mob: 07729 608356 email: drewmail2016@gmail.com

St Nicholas Catholic Primary School: Head Teacher: Miss Cathy Lowry 01392 445403

Gift Aid Enquiries exeter-sacredheart-giftaid

Parish Pastoral Council

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