



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 *'Loving is the greatest gift. We receive it when we make room for the Lord in prayer, when we welcome Him in His transforming Word and in the humility of His broken Bread'*



Fifth Week of Ordinary Time B2 Psalter 1

Saturday 3 February	5.00 pm	Parish
Sunday 4 February	10.00 am	James & Allen Elia Bennett forbears & dec. RIP (F)
Tuesday 6 February at St. Peter, Prince of Apostles <i>St Paul Miki & Companions Mm</i>	11.00 am	Bernadette Hughes RIP (F)
Wednesday 7 February	11.00 am	Jean Dawson RIP (F)
Friday 9 February	2.00 pm	St.Georgette Assezat RIP

Sixth Week of Ordinary Time B2 PS2

Saturday 10 February	5.00 pm	Guild of St Benedict & St.Scholastica
Sunday 11 February <i>Day for the sick & all who care for them</i>	10.00 am	Parish
Tuesday 13 February at St. Peter, Prince of Apostles	NO MASS	
Wednesday 14 February <i>Ash Wednesday</i>	11.00 am	Parishioners
Friday 16 February	2.00 pm	Fr. Larry Costello RIP (F)

First week of Lent B PS1

Saturday 17 February	5.00 pm	Vince Walsh RIP
Sunday 18 February	10.00 am	Parish
Tuesday 20 February at St. Peter, Prince of Apostles	11.00 am	Sr. Ma de la Soledad Cadenas Valesa RIP
Wednesday 21 February	11.00 am	Lena Nardone RIP
Friday 23 February	2.00 pm	

Second Week of Ordinary Time B PS2

Saturday 24 February	5.00 pm	Eve Smith RIP
Sunday 25 February	10.00 am	Parish
Tuesday 27 February at St. Peter, Prince of Apostles	MASS AT BUCKFAST	Michael Fagan RIP
Wednesday 28 February	NO MASS	
Friday 1 March St David Patron of Wales	2.00 pm	

Children's Liturgy Group on the 1st Sunday of every month

WELCOME TO ALL OUR VISITORS

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

Lent Planning

- ❖ **Our cleaning team** would like to thank everyone who recently joined them. They come on the 1st Wednesday of every month after the morning mass for about an hour. The **Lent Big Clean** will be on Wednesday 7 February. Everyone welcome, do come and stay for coffee afterwards. Thank you for supporting them – even if its only once!
- ❖ **Ash Wednesday** is on 14th February. It is a day of Fast & Abstinence and I encourage you to attend mass at 11.00 am at Holy Ghost. I will also be in St Joseph's School at 2.30 pm for a Lent Liturgy
- ❖ **The Parish Lent Day of Reflection** is on Tuesday 27th February. A perfect opportunity for you to enjoy a day of peace, prayer and reflection, led by Fr. Philip. The cost, charged by the Abbey, covers the facility hire, refreshments on arrival and pre departure and a delicious lunch. If you would like to extend the day and join the Buckfast Community for vespers in the evening then there is limited overnight accommodation in Northgate.

To join us for the day please make a cheque payable to PRCDTR Holy Family Exmouth for £29.00 and drop it into the parish office ASAP THERE ARE A FEW SPACES STILL AVAILABLE - Closing date 19 February.

If you would like to stay overnight on Tuesday 27th then please contact Northgate directly and book a room. Tel.01364 645630. Please let me know if you have booked to stay over.

- ❖ **Reflections for Holy Week** on Tuesday 26th March at 7.30 pm – a time to pray, listen to music & readings and reflect in a candle lit church. Can you spare just an hour to be with Jesus?...





Five hours with the Lord in Lent

*He claims to have knowledge of God,
and calls himself a son of the Lord.*

Wisdom 2: 14

Friday March 15th. 2024



**10 o'clock Morning Prayer of the Church
The Stations of the Cross
Adoration of the Blessed Sacrament
12 noon Midday Prayer
12.30. Simple lunch of soup and rolls
2.00. Mass of the Day**



THE PARISH OF THE HOLY FAMILY



HOLY GHOST CHURCH

FRIDAY

MARCH 22ND.

10.30. ~ 12.00.

OR BY PRIOR APPOINTMENT

01395 263384

EXMOUTH@PRCDTR.ORG.UK



THE PARISH OF THE HOLY FAMILY

Echoes of God

Journeying with the Word of God

(inspired by David McLoughlin of the Archdiocese of Birmingham)

Paul and the Letters



Parish Quiet Day for Lent

Buckfast Abbey

Tuesday February 27th.

PLEASE BOOK THROUGH THE PARISH OFFICE



Cafod Lent Appeal 2024: Give a gift today

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

Thousands of women and men around the world face the question: without a way of getting enough food throughout the year – how do you ensure your family can eat today and tomorrow? This was the question that James, a fisherman in Liberia, found himself asking. And he wasn't alone. James's family hadn't eaten for two days. Their neighbours had helped them through hard times in the past, but they had nothing to give now. He risked losing everything to go out onto the water: five fishermen a month – many he called 'brothers' – were dying in storms at sea. Just like him, they couldn't afford the life jackets, compasses and other equipment needed to stay safe at sea and get a good catch.



James told us: "When the storm comes, it empowers the ocean," says James. "I can remember a storm not long ago, when we lost a lot of friends. The ocean was very rough. We got swept out far to sea. It took our friends from us. We survived by the grace of God." When he came back home 16 hours later, aching, exhausted, hungry, he would be empty handed. He knew – his family knew – it was becoming more difficult to survive.

Thanks to support from people like you, James has the tools and training he asked for to fish safely. Continued support has bought him not just a compass, but a life jacket and a GPS fish-tracking system to find the best fishing spots and make his way home safely with an even bigger catch. Now James wants more people like him to get the chance to feed their families safely throughout the year and to achieve their plans and dreams.

Your urgent support can help hardworking people like James get the tools they need to feed their families for good. Give today and you will help people like James the fisherman feed their families, not just for today or tomorrow, but for good.

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

I would like to thank John Ingham who is the CAFOD Rep for us. He will be available on the weekend of 24/25 February and would be very pleased to accept donations via a debit/credit card reader.

CAFOD Maybe you can...

- **Donate by post** CAFOD Romero House 55 Westminster Bridge Road London SE1 7JB

Please make cheques payable to CAFOD and do not send cash in the post – we don't want your vital donations to get lost. If you are donating on behalf of a school or parish, please tell us your school or parish name.

- **Donate by phone** Call us on 0303 303 3030 and make a card payment over the phone with our Supporter Care team.
- **Gift Aid** Download and include a Gift Aid declaration with your donation to boost it by 25 per cent at no extra cost to you. <https://cafod.org.uk/>
- **Donate by Direct Debit** Set up a Direct Debit online <https://cafod.org.uk/>
- **Donate by bank transfer** Account name: CAFOD Account number: 11769410 Sort Code: 160030 Bank: Royal Bank of Scotland

Please send an email to dpt@cafod.org.uk confirming the amount, date of remittance and reason for donation (eg the name of your fundraiser, Lent Family Fast Day etc). <https://cafod.org.uk/>



HOLY FAMILY PARISH
EXMOUTH & BUDLEIGH SALTERTON



A Pilgrimage of Hope

A brief look at the Four Compass points of the Second Vatican Council.

In the 1960's the Hierarchy of the Church gathered to look at itself, its purpose and its direction.

Pope Francis asks us to reflect upon what happened so that the hope of that Council will bear fruit in our day.

As part of our preparation for next year's Holy Year come and join us for an hour as we consider what the Council agreed and decreed. We will ask ourselves, are we ready for the Church they hoped for?

Please join Dave Wells and Fr Philip in the Parish Hall at 2.00. on Wednesday March 20th.

Refreshments will be available



LENT RETREAT DAY ON THE SATURDAY 2nd MARCH 2024 AT ST RITA'S CENTRE
"A CAMPAIGN OF CHRISTIAN SERVICE..." led by Fr. Jacek Kostuch.

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 (3 course meal), is just £25.00.

A poster and an application form are attached. Booking can be made by phone, email 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



Thank you to everyone who supported the parish Big Breakfast & Launchpad. *The breakfast was so delicious that by popular request, they are coming back on the Feast of Pentecost on 19th May, our Patronal Feast. Put the date*

in your diary now! Launchpad is a social enterprise, training adults with learning challenges in catering and hospitality. They are based at Seachange, the Budleigh health Hub, at the heart of the local community. They also run a cafe 'Wesley's' from the Temple methodist church hall, where they also provide a community fridge / larder in order to fulfil their aim to reduce food waste and support the local community.

Sacramental Preparation in our parish – Baptism, First Communion & Confirmation

If you are considering Sacramental preparation for your child please contact Fr. Philip in the first instance.

Caritas Newsletter Here is the link to the latest edition of the Caritas Diocese of Plymouth newsletter, with news of love in action and upcoming events around our diocese

<https://email.workwithgusto.co.uk/t-t-04D40F5A6FC4F0FF2540EF23F30FEDED>

Stay Awake, 2024! Our all-age, all-day faith event is on **Saturday, 13th April** at All Saints Church of England Academy, Wyke, Weymouth. Details later but please **save the date!**

An invitation to survivors..... We held our first survivor group meetings in November, which were an opportunity for anyone with lived experience of abuse to share their thoughts and ideas about survivor support work in our diocese. We are very grateful to all those who generously gave their time to attend these meetings.

The diocese would welcome the opportunity to hear from others who have a lived experience of abuse, so that we can involve them in the work we are doing to support survivors. If you would like to help us with this work, or you would like to find out more, please contact: Sophie Scagell (Survivor Support Caseworker) on 01364 645436 / sophie.scagell@prcdtr.org.uk

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. Thank you for your extra donations towards the Christmas food parcels.

Exmouth Food Bank Feb 2024 News

Demand during the past month

Demand for the Food Bank remained steady during January. On average we distributed 80 parcels per week and over the entire month provided food to support 656 people. These numbers remain largely in line with the support we provided in January 2023.

What we have noticed over the past few weeks is an influx of single people, many with complex physical and mental health needs, who have been referred to us by agencies. We are grateful for the strong links that we have developed with NHS professionals and with advisers from Citizens Advice East Devon and East Devon District Council who can help these individuals access the additional advice and support they need beyond the Food Bank.



Contents of an out of hours parcel

Emergency out of hours food parcels

Our emergency food parcels are currently held in over 30 churches, schools, GP surgeries and organisations in and around Exmouth. The food parcels contain an emergency supply of non-perishable foods that should 'tide a person over' until the Food Bank is next open.

Partners who hold these parcels distribute them to those in food crisis at their own discretion and in their own way. At times it is appropriate to give a whole parcel to a family in need or to share the contents of a parcel across several people. Some churches put the contents on a table and let their congregation know that it is available for anyone in need. We then replace the parcels as required.

If you currently hold one of these parcels please can you check the **best before date**, then if they need replacing contact us and we will exchange them. Equally if you are interested in finding out more about this scheme please email info@exmouthfoodbank.org.uk or telephone 07787 758511.

Keeping the conversation about food poverty centre stage

Exmouth Food Bank continues to remain an apolitical organisation; however, we recognise the wider role we need to play in contributing to the debate about food poverty. We are keen to share our experiences of working with those in need in the community along with the lessons we have learnt so far.

By joining groups such as the Mushroom Community and Food Network and the Woodbury, Exmouth and Budleigh Voluntary, Community and Social Enterprises (VCSE) Network we are able to work collaboratively at a local level to address issues that are often linked to food poverty such as health and social care, inequality and social isolation.

As a result of the connections we have made through these networks we were delighted to be invited by East Devon District Council to participate in their forthcoming peer review of their anti-poverty work. The review will analyse how well they are working collaboratively with partner organisations to provide emergency help for those in need as well as to address the root causes of poverty.

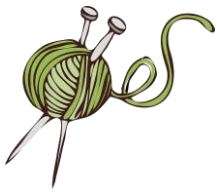
We were also pleased to show District Councillor Melanie Martin around the Food Bank last week. During her visit we were able to raise our concerns about people working in the care sector who are increasingly turning to us for help as they struggle to afford food.



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.

Praying together ...there is an 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

COME AND MEET 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.*



THE KNIT & NATTER GROUP meet in Holy Ghost Hall do pop in and join them. All welcome. No knitting qualifications required!! Next meeting dates are 5th February & 4th March

THE CRAFT CLUB meet monthly 10.00 am – 12.00 pm in Holy Ghost Hall. The next dates are as follows; Feb 3rd, March 2nd, April 6th, May 4th and June 1st

The **"Holy Family Ladies & Friends"** will be meeting in the Church Hall on Thursday 1st and 15th February, both from 2 - 4 pm. The theme for 1st Feb. is "Bring a Childhood Photo of Yourself" please, but don't worry if you can't - you can help work out which is who with a friend instead! On 15th Feb., the day after Ash Wednesday, there will be a Lenten Reflection led by Fr Robin.



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.

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.

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



The price of votive candles, like everything else, has increased - please help us by operating a 'credit system' for your donations, 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



CCSP 2023 ROUND UP and what to look forward to in 2024

As 2023 has come to a close, we look back on all the support we have received from our parishes, and we can't thank you enough for supporting all our appeals and for helping with our fundraising last year.

RECORD BREAKING YEAR FOR OUR ORANGE BOXES Our Orange Box recycling scheme raised a record amount of money for the second year running as **£5,534** was generated through the support and kindness of so many parishioners. This beat the record set the previous year of **£3,542.63** and in the first collection of 2024, we have already raised over **£800** so could there be another record set in 2024!

Our parish orange box can be located in St Anne's Cloister and items that can be placed in the orange box include –

- Stamp collections, first day covers or old envelopes and pre 1950 postcards.
- Coins and bank notes from anywhere in the world
- Medals and metal badges
- Gold, silver and precious metals including old trophies.
- Watches working and broken.
- Costume Jewellery
- Small household metal ornaments, toys, keys and cutlery
- Small antiques and collectibles
- Catholic memorabilia



If you have any of the above items, please pop them in the orange box to help raise much needed funds for CCSP thank you.

RISE TO OUR CAUSE EVENT Following the success of the last year's event held at Buckfast Abbey, on Thursday 9 May 2024 this year's 'Rise to Our Cause' event is kindly being held at St Mary's in Poole and tickets will soon be on sale with more details to follow in due course. If you are interested in attending, please email vicki.dunstone@ccplymouth.org.uk. Our Guest Speaker this year will be David Wells, who is always very popular with parishioners.



CAN YOU MAKE A DIFFERENCE? We are always looking for volunteers to join us either in the role of Parish Volunteer to help promote our small children's charity across the Diocese, or as a Trustee to serve on our Board which meets four times a year.

We already have a number of Parish Volunteers set up across the Diocese and fundraising from our parishes is a major source of our annual income. Some parishes have just one volunteer, but many have a small group of volunteers to share the responsibility and make it more enjoyable. You can choose the level of involvement you have as a Parish Volunteer, depending on the amount of time you have and how confident you feel.

If you would like to consider becoming a Parish Volunteer for the Catholic Children's Society, please contact Vicki Dunstone, our Fundraiser & Communications Officer on **01364 645420** or email vicki.dunstone@ccsplymouth.org.uk to request an information pack detailing how you could get involved to help raise money for CCSP.



Please scan here using your mobile phone to donate to CCSP via our Give a Little page.

The members of our Parish Guilds have been busy – thank you all

Guild of St Benedict and Scholastica

Feast Day February 10th.

Welcomers in St Anne's Cloister + Hospitality teams for social events + public notice boards curators + maintainer of coffee machines, fridges & freezers

Thank you for all you do. I am aware of the hours you dedicate and urge other parishioners to join you and lighten your load. As well as the regular 'coffee club' on Sunday mornings we have an increasing number of events coming up over the next few months. These need supporting with hospitality so please let me know soon if anyone else in the parish can help

Guild of St Joseph

Feast Day March 19th.

Property maintenance + meter readings + H&S + recycling (to the tip) + keeper of First Aid boxes

My goodness, you have been busy over the last few months, with all sorts of little jobs around the churches – from decorating the garden for Christmas, taking cardboard to the tip, changing lightbulbs, to repairing the fence at St. Peter, Prince of Apostles etc. etc etc. Thank you very much.

Guild of St Clare

Feast Day August 11th.

Church cleaners

*In Holy Ghost our cleaning team come on the 1st Wednesday of every month after the morning mass for about an hour. At St. Peter Prince of Apostles, the church is cleaned before mass on Tuesdays. The **Lent Big Clean** at Holy Ghost will be on Wednesday 7 February. Everyone is welcome, do come & help, and stay for coffee afterwards. Thank you for supporting them – even if it's only once!*

Guild of St Dunstan

Feast Day May 19th.

Music; Knit & Natter + Craft Club + Ladies' Lunch Club

Our friendly Guild members warmly welcome you to their gatherings – please check out the dates about and think about calling in to see what they are doing – you won't be disappointed!

Guild of St Luke

Feast Day October 18th.

The Sick and Housebound + Prayer Groups + Volunteers at The Open Door + Volunteers at The Larder

Thank you to those who pray and work silently in our local community – May God bless you for your ministry

Guild of St Matthew

Finance Committee + Gift Aid admin + Bank runs

Feast Day September 21st.

These are the parishioners that work on our behalf behind the scenes. The next Finance Meeting is on Wednesday 21 February. Thank you to you all for your commitment to the parish.

Guild of St Lawrence the Deacon

Extraordinary Ministers of Holy Communion

Feast Day August 10th.

I am sure that you will have noticed just how many Extraordinary Ministers now take Communion to the sick and housebound, it is a wonderful witness. Thank you to you all and to Irene Walker for coordinating the team.

Guild of St John the Baptist

Readers at Mass + Gospel Sharing Group + Adult Formation

Feast Day June 24th.

The Gospel Sharing Group meet in St. Anne's Cloister on Tuesdays at 2.00pm for about an hour and everyone is welcome. If you are a reader at mass please sign up the week before. Thank you

Guild of St Anne

Sacristans + brass cleaners + flower arrangers & maintenance + altar linen laundering

Feast Day July 26th.

I am sure you noticed how beautiful the church looked at Christmas. It will soon be Lent and we will be thinking about preparing the church for Easter. Please let me know if you would like to be a part of the Guild of St. Anne and help us plan for the coming months.

Guild of Ste. Emilie de Rodat

School Governors, fostering Links for Children in Church
+ Baptism Preparation

Feast Day Sept 19th.

Thank you to those of you who are caring for the needs of our young people. You may have noticed that we now have a group of children preparing for First Sacraments. Thank you for encouraging them on their journey and supporting their families.

Guild of St Thomas More

Safeguarding Officers + Authorised Persons (Registrars) +
Parish Office Admin. Support + Holy Greetings Card supplies +
CAFOD Rep.

Feast Day June 22nd.

Thank you for your quiet commitment and your many hours of support behind the scenes.

RESIDENTIAL RETREATS

Diocese of Plymouth 2024

INDIVIDUALLY GUIDED RETREATS ARE LED BY EXPERIENCED MEMBERS OF THE PLYMOUTH DIOCESAN IGNATIAN SPIRITUALITY GROUP WHO HAVE RECEIVED TRAINING IN IGNATIAN SPIRITUALITY

LENT - RESIDENTIAL SILENT RETREATS

Feb 23rd – 25th (Fri – Sun) Weekend Retreat

Feb 26th – 1st March (Mon – Fri) Midweek Retreat

Feb 23rd – 1st March (Fri - Fri) 6-day retreat.

Venue: St Rita's Centre, Honiton, East Devon

Cost for retreats includes full board & lodging.

Recommended donations: Weekend Retreat £140 Midweek Retreat £280

6 - day Retreat £475

ST RITA'S CENTRE - a well-appointed retreat centre run by the Augustinian Recollect Order with comfortable ensuite accommodation. Suitable for those with some mobility issues. St Rita's Centre, Ottery Moor Lane, Honiton, Devon. EX14 1AP



These SILENT RETREATS in the Ignatian tradition are open to Christians of any denomination, who would like to step back from everyday life and review their journey in faith and be strengthened in their vocation as disciples of the Lord.

An Individually Guided Retreat offers each person the opportunity for space, SILENCE and prayer.

Each retreatant will meet a Spiritual Companion daily and together they will discuss how best to use the time of retreat. The Companion will help you to pray using scripture and your own experience of life. Together you will try to discern what God is saying to you at this time.

The retreat will be made in SILENCE to help you to pray and to leave other retreatants equal opportunity for reflection.

RESIDENTIAL RETREATS

Diocese of Plymouth 2024

INDIVIDUALLY GUIDED RETREATS ARE LED BY EXPERIENCED MEMBERS OF THE
PLYMOUTH DIOCESAN IGNATIAN SPIRITUALITY GROUP WHO HAVE RECEIVED
TRAINING IN IGNATIAN SPIRITUALITY

SUMMER - RESIDENTIAL SILENT RETREATS

Jul 5th – 7th July (Fri - Sun) Weekend Retreat

July 8th – 12th July (Mon - Fri) Midweek Retreat

Jul 5th – 12th July (Fri - Fri) 6-day Retreat

Venue: Sclerder Abbey, nr Looe, Cornwall

Cost for retreats includes full board & lodging.

Recommended donations: Weekend Retreat £140; Midweek Retreat £280
6 - day Retreat £475

SCLERDER RETREAT HOUSE (Chemin Neuf)

The retreat house with its large garden and pleasant rural walks nearby is situated near Looe in Cornwall. It was once a Carmelite Monastery. It offers simple accommodation, but is not suitable for those with mobility issues. Sclerder Lane, Looe, Cornwall PL13 2JD



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Residential Retreats - for further information, to check availability, or to book telephone Wendy on: 01752 769164 or 07823447637 or email: Plymouth Diocesan Ignatian Spirituality Group diocesan-ignatian-retreats@prcdtr.org.uk

OUR PARISHIONERS RUNNING THE LONDON MARATHON 2024 FOR CHARITY



ARE YOU IN THE RUN?... DO LET US KNOW.....



I am running the London Marathon for CAFOD. Please sponsor me!

CAFOD does amazing work to improve the lives of the world's poorest people. Their projects encourage self-sufficiency and sustainable skills. They do not discriminate. They simply go where the need is.



Please sponsor me. I am 61, two stone overweight, possess a pair of fragile knees, a dodgy hamstring. Look, I'm going to do this once in my life and although many charities come for you, please on this occasion, donate. I promise that if I remain injury free I will take you in spirit with me across that line, because your donation will get me there.

David Wells

www.justgiving.com/page/david-wells-1704554402785

David's fundraiser for The Catholic Agency for Overseas Development (CAFOD)



Elisabeth's NSPCC's London Marathon fundraiser
Fundraising for NSPCC

Hello! Back in the lockdown of 2020, I decided to take up running. I remember hitting my first 5km without stopping, and my first 10km along the Exe estuary on Easter weekend 2020. Since then, I've completed several races ranging between 5km and a half marathon. I also love the Exmouth Park Run and challenge myself every week to run it quicker.

This year, I am taking on the biggest challenge yet...the iconic London Marathon in April 2024. I've never ran more than a half marathon before and the thought of doing it twice makes me nauseous!! I couldn't face doing this solo, so I will be running alongside my friend and teaching colleague, Kate. Kate is my running buddy and whenever there's a race, we do it together. We are slightly crazy, a bit nervous but determined & dedicated to not only take on this running challenge but to raise awareness & as much money as we can for the NSPCC. Working in schools, we are aware of some of the challenges children face and therefore the importance of the vital work that the NSPCC do every day.

*If you would like to look at our progress, then please look at our Just Giving page. We are trying to post often to keep everyone updated with our training runs. **THANK YOU SO MUCH***

<https://www.justgiving.com/page/kate-and-lils-nspcc-marathon>

'We're the only charity fighting to end child abuse in the UK and Channel Islands. That's why we help children who've been abused to rebuild their lives, we protect children at risk, and we find the best ways of preventing child abuse from ever happening'





2025 The Year of Preparation for the Jubilee The Bishops' Conference have launched their web pages on the Jubilee. The link is: <https://www.cbcew.org.uk/jubilee-2025/> The website contains information about the theme of Jubilee itself and its origins, its expression in art, a letter from the Holy Father, as well as sections exploring the different themes of the Jubilee.

Exmouth Volunteers Needed!

Devon Air Ambulance



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to say hello and find out more!



Benefits of Volunteering

- Meet new people
- Develop your confidence
- Boost your CV and learn new skills
- Flexibility to fit around other commitments

Contact us



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