



Parish of the Sacred Heart

SUNDAY 17TH JANUARY 2021

PSALTER 2 Year B Second Week in Ordinary Time
Response to Psalm: *Here I am, Lord! I come to do your will.*

Confession Times

5.00pm - Saturdays or By appointment

Date	Time	Service	Intentions
Sun 17th Jan	9.15am	Holy Mass	People and Parish
	11.15am	Holy Mass	Deacon Kelvin
Mon 18th Jan		No Mass	
Tues 19th Jan		No Mass	
Wed 20th Jan		No Mass	
Thur 21st Jan	10.00am	Holy Mass - St Agnes	For all those suffering with COVID
Fri 22nd Jan		No Mass	
Sat 23rd Jan	5.30pm	First Mass of Sunday	Private Intention

Live Streaming Mass

If you would like to attend a week day Mass online, with Fr Jonathan at Catholic Exeter, please use this link - [Catholic Exeter Online Mass](#)

This weeks scripture references

I Samuel 3:3-10,19

Psalm 39(40):2,4,7-10

I Corinthians 6:13-15, 17-20

John 1:35-42

THE CALL OF GOD

"It is your face, O Lord, that I seek; hide not your face" (ps 26:8-9)

The readings today are all about the call of God. The first reading speaks of the call of Samuel to be the prophet of the people of Israel. The gospel speaks of the call of the first disciples of Christ while the second reading is all about the universal call to holiness of life.

Nothing has really changed as such. God is still calling each and everyone of us today to be the Samuel of our age, his followers and disciples like Andrew and his brothers to those around us. Samuel and the first disciples answered the call of God and demonstrated that through their holiness of life. That is to say that holiness of life is paramount in our answering of God's call.

When God calls us, he wants us to respond. Samuel heard the call and answered "speak Lord, for your servant is listening" (I Samuel 3:10). The first disciples heard the call when John showed them the Lamb of God, they responded by following Jesus and asking him where he lives. Jesus then asked them to come and see. That's again another invitation from God to come, follow him and see where he lives and it is holiness of life that would lead us to his home where he lives.

Samuel and the first disciples had a suitable environment for answering God's call. Samuel was brought up by a pious mother and dedicated to serve God in the Temple. Andrew and his brothers were the earlier disciples of John until they were introduced to Jesus. The environment made it possible for them to hear and respond to God's call. We need to create a God friendly environment in our families to hear when he calls us and be able to respond accordingly. We can create such a suitable environment by creating time in our homes for prayers, meditation and reading of the Holy Scripture and it will draw us closer to God at all times.

My dear friends, God is still calling us today and he is still patiently waiting for our response. Let us hear him out and respond accordingly like Samuel, Andrew and his brothers. Thank you.



Intention for Evangelization

Human fraternity

May the Lord give us the grace to live in full fellowship with brothers and sisters of other religions, praying for one another, open to all.

COVID 19 Update

The Coronavirus Places of Worship Task Force met on Monday. Cardinal Nichols represents the Catholic Church on that, supported

By Canon Chris Thomas, General Secretary of the Bishop's Conference. Bishop Mark has received the following information.

The Government have indicated that the new variant is as well controlled by social distancing and the other mitigations as the old. Further studies are taking place for a more concrete verification on this matter. The Government has stressed that there would be no blanket closure of places of Worship. They asked that each Place of Worship re-evaluate their own local situation and examine all factors that could affect the good covid security demonstrated by places of worship so far.

Can I also please reiterate that there should be no milling around in the church before or after Mass, or mingling with one another outside the church, before or after Mass, Please remember social distancing at all times and of course, Hands, Face Space.

NATIONAL LOCKDOWN GUIDANCE

Under the new, stricter, government regulations it is permissible to leave home to attend or visit a place of worship for communal worship, a funeral or a wedding. Those doing so should follow the guidance on the safe use of places of worship and must not mingle with anyone outside of their household or support bubble when attending a place of worship. Weddings, funerals and religious worship are all subject to limits on the numbers that can attend. The measures that we have in place fully meet the Government's 'Covid-19 Guidance for Places of Worship'.

As before, please remember to sanitise your hands on arrival and to complete the Parish Track & Trace form. You must wear a face covering while in the church building, unless you are exempt. Whilst at church please stay at least **TWO METRES** apart from anyone not in your household, (meaning the people you live with), or your support bubble. The main change under the new regulations is that you must not interact with parishioners who are not members of your household or support bubble - this includes the pavement outside the church, both before and after Mass!

Thanks to all parishioners for cooperating with our stewards, so that we have been able to keep everyone safe and, more importantly, to continue with the celebration of Holy Mass in the church.

Humblest apologies.

The last paragraph in last weeks scripture reflection said, 'On a day like this, we are being reminded to remember that we have renowned Satan and all her empty promises and works,' It should of course have read,

'we have **RENOUNCED** Satan and all **HIS** empty promises and works'

Mental Health and Covid-19

The ongoing pandemic will cause many people to feel stress and anxiety. Caritas Plymouth has put together a range of resources to guide Catholics in looking after their mental health including access to prayer resources and links to organisations offering support. <https://www.plymouth-diocese.org.uk/wp-content/uploads/2020/12/Mental-Health-Note.pdf>

Vacancy: Safeguarding Administrator

Safeguarding Administrator (part time) – 1 post

Location: St. Boniface House, Ashburton, Devon with some home working to meet COVID Secure requirements. Salary: £11.39 per hour pro rata'd to 3 days (Actual Salary £12,438 per annum) FTE £20,730 Hours: 3 days a week

The Safeguarding Administrator works as part of the Diocesan Safeguarding Team delivering measures to ensure the safety of the young and vulnerable within the Diocese.

The successful applicant will have good understanding of Microsoft Office, a high level of IT fluency and an ability to learn new IT systems. The role deals with highly confidential information therefore, Data Protection would be an advantage. The post holder will be trained and accredited to manage the Disclosure and Barring Service Checks (DBS). The Safeguarding Office deals with distressing information and applicants need to be aware of this and be emotionally resilient. All staff undertake mandatory counselling. This exciting, varied and challenging role, assists the implementation of safeguarding policy and practice in responding to, and preventing abuse.

For an informal discussion, please contact the Safeguarding Co-ordinator Robert Brown on robert.brown@prcdtr.org.uk. The job description and person specification are obtainable from the HR Department 01364 645383 or email recruitment@prcdtr.org.uk. Applications are by application form and covering letter. The closing date is Monday 1 February. Interviews will be held on Wednesday 10 February. The appointee to this post will be subject to an enhanced clearance through the Disclosure & Barring Service.

Youth Event for January! Dance Workshop!

Starting on the 18th January!! Monday evenings through ZOOM from: 7:30pm-8:45pm WEDDING AT CANA!! Throughout the course of these 4 x weeks, we will find themes in the story and use them to strengthen and think more about their faith. Themes such as commitment, unconditional love and consequences are just some examples of themes we may discover and create movement through. Let's learn how to tell a story with our bodies, embody themes and have a wonderful team building experience! This will be a great way to keep busy during this national lockdown! Contact Saskia on youth@prcdtr.org.uk to book your place.

Bible in a Year

Fr Mike Schmitz, a chaplain and a professor at the University of Minnesota, has recorded 365 daily podcasts of the Bible. The podcasts provide commentary, reflection, and prayer along the way. Bible in a Year Podcast follows a reading plan inspired by The Great Adventure Bible Timeline, a ground-breaking approach to understanding salvation history developed by renowned Catholic Bible scholar Jeff Cavins.

Catholic priest Father Mike Schmitz's daily podcast of the Bible tops the digital audio charts



Father Schmitz, a chaplain and a professor at the University of Minnesota, has begun a year-long podcast of the Bible

By listening to Bible in a Year, you are not only listening to an excellent podcast that will help you read and understand the Bible—you are showing the world that this matters.

<https://ascensionpress.com/pages/biy-registration> or

Click the links on the names below to listen on that platform.

[Apple](#) [Google](#) [Spotify](#) [Castbox](#) [Amazon Music](#) [Stitcher](#)

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Catholic priest's Bible podcast that takes listeners through the scripture in 365 days tops Apple's charts just a week after launching

- Catholic priest Father Mike Schmitz is the host of The Bible in a Year podcast
- The podcast launched on New Year's Day and has beat out all other podcasts
- Before launch, show was already at top of Apple's religion and spirituality chart
- Schmitz believes the popularity of the podcast comes from people wanting 'to make a change' after nearly a year of dealing with the coronavirus pandemic

Year of St Joseph

Pope Francis declared the beginning of a year of St Joseph on the 8th December. This was the 150th anniversary of Blessed Pope Pius IX declaring St Joseph, Patron of the whole Church. The Bishop has asked all parishes in the diocese, to seek St Joseph's intercession most especially every Wednesday, the day normally dedicated to him, and on the 19th of each month. Every Wednesday

At the end of Mass we will pray the following prayer:

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
Show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil, Amen.

Plenary Indulgences for the Year of St. Joseph

All this year until Dec. 8, 2021, the decree from the Apostolic Penitentiary, which is in charge of indulgences, has established that the faithful "following his example can daily strengthen their life of faith in the fulfilment of God's will." They will have "the opportunity to commit themselves, with prayers and good works, to obtain with the help of St. Joseph, head of the heavenly Family of Nazareth, comfort and relief from the serious human and social tribulations that today afflict the contemporary world." What are these indulgences that the Apostolic Penitentiary is bestowing in this Year of St. Joseph?" We can gain a plenary indulgence under the usual conditions — sacramental confession, Eucharistic communion and prayer for the intentions of the Holy Father, "with a soul detached from any sin" if we participate in the Year of St. Joseph in several specific ways that the Apostolic Penitentiary has established for us to gain the plenary indulgence.

The different ways we can participate are:

Since St. Joseph "invites us to rediscover the filial relationship with the Father," the plenary indulgence is granted if we meditate for at least 30 minutes on the Our Father, or be part of a "spiritual retreat of at least one day that includes a meditation on St. Joseph."

Because St. Joseph practiced the virtue of justice in a perfectly model way in "full adherence to the divine law, which is the law of mercy", we can obtain a plenary

indulgence by carrying out a corporal or spiritual work of mercy.

St. Joseph's main vocation was to be guardian of the Holy Family, husband of Mary, and legal father of Jesus. To inspire, enthuse and encourage all Christian families to live with the same "intimate communion, love and prayer" that the Holy Family lived, we can obtain a plenary indulgence by praying the Holy Rosary "in families and between engaged couples."

The Feast of St. Joseph the Worker was instituted on May 1, 1955, and those "who daily entrust their activities to the protection of St. Joseph and all the faithful who invoke with prayer" can gain a plenary indulgence.

"To reaffirm the universality of St. Joseph's patronage in the Church," we can gain a plenary indulgence if we recite any legitimately approved prayer or act of piety in honour of St. Joseph.

Live Streaming Mass

We know that many people are anxious to attend church which is completely understandable. If you have a computer you can still attend Mass in the comfort and safety of your own home.

There are a variety of Live masses for you to watch. Just use these links!

Plymouth Cathedral—<https://www.plymouthcathedral.co.uk/daily-services.html>

Blessed Sacrament Exeter—<https://www.facebook.com/CatholicExeter/>

Church Services TV— Masses held weekdays and Sundays all over the country—

[https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.churchservices.tv&c=E,I,MqgV-](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.churchservices.tv&c=E,I,MqgV-jsxM36LerO3HNOFuHoWNwO_pfZUQcyyzzrl8euywAnLbhYi745Z6jdHefe0b9NpeIM_hl6IAISzRLLF2sbCknEShnjNLSvBgnbcHq999i_yAjKLRvlePA.,&typo=I)

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GIFT Growing In Faith Together

Happy New Year to our GIFT Families!

We look forward to welcoming you back after Christmas for our 5th February parent zoom call where we will continue our God Calls Resources. In the meantime, keep your eyes peeled on the GIFT webpage for new Bedtime Chats this month. <https://www.blessedsacrament.org.uk/parish-life/gift/>

WHAT IS IT? GIFT is for all families of faith: for families with children who are looking forward to receiving Holy Communion or who have already made their Holy Communion; 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.

Get in touch

Our next parents zoom session is on the 5th February. If you would like to join us, please get in touch with Maria exeter-pastoral-assistant@prcdtr.ogr.uk

PRAY 4 EXETER

Tuesday 5th January (and the first Tuesday of every month) On Zoom - contact ctaxexeter@gmail.com for the link. Join others to pray for our city, region and nation. First Tuesday of every month, 10-11am.



LOCAL MINISTRIES DIRECTORY SURVEY

CTAX, with our partners the Diocese of Exeter and Churches Together Devon, have been asked to survey existing provision of local ministries, including those addressing debt, hunger, English language, loneliness, parenting, and more.

As part of this, we have been given access to a larger live directory of charities and services in Exeter, which can be accessed here:

https://docs.google.com/spreadsheets/d/1Q49xrRFvjf9y2873Us9pVPDhyOBNVtxzPHDf_lg6Vs/edit?usp=sharing

EXETER HOMELESSNESS PARTNERSHIP

EHP are working hard to help those who are homeless or vulnerably housed this winter, and have offered a Q&A, including ways you can help, here: <https://news.exeter.gov.uk/rough-sleeping-and-homelessness-in-exeter/>

Encouragingly, many Christmas gifts and much free food went out to the street homeless and vulnerably housed in our city over the Christmas period, through a number of Christian/Church-based EHP partners including but not limited to Bread of Life, St David's Church, and St Petrock's homelessness charity.

EMERGENCY GRANTS

If you or someone you know has lost income and are struggling to pay for basic household essentials, money is available via small emergency grants to people in financial hardship as a result of COVID-19. More info here:

www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families/

UNITED SERVICE - with Christians Together in Central Exeter

Jointly planned and led by churches including Central Parish (such as St Stephen's on the High Street and St Pancras' in the Guild Hall), Exeter Cathedral, Exeter Quakers, Exeter Salvation Army, the Mint Methodist, Sacred Heart Roman Catholic, South Street Baptist, St David's, and St James' – a service with musical contributions and readings from across the churches, using 'The Week of Prayer for Christian Unity' 2021 resources, based on John 15.1-17. Downloadable resources available from www.ctbi.org.uk/weekofprayer

Let us know at ctaxexeter@gmail.com if you want the login info.

Location: Zoom When: 17 January 2021 Time: 19:00 – 20:00

Organiser: Chris Palmer <chris.palmer@exeter-cathedral.org.uk>

Description: Join Zoom Meeting [https://us02web.zoom.us/j/81953088585?](https://us02web.zoom.us/j/81953088585?pwd=NHFEN2NXMnBKQIVuT3gxS0dzSUVnUT09)
[pwd=NHFEN2NXMnBKQIVuT3gxS0dzSUVnUT09](https://us02web.zoom.us/j/81953088585?pwd=NHFEN2NXMnBKQIVuT3gxS0dzSUVnUT09)

Meeting ID: 819 5308 8585 Passcode: 172992

*This is what the Lord Almighty said:
'Administer true justice; show mercy
and compassion to one another.'
Zechariah 7:9*



Helping people make a fresh start after prison across CORNWALL, DEVON & WEST SOMERSET

Holistic support for men & women before & after release from prison

Help to overcome the challenges they face to make a fresh start and
build a positive future for themselves

Based on principles of hope, compassion, forgiveness and the possibility
of change and renewal for all, regardless of their past

All are valued and accepted whether they share our faith, have a different
faith or none at all

How can you help?

PRAY

For our clients, trustees, staff and volunteers. Prayer is central to
all we do. Become a prayer partner and share in the work of
transforming lives. Contact us to sign up for our prayer and
newsletters, to keep you informed.

GIVE

By becoming a regular financial supporter or giving us a one-off
gift. Just £5 a week helps to facilitate a mentoring session with a
client. See our website for more details of how to support us.

*...'Truly I tell you,
whatever you did for
one of the least of
these brothers and
sisters of mine, you did
for me.'
Matthew 25:40*

VOLUNTEER

We rely on a network of Volunteer Mentors across the region to walk with our clients. You
don't need to be an expert! Training and support is given. Get in touch to find out more.

Offering hope | Empowering people | Learning new skills & perspectives | Practical support through mentoring & advocacy



01392 284285



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Diocese of Plymouth
From the Office of the Bishop

My dear brothers and sisters,

The one piece of 'good news' in the advice issued by the Government, following the Prime Minister's address last night, was that people can still attend public Mass. This present 'lockdown' will, therefore, be different to what we experienced between March and June of last year. It is a blessing that people can still visit Church, and that we are able to continue to celebrate Mass publicly. We know this is not the case in some other places.

We are grateful to the Government for recognising the central place that places of worship have in the life of our country. They are vital for our spiritual and personal wellbeing, and our worship of God, in turn, is a source of strength and spiritual energy for our continued service of others. We know we must observe the protocols around 'Hands-Face-Space' with an increased vigilance, given the virulence of the latest strain of the virus.

I am, nevertheless, aware within myself - and I imagine within many of us - of a certain weariness. It does not help that we are in the depths of winter, and the normal familial, and friendship supports, are not easily accessible to us. It is also clear that life will not return to any kind of 'new normal' for several months yet. COVID will continue to exercise its power, limiting so many aspects of our lives.

I believe each of us must 'dig deep' within ourselves, and in our faith, in these months. Tomorrow we will celebrate the great Solemnity of the Epiphany, when we recall visit of the three wise men and the homage they came to pay to the Infant King. They brought the gift of Myrrh, used to anoint those who die, recognising that this child would participate fully in the reality of our human mortality. As we reflect on that 'painful gift'

let us continue to work with those close to death, to give them and their loved ones, hope in a time of darkness. The wise men brought Gold, a sign that Jesus is King; a reminder to us that we need to put our countries resources in these months, at the service of those most in need.

Their third gift was Frankincense – a reminder that this child they were greeting was also their God and deserving of their worship and prayer. We need to continue to pray deeply; to find silence to be with God, who makes sense of all our struggles. It is vital, in order to be in touch with the life of Jesus and His Holy Spirit which He has poured into our hearts.

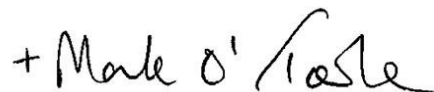
In that vein, I am reminded of a maxim of St John of the Cross which gives a direction, and to me, a certain consolation:

“Enter within yourself and work there in the presence of your Lord who is always there loving you.”

So often we do not see the fruits of our prayers or of our labours, and this seems acutely so in the time of COVID. Yet every faithful thing we undertake in this time, for the love of God and of our neighbour, will bear fruit in ways beyond our understanding, I am sure, even if the reality of that is ‘hidden with Christ in God’, at least to us. In these months, then, let us look to Him, who brings light to our eyes and strength to our weary limbs.

In this year of St Joseph, the great protector and defender of Jesus and Mary, in a time of crisis, it is to Him that I entrust us all, and I ask your prayer for me.

Yours devotedly,

A handwritten signature in black ink, reading "+ Mark O'Toole". The signature is written in a cursive, flowing style.

Rt Rev Mark O'Toole
Bishop of Plymouth

Welcome the Stranger—Celebrating the Feast of St Josephine Bakhita

Caritas Plymouth and Caritas Clifton are hosting our first joint online event on the Feast Day of St Bakhita to reflect on the issues facing refugees, migrants and those affected by modern slavery. All are invited to join Bishop Mark and Bishop Declan Lang for an evening of prayer and reflection. Guest speakers will include Nick Hanrahan from the Jesuit Refugee Service and Caroline Virgo from the Clewer Initiative. The event will take place via Zoom and you can register to attend by following this [link](#) or emailing caritas@prcdtr.org.uk

Welcome the Stranger

8th February 2021 5 – 6.30pm

welcome • protect • promote • integrate

Caritas Plymouth and Caritas Clifton would like to invite you to join Bishop Declan Lang and Bishop Mark O'Toole for an evening of prayer, reflection and discussion on the issues facing refugees, migrants and those affected by modern slavery in the South West.

Come along if you want to find out more about these issues.

Guest speakers will include Nick Hanrahan from the *Jesuit Refugee Service* and Caroline Virgo from *The Clewer Initiative*.

To register for this event please click [HERE](#).



diocese of plymouth



THE CLEWER
INITIATIVE

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.

Contact Details

Parish of the Sacred Heart

25 South Street, Exeter, EX1 1EB

Parish Priest: Fr Kieran Kirby

Assistant Priest: Fr Cyriacus Uzochukwu

Deacons: Delian Bower and Kelvin Russell

Parish Sister: Sr Anna Maria

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

Parish Centre: Cardinal Newman House Contact Parish Office: 01392 272815

Safeguarding Rep: Karmen Trice Email: karmen.trice@prcdtr.org.uk

St Nicholas Catholic Primary School: Head Teacher: Mrs Angela Folland 01392 445403

