



Parish of the Sacred Heart

SUNDAY 28TH FEBRUARY 2021

PSALTER 2

Year B

Second Week of Lent

“I will walk in the presence of the Lord in the land of the living.”

Sacrament of reconciliation during Lent

Mon - Fri 9.30am - 9.50am

Sat 5.30pm - 5.50pm

Date	Time	Service	Intentions
Sun 28th Feb	9.15am	Holy Mass – <i>Second Sunday of Lent</i>	Private Intention
	11.15am	Holy Mass - <i>Second Sunday of Lent</i>	For the work and ministry of CAFOD
Mon 1st Mar		No Mass	
Tues 2nd Mar	10.00am	Holy Mass	For all those in Europe who have died during the pandemic. (Council of European Bishops Conferences)
Wed 3rd Mar	10.00am	Holy Mass	Private Intention
Thur 4th Mar	10.00am	Holy Mass	Private Intention
Fri 5th Mar	10.00am	Holy Mass	For the Sick
Sat 6th Mar	5.30pm	First Mass of Sunday	For world peace

Question of the Week

“How can I transfigure my life this Lent? What will I do to show the transfiguration Jesus has made in me?”

Newsletter

Any notices for the newsletter should be sent to the parish office by Thursdays at the latest please, exeter-sacredheart@prcdtr.org.uk

This weeks scripture references

Genesis 22:1-2, 9-13, 15-18

Romans 8:31-34

Psalm 115(116):10,15-19

Mark 9:2-10

THE SACRIFICE OF ISAAC IN LENT

'But I will buy it from you for a price. I will not offer burnt offering to the Lord my God that cost me nothing' (2 Sam 24: 24).

My dear friend, Lent is a forty day spiritual journey of great sacrifice in prayer and penance, in rebuilding our disfigured relationship due to sin with God. Without sacrifice, we cannot get to the end and it would be difficult to achieve the objective of lent. Any sacrifice within this period has to come from the heart. It must be done out of love and trust in God.

The liturgy of this second Sunday of Lent tells us a touching story of the sacrifice of Abraham, our father in faith. God called him and asked him to take his only son Isaac and offer him as a burnt offering to him in the land of Moriah. What a hard request! But we must understand that the request was a test onto Abraham. God was not looking for the shedding of blood but his heart. And his heart was his son, his beloved son Isaac and his precious possession. It was like God is asking him to sacrifice himself because his son is his only hope, his all and all. God pointed to Abraham where his heart was, his son Isaac. You could imagine how difficult it could be for Abraham but he demonstrated his absolute trust in God and was ready to sacrifice him before God intervened and provided the ram for the sacrifice for He had seen his heart, his confident trust, his faith and his love. But God got what he wanted in Abraham. He wanted Abraham's heart by the test of that request. He got his heart, Isaac. It is like Abraham given himself trustfully back to God.

We are in lent and God wants us to sacrifice our 'Isaac' to him. But we need to discover the 'Isaac' of our heart and give it up to God this season. We have the 'Isaac' we are fond of or attached to; the 'Isaac' we are not ready to compromise - that which is dear to us. In fact, that is what God is asking us to sacrifice this lent. God knows what is dear to us and uses it to test us. He is watching if you would turn down the sacrifice or would live up to expectation like Abraham. The 'Isaac' of our lives could be something material like money or what money can buy. It could be time, ambition or pleasure etc. He is calling us to surrender that which is precious to us as a sacrifice unto him. We need to identify the beloved Isaac of our life and offer it to God. We can offer it by doing lent with it this time. What is in your mind? What are you doing this lent with? It demands your commitment and sacrifice.

My dear friends, we should not forget that this is a time of sacrifice and every sacrifice has a reward. God watches our sacrifices and rewards it. Abraham sacrificed Isaac. He gave God what is dear to him and God blessed him and gave him back what is dearer. He blessed him and made him the father of multitude of nations. You could see the doubled blessings of Abraham. So shall it be when we offer our own 'Isaacs' as a sacrifice and we would gain something greater, namely: intimate relationship with God, spiritual growth and of course eternal life at the end of our life. Let us be determined and move forward in this lent and say with the king: 'I cannot offer God a sacrifice that cost me nothing' (2 Sam 24:24).



Photo Copyright Catholic Church/Marcin Mazur

The Pope's Intentions

Intention for Evangelisation - Sacrament of reconciliation. Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

A message from Fr Cyriacus

I would like to take this opportunity to thank all of you for your prayers, care and support during the time when I lost my Mother last year. Your condolence messages, kind gestures, gifts and cards were very comforting and encouraging and reminded me that I was not alone. Thank you so much.

The funeral went very smoothly and I have now returned.

My sincere appreciation to all of you and be assured of my prayers.

God bless you.

Fr Cyriacus

Steward Volunteers

Grateful thanks to all those who have volunteered once more to steward and read at Mass. Having more stewards means we can have a daily Mass once again.

Into your hands, O' Lord

We pray for the repose of the souls of Kaylie, Dan (Rudge) and their daughter tragically killed in the house fire last week. We remember in our prayers the other three children in Bristol infirmary, and all of the families loved ones at this time.

Maryvale conference-Exploring the New Directory for Catechesis.

This conference is open to all.



ARCHBISHOP
RINO FISICHELLA



ARCHBISHOP
BERNARD LONGLEY



FATHER
JAN NOWOTNIK



SISTER
CARINO HODDER

AND MORE...

SESSION 1
12 MARCH
2021
2PM -4PM

'DYNAMIC CONTINUITY': THE PURPOSE AND DISTINCTIVE EMPHASES OF THE NEW DIRECTORY

KEY SPEAKERS: ARCHBISHOP RINO FISICHELLA; ARCHBISHOP BERNARD LONGLEY; DR STEPHEN YATES

KEY EMPHASES/FOCI OF THE NEW DIRECTORY: A CLOSER LOOK

KEY SPEAKERS: FR JAN NOWOTNIK; KATHERINE COOLIDGE; DR TAMRA FROMM; SR HYACINTHE DEFOS DU RAU
AND MORE TO BE CONFIRMED

SESSION 2
16 APRIL
2021
2PM -4PM

SESSION 3
14 MAY
2021
2PM -4PM

GROWING IN FAITH: A LIFELONG JOURNEY OF CATECHESIS

KEY SPEAKERS: ANGELA WOOD; SR CARINO HODDER
AND MORE TO BE CONFIRMED

TO REGISTER VISIT WWW.MARYVALE.AC.UK OR EMAIL: MARKETING@MARYVALE.AC.UK

To register: <https://bit.ly/2Z2KqlX>

For more info please visit: <https://www.maryvale.ac.uk/conference-2021.html>

or contact marketing@maryvale.ac.uk

CTaX

Please visit the Sacred Heart website for the latest news from CTaX and the Lifelines Newspaper (Winter 2020 Issue) <https://www.sacredheartexeter.org/ctax>

CAFOD

CAFOD is helping the poorest people in the world – Please support our current project for Lent in Ethiopia, to help families living in arid country areas to get water facilities nearer to their homes. CAFOD is helping people whatever their background or beliefs to get this vital life changing project off the ground. Everyone should have the right to a water supply near to their home. Please be generous this Lent and donate to CAFOD.

Donate online at cafod.org.uk or send a cheque to: Freepost Plus RSSA-CLBY-TAAE, CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB (Please Gift Aid if eligible and write your full name and address, plus parish church and town/city on the back of your cheque)

You can also easily give via text. Text LENT to 70460 to donate £10.

*Texts cost the gift of £10 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more information please see our Privacy Policy: cafod.org.uk/Legal-information/Privacynotice



Lent Appeal
2021

CAFOD Catholic Agency for
Overseas Development

**no one
beyond reach**

Fratelli Tutti material for Lent

Pope Francis' latest encyclical Fratelli Tutti could offer great material for reflection during the Lenten period. The Vatican has developed a website to offer insights and reflections into key messages contained therein. www.humandevlopment.va/en.html this is the introduction that you will find on the website:

Dear Brothers and Sisters,

Jesus revealed to his disciples the deepest meaning of his mission when he told them of his passion, death and resurrection, in fulfilment of the Father's will. He then called the disciples to share in this mission for the salvation of the world. In our Lenten journey towards Easter, let us remember the One who "humbled himself and became obedient unto death, even death on a cross" (Phil 2:8). During this season of conversion, let us renew our faith, draw from the "living water" of hope, and receive with open hearts the love of God, who makes us brothers and sisters in Christ. At the Easter vigil, we will renew our baptismal promises and experience rebirth as new men and women by the working of the Holy Spirit. This Lenten journey, like the entire pilgrimage of the Christian life, is even now illumined by the light of the resurrection, which inspires the thoughts, attitudes and decisions of the followers of Christ.

Fasting, prayer and almsgiving, as preached by Jesus (cf. Mt 6:1-18), enable and express our conversion. The path of poverty and self-denial (fasting), concern and loving care for the poor (almsgiving), and childlike dialogue with the Father (prayer) make it possible for us to live lives of sincere faith, living hope and effective charity.

World Day of Prayer 2021

Friday 5 March 2.00pm, Vanuatu. There is usually an ecumenical service for all the churches in Exeter. Sadly, due to Covid-19 this will not be the case this year. There will be a link to an International Service posted on the WDP website: www.wwdp.org.uk. WDP have suggested several ways to receive donations for their work. By text: to donate £5 text 2021WDP 5 to 70085. Any amount up to £40 can be donated this way - just alter the 5 after 2021WDP to your chosen amount. By cheque: payable to WDP and sent to WDP, Commercial Road, Tunbridge Wells, Kent TN11 2RR. By online donation: www.wwdp.org.uk minimum amount £10. Please join in this worldwide wave of prayer if you can in any way.

Baptism Preparation Courses 2021

Are you 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 delivered via zoom over two consecutive Saturday mornings from 10:00-11:15. The next course dates for 2021 are: 17/24 April, 10/17 July, and 9/16 October. Please get in touch with Fr Kieran to let him know you would like to prepare to have your child baptised.

VACANCY

Financial Management Accountant – I Part Time Post
Location: St. Boniface House near Ashburton, Devon
Hours: 4 days per week (28 hours)



The Diocese of Plymouth is seeking to recruit a Financial Management Accountant to work as part of the Finance Team in the Central Office at St Boniface House in Ashburton. Reporting to the Central Team Leader, this role entails being specifically involved in the creation of management accounts and supporting the payroll operation in order to support the mission and goals of the Diocesan Trust.

Candidates must have at least part qualifications ACA, CIMA or ICAEW or equivalent (relevant experience will be considered). Some experience of working as an accountant and excellent IT skills, particularly Excel, are essential. Also, candidates should possess a professional and flexible attitude to work, and the empathy to work in a faith environment.

For a copy of the job description please contact Joanne Howell at Cathedral Appointments email jhowell@cathedralappointments.co.uk. Applications are by application form and covering letter. The closing date for applications is Monday 8 March 2021. Interviews will be held during week commencing 15 March 2021. Charity Number 213227

Youth Events

Drama Group – The last supper

Starting Weds 24th Feb, running 4 weeks finishing Weds 17th Mar 7.00 – 8.15

All sessions will be running through ZOOM. The sessions are for Year 6 upwards. This course is a chance to explore the Last Supper through script, movement and improvisation; thinking about what the disciples were thinking and talked about as they prepared to arrive at a strangers house for the annual Jewish feast; what did they talk about during the feast; how did they react when Jesus talked about one of the being a traitor. The sessions are fun, they include lots of drama games. If you are year 6 or older and would like a place on the course please email youth@prcdtr.org.uk

Your Faith in Action series of talks – 22nd Feb – 22nd Mar 2021 7.30 – 8.30pm

It's amazing – we're all called by God to play our part in making the world a better place! But how? Join our community of young people (aged 13+) for 5 weeks of fun, faith and finding out about how to put your faith into action for the good of others. Over the first 2 weeks we will get to know each other, our interests and amazing potential - and then meet a group of asylum seekers/refugees and learn from their experience. The subsequent weeks will flow according to the groups interest.

For further information and to book a place please email: youth@prcdtr.org.uk

LENTEN RESOURCES 2021

National

Parousia: The Bible and the Mass

This is a journey through scripture, hosted by Scott Hahn to uncover why all God's action, in creation and redemption, is ordered to the mass.

<https://stpaulcenter.com/studies-tools/journey-through-scripture/parousia-the-bible-and-the-mass/>

Lenten Bible Course

6 weekly sessions to break open each Lenten Sunday Gospel.....before you go to Sunday Mass. Led by Mauro Iannecelli

<https://comeandsee.org/lent.html>

Sycamore

A 6 week Lent course for practising Christians, or for people with some Christian background, who wish to renew their faith in the season of Lent.

<https://www.sycamore.fm/pathways/b-formation-pathways/lent-course/>

Prayer I

This Lent course in Christian spirituality is intended as an introduction to some of the themes found in living the Christian spiritual life. Some of these themes might make us feel uncomfortable. For example, the theme of obedience. Our desire to be in control of every aspect of our own lives is often considered normal and good in today's world. Yet, for those who have taken their pursuit of God seriously, it is clear that a willingness to be obedient to God is a necessary attitude if we are going to make progress on that journey. Jesus, himself, says that this is necessary (Luke 11 : 28, John 14 : 23) and makes it clear that he chose to live a life of obedience to his Father's will (John 8 : 55).

<https://www.prayereleven.org/home/spiritual-maturity/ideas-for-lent/lent-2019/>

Youth2000

Follow the Sunday Gospels throughout Lent

<https://www.jesuit.org.uk/bbc-and-jesuits-britain-bring-you-special-lent-retreat>

Jesuits in Britain (in conjunction with the BBC)

This Lent, BBC Radio 4 will explore aspects of Ignatian spirituality and point listeners to 'Knowing Jesus', an online retreat being offered by the Ignatian Spirituality Centre in Glasgow. This retreat is available to anyone in the world with access to the Internet who wants to immerse themselves in the spirituality of St Ignatius.

<https://www.jesuit.org.uk/bbc-and-jesuits-britain-bring-you-special-lent-retreat>

LENTEN RESOURCES 2021

Diocesan

For Youth: Your Faith in Action

A series of talks 22nd February – 22nd March, 7.30 – 8.30pm through zoom. Age 13 plus. Organised by Saskia Hogbin our diocesan youth ministry events coordinator. youth@prcdtr.org.uk

Fr. Ian Hellyer

Lent reflections on the theme of worship through a scriptural approach.

www.Peverell-st-edward.blogspot.com

Canon John Deeny

Series of talks which can be found on the St. Cuthbert Mayne RC Parish YouTube page.

<https://www.youtube.com/channel/UC0BIubII236ArXsQaYZIUeg>

Caritas Lent Resources

Caritas Plymouth has developed some resources for individual, group and parish reflection during Lent 2021. The resources include podcasts, links to websites and ideas for reflection during Lent, with a focus on Catholic Social Teaching. We hope that you find this material inspiring.

<https://www.plymouth-diocese.org.uk/wp-content/uploads/2021/02/Lenten-2021-Resources.pdf>

Fr. Mark Skelton

Each talk will begin at 7pm. The link will be open from 6.45pm

Week Two.

Mon 1st March David John

“A Lenten walk in the mountains with Thumper”

Thurs 4th March Peter Coxe.

“Empowering Our Relationship with God, Ourselves & Fellow Creatures”

Week Three.

Mon 8th March Mark Nash.

“Mending the Nets”. Preparing for Mission.

Thurs 11th March Peter Montgomery

“Guilt and Shame in a Post modern world”

Week Four.

Mon 15th March Ned Wall

“A radical Jesus in Lent”

Wed 17th March Jonathan Stewart.

“Vice or Virtue -the Path to Holiness”

Fr Mark Skelton cont...

Week Five.

Mon 22nd March Anthony Hodges.

“The Ecology of Lent – a call to Life”

Wed 24th March Karen Cortes Foong.

“The Black Madonna’s Invitation to honour the Other”

The Zoom link for Fr. Mark Skelton’s Lenten talks is:

[https://us02web.zoom.us/j/84667005013?](https://us02web.zoom.us/j/84667005013?pwd=eExpQ25naUxqYi95dmVFeVhkMHI4QT09)

[pwd=eExpQ25naUxqYi95dmVFeVhkMHI4QT09](https://us02web.zoom.us/j/84667005013?pwd=eExpQ25naUxqYi95dmVFeVhkMHI4QT09)

Meeting ID: 846 6700 5013

Passcode: 608518

Big Exeter Sleep-Out

Due to the COVID lock-down, we have had to make this year's Big Exeter Sleep-Out a virtual fundraising event. Although we are apart, we wanted to find a way to bring our supporters together in a safe way. For one night, on Friday 5 March, we are asking you to Sleep-Out: At Home for the night and raise vital funds for the most vulnerable men and woman in your area. Please stick to your family or support bubbles. For more information and to share this event with your colleagues, please find us on Facebook www.facebook.com/events/631862997528891 Sign up for free here www.eventbrite.co.uk/e/big-exeter-sleep-out-at-home-tickets-133073752175

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.

Do you know a family who might need CCSP's help ?



2020 really was an unprecedented year for everyone and at CCSP, all our fundraising activities were cancelled and those which we were able to run, were adversely affected due to the lockdown restrictions in place. At a time when our income was severely reduced, the number of grant applications continued to rise as more vulnerable families felt the effects of Covid-19. We had to look for alternative and innovative sources of fundraising such as Crowdfunding and donations by text, to replace lost income and we were fortunate to receive an additional £27,000 of Covid-19 funding in 2020, which was allocated to 125 families last year.

Our sponsored 'Sleep on the Floor for a Night' was also a success and we have almost reached £2,000 with sponsorship money still coming in, which is double what we were hoping to raise! Thank you to all the children in our parishes, who helped to support this event by sleeping on the floor for one night during the Christmas holidays.

Do you know a family who might need our help? We have successfully bid for a further £21,000 of funding so far in 2021, thanks to Caritas and a joint funding bid with them the Gubay Foundation Trust have given us £15,000 and the Devon Coronavirus Fund have also given us another £6,000. This money will be used to provide financial support to vulnerable children and their families through our Essential Grants programme, where the basic essentials of life such as children's beds, white goods like cookers, fridge/freezers and washing machines and also school uniform including school shoes can be bought by us for vulnerable children and their families living in the Diocese. We have been actively promoting our Essential Grants programme in Dorset and Cornwall, as we are particularly keen to receive application forms for our help from families living in these counties, as well as Devon. The application and reference form can be found on our website

www.ccsplymouth.org.uk or you can call 01364 645420 or email ccs@prcdtr.org.uk

Do you have access to Facebook ? If so, please like our page to receive news and updates on our fundraising events. Visit <https://www.facebook.com/CatholicChildrensSocietyPlymouth/>



If you would like to help support the Catholic Children's Society (Plymouth) in your parish, we are still looking for Parish Volunteers – please email vicki.dunstone@prcdtr.org.uk or call 01364 645420.

Thank you for your continued support of the Catholic Children's Society (Plymouth) especially during these unprecedented times.

Exeter Foodbank – Food Shortages



Exeter Foodbank is a small, volunteer-led charity providing emergency food to local people in financial crisis, who would otherwise be unable to put food on the table for themselves and their families. We are reliant on food donations from the generous Exeter community for every food parcel we give out.

Can you help by donating any of the following items*?

* This list reflects the items we're currently short of – not the full range of food we give out. The full contents of each foodbank parcel provides nutritionally balanced meals for at least 3 days. (Please see our website for full details <https://exeter.foodbank.org.uk/get-help/whats-in-a-food-parcel/>)

Priority Shopping List Items – February 2021	
URGENTLY NEEDED	
Sponge puddings	
Tinned vegetables	
Tinned fruit	
Sugar	
Coffee	
Washing up liquid/household cleaning spray	
WE HAVE PLENTY FOR NOW – thank you	
Pasta, baked beans and cereal	
Please note that the foodbank can only take in-date, long-life food. We unfortunately cannot take fresh produce, items past their Best Before / Use By Date, or any items containing alcohol (including wine-based sauces, steak & ale pies etc) https://exeter.foodbank.org.uk/give-help/donate-food/	

Donations can be left at the following **supermarket collection points**, which remain open and are being collected from regularly:

Sainsbury's (Alphington / Pinhoe / Guildhall)

Tesco (Exe Vale)

Co-op (Heavitree / Topsham/Cowick Street/Alphington Rd/Queen Street/ Sidwell Street/ Old Tiverton Road/Exwick)

Waitrose (Gladstone Rd)

Morrisons (Prince Charles Road)

GIFT Growing In Faith Together **February update**

We met with parents via zoom on Saturday 6th February to discuss one of our next God Calls Resources: David. This resource helps families to focus on two themes: When we have God on our side, nothing can defeat us.

There are seed of hidden talents in all of us that are just waiting for God's love and our faith to bring into blossom.

Families will also explore 'God Calls Esther' over the upcoming month.

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.

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

Our next parents zoom session is on Saturday 6th March. If you would like to join us, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk

Marriage Encounter Weekends

The next online Marriage Encounter experiences are as follows.

Marriage Encounter 20 & 21 March 2021

Engaged Encounter 17 and 21 April 2021

the details are now available on the new website www.wwme.org.uk

Newsletter Attachments

Look and Ichthus PDF's (Children's Sunday Sheets)

Evangelisation and Catechesis newsletter, 'Evangelium.'

Catholic Children's Society Patchwork Parenting Courses

Catholic Children's Society Lockdown Lowdowns Virtual Support Sessions

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

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

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