



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
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. ' May the Holy Spirit foster communion and fraternity among Christians of different confessions. May He grant world leaders the courage to engage in dialogue that leads to an end to all wars'

Eighth Week of Ordinary Time B2 PS4

Saturday 25 May	5.00 pm	Diana Macdonald RIP
Sunday 26 May <i>The Most Holy Trinity</i>	10.00 am	Parish
Tuesday 28 May at St. Peter, Prince of Apostles	11.00 am	
Wednesday 29 May	11.00 am	Mrs Sheila Thoy RIP
Friday 31 May <i>The Visitation of the Blessed Virgin Mary</i>	2.00 pm	William RIP

Ninth Week of Ordinary Time B2 PS1

Saturday 1 June	5.00 pm	
Sunday 2 June	10.00 am	Parish
Tuesday 4 June at St. Peter, Prince of Apostles	11.00 am	
Wednesday 5 June <i>St Boniface Bp M Missionary Patron of the Diocese</i>	11.00 am	
Friday 7 June <i>The Most Sacred Heart of Jesus</i>	2.00 pm	

Tenth Week of Ordinary Time B2 P2

Saturday 8 June	5.00 pm	Parish
Sunday 9 June	10.00 am	Bernard Francis Parker RIP
Tuesday 11 June at St. Peter, Prince of Apostles <i>St Barnabas Apostle</i>	11.00 am	
Wednesday 12 June	11.00 am	
Friday 14 June	NO MASS	

Eleventh Week in Ordinary time B2 PS3

Saturday 15 June	5.00 pm	Parish
Sunday 16 June <i>DAY FOR LIFE</i>	10.00 am	Dorothy & Jim Gegg RIP
Tuesday 18 June at St. Peter, Prince of Apostles	11.00 am	
Wednesday 19 June	11.00 am	
Friday 21 June	2.00 pm	Michale Pakes RIP
Saturday 22 June	5.00 pm	Guild of St Thomas Moore
Sunday 23 June	10.00 am	Parish

A WARM WELCOME TO ALL

If you are a visitor, please do join us for complimentary coffee & a chat after mass on Sunday.
Children are very welcome here and there are age-appropriate mass books for them in St Anne's Cloister. Please pick one up.

Day for Life 16 June 2024

The Church teaches that life is to be nurtured from conception to natural death. In England and Wales, *Day for Life* is celebrated on the third Sunday of June each year. This year it falls on 16 June. The theme will focus on Assisted Suicide.

The assisted suicide debate has been in the headlines in recent months with views being expressed, especially by celebrities, that are very different from the Catholic view that life is a gift and that we are called to care for others at the end of their lives.

Day for Life is marked on the same day by the three Bishops' Conferences of England and Wales, Scotland, and Ireland.

CAN YOU HELP & SUPPORT
THEIR WORK PLEASE?



[Catholic Church in England and Wales](https://www.cbcew.org.uk)

<https://www.cbcew.org.uk/.../Day for Life Fund>

Jesus is in the house! (Mark 2:1) Come and encounter Him A day of encounter for all ages, at St Cuthbert's Conference Centre, Buckfast Abbey 10am-6pm 29th June. Experience joyful praise and worship, ways of connecting to God's voice, prayer from the heart, workshops, prayer ministry, Adoration, and Mass. Hot/cold drinks included, optional two course lunch or bring your own packed lunch. Tickets available from Eventbrite https://www.eventbrite.co.uk/e/jesus-is-in-the-house-mark-21-tickets-871769073767?aff=ebdshpsearchautocomplete&keep_tld=1 We want to make the day as accessible as possible for everyone so there is also a 'pay what you can' option for tickets. Please contact info@swccr.org.uk for more information or if you have any questions. We're really looking forward to sharing the day with as many of you as possible!

Digital and IT Support Sessions

In need of IT support? Looking to improve your digital skills? Age UK Devon are holding a regular drop-in clinic at Open Door, Exmouth on Monday mornings from 10-12. They can support you to use gadgets such as tablets, smartphones or laptops and learn new skills in a safe and secure way. You're welcome to drop by for a chat! Kind regards - Tim Jennings

The Feast of the Most Sacred Heart is on Friday 7th June. I will celebrate mass at 2.00 pm and we will welcome the choir from St. Joseph's School. The children have been practicing hard and are looking forward to singing for us after mass. Please do come and support them.

CIVIS ROMANUS SUM

I AM A ROMAN CITIZEN ACTS 22:28



PARISH PILGRIMAGE FOLLOWING PAUL TO ROME

APRIL 2024

You are invited to share extracts from the reviews of the Antioch, Ephesus and Corinth Pilgrim Groups.....

'We enjoyed a slightly different Pilgrimage this time visiting the amazing city of Rome. Half the world seemed to have arrived at the same time as us so everywhere was very busy and there were so many places to visit and experience - hence getting around was quite challenging at times!'



The highlight for us was visiting the Vatican and being in the presence of Pope Francis on two occasions! Firstly, on the Wednesday for the Papal Audience and then on the Sunday for the Papal address which was very special indeed. Many of us climbed to the top of the dome (the hundreds of spiral steps were an experience never to be forgotten) where the wonderful views were a sight to behold. Added to this was the great privilege to celebrate Mass said by Father Philip in the Chapel of Our Lady of Childbirth in the Vatican grottoes. An unforgettable experience.

Many pilgrims visited Malta and Gozo last year and were happy to be completing their journey in the footsteps of St Paul.

We visited the excavated house where it is said he was imprisoned for two years – it seemed very grim but apparently he was visited by many Christians who brought him food etc and he carried out baptisms in the well which is still there. A Church was built over the top – the Santa Maria which we were also able to visit. The following day we visited the place of St Paul's brutal execution Tre Fontane where again a church has been built. Ironically, in view of the history, it was a place of great reverence and tranquility - in fact the whole site had a great sense of calm and peacefulness.

On our final day we visited St Paul's final resting place San Paulo fuore le Mura where we were given an excellent and informative tour of the huge basilica by seminarian Graham who was a pleasure to listen to. It was also interesting to see the portraits of every Pope to this day all around the inside of the building.

We were welcomed by the Suore Teatine at the very nice convent Casa Mater Ecclesiae which, although situated on a hill, was only ten minutes' walk from the Vatican - very convenient! We had some meals out together as a group which were very enjoyable and some people would have liked more of these as it is a good way to get to know other pilgrims on the trip. Everyone appreciated the hard work gone into organising the pilgrimage and want to pass on their thanks to Father Philip'

'The highlight of the trip for us was the final day. Following a very early start we all took the short walk to the Vatican where Fr Philip said Mass for our group in a small Chapel underground surrounded by the tombs of past Popes. We then left the group to visit the Lateran Basilica as it was one of the main four in Rome. After a quick lunch we rejoined the group and headed outside of Rome to St Paul's Basilica where we had a very interesting, guided tour including the tomb of St Paul. The day ended with 'our last supper' where we all had pizza in a lively Italian restaurant. All in all, an exhausting but rewarding time... and so lovely to see the pope in St Peter's Square'



'It's always difficult to identify an individual moment or place that makes a parish pilgrimage special. Each pilgrimage offers so many positive and often different experiences and surprises. Rome in 2024 was no different as it provided us with time and places to "wander and wonder" collectively as a group expertly led by Father Philip, in small groups



and sometimes alone. A city packed with places of religious and historical significance, and it seemed a magnificent church hidden behind a plain door on almost every other street.

Being able to feel so close to the saints, especially St Paul, who we had followed here from Malta, and St Peter, whose basilica felt really special to us as we entered early in the morning for our own Mass down in the Chapel of Our Lady of Childbirth in the crypt, and then to wander past the tombs of past Pope's in the Grotto. To also share the company of our "Papa" in St Peters square with thousands of others at his weekly audience and at his Sunday address was memorable to all and he gave us plenty to reflect upon in both what he said and how he said it.

We followed Paul from the excavated first century apartment in central Rome where he was held under house arrest to Tre Fontane, the oasis in the suburbs that was the place built at the site of his execution - where we were told his head bounced 3 times causing three fountains to spring from the ground. Now a Cistercian abbey it was perfect for contemplation hidden away from the hubbub of the busy Rome streets.

The wonderful visit to St Paul's outside the walls on Monday was the final piece of the puzzle in St Paul's life. A great tour and commentary from Graham, an inspirational American seminarian priest, was interesting, thought provoking and appreciated by all - the perfect finale.

Similarly, our fellow pilgrims and the local people we met were constantly stimulating our personal reflections throughout the week.

Good food, great company, inspirational places and plenty to think about, so what's not to like for a pilgrim when even the queuing provided a chance to get to know someone else or yourself a little better? Even the convent breakfast rolls were edible...

Thank you for Father Philip's excellent planning – it was a great pilgrimage'.



SO, WHAT'S NEXT ????...



to the ends of the earth

But you will receive power when the Holy Spirit has come upon you,
and you will be my witnesses.....to the end of the earth. Acts 1: 8



an invitation to join
a spiritual journey to *finis terra*

San Juan de Poio, Pontevedra, Padron
Santiago de Compostela, Muxia & Finisterre

flights through Bristol – Porto – Santiago & Gatwick
coach transfers and excursion
half-board accommodation in two monastic hospederias
mass, group prayer & discussion time for spiritual direction
opportunity to pass through The Holy Door in Santiago

May 7th. to 17th. 2025

**please register your interest at this time
full details available later**



exmouth@prcdtr.org.uk

01395 263385



Diocesan Pilgrimage to Crediton in celebration of St Boniface



Presided over by Cannon Paul Cummins,
Administrator of the Diocese of Plymouth
Preacher: Rt Rev Dom David Charlesworth, Abbot of Buckfast



Sunday 9th June 2024

St Boniface Church, Park Road, Crediton.

You are warmly invited to celebrate the Feast of St Boniface,
Patron of our Diocese

**4.00pm Sung Vespers and Solemn
Benediction at St Boniface Church**

Also

12-4pm The Big Boniface Bash
A community fun day in Newcombes Meadow. Bands, bar,
street food, games, Saxon Fayre and more. Free to attend. All welcome



Further details from Fr Michael Wheaton or Mirtha Mangone
(01392) 271191 or crediton@prcdtr.org.uk

Diocesan Pilgrimage to Crediton on Sunday 9th of June at St Boniface Church, Park Rd, Crediton presided over by Cannon Paul Cummins. Parishioners are warmly invited to the celebration of the Feast of Saint Boniface, Patron of our Diocese.

Pilgrims are invited to gather from 4:00 PM at the Church for Vespers and Benediction. Light refreshments will be provided. For further information, please see poster or e-mail crediton@prcdtr.org.uk.

**Please join us at the Third Annual Mass
for Marriage on Saturday June 8th 2024
Midday at Plymouth Cathedral.**

Send us your anniversaries to add to the Order of Service - whether you have been married for one week or sixty + years (or about to marry). Let us know too when your wedding will take place if you are engaged. Light refreshments will be provided and (not so light) wedding cake. For further information please contact: deborah.vankroonenburg@prcdtr.org.uk



Sacramental Preparation in our parish – Baptism, First Communion & Confirmation
You may have noticed that we now have a group of children preparing for First Reconciliation & First Communion. Please remember them in your prayers.

If you are considering Sacramental preparation for your child, please speak to Fr. Philip

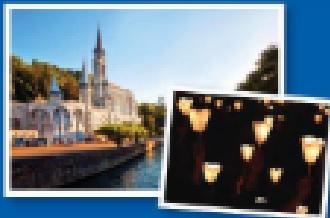
Are you planning a Baptism this year? Please contact the Parish Office for 'what to do next'. I am particularly grateful to Jacqui Doak for her help in preparing parents to bring their child for Baptism.

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 3rd June

LOURDES



PLYMOUTH DIOCESAN PILGRIMAGE TO LOURDES 2024

**26 JULY 2024 | 6 Nights
£955 per person sharing**

- » Direct flight from Bristol to Toulouse and return from Bordeaux to Bristol
- » Return airport transfers between the airport and your hotel in Lourdes
- » Airport taxes
- » 15kg check-in luggage plus one small personal item in the cabin
- » 6 nights' accommodation in the Hotel Eliseo
- » Full board: breakfast, lunch and dinner each day
- » Full services of Joe Walsh Tours representatives throughout
- » Guided walking tour of Lourdes visiting places associated to St. Bernadette
- » Guided visit to the Sanctuaries, Grotto, Baths and Basilicas
- » Full religious programme facilitated in conjunction with the Diocese of Plymouth including Mass at the Grotto, Anointing of the Sick, Torchlight Procession & Blessed Sacrament Procession
- » Return airport transfers to and from Bristol Airport

For information, please contact: **Fr Chris Findlay-Wilson**
Email: Christopher.Findlay@prcdtr.org.uk

To book, please contact: **Joe Walsh Tours**
Tel: **0808 1890468 (Freephone)** Email: info@joewalshtrours.co.uk



Joe Walsh Tours | 46-48 Long Street, Middleton, Manchester, M24 6UQ
www.joewalshtrours.co.uk | info@joewalshtrours.co.uk | Telephone: 0808 1890468

All flights and flight-inclusive packages are financially protected by the ATOL scheme administered by the Civil Aviation Authority in the UK. Tours are operated by Northern Star Travel Ltd. ATOL 1133

THE CRAFT CLUB meet monthly 10.00 am – 12.00 pm in Holy Ghost Hall. The next date June 1st



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.

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

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

Thank you to the group of parishioners that come to clean our churches. They will be back again in Holy Ghost on Wednesday 1st May after the morning mass. Do please come along and join them.

The Finance Committee would like to thank you for your support of our parish through your monthly donations. If you give regularly by bankers order, please can you consider increasing your donation - at the moment our income from monthly donations does not cover our outgoings and just a small increase from everyone would make a huge difference to meeting our costs. If you are a taxpayer, please speak to Wendy Davis who will be happy to explain how your donation can be boosted, at absolutely no extra cost to yourselves. Thank you for your support.



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**

Here is the link for the Diocesan Newsletter for the month of April, with the theme of The Holy Spirit: <https://email.workwithgusto.co.uk/t/t-262C14F92A9AF4E02540EF23F30FEDED>

As 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.

Priest's Jubilee Celebration Mass at Buckfast Abbey

Friday 14th June 11.30 am

Jubilarians this year:

60th Anniversary of Ordination of Canon Peter Webb

50th Anniversary of Ordination of Fr. Terence O'Donovan

25th Anniversary of Fr. Philip Austen & Fr. Andrzej Jablonski

You are warmly invited to come and celebrate the mass with them

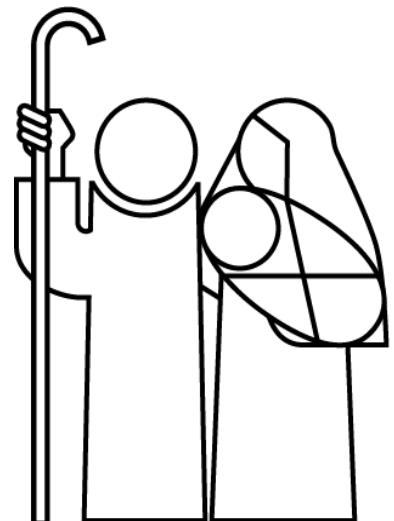
Proud to be the Pope's charity for world mission



Missio ignites God's love by helping local missionaries to work alongside global communities that are poor or in need, regardless of their background or belief.

Sometimes this need might be very specific: a motorbike for a Priest to celebrate Mass in remote villages; a simple community hall so people can gather together; vaccinations to protect vulnerable children. Whatever our missionaries need to help them share the joy of the Gospel, Missio strives to provide it.

- *By supporting Missio, you play a vital part in creating a vibrant Catholic Church for the future.*
- *By volunteering, raising or donating funds, and by praying, YOU make our mission possible.*
- *Together we are enriching today's global Catholic community.*
- *Together we are training tomorrow's generation of Priests and Sisters.*
- *Together we are giving hope to the world's poorest children.*
- *Together we are Missio.*



<https://missio.org.uk/> Mill Hill Missionaries

If you would like to donate to the Mill Hill Missionaries please contact Mill Hill Missionaries directly - telephone **01628 673178** or email them at office@millhillmissionaries.com. You will then have an option to donate directly in a way that suits you best.

Your prayers and financial gifts will help them to train more missionaries and to reach out to the poorest and most marginalised people on our planet, sharing with them the good news of the Gospel and uplifting their lives through education, health work and development projects. **Thank you**

The **Holy Family Ladies and Friends** will be meeting on the following dates:

Thursday 6th June at the **GWRSA** (next to the swimming pool) for Skittles, tea and cake @ **£3 each**, from 2pm - please ask for lifts, if needed.

Thursday 20th June, 2 - 4pm, for Pentecostal Postcards, Prayers and Poems, from 2pm at Diana's home / garden.

Thursday 4th July for **Coffee at 10.30** or **Tea at 2.30** in Fr Robin's garden, by kind invitation. Use your trip out by going to vote as well. Both addresses to be supplied if needed - limited parking at both venues.

Thursday 18th July, 2pm at **Littleham Churchyard** (road parking, good access, toilets, written guide to interesting graves and nature available) and **Tea at The Clinton Arms** afterwards.

After the summer break, we'll meet again on **Thursday 5th September, 2 - 4pm** in the **Church Hall** and all are welcome at all our gatherings.



CARITAS DIOCESE OF PLYMOUTH

MAY 2024

FIFTH ANNIVERSARY NEWSLETTER



This edition celebrates the work of Caritas Diocese of Plymouth since its launch in 2018.

A message from Canon John Deeny

This significant anniversary is an opportunity for us to take stock of where we have come from, how things have developed, and how we are reaching out to those in need. We are very thankful, that we have moved from very humble beginnings in 2018 to having an excellent Caritas Plymouth team, reaching across the diocese, working with parishes, schools, charities and individuals in following the Lord's command to 'love one another as I have loved you.'

As well as looking backwards in thanksgiving, an anniversary provides the opportunity to look forward with faith. The needs are great and growing. As a Church, we are ready and willing to respond. The Jubilee Year Pope Francis has declared for 2025, provides great incentive. The motto for the Jubilee Year is Pilgrims of Hope. Its logo shows four stylized figures, representing all of humanity, coming together from the four corners of the earth on pilgrimage. They embrace each other to indicate the



solidarity and fraternity which should unite all peoples. The figure at the front is holding onto the cross. It is not only the sign of the faith which this lead figure embraces, but also of hope. The symbol of the Cross is also at the heart of the Caritas Logo. In Caritas Plymouth our Christian faith remains at the heart of everything we do.

We look back with thanks for the Lord's blessings over the past 5 years, and for all who have helped; we also journey forward with great hope, embracing the cross of Christ, committed to the words of St Paul: "Bear one another's burdens, and thereby fulfil the law of Christ." Galatians 6:2

This newsletter shares some of the highlights of our work over the last five years. We are hugely grateful to everyone who supports our work. Canon Paul Cummins has recorded a video message to share his reflections on the work of Caritas in our Diocese.

Scan the QR code to watch the message or visit
https://www.youtube.com/watch?v=Mnh_uYjiGKw



MAKE A WILL, MAKE A DIFFERENCE – IT'S A GOOD IDEA !

Provide security for you, your loved ones and the children of the future



CCSP WILLS WEEK – w/c 17 June 2024



We have teamed up with Tozers Solicitors, who have three offices in Exeter, Newton Abbot and Teignmouth as they have a long history of being legal advisers to the CCSP and to the Diocese of Plymouth.

- Writing a will may seem complicated but it doesn't have to be, and it is vitally important because it makes our relatives' grief journey a little easier to navigate when we are gone
- Making a will can be costly but if you need to make one, or need to make an adjustment to an old will, please join in our Wills Week
- You will benefit from the expertise of Tozer's free of charge – we just ask you to make a donation to CCSP as a thank you
- Perhaps you could include a legacy for CCSP which doesn't have to be a large sum of money. A gift in a will, however large or small, plays an important part in continuing the work of our charity

TOZERS

To request more information, or to book an appointment to make a simple will with a member of the team from Tozers in one of their offices, please email enquiries@tozers.co.uk or call **01392 207020**. Please allow up to 5 working days for a response.

Catholic Children's Society (Plymouth) – Registered Charity No: **282803**

St Boniface House, Ashburton, Devon TQ13 7JL

Tel: **01364 645420** Email: ccs@ccsplymouth.org.uk

Website: www.ccsplymouth.org.uk

Caritas Diocese of Plymouth invites you to a Zoom event Thursday 13th June at 6-7pm to reflect on Refugee Week.

'I was a stranger and you welcomed me' Matthew 25:35

Pope Francis calls on us to WELCOME, PROTECT, PROMOTE and INTEGRATE people fleeing from conflict and persecution.

We invite you to a Zoom event on Thursday 13th June at 6pm to reflect and explore what this can mean in practice, hearing from someone who has been through the asylum system, sustained and supported by her Catholic faith, and from people who have answered the call to help and support in different ways. We all have our part to play to enable people seeking asylum to live with dignity as their claims are decided. We all have the opportunity to make a positive difference: from the power of prayer, to the warmth of a welcome, to practical support, to donations, to supporting campaigns, to short-term hosting, together we can improve the lives of people forced to flee danger.

The theme of Refugee Week 2024 is *Our Home*.

Please join us to reflect upon how we can make our churches and parishes a place of welcome and support for those forced to leave their homes in search of peace and freedom. Please click the link to register <https://forms.office.com/e/18ddAqE40F> or email caritas@prcdtr.org.uk