



The Parish of the Holy Family

Holy Ghost Church, Exmouth EX8 2JH
St Peter, Prince of Apostles, Budleigh Salterton EX9 6RZ



DIOCESE OF PLYMOUTH

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Registered Charity 213227

The Parish Office
The Parish Priest
The Parish Office Manager
The Deacon
The Sisters of the Holy Family
St Joseph's School
Chaplain to Exeter Hospitals

The Presbytery, 11 Raddenstile Lane, Exmouth EX8 2JH
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First week of Lent B Ps 1 Maximum number 35 at Mass

Saturday 20 February	5.00 pm	Kay RIP
Sunday 21 February	10.00 am	Parish
Wednesday 22 February	11.00 am	Lena Nardone RIP
Friday 23 January	2.00 pm	Ann McGee RIP

Please pray for our parishioners, family & friends, especially those who are sick, those undergoing medical procedures and in hospital and those feeling isolated in these challenging times

Let us pray for one another. *Fr Philip*

The Sacrament of Reconciliation (Confession) is available by making an appointment with me, via the Parish Office.

IS OUR CHURCH STILL OPEN? In these times of uncertainty, when we can take nothing for granted, please, please, refer to our website at least once a week, where changes will be posted. You will also find other spiritual and devotional material, which is updated every week. Remember, the obligation to attend Sunday Mass remains suspended. Masses will continue to be streamed online and there are quick links on our website for you to access from the Cathedral and other churches in the Diocese.

Access to the church will be for the 30 minutes only before each mass to satisfy our 'track & trace' management protocols - hand sanitizing and personal registration and face coverings will be required. **Remember, if you feel ill and have flu-like** or coronavirus symptoms, please do not come to church. Similarly, if you have been in contact with anyone who may have symptoms of coronavirus please stay at home. We are confident that we are taking every precaution to keep you safe and the church is cleaned and sanitized after every opening. Entry to the church is managed very sensitively by our stewards, without whom, I wouldn't be able to open the church for you. We have been advised that there continues to be no access to church halls, kitchens or toilets.

Mass Live streaming from Blessed Sacrament Exeter. Please go to the parish Facebook page Catholic Exeter. You don't have to have a Facebook account to watch the Masses, simply ignore the request from Facebook to log in – see <http://www.blessedsacrament.org.uk/>

An Act of Spiritual Communion My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and "I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen."

Check out Pope Francis' daily tweets on Twitter.... To understand God's plan for our lives better, let us seek to strengthen our relationship with Him through [#Prayer](#). Thus we will discover that God is a compassionate Father who always takes care of us [Pope Francis @Pontifex](#)



Just as **JOY** was our word for Advent, let **HOPE** be our anchor word for Lent.

Please remember to look at the 'Lent at Home' booklet that I prepared for you.

Fr. Philip

From the First Reading of the First Sunday of Lent (Genesis 9:8-15)

God spoke to Noah and his sons, "...

When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh."

True wisdom demands an encounter with reality. Today, however, everything can be created, disguised and altered. A direct encounter even with the fringes of reality can thus prove intolerable. A mechanism of selection then comes into play, whereby I can immediately separate likes from dislikes, what I consider attractive from what I deem distasteful. In the same way, we can choose the people with whom we wish to share our world. Persons or situations we find unpleasant or disagreeable are simply deleted in today's virtual networks; a virtual circle is then created, isolating us from the real world in which we are living.

Fratelli tutti §47



The wise men understood that this natural world is only an image and a copy of paradise. The existence of this world is simply a guarantee that there exists a world that is perfect. God created the world so that, through its visible objects, men could understand his spiritual teachings and the marvels of this wisdom.

Paulo Coelho

The Alchemist

Forgiving God, you already know all my failings, but I must face them and acknowledge them. I am truly sorry for all that I have done that was not as you would have wanted me to do. Sprinkle me

with the healing waters of your mercy as I promise to go forward in holiness and abandon sinful ways. Bless in a special way all those whom I have hurt by my actions.

STATIONS OF THE CROSS TOGETHER.... Together, at home, as a parish may we all try to pray the Stations each Friday afternoon at 3.00.pm, so that we can be united in prayer while physically distanced.

ZOOM STATIONS OF THE CROSS.... You are invited to attend a Stations of the Cross on Zoom, facilitated by our UCM group. This is a short service with images, to help us in our contemplation. The Stations will begin at 3 pm but the zoom room will be open from 2.30 pm. Clicking on the link below should take you straight in. Any problems please RING (not email) Siobhan Canham on 01395 227729 OR 07517 868 191.

Topic: Holy Family Stations of the Cross

Start Time: Feb 19, 2021 03:00 PM London and every week on Friday

Join Zoom Meeting

<https://us02web.zoom.us/j/84728376183?pwd=SmtMM2dSTnMvRFEyeXA3M1YzTERIZz09>

Meeting ID: 847 2837 6183

Passcode: lent21

Fr. Philip's Book Club DLB (DISTANCED-LENTEN-BOOKCLUB) **Have you started reading yet?** A suggestion is that we all, as far as possible read *Fratelli tutti* and/or *The Alchemist*. Pope Francis' Encyclical *Fratelli tutti* can be read on the Vatican website: _ It is also available from Amazon (paperback £8.99. and Kindle £3.99.) I will be very interested to hear your comments' *Fr. Philip*

You may also like a **LENT BIBLE STUDY** 6 Sessions Wed 17th February - Wednesday 24 March 7pm - 8:30pm <https://comeandsee.org/lent.html>

******Now available each weekend ******For those of you who can access the parish website, please keep your eyes posted for details of a Lent 'retreat resource' offered by David Wells, so well-known to us in the parish for his helpful, challenging and often amusing insights into our spiritual lives. Huge thanks to Dave for sharing these wonderful insights with us. *Fr. Philip*

Seeds of hope.... and thanksgiving..... Back in 2014 when we were planning the celebrations for our centenary year, many of you will remember planting sweet peas. The fruits of your labour filled our churches with colour and perfume for many weeks.

I invite you again to plant your favourite seeds and watch them grow. As we approach spring and summer, with the extension of the mass vaccine roll out and the hope that more of us will be able to return to celebrate together, you may like to bring a bunch to church, or to school, in thanks for our families, friends and the tremendous community we share.





CAFOD FAMILY FAST DAY IS ON Friday 26 February You can make a real difference to the world's poorest people by donating to CAFOD. Your gift could provide a family with food, water, shelter and a way to earn a living - meaning they can lift themselves out of poverty. CAFOD has partners across

the world, working wherever the need is greatest. This Lent please...

- *Donate to CAFOD by post: CAFOD Romero House 55 Westminster Bridge Road SE1 7JB*
- *Donate to CAFOD by phone 0303 303 3030*
- *Donate to CAFOD by Direct Debit Set up a Direct Debit online; Download a Direct Debit paper form; Gift Aid*
- *Download and include a Gift Aid declaration with your donation to boost it by 25 percent at no extra cost to you.*

<https://cafod.org.uk/>

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 <https://www.plymouth-diocese.org.uk/wp-content/uploads/2021/01/Lenten-2021-Resources.pdf>

. We hope that you find this material inspiring.

YOUR FAITH IN ACTION We are 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+ 5 sessions starting 22nd February 2021 7.30 - 8.30

Contact Youth Event: youth@prcdtr.org.uk to book a place

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

Online Drama course – The Last Supper

This 4 week virtual 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

THANK YOU to those of you who have already contributed to our Holy Family Lent Appeal

In his Angelus address Dec. 27, the feast of the Holy Family, the pope noted that March 19, 2021, would mark five years since the signing of *Amoris laetitia* (The Joy of Love) following the synods on the family in 2014 and 2015.



He said: *“Today’s feast reminds us of the example of evangelising with the family, proposing to us once again the ideal of conjugal and family love, as underlined in the apostolic exhortation Amoris laetitia, promulgated five years ago this coming March 19. And it will be a year of reflection on Amoris laetitia and it will be an opportunity to focus more closely on the contents of the document..... As of now, I invite everyone to take part in the initiatives that will be promoted during the Year..... Let us entrust our journey, with families all over the world, to the Holy Family of Nazareth, in particular to St. Joseph, the devoted spouse and father.”*

Our Parish School, as we all know, is under the patronage of ‘St. Joseph, the devoted spouse and father’. I am asking, therefore, that our Parish Appeal, our ‘lenten almsgiving’ will be for the benefit of our children in St Joseph’s, to recognise, as a community, the untiring effort of all the staff, in enormously trying circumstances, to teach ‘gospel values’ to those entrusted to us.



It would be an enormous help if you would make your gift to the school directly since, as a parish, we are currently prohibited from processing cash and cheques.



Please, therefore, place your cheque, payable to *St Joseph’s School (Exmouth) PTA* in an envelope marked **Holy Family Lent Appeal**. You may then drop it through the Presbytery letterbox. If you wish to *Gift Aid* your donation, please add a note to that effect. If you wish to make a direct gift to the school, please telephone the administration for details on 264875



“Walking with Jesus to be the best we can be”

As we in Lent follow *the paths of hope*, let’s meet St. Joseph’s *‘walking with Jesus to be the best that we can be’*.
Thank you!



Larder/Foodbank report: February news update

The Exmouth Community Larder decided to change its name to Exmouth Foodbank some time ago, but in March 2020 the Coronavirus hit. It is being implemented now with a much improved website and new email addresses, although some problems have to be sorted!. Looking into the future causes us to look back into the past to grasp the overall picture!

The first lockdown in March 2020 created a surge in people volunteering and a surge in demand from people who could not get supplies, all matched by a surge in donations. Meanwhile volunteers over 70 had to step back leaving new recruits to man the fort led by a few younger previous volunteers. With so many new initiatives at that time to help people, it is easy to think wrongly of the Community Larder being driven by the crisis.

Food emergencies are not new - there have been hungry people needing help from time immemorial. Those who go back to WWII and rationing remember help being provided within each community. People who had enough shared with those that did not. The Gospels remind us "the poor are always with us" The need will continue into the future, especially as more people are relying on government support; many will fall through cracks in the system; mental health issues will expand, where support was already struggling!!

In 2009 in Exmouth, Rev'd John Graver, Minister of Christ Church, filled a spare room in the manse with food for needy families, while Tim Davies had started gathering tins in his garage in Brixington and distributing them to those in need.

Tim became part of the founding group in the Larder managing the stockroom, Chris Barker-Bey organised dealings with clients, Major Steve Watson of the Salvation Army did something of everything.

Rev'd Ian Pusey, a retired minister at Holy Trinity, had run a food bank since 1990 in his previous

parish, serving 45-50 people a week, referred by social services. The Trussel Trust set up its first food bank in 2000 in Salisbury. This went on to create a national food bank movement, with an organised structure and paid staff, which made big news, but it was not the start of food banks or of the need, but it did create publicity and an impetus!!

The ethos of providing help in a food emergency continues, as does the need to guide people to seek help with their underlying crisis. Thanks to the generosity of the whole of greater Exmouth Community there are currently plenty of volunteers and donations.

The new committee, about to launch a new website and with the experience of the huge demands of 2020, look forward to the challenges of 2021 and beyondmore later!!



Volunteers in November 2013

Left to right - back row: Richard Ward, Major Steve Watson, Anthony Bernard, Bill Nash (the mayor), Tim Davies, Phil Lunt, Carole Aldersley, David Mortimer,

Front row: Brenda Chanter, Chris King, Ronni Stevens, Jan Harper, Marie Corker, Jean Taylor, Judy Ring, Jo Corney, Major Ian Harris, SA Division Commander for Devon



Looking forward to Easter....

Last year I celebrated the Triduum alone. This year, if the church is still open, albeit with limited capacity, I have invited the stewards who have made our celebration of mass possible for the last year, to join me, by way of a thank you. The church therefore will be at full capacity.

I warmly invite you to book a place for Easter Sunday at 9.00 am or 11.00 am, or Easter Monday at 11.00 am. **Please call our telephone booking system** which will be open 10.00 am - 11.00 am and 6.00 pm – 7.00 pm during the week commencing **Monday 22nd March – Saturday 27th March**. I am very grateful to our 'booking agent' for her service to the parish. *Fr. Philip*

Sat 27th Feb 2021
11am - 3pm

Stay Awake

Adore † Abide † Arise

Free online event!
Includes:

Community + Fellowship + Kids Sessions
Praise and Worship + Keynote Talks by
David Wells and Pippa Baker

For more information, visit www.stayawakejc.com

 stayawakejc19@gmail.com  07531266224

 [@stayawakejc19](https://www.instagram.com/stayawakejc19)  [@stayawakejc19](https://www.facebook.com/stayawakejc19)

Bishop Mark will be live-streaming Mass for pilgrims in preparation for the **Diocesan Thanksgiving Pilgrimage** to the Holy Land in 2022 (visit www.5gr.org for details of this and other pilgrimages) at the Sunday Mass at 10am on Sunday 28 February on the Plymouth diocese YouTube page, accessed via www.plymouth-diocese.org.uk/daily-videos-of-mass/

The Home Emergency Plan
Emergencies can affect the County with little or no notice. Being prepared can help reduce the effects on your families' lives, reduce the need for help from others and enable you to support the vulnerable in your community.

Disruption to essential services such as water and electricity, to regional and national travel and telecoms are all ways an emergency and can affect our busy everyday lives. Keep

your plan and other important information in a safe place that you will find again quickly. You could keep your plan in a **'message in a bottle'** in your fridge.....