



Parish of the Sacred Heart

Sunday 5th December 2021

PSALTER 2 Year B1 Second week of Advent C

‘What marvels the Lord worked for us! Indeed we were glad.’

Confessions

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

Sun 5th Dec	5.30pm	First Mass of Sunday - 5.30pm Saturday Evening	James Hughes RIP
	9.15am	Holy Mass (Tea and Coffee served after Mass)	People and the Parish
	11.15am	Holy Mass	Private Intention
Mon 6th Dec	10.00am	Holy Mass	Private Intention
Tues 7th Dec	10.00am	Holy Mass - <i>St Ambrose</i> (Tea and Coffee served after Mass)	Joyce Overy RIP
Wed 8th Dec	10.00am	Holy Mass - <i>The Immaculate conception of the Blessed virgin Mary</i>	Doreen Bird RIP
Thurs 9th Dec	10.00am	Holy Mass	Rachel Munroe RIP
Fri 10th Dec	10.00am	Holy Mass	Richard - Thanksgiving
Sat 11th Dec	10.00am	Holy Mass - (Tea and Coffee served after Mass)	Private intention

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

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**



Diocesan Listening Journey

Please see at the back of the church, hard copies of materials aimed at those who may not participate in parish events. Part of the listening phase is to gather views from a wide variety of people and not just Catholics. Please use this material to gather the views of your friends and family, we want to hear from as many people as possible.

Synod 2023

This advent we are invited to prayerfully join Christians from across the world in exploring how we as individuals, parish and wider Church live out our Catholic faith in preparation for the Synod in 2023.

Using Scripture from the Advent season we will prayerfully reflect how we walk alongside each other, identify challenges or barriers and explore our vision for the future.

Here at Sacred Heart we are offering 4 Zoom sessions on consecutive Monday evenings 7-8.30pm starting on Monday 22nd November.

An anonymised summary of our discussions will be fed into the wider Diocesan response in addition to helping to define our priorities as a parish so it is important that everyone's voice is heard.

Please sign up on the sheets at the back of the church or email the parish office.

For more information about the Synod and our Diocesan response please look on the Diocesan webpage www.plymouth-diocese.org.uk/synod/

'I encourage you to fully engage with this important process in the life of the Church, locally and universally, so that we can all be more effective missionary disciples. Very important is our prayer to the Holy Spirit so that we listen to what God is saying to us, as well as listening deeply to what we are saying to one another. May the Holy Spirit guide us on this journey together and give us a share in God's wisdom and understanding.'

Bishop Mark O'Toole

WEEK 2

Walking Together – Our Synodal Journey - Theme 2 - Mission

This week our Walking Together journey has a focus on Mission.

“There is so much richness in our diocese which we need to be open to encountering and receiving, such diversity but all united together in the power of the Spirit of the Risen Jesus.” Bishop Mark O'Toole

We are invited to reflect this week on what is our mission and the mission of our parish and the global church. What impact is our local parish making in the area? Do we make a difference?

If you are not able to attend a parish listening event, you can find all the materials and guidance about how to send through your thoughts and views on the Diocesan website <https://www.plymouth-diocese.org.uk/key-documents/parish-resources/>

If you have any questions you can email synodfeedback@prcdtr.org.uk

Question of the Week

For what do I need to repent? Who do I need to forgive?

Scripture References

Baruch 5:1-9

Psalm 125(126)

Philippians 1:4-6,8-11

Luke 3:1-6

Scripture Reflection

As we enter the second week of Advent we are called upon once again to prepare ourselves for the coming of the Lord Jesus, not just in the manger, but today. We do this primarily through prayer. In the Gospel we hear that, 'the word of God came to John son of Zechariah in the wilderness.' Whilst we may think of the wilderness as being a dry, lifeless environment, the Hebrews thought of it mostly as a quiet place. In Hebrew, the word for wilderness is related to the word 'to speak', for it is the quiet place where the people of God hear Him speak. Just as Moses led the people into the wilderness where they heard God speak, so too, John the Baptist receives the word of God in the wilderness. In our preparations for the coming of the Lord, we are invited by God to go into the wilderness of our hearts to hear Him speak to us. We are asked by Him to make a special effort to enter into silence where we can be alone with Him and to listen. Despite all the noise of the secular world around us, the non-stop Christmas music, and the early Christmas parties, God speaks to us saying, 'Enter into the silence of your heart. Listen to My voice. Spend time with Me and I will fill your soul with the joy and peace that the world cannot give you. Let My love grow in you and you will see My salvation.' Our lives are full of distractions and noise, but we must all find time to sit in silence and receive the Word of God, our Lord Jesus, into our hearts. And the Lord Jesus, who sees the efforts we are making, will respond generously.

Wednesday Word Scripture Reflection

Wednesday Word will continue to meet online via zoom from 2-3pm every Wednesday. 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.

Diocese of Plymouth Yearbook 2022

The new Yearbook is now at the back of the church. The Yearbook costs £4.00. please place the money in the normal offertory box.

Look & Ichthus Sheets

Please [CLICK HERE](#) to access Ichthus Children's Liturgy Sheet and [HERE](#) for LOOK



Photo Copyright Catholic Church/Marcin Mazur

The Pope's Intentions for December

Intention for evangelisation

Catechists

Let us pray for the catechists, summoned to announce the Word of God: may they be its witnesses, with courage and creativity in the power of the Holy Spirit.

CHRISTMAS MASSES

There will be four Masses over the Christmas period; if you wish to come to one of these Masses you **MUST book a place (or places) for **ALL** those wishing to attend. Please complete a Booking Form or send an email, remembering to specify the Mass that you wish to attend, to Martin Overy (mkovery@gmail.com) or the Parish office (exeter-sacredheart@prcdtr.org.uk) no later than the Fourth Sunday of Advent (19th December). You can also book by telephone, by calling the Parish Secretary on 01392 272815, or alternatively post your Booking Form though the Presbytery letterbox. **CLICK HERE** to download and print a booking form.**

Retiring Offering

Retiring offering next week for flowers and decorations for our church for Christmas and beyond.

Walking Together

Synodal Update for the Diocese of Plymouth

NOVEMBER 2021 SYNODAL UPDATE



Welcome to the first of our Walking Together Updates

We are currently setting out on our listening journey in the Diocese of Plymouth with people coming together in our parishes, schools and communities in the coming weeks to listen to the Holy Spirit and to each other. We hope that this will be a wonderful journey for you all. A small working group is supporting this listening journey and we want to be as inclusive as possible. We will be sending out information, materials and opportunities for everyone to get involved and putting materials on our website. If you have any questions please contact synodfeedback@prcdtr.org.uk.

Canon John Deeny and Deborah Fisher—Diocesan Co-Contacts

Synodality: what does this all mean?

Synodal comes from a Greek word meaning the 'walking together' (syn -) on a particular way (-hodos) This 'Walking Together' is a listening exercise to take place in every church across the world in preparation for the Synod of bishops in 2023. Pope Francis invites all of us, the People of God, to make this journey together. It is a journey of prayer and discernment. There are three phases to the journey: diocesan, continental and universal, culminating in the Synod in Rome. Bishop Mark launched the Diocesan listening phase of our Walking Together on 17 October with a Mass at Plymouth Cathedral https://www.youtube.com/watch?v=ADx-80E_Fk4. He highlighted the importance of listening and the need "to foster as broad a consultation as possible, reaching out to integrate the voice of the poor and excluded."

Want to find out more?

The Vatican's official website for the global synod has lots of information and resources. Key documents are the Preparatory Document, the Handbook and the Adsumus prayer <https://www.synod.va/en.html>.

We also have lots of material on our Diocesan website including links to a super talk by Austen Ivereigh on 16 November and introductory presentations to the process by Canon John and Deborah:

www.plymouth-diocese.org.uk/synod/

Any questions, please email synodfeedback@prcdtr.org.uk

The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.

Matthew 13:31-32

Come Holy Spirit!

May the synodal process lead us to become like the first assembly of the Church where the disciples persevered steadfastly in prayer with Mary, recalling the memories of Jesus, his words, deeds and promises. We ask the Spirit of love to lead us to that common vision which will unite us as a community of faith in one mind and one heart.

Congregation of Our Lady of the Cenacle
Casa Generalizia



What is the listening phase?



The listening phase “is not a study group, a democratic political process or parliament. It is a grace-filled event, a process of healing to bring us home” (Bishop Mark). The coming journey is an exciting opportunity for us to reflect on how we move forward together into the future with a focus on three particular themes – communion, participation and mission. Our journey must be a spiritual one, inspired by scripture. The Holy Spirit has to remain central to our journey. The synod process can only be authentic if it is rooted in prayer, in the revelation of the Scriptures and in the liturgical life of the Church. Prayer is how we open ourselves to the inspiration of God and is the light which illumines the pathway on our pilgrim journey.

We understand that this approach will feel a little strange to some of us. It is different to the way we normally have discussions or debates. Parishes have been sent resources to help with this process and some reflections for Advent which parish facilitators can use as they find helpful. All parishes have been invited to nominate facilitators and if you are not sure what is happening in your parish, please contact your Priest or parish secretary.

PRAY FOR A SYNODAL CHURCH www.prayforthesynod.va/en/

The main question:

We are invited to focus on an overarching question as we move along this journey:

How does this ‘journeying together’ which takes place on different levels allow the Church to proclaim the Gospel in accordance with the mission entrusted to Her; and what steps does the Spirit invite us to take in order to grow as a Synodal Church?



What is going to be the outcome of all this?

At this point, none of us know what will be the fruits of this listening journey. However one positive outcome will be the journey itself—offering us all an opportunity to come together and listen to the Holy Spirit and to reflect on our Church—how we listen, our mission, how we celebrate and our dreams.

We also want ensure voices from our Diocese are heard in this global debate. Facilitators will be asked to feedback views and reflections to the Synodal Working group which will compile this feedback for reflection and discernment at two pre-Synodal events. Those events will help us discern what themes are sent forward to the Catholic Bishops Conference of England and Wales as our Diocesan contribution to this global listening. We are also looking for ways to reach out to those of other faiths or none, those who no longer come to our parishes and those on the margins of our society.

Ideally groups will come together to listen to one another and share ideas but people can also reflect as individuals using the materials provided and share their views online www.plymouth-diocese.org.uk/walking-together-reflections/ or via email to Synodfeedback@prcdtr.org.uk.



Honouring Sunday

As the Synodal Pathway of listening and discerning unfolds, we the bishops of England and Wales, are paying particular attention to the hopes and fears, the joys and anxieties of all who are sharing their thoughts and feelings with us.

Longing for our Lord

We are attentive to the experience of the last year or so, when we have lived our faith through the limitations of the pandemic. We have heard of the longing which some express as a “homesickness.” We want to be in the presence of the Blessed Sacrament. We yearn to celebrate the sacraments together, especially the Holy Sacrifice of the Mass. We desire to be nourished by our Lord in Holy Communion. The live streaming of the Mass and the remarkable response of our Catholic communities to those in need, have provided comfort, sustenance and resilience.

The Eucharist, source and summit

The Eucharist is the source and summit of our spiritual and pastoral life. Many people have said to us that they have appreciated the noble simplicity of the Mass at this time, which has allowed the mystery and majesty of our Lord’s sacrificial love to shine through.

The central appeal of the Mass, its beauty and its transcendence, raises our minds and hearts to God in an unambiguous and compelling manner. Our Lord Jesus invites us to receive anew the gift of Sunday as the preeminent day, the day of the Resurrection, when the Church gathers to celebrate the Eucharist. Here we stand together before our heavenly Father, offering our thanksgiving and prayer, through our Saviour in the Holy Spirit. Here we receive Christ in his Word. Here we are nourished by Christ in his precious Body and Blood. This is our primary joy, for which there is no substitute, and from which we draw our strength.

The Gift of the Sunday Eucharist

The Sunday Eucharist is a gift; as God’s holy people we are called to praise and thank God in the most sublime way possible. When the Church speaks of the Sunday obligation, it reminds us that attending Mass is a personal response to the selfless offering of Christ’s love.

At this time, we recognise that for some people there may be certain factors which hinder attendance at Sunday Mass. The pandemic is clearly not over. The risk of infection is still

present. For some, there is legitimate fear in gathering together. As your bishops, we recognise that these prevailing circumstances suggest that not everyone is yet in the position to fulfil the absolute duty to attend freely Sunday Mass.

Responding to the Gift

We now encourage all Catholics to look again at the patterns which they have formed in recent months with regard to going to Mass on Sundays. This would include consideration and reflection about what we might do on Sundays, such as sports or shopping, or other leisure and social activities. This review, and the decisions which arise from it, fall to every Catholic and we trust this will be done with honesty, motivated by a real love for the Lord whom we encounter in the Mass.

The Sunday Mass is the very heartbeat of the Church and of our personal life of faith. We gather on the “first day of the week,” and devote ourselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers (Acts 2:42). The Eucharist sustains us and spurs us on, renewing our gratitude and our hope. When we say “Amen” to Christ in receiving his Body and Blood, we express the love of God which is deep within us, and at the end of Mass, when we are sent forth, we express our love for our neighbour, especially those in need. These two dimensions reveal the full meaning of our faith. We are gathered together and sent out, we pray and are fed, we worship and we adore; these are intrinsic to our lives as those baptised into Christ.

Approved at the Plenary Assembly of Bishops in Leeds
Thursday 18th November 2021

Top Tips for a LiveSimply Christmas 2021

TURNING CONCERN INTO ACTION

As this year reaches its close, the St Vincent de Paul Society would, once again like to thank you, our friends, for your willing support throughout the year. With the help of your prayers and with your generous donations we have been

able to continue to deliver help and support to local families and to a Community Shelter for young people. We continue to maintain contact with those who are lonely and vulnerable, and this Christmas we will again offer supermarket vouchers to families who are struggling to cope. We are also working in partnership with St Petrocks to enable the distribution to homeless people of packs containing a thermal hat, thermal gloves and socks as well as other essentials. These packs cost £3.70. Please could you consider sponsoring packs at a suggested donation of £3.70 per pack*. There is so much more to do, but for all your help in the past, we thank you and we wish you a Happy Christmas. If you would like to know more about SVP please get in touch with either our President, Mike Eden 07760 493940 / mike.eden52@btinternet.com or our Secretary, Maureen Speller 07702 269561 / maureenspeller@hotmail.com

*Donation may be made

-by BACs transfer to 'Sacred Heart Exeter'

Nat.West a/c 46082115 sort code 60-60-04 with your name as reference.

- by cheque (payable to 'SVP Sacred Heart Exeter')

• or via an SVP box in the church

You can boost your donation by 25p of Gift Aid for each £1.00 you donate. If you wish Gift Aid to apply please simply tell our treasurer your address which is needed to identify you as a taxpayer. You can do this by post to Kevin Leeper, 2 Mount Howe, Topsham, Exeter EX3 0BG, or email to kevinleeper@aol.com

News from St Nicholas Catholic Primary School

Preparations are well underway for St Nicholas Day on Monday and the children will have a fun day celebrating in our traditional way. We will hold a whole school St Nicholas Day mass and then all children will take part in lots of creative activities over the day. They will each make a St Nicholas Day paper shoe to take home, filled with chocolate coins provided by our PTA. They will also make Christmas crackers and hats ready for our traditional Christmas lunch in a few weeks time and Christmas cards to give to homeless people in our community. We are looking forward to a lovely day.

Exeter Foodbank November

Food Shortages priority items list: Deodorant (For men and women), sponge puddings, small jars of coffee, sugar, custard, rice pudding. Please ONLY donate items from the list. Thank you for your understanding. You may donate food items once again in the trolley at the back of the church.

GIFT Growing In Faith Together

November Update

We met our families in person at St Nicholas School on Saturday 6th November for the first time since March 2020. The theme of our morning was 'Saints'. We began our session with Mass followed by refreshments. Afterwards Fr Jonathan led us in an exciting saints quiz and all families took home fun activity sheets based on the saints.

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 4th December: Families Advent session

Bedtime Chats

All of the Bedtime Chats can be found on the Blessed Sacrament Website GIFT page:

<https://www.blessedsacrament.org.uk/parish-life/gift/>

Get in Touch

If you would like to find out more about GIFT, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk.

If you would like to register for GIFT, please click on the link: https://docs.google.com/forms/d/1Qs8jP69t9hS5V3ukZvm34yn8pDZdS0iDYrhXY_j8pMQ/viewform?edit_requested=true

Catholic Children Society—Plymouth

Please see at the back of the church, packs of cards designed by Children in our Catholic Schools. Each pack of 12 contains 3 copies of the 4 winning designs. Packs cost £5. Moneies into the normal offertory box.



Advent Retreat Day “WAITING FOR A CHILD” on Sat 11th Dec 2021 at St Rita’s

The retreat will be led by Fr. Jose Romero OAR. The day will begin with coffee/tea on arrival at 9.30am. First Talk will start at 10am, second talk will be at 11am.

Exposition and Adoration of the holy Sacrament in silence will be at 12pm. Lunch will be served at 1.00pm, Mass at 2.45pm and there will be an opportunity for Confession. Charge for the day, including lunch, is just £25.00.

Booking can be made by phone 01404 42635, email admin@stritascentre.org or online www.stritascentre.org/events. Payment can be made on the day. If you have any questions, please contact Krista Radzina on 01404 42635

On the Sacred Heart Website

Walking Behind the Global Synod * Gift * Honouring Sunday [CLICK HERE](#)

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 6th December 10.30am–12.30pm at Sacred Heart
Tuesday 7th November 7.00–9.00pm at Blessed Sacrament.

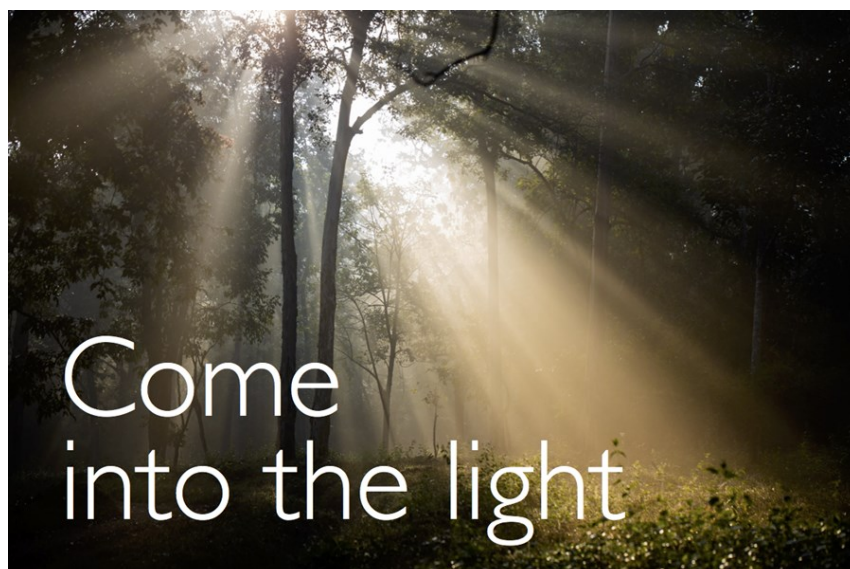
The sessions will be the same, it's the day, time and venue that are different. To start us off we're going to watch and discuss films from Bishop Robert Barron's 'Word on Fire' series. The films cover a wide range of faith themes such as The Mass, The Saints and The Sacraments. Exploring these, together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

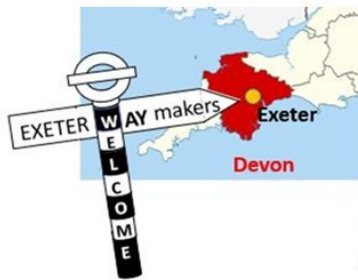
To get a flavour of what's on offer watch the trailer for the series 'Catholicism' by clicking the link below.

<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! **Understanding**
FUNDS & FUND RAISING of **BENEFIT** entitlements
Integration enablement activity **LEARNING ENGLISH**
Inter-family participation **WAYmakers...**
OFFERING DAYS OUT **PRAYER** **BEFRIENDING**
TRANSPORT to appointments initially **RESOURCES INVESTORS** **Wellbeing**
INNOVATORS **Sponsors** **PROPERTY**
Helpers **Collaborators** **CULTURAL AWARENESS**
TRANSLATORS **& UNDERSTANDING**
COMMUNICATIONS & Social Media **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: Mrs Angela Folland 01392 445403



Parish Pastoral Council

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