



The Parish of the Holy Family



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

www.holyghostexmouth.org.uk
exmouth@prcdtr.org.uk

Registered Charity 213227



The Parish Office	The Presbytery 11 Raddenstile Lane, Exmouth EX8 2JH		
The Parish Priest	Fr. Philip Austen	01395 263384	
The Parish Office Manager	Jane Cheyne	01395 263384	Fax 01395 263394
The Deacon	Rev. Terry Enright	01395 239166	
Chaplain to Exeter Hospital	Exeter	01392 272815	
St Joseph's School	Office	01395 264875	

WELCOME TO THE PARISH OF THE HOLY FAMILY

Our Mass times are displayed below and you are most welcome – please do check the website as times may vary or change

Please pray for parishioners, family & friends, especially those who are sick, those undergoing medical procedures and in hospital and those feeling isolated in these challenging times. Please let me know if you are aware of anyone that would like to receive Holy Communion at home

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

MASS INTENTIONS If you would like a Mass celebrated for a particular intention; for someone who is ill or a loved one who has died; in thanksgiving for an answer to prayer or perhaps a private intention, contact Jane in the parish office who will help you find a date and time which suits you. It is traditional to make an offering at the same time. This is simply what you can afford and would like to give. Please note that to comply with GDPR rules we need the permission of the person named if it is to be made public unless they are deceased. *Fr. Philip*

FOR MASS TIMES IN LOCAL PARISHES Please contact them directly

Sidmouth	Church of the Most Precious Blood 5 Radway, Sidmouth EX10 8T	Tel	01395 513340
Exeter	Sacred Heart 25 South Street, Exeter EX1 1EB	Tel	01392 272815
Exeter	Blessed Sacrament 29 Fore St, Heavitree, Exeter EX1 2QJ	Tel	01392 274724

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

THANK YOU FOR YOUR MONTHLY OFFERINGS and for your continued generosity to the parish. Many of you know that we are currently not encouraged to count and bank cash donations so the most efficient way for you to give is by standing order. Most of you have now started using this method and we are incredibly grateful. It saves us time and eliminates the need to count cash and make journeys to the bank in these difficult times and it's a coronavirus free transaction!! Mandate forms are available by emailing the parish office. Thank you!

Mass Times in the Parish this month

Check out Pope Francis' daily tweets on Twitter 'Let us pray together that Catholics place at the centre of their lives the Eucharistic Celebration, which transforms human relationships and opens up an encounter with God and their brother and sisters'



Sixteenth Week of Ordinary Time A1 Psalter 4

Saturday 22 July	5.00 pm	Ildiko Farkas family intentions
Sunday 23 July <i>World Day for Grandparents & the Elderly</i>	10.00 am	Parish
Tuesday 25 July at St. Peter, Prince of Apostles <i>St James – Apostle</i>	11.00 am	Charles & Dinah McNamee RIP
Wednesday 26 July <i>St Joachim and Anne, parents of Blessed Virgin Mary</i>	11.00 am	
Friday 29 July <i>SS Martha, Mary & Lazarus</i>	2.00 pm	

Seventeenth Week of Ordinary Time A1 Psalter 1

Saturday 30 July	5.00 pm	Sr. Joseph RIP
Sunday 2 July	10.00 am	Parish
Tuesday 1 August at St. Peter, Prince of Apostles <i>St. Alphonsus Ligouri Bp Dr</i>	11.00 am	James & Margaret Kilcoin RIP
Wednesday 2 August	11.00 am	
Friday 4 August <i>St John Mary Vianney Pr</i>	2.00 pm	

Eighteenth Week of Ordinary Time A1 Psalter 2

Saturday 5 August	5.00 pm	Em & Ron Elcock RIP (F)
Sunday 6 August <i>The Transfiguration of the Lord</i>	10.00 am	Parish
Tuesday 8 August at St. Peter, Prince of Apostles	11.00 am	
Wednesday 9 August <i>St. Teresa Benedicta of the Cross (Edith Stein)</i>	11.00 am	
Friday 11 August <i>St Clare V</i>	2.00 pm	Nick & Theresa Hearn

Nineteenth Week of Ordinary Time A1 Psalter 3

Saturday 12 August	5.00 pm	Edward Robert Gudgeon RIP (F)
Sunday 13 August	10.00 am	Parish
Tuesday 15 August St. Peter, Prince of Apostles <i>The Assumption of the Blessed Virgin Mary OBL SOL</i>	11.00 am	Parents & dec. relatives of Margaret Gerry RIP
Wednesday 16 August	11.00 am	Kazimierz Kazimierowicz RIP
Friday 18 August	2.00 pm	James Stephen Joseph Perry RIP (F)

WELCOME TO ALL OUR VISITORS

Please join us for complimentary coffee & a chat after mass on Sunday



The Church is preparing to celebrate the third World Day for Grandparents and the Elderly on Sunday, 23 July

The Church observes the World Day each year on the fourth Sunday in July, close to the feast of Jesus' grandparents, Saints Joachim and Anne.

Pope Francis instituted this Day in 2021 since, he believes, grandparents are often forgotten, yet they “are the link between generations, passing on the experience of life and faith to the young.”

‘His mercy is from age to age’

Pope Francis chose as this year’s theme “His mercy is from age to age” (Lk 1:50), which expresses the link with World Youth Day, 1-6

August 2023, which will take place shortly thereafter in Lisbon, Portugal.

The World Youth Day’s theme “Mary arose and went with haste” (Lk 1:39) shows us, the Dicastery’s statement noted, the young Mary who sets out to go and find her elderly cousin Elizabeth and who loudly proclaims, in the Magnificat, the strength of the alliance between young and old.

Pope Francis will preside over a Eucharistic liturgy in St. Peter’s Basilica and invites parishes, dioceses, associations and ecclesial communities from all over the world to celebrate the Day in their own pastoral context. Source: vaticannews.va



On Tuesday 15th August we celebrate ‘The Assumption of the Blessed Virgin Mary’

On this day last year Pope Francis encouraged the faithful in St. Peter’s Square.... ‘to learn from her example, and ask ourselves if we are capable of seeing God’s closeness and letting it empower us.

“Am I able to discern the work of God who, through gentleness and smallness, achieves great things?”

On this Solemnity, the Pope encouraged, "Mary sings of hope and rekindles hope in us." Reflecting on Our Lady, the Holy Father reminded, "She is the first creature who, with her whole self, body and soul, victoriously crosses the finish line of Heaven."

“She shows us that Heaven is within reach, if we too do not give in to sin, if we praise God in humility and serve others generously. She, our mother, takes us by the hand, she accompanies us to glory, she invites us to rejoice as we think of heaven.”

The Pope recalled that when Mary enters the house and greets her cousin, Elizabeth says: 'Blessed are you among women, and blessed is the fruit of your womb,' and how these words "full of faith, joy and wonder" have become part of the “Hail Mary.” “Every time we recite this prayer, so beautiful and familiar, we do as Elizabeth did: we greet Mary and we bless her, because she brings Jesus to us.” Source: vaticannews.va



Testing the WatersUsing our talents in Ministry



I went to work for the Civil Service. I'd wanted to work for the Ministry of Defence because I had some far-fetched idea that it had something to do with the Avengers, but I ended up in Social Security!!
Paul O'Grady RIP

Baptism is not just an Entry Visa – it's a Work Permit too!

...the Church of the Third Millenium will need to encourage all the baptized..... to be aware of their active responsibility in the Church's life. Together with the ordained ministry, other ministries..... can flourish for the good of the whole community, sustaining it in all its many needs.....

John Paul II *Novo Millenio Ineunte* 2001

I warmly invite you to join me for a **Ministers' Tea** in the hall after mass on **Friday July 28th**. This is by way of a *thank-you* for the many of you already in ministry of one sort or another and an opportunity for new volunteers to come forward.

We are now, so it seems, *'post-pandemic'* and there is a real need to refresh the way we approach ministry in the parish, be it in a recognised form – Extraordinary Minister of Holy Communion; Reader; Cleaner; Welcomer; *butcher, baker and candlestick maker* – or someone who *quietly does*.

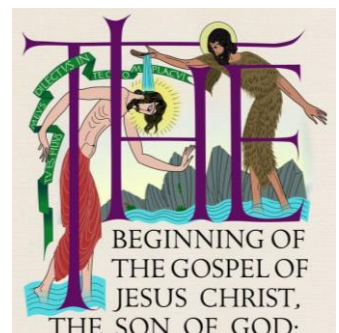
We have vacancies for everyone!

Please come and 'test the waters' – celebrate your Baptism!

I look forward to seeing you.

God bless.

Fr Philip



Diocese of Plymouth, Youth Events Youth Rally

Save the Date: 23rd September 2023



Groups of 6; Under 11's (min age 6) and 11 to 17
Held at St Rita's, Honiton
School, parishes or social groups welcome
Contact Saskia: youth@prcdtr.org.uk to express interest



OUR GOSPEL SHARING GROUP... *'You are invited to join us at Gospel Sharing in which we read through the readings for the following Sunday Masses and then share our thoughts on what "these readings say to us". The discussions that follow are friendly and informal and very helpful to our understanding of the scriptures. We meet in St. Anne's Cloister on TUESDAY AFTERNOONS at 2.00pm for about an hour.*

Praying together ...there is a new Ecumenical charismatic prayer group now meeting at Holy Trinity Church on the third Monday of the month at 2.30 pm (except August) All welcome.

Diocese of Plymouth, Youth Events

Will you be in Year 8, 9, 10 or 11 in October 2023?

Fancy asking people about what life is like for them as a refugee or asylum seeker?
Explore what Jesus meant by Love your neighbour as yourself.



Social Justice Residential,
20th - 22nd October 2023, St Rita's, Honiton
Contact Saskia: youth@prcdtr.org.uk to express interest



Our '2 person' cleaning team desperately needs your help!! They aim to come on the 1st Wednesday of every month after the morning mass for about an hour. Everyone welcome, do come and stay for coffee afterwards. Thank you for supporting them – even once!

THE KNIT & NATTER GROUP meet again on 7th August, and 4th September in Holy Ghost Hall do pop in and join them. All welcome. No knitting qualifications required!!

The Craft Club meet monthly 10.00 am – 12.00 pm in Holy Ghost Hall. The

next dates are 5th August ; 2nd September; 4th November and 2nd December. New members most welcome

Donations for votive candles - please help us by operating a 'credit system' to eliminate coin-counting. May we suggest a minimum £5 note for 6 months (30 candles) or £10 note for 12 months (60 candles). THANK YOU



ONLINE LUNCHTIME SESSION ON DEMENTIA AWARENESS – Tuesday 1st August 12 noon til 1pm.

There are more than 850,000 people living with dementia in the UK today, with 81,000 in the South West. This number is predicted to double in the next 30 years and we will see this reflected in our congregations and communities. All our parishes will know someone living with dementia or caring for someone. You will already be providing pastoral care to people living with dementia and may already be taking steps to be a dementia friendly church.

This one-hour introductory session is aimed at parish priests, secretaries, eucharistic ministers, pastoral workers and welcomers, members of SVP and all those whose lives are touched by dementia. It will focus on understanding dementia and the practical aspects of how to respond but will also offer advice about resources to understand how to accompany those whose lives have been touched by dementia in their spiritual journey.

<https://forms.office.com/e/1DijnZkMQk>

Deborah Fisher OBE Caritas Manager Diocese of Plymouth 07761 595567



Congratulations to Deacon Terry and Helen who have just celebrated 50 years of marriage. They have sent this message to you 'Thank you to all the Parish for the roses on our 50th wedding anniversary. They were a wonderful surprise. Thank you for all the love and friendship you have shown us over all these years it is gratefully appreciated. God bless ' Terry and Helen

Coffee is being served! Do join us after mass on Sundays and at St. Peter, Prince of Apostles on the first Tuesday of the month. We are working hard towards being a coin-free parish so on the occasions where refreshments are paid for, a pre-paid loyalty card (costing £10.00.) will provide for coffee-tea-biscuits for 6 occasions.

THANK YOU FOR YOUR DONATIONS OF FOOD & TOILETRIES TO THE FOOD BANK. There is a basket in St. Anne's Cloister for you to leave your gifts.

Are you planning a Baptism this year? Please contact the Parish Office for 'what to do next'. I am particularly grateful to Jacqui Doak for her help in preparing parents to bring their child for Baptism.

As a Parish, the safety of our children is paramount. Please accompany your children at all times. Sad though it may seem to have to point out, there could be dangers when children are left unsupervised in the parish grounds. Sad though it seems to have to draw attention to this, there is not only the risk of a traffic accident if a youngster were to run into the road but we must also be aware that there are individuals who do not have the wellbeing of children as a priority.

Health & Safety Notice When you are in church, or on parish premises, please make sure that you are aware of the exits. In the unlikely event of having to vacate the church unexpectedly, during a service, please follow the instructions of the priest and our stewards. They will direct you to the nearest exit. Please vacate promptly. Thank you for helping us keep you safe

Exmouth Food Bank July 2023 News



Demographic currently accessing the Food Bank

Demand during the past quarter

Between April and June 2023 our team of volunteers have packed and distributed 767 parcels that provided food for 1711 people. Demand remains consistent month on month, although 10% more people are using the Food Bank when compared to the same quarter last year.

May and June saw a significant shift in families seeking help, many of them visiting the Food Bank for the first time. As the gap between wages and the cost of living continues, families in particular are struggling to make ends meet. We are fortunately well stocked and are pleased to be able to offer a range of foods as well as additional items such as nappies, toiletries and cleaning products. Those needing emergency help when we are closed are also able to access our 'out of hours' parcels that are held in 26 locations in and around Exmouth. Over 30 emergency parcels were used this quarter.

More than just food

Some clients who approach the Food Bank are in a state of crisis and arrive with nothing to enable them to prepare or cook the food we provide.

We now hold a small supply of basics like cutlery, plates, jugs and can-openers for people living in emergency, temporary accommodation as well as camping stoves, saucepans and gas cylinder refills for people camping out or living in their cars.

In addition, to support these clients with limited access to cooking facilities, we have modified our food parcels to provide easy-cook foods.



Evelyn meeting some of our volunteers

Thank you to our amazing supporters

The Food Bank would not be able to function without the generosity of the people of Exmouth and our surrounding communities. We send a heartfelt THANK YOU to the individuals, churches, schools and organisations who donate food and funds to us. Many of you donate anonymously but we would like you to know that we acknowledge and value your contributions.

This month we would also like to thank Exmouth Rotary Club for the £1,000 cheque they presented to us as a result of the fund raising event they held at Tesco's and to Vine Orchards Solicitors for sharing the proceeds of their Summer Ball with the Food Bank and Pete's Dragons. It's also good to see that the younger generation are keen to support us. Evelyn, a pupil at Withycombe Primary School, came to visit us and donated an amazing £95.29 that she raised by making cakes and selling them at a family and friends cake party. We have a Food Bank volunteer in the making!

Planning ahead for the summer holidays

We know that the summer holidays place extra pressure on families trying to feed their children. In preparation we are working collaboratively with Open Door and have purchased vouchers that families in need will be able use in their café.

We are also seeking donations of the following items: long life non-refrigerated yogurt, sandwich pastes and spreads, tinned meats and healthy snacks.



AN INVITATION TO FAMILIES IN OUR PARISH

FIRST RECONCILIATION & FIRST COMMUNION 2023

I am very grateful to Fr. Jonathan and the Exeter parishes for inviting us to engage with **GIFT**.

GIFT is an exciting way of supporting families to engage with their faith. Whether you are already engaged with your faith and the Church, looking for a way to become more engaged or **seeking the Sacraments for your child, GIFT is for you**. Encouraging you to pray, talk about faith issues, and have more family time together is good, but we believe it is not enough. We want to provide a place for you to learn what engaging with your faith actually looks like and then give you the opportunity to do it!

Saturday family sessions Families are invited to come along on the first Saturday of each month (mostly) at St. Nicholas Catholic Primary Academy, Ringswell Avenue, Exeter EX1 3EG. The sessions are engaging, spirit-filled and fun, and they are for all the family – even Grandma! We celebrate Mass, enjoy a time of fellowship and refreshment before sharing catechesis and activities. Each month we explore a different topic e.g., The Saints, Epiphany, Lent, Holy Week.

Faith Formation for parents

Each month we gather online (Zoom) with parents and catechists to explore our faith. These sessions are designed to help parents grow in their own faith, enabling them to lead their family on their journey of faith.

Virtual Resources

We also send home resources each month which families use on their own, exploring aspects of our Catholic faith.

Join the GIFT Family

To register for GIFT and to receive regular updates and information about our family catechesis, please complete the form on the website. We look forward to welcoming you.

<https://www.blessedsacrament.org.uk>

GROWING IN FAITH TOGETHER

For more info contact:-

Blessed Sacrament Church, 29 Fore Street, Heavitree, Exeter EX1 2QJ

Telephone: 01392 274724

Email: exeter-heavitree@prcdtr.org.uk

<https://www.blessedsacrament.org.uk>

Please let me know if you when you will be starting.

God bless you

Fr. Philip

You are invited to a relaxing evening together



on

Saturday 16th September 6.30 pm

Light entertainment, laughter, music
and lots of fun



Bring a bottle to share
&

enjoy a Fish & Chip Supper with friends

Book Now
by returning this slip to the Parish Office

I / we will be attending the social evening on 16th September and enclose £15.00 per person

Name /s.....

I / we would like to order the following...

Fish & Chips x _____ and, or vegetarian option/s x _____



Cheques should be made payable to PRC DTR Holy Family Exmouth

The Lord is near to all who call upon Him Psalm 145



Youth Rally, 2023

Diocese of Plymouth, Youth Events

23rd September 2023, 12.00 - 18.00

Venue: St Rita's, Honiton



A fun packed day, full of challenges and laughter.

£8 per person voluntary contribution, includes BBQ

Join us as a part of a school, parish or social group* or come along and make a team with others.

For further information contact, Saskia or Patrick: youth@prcdtr.org.uk

To book, follow the link: <https://forms.office.com/e/L2jn7EwXfH>

*young people will form teams of 6 under 11 or 11 and over. You can form your own team as a school, parish or social group or you can come and be put together with others.



THE PARISH OF THE HOLY FAMILY

please join us for coffee, cakes,
raffle, etc.



Tuesday September 5th.

in the

Holy Family Hall

Budleigh Salterton

at 11.45.a.m.

(i.e. after mass)

