



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 263594
The Deacon	Rev. Terry Enright	07977 446479
St Joseph's School		01395 264875
Chaplaincy Team Exeter Hospitals	Exeter	01392 402024

FIRST WEEK OF LENT YEAR C

Saturday 8 March	5.00 pm	Sr. Mary Paul English RIP
Sunday 9 March	10.00 am	Parish
Tuesday 11 March	NO MASS	
Wednesday 12 th March	NO MASS	
Friday 14 March CAFOD FAST DAY	2.00 pm	Betty's intentions
Saturday 15 March	5.00 pm	Sr. Catherine Crean

SECOND WEEK OF LENT YEAR C

Sunday 16 March	10.00 am	Parish
Tuesday 18 March at St. Peter, Prince of Apostles	11.00 am	Emma Jensine Costello & husband RIP (F)
Wednesday 19 March at St. Joseph's School St. Joseph	11.00 am	For our school community
Friday 21 March	2.00 pm	Sick & retired clergy
Saturday 22 March	5.00 pm	

THIRD WEEK OF LENT YEAR C

Sunday 23 March	10.00 am	Parish
Tuesday 25 March at HOLY GHOST Annunciation of the Lord	11.00 am	Sheila & Walter Kevern RIP (F)
Wednesday 26 March	11.00 am	
Friday 28 March	2.00 pm	Kazimierz Frank Kazimierowicz RIP
Saturday 29 March	5.00 pm	Miss M Gann RIP (F)

FOURTH WEEK OF ORDINARY TIME YEAR C

Sunday 30 March Laetare Sunday	10.00 am	Parish
Tuesday 1 April at St. Peter, Prince of Apostles	11.00 am	Alfred Graham MacMullen & deceased relatives RIP (F)
Wednesday 2 April	11.00 am	John Walker RIP
Friday 4 April (With anointing of the sick)	2.00 pm	For the sick & housebound in our parish



WELCOME TO OUR PARISH



"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor." Luke 4:18

A very warm welcome if you are visiting Exmouth and welcome back if we have not seen you for some time *Fr. Philip*

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.



This year, the Solemnity of the Annunciation of the Lord falls on Tuesday, March 25, 2025. The Solemnity of the Annunciation celebrates the coming of the Angel Gabriel to the Virgin Mary to announce to her the special mission God had chosen for her in being the mother of His only son. Mass will be celebrated at Holy Ghost on Tuesday 25th at 11.00 am

Throughout the Jubilee Year we will light our Jubilee candle. Please look at the resources laid out for you on the table in front of the Lady Chapel. St Joseph's School has their very own beautiful Jubilee Doorway into the hall to remind them of the Year of Hope.



Jubilee 2025 - Pilgrims of Hope



On Tuesday, we were excited to launch our Jubilee Year celebrations for "Pilgrims of hope". Father Philip joined us and blessed our rather amazing hall doors, and surprised the children with an amazing cake from the parish. In addition, Mrs Spinks' husband kindly washed and cleaned enough shells for all of our children to have their very own keepsake as we walk into the rest of 2025! Thank you to everyone who made this possible.

Message of the Holy Father Francis for Lent 2025, 25.02.2025

Let us journey together in hope

Dear brothers and sisters,

We begin our annual pilgrimage of Lent in faith and hope with the penitential rite of the imposition of ashes. The Church, our mother and teacher, invites us to open our hearts to God's grace, so that we can celebrate with great joy the paschal victory of Christ the Lord over sin and death, which led Saint Paul to exclaim: "Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?" (1 Cor 15:54-55). Indeed, Jesus Christ, crucified and risen, is the heart of our faith and the pledge of our hope in the Father's great promise, already fulfilled in his beloved Son: life eternal (cf. Jn 10:28; 17:3).^[1]

This Lent, as we share in the grace of the Jubilee Year, I would like to propose a few reflections on what it means to *journey together in hope*, and on the summons to conversion that God in his mercy addresses to all of us, as individuals and as a community.

First of all, *to journey*. The Jubilee motto, "Pilgrims of Hope", evokes the lengthy journey of the people of Israel to the Promised Land, as recounted in the Book of Exodus. This arduous path from slavery to freedom was willed and guided by the Lord, who loves his people and remains ever faithful to them. It is hard to think of the biblical exodus without also thinking of those of our brothers and sisters who in our own day are fleeing situations of misery and violence in search of a better life for themselves and their loved ones. A first call to conversion thus comes from the realization that all of us are pilgrims in this life; each of us is invited to stop and ask how our lives reflect this fact. Am I really on a journey, or am I standing still, not moving, either immobilized by fear and hopelessness or reluctant to move out of my comfort zone? Am I seeking ways to leave behind the occasions of sin and situations that degrade my dignity? It would be a good Lenten exercise for us to compare our daily life with that of some migrant or foreigner, to learn how to sympathize with their experiences and in this way discover what God is asking of us so that we can better advance on our journey to the house of the Father. This would be a good "examination of conscience" for all of us wayfarers.

Second, *to journey together*. The Church is called to walk together, to be synodal.^[2] Christians are called to walk at the side of others, and never as lone travellers. The Holy Spirit impels us not to remain self-absorbed, but to leave ourselves behind and keep walking towards God and our brothers and sisters.^[3] Journeying together means consolidating the unity grounded in our common dignity as children of God (cf. Ga 3:26-28). It means walking side-by-side, without shoving or stepping on others, without envy or hypocrisy, without letting anyone be left behind or excluded. Let us all walk in the same direction, tending towards the same goal, attentive to one another in love and patience.

This Lent, God is asking us to examine whether in our lives, in our families, in the places where we work and spend our time, we are capable of walking together with others, listening to them, resisting the temptation to become self-absorbed and to think only of our own needs. Let us ask ourselves in the presence of the Lord whether, as bishops, priests, consecrated persons and laity in the service of the Kingdom of God, we cooperate with others. Whether we show ourselves welcoming, with concrete gestures, to those both near and far. Whether we make others feel a part of the community or keep them at a distance.^[4] This, then, is a second call to conversion: a summons to synodality.

Third, let us journey together *in hope*, for we have been given a promise. *May the hope that does not disappoint* (cf. *Rom 5:5*), the central message of the Jubilee,^[5] be the focus of our Lenten journey towards the victory of Easter. As Pope Benedict XVI taught us in the Encyclical *Spe Salvi*, “the human being needs unconditional love. He needs the certainty which makes him say: ‘neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord’ (*Rom 8:38-39*)”.^[6] Christ, my hope, has risen!^[7] He lives and reigns in glory. Death has been transformed into triumph, and the faith and great hope of Christians rests in this: the resurrection of Christ!

This, then, is the third call to conversion: a call to hope, to trust in God and his great promise of eternal life. Let us ask ourselves: Am I convinced that the Lord forgives my sins? Or do I act as if I can save myself? Do I long for salvation and call upon God’s help to attain it? Do I concretely experience the hope that enables me to interpret the events of history and inspires in me a commitment to justice and fraternity, to care for our common home and in such a way that no one feels excluded?

Sisters and brothers, thanks to God’s love in Jesus Christ, we are sustained in the hope that does not disappoint (cf. *Rom 5:5*). Hope is the “sure and steadfast anchor of the soul”.^[8] It moves the Church to pray for “everyone to be saved” (*1 Tim 2:4*) and to look forward to her being united with Christ, her bridegroom, in the glory of heaven. This was the prayer of Saint Teresa of Avila: “Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one” (*The Exclamations of the Soul to God*, 15:3).^[9]

May the Virgin Mary, Mother of Hope, intercede for us and accompany us on our Lenten journey.

Rome, Saint John Lateran, 6 February 2025 Memorial of St Paul Miki and Companions, martyrs.

FRANCIS

^[1]Cf. Encyclical Letter *Dilexit Nos* (24 October 2024), 220. ^[2]Cf. Homily for the Mass and Canonization of Giovanni Battista Scalabrin and Artemide Zatti, 9 October 2022. ^[3]Ibid. ^[4]Ibid. ^[5]Cf. Bull *Spes Non Confundit*, 1. ^[6]Encyclical Letter *Spe Salvi* (30 November 2007), 26. ^[7]Cf. Easter Sequence. ^[8]Cf. *Catechism of the Catholic Church*, 1820. ^[9]Ibid, 1821.



LENT RETREAT DAY ON THE SATURDAY 15th MARCH 2025 AT ST RITA'S CENTRE

"WHO AM I? A TOURIST OR A PILGRIM?" by Fr. Ignatius Paul Raj

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. The charge for the day, including lunch, is just £25.00. Booking can be made by phone, email or online <https://www.stritascentre.org/events-retreats-1/lent-retreat-day-who-am-i-a-tourist-or-a-pilgrim>.

The Parish of the Holy Family

LENT AND EASTER 2025 in the JUBILEE YEAR OF HOPE



TAIZE EXPERIENCE Tuesday March 18th.	7.00.p.m. to 9.00.p.m.
WITH THE LORD Friday March 28th.	10.00.a.m. to 4.30.p.m.
JUBILEE OF THE SICK AND HEALTHCARE WORKERS Friday April 4th.	2.00.p.m. Mass with Anointing of the Sick
PALM SUNDAY OF THE PASSION OF THE LORD Sunday April 13th.	Procession and Mass 10.00.a.m.
REFLECTIONS FOR HOLY WEEK Tuesday April 15th.	7.30.p.m.
CHRISM MASS in PLYMOUTH CATHEDRAL Wednesday April 16th.	12 noon
MASS OF THE SUPPER OF THE LORD AND WATCH AT THE ALTAR OF REPOSE	7.30.p.m.
GOOD FRIDAY THE WAY OF THE CROSS FOR CHILDREN CELEBRATION OF THE LORD'S PASSION	11.00.a.m. 3.00.p.m.
HOLY SATURDAY BLESSING OF EASTER BREAKFASTS THE VIGIL OF EASTER	11.00.a.m. 8.00.p.m.
EASTER DAY	10.00.a.m.

EASTER FLOWERS – there will be a collection on the weekend of 22/23 March. (Please make any cheques payable to PRCDTR Holy Family Exmouth) THANK YOU



THE PARISH OF THE HOLY FAMILY



With the Lord

Friday March 28th. 2025

Stations of the Cross
10 o'clock

Adoration of the Blessed Sacrament
11.00.a.m. – 1.00.p.m

The Sacrament of Reconciliation
11.30.a.m. – 12.30.p.m.

Mass
2.00.p.m.

The Sacrament of Reconciliation
3.30.p.m. – 4.30.p.m.

CAFOD Lent Appeal – Family Fast Day collection

Please donate to our Family Fast Day parish collection and be a pilgrim of hope with CAFOD this Jubilee Year. You'll be supporting communities suffering the impacts of war, poverty and climate change to find solutions and hope. Use the CAFOD envelope in church, donate online at cafod.org.uk/envelope or call us on 0303 303 3030. You can also **text CAFODLENT to 70085** to donate £10.



CAFOD Catholic Agency for Overseas Development

FAMILY FAST DAY

FRIDAY 14TH MARCH

Give mums like Lokho a safety net this Lent

This shade netting protects plants

Make your Lenten donation today using our online envelope

cafod.org.uk/envelope



“HOPE
DOES NOT DISAPPOINT”
ROMANS 5:5



Make Jubilee 2025 a year of hope and renewal with our global family. Pledge a monthly gift to CAFOD.

cafod.org.uk/hope

CAFOD Catholic Agency for Overseas Development



Revelation – in this Jubilee year where Pope Francis has asked us to be active “Pilgrims of Hope”, renowned scripture scholar and author, Fr. Nicholas King SJ, will lead us to understand the **Book of Revelation** and how the Word of God is our power for Mission. . This event will be held at Buckfast Abbey conference centre on Saturday 15th March 10am-4pm. (Dart View Room 4). There is an opportunity to go to the Abbey mass at noon. Booking is **essential** and needs to be done through plymouth-crownhill@prcdtr.org.uk Enquiries: 01752 701660. We look forward to seeing you at this inspiring day.

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.

ARE YOU GOING INTO HOSPITAL?



The Hospital Chaplaincy telephone number: 01392 402024. A message can always be left there. The Blessed Sacrament Presbytery number can also be used: 01392 274724.

It is now more difficult for members of the clergy to request information regarding your stay in hospital, including which Ward you are in. This is now regarded as confidential information and will not readily be supplied to any caller without the specific permission of the patient. Also, staff on wards will no longer be allowed to say who is on their Ward if people make a general enquiry. If you are admitted to hospital and would like a member of The Chaplaincy Team to visit you –

DO Please inform the Chaplaincy Department which ward you expect to be on and when you will be there, if you know in advance that you are going into hospital. Specifically inform a member of the ward staff that you would like to be visited by a chaplain ensuring that you state which denomination you belong to. Otherwise, it could be that you may not see a chaplain as you may be asleep, having treatment or they may not even know you are in hospital.

Inform your relatives about your wishes concerning visits from a chaplain if you are taken into hospital unexpectedly. Your relatives can then notify the Chaplaincy Department should such an event take place.

DON'T.... Just presume that the chaplains will hear about your stay in hospital – they probably won't. DON'T expect ward staff automatically to let the chaplains know you are in hospital.

ACT..... If you wish to be visited by a member of The Chaplaincy Team during your stay in hospital, the Hospital Chaplaincy telephone number: 01392 402024. A message can always be left there. The Blessed Sacrament Presbytery number can also be used: 01392 274724.

Caritas Diocese of Plymouth January Newsletter

To read more about love in action around the diocese please follow the link:

<https://tinyurl.com/29y8npba>

Diocese of Plymouth newsletter
<https://email.workwithgusto.co.uk/t/t->

Join 8,000 young Christians from across England and Wales at Wembley Stadium.

Saturday 15th March 2025.
£35 per person. Ticket includes coach travel.

 To book your ticket and for further information contact: Saskia: youth@prcdtr.org.uk

**For details of all
Youth Events in the Diocese
Email Saskia
at youth@prcdtr.org.uk.**

Flame is aimed at young people aged 13- 23. The Diocese will be taking 2 coaches of young people one coach starting from Plymouth, picking up on route through Devon. The other coach will be taking a group from Dorset. Flame is a series of speakers and bands from across the world. This year's lineup includes: lily Jo; Guvna B; Bear Grylls and Bryan Enriquez amongst others. Young people are always very inspired by the event. For more details about the programme: <https://cymfed.org.uk/flame/> Tickets are £35 to include entry and travel. To book: For further information contact, Saskia: youth@prcdtr.org.uk

Sacramental Preparation in our Parish – Baptism, First Communion & Confirmation. Please speak to Fr. Philip if you and your child is ready to take the next step of their Sacramental journey.

Dates for our young people

24 – 26 January 2025, 13 + Residential, East Shallowford Farm.

15th March 2025 – Flame, Wembley Stadium.

Your faith journey through social media – April 2025

Heatree Residential, Dartmoor (10 – 12 year olds) 23rd – 25th May 2025

Proclaim (18+) deepening your faith in the South West. Scleder Abbey 20th – 22nd June 2025

Summer Camp 8 – 17 year olds, Grange Hurst, Buckfast Abbey 27th July – 2nd August 2025

Youth Rally, St Rita's, Honiton – Saturday 20th September.

Young Adults Rome Pilgrimage Do you want to deepen your faith and engage more fully in your Catholic community? Come and encounter the breadth and depth of the Catholic Church with a Pilgrimage to Rome **28th July-4th August 2025 for 20-35 year olds**. As well as Mass with Pope Francis, you will experience the vibrancy of the Church as you are surrounded by thousands of young pilgrims from around the world, glorifying God. You will then be able to share this unique experience by giving back to your community from the riches that God wills to give to you. For more information and to register your interest by **17th February**, please follow the link: <https://forms.office.com/e/fhZ8zmvLy6>

MINISTERS OF THE WORD Are you, or could you be, a reader at Mass? If so, please can you introduce yourself to Paul Lane who will be available after mass on Sundays. There will soon be a series of meetings to support your ministry, hopefully during Lent and before Easter

Saturday 5 April 2025 | 10am - 6pm
£12.50 for adults | £10 for Y10-Y13 | Free for Y9 and under

stay Awake

Adore  Abide  Arise



“Rejoice always, pray without ceasing, give thanks in all circumstances: for this is the will of God in Christ Jesus for you. Do not quench the Spirit.”

1 Thessalonians 5: 16-19

More information at: www.stayawakejc.com

Taizé ExPerience

Are you 15-35?

**Then come to our
evening of meditative
live song and prayer**

**Tuesday,
18 March
7pm**

**Everyone
welcome!**



**Holy Ghost Church,
11 Raddenstile Lane, EX8 2JH**

**To register, please email: exmouth@prcdtr.org.uk
Led by the Youth and Young Adults of Exmouth Churches**

**TAIZÉ ECUMENICAL
CANDLELIT
SERVICE**

**HOLY GHOST CHURCH
– TUESDAY 18TH
MARCH 2025 7pm to
7.50pm**

Taizé, is a village located about 100 kilometres North of Lyon in France and is a Christian Ecumenical Community that has grown from one young man's inspiration and desire to serve God.

Our service hopes to recreate a little of that sense of belonging and the love that God has for us all. Our focus is on young people and young adults in keeping with Taizé (aged 15 – 35) although all will be very welcome. The music will initially be distinctively meditative Taizé and will include short readings, short periods of silence, intercessory prayer and lighting candles. It will

conclude with praise and worship singing. Refreshments will be served in the church hall after the service.

A small team of Holy Ghost parishioners including several young people are working with representatives from the other churches in Exmouth to prepare the service. If you can pass this information to your children or grandchildren in the age bracket of 15 – 35 we would love to hear from them to help us with ongoing planning or perform some of the roles on the night. Please use this QR code or link to view a short video of Taizé.

Trailer about the Community https://www.youtube.com/watch?v=_4hyZV_abf0

Caritas Jubilee Lent resources The theme of the 2025 Jubilee year is “Pilgrims of Hope”. This is a year of hope for a world suffering the impacts of war, the ongoing effects of COVID-19 pandemic, and a climate crisis. The Pope has chosen six social action themes for prayer and reflection during the Jubilee Year: care for creation, food poverty, modern slavery, managing debt, forgiveness and rest. Caritas Diocese of Plymouth has created a resource on these six themes. It can be used by individuals or parish groups to discuss one or more of the themes. Caritas Diocese of Plymouth can also provide support to parishes wishing to explore any of these themes in greater details. <https://www.plymouth-diocese.org.uk/wp-content/uploads/2024/11/Jubilee-Parish-Resources-2.pdf>

COVID-19
DAY OF
REFLECTION
9 MARCH 2025

5th Anniversary of Covid

Exmouth Baptist Church
Victoria Road

3 p.m.

We are marking the
Day of Reflection
on March 9th

½ hr service followed by
refreshments.

EVERYONE WELCOME





The Blessing of Easter Breakfasts is a tradition we have marked for many years at Holy Ghost. **Święconka** meaning "the blessing of the Easter baskets", is one of the most enduring and beloved Polish traditions on Holy Saturday during Easter.

The tradition of food blessing at Easter, which has early-medieval roots in Christian society is said to date from the 7th century in its basic form, the more modern form containing bread and eggs (symbols of resurrection and Christ) are said to date from the 12th century.

Baskets containing a selection of Easter foods are brought to church to be blessed on Holy Saturday. The basket is traditionally lined with a white linen or lace napkin and decorated with sprigs of boxwood the typical Easter evergreen. Families take special pride in preparing a decorative and tasteful basket with crisp linens, occasionally embroidered for the occasion, and boxwood and ribbon woven through the handle. All welcome at 11.00 am on Holy Saturday

MORE DATES FOR YOUR DIARIES

- **Gather 2025 Jubilate** A weekend of faith, formation and friendship, Friday 28th - Sunday 30th March, Livermead Cliff Hotel, Torquay. Booking forms available - please email plymouthgather@yahoo.com for more information.
- **Tuesday 18th March 7.00 pm in Holy Ghost Church** - we welcome you and your friends to come to a Taizé evening
- **Stay Awake, 5th April, 2025** - a day conference for all the family (Mass, Children's streams, Praise and Worship, Speakers, Workshops and pizza!). Venue: All Saints School in Weymouth. More details later! ALL WELCOME! Please save the date!

The Knit & Natter group invite you to join them on 7th April & 5th May in the parish hall.
Easter clean, 9th April.



Thank you to our wonderful Cleaning Team – if you would like to help them once a month the next date is Wednesday 9th April for the PRE EASTER SPRING CLEAN after the morning mass. Please come and help if you can spare an hour. Further diary dates are 7 May & 4th June.

Dates for the Craft Club are as follows; 5th April, 3rd May, 7th June. 10.00am start - coffee and cake available.



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



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 28 April 2025

We have teamed up with Tozers Solicitors, who have three offices in Exeter, Newton Abbot and Teignmouth who 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 Tozers free of charge – we just ask you to make a small 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



LENT SERIES 2025

Please find below the Zoom Link for the 2025 Lent Series. The talks themselves will begin at 7pm but the Zoom call will be open as from 645pm. Each evening is an independent and free standing talk given by 5 separate individuals and so although you can attend all 5 they are not linked other than seeking to reflect on some of the Holy Father's signs of hope in this Jubilee Year. This is the 5th year of the Series and it is always lovely to welcome back the virtual family for the 5 weeks we are together and to welcome new members of our extended family.

As we prepare to enter into the wonderful season of Lent I do hope it will be a truly blessed and holy time for you and your parish families.

13th March:- Commitment to others.

20th March:- Debt cancellation.

27th March:- Recognizing Hope.

3rd April:- Peace.

10th April:- Jesus's last Pilgrimage.

<https://us02web.zoom.us/meeting/tZAtcuusqjwiH9TX->

Bp70RLhy1NG2v7yJoYL/ics?icsToken=DEP7bPDiUPnnKPZNwwAALAAAkv_5pQo1va2AvcUQopYDBgGKdtZZvFvK5HN0kK11kbAHEr9BkfAkJnXhrt6CPLhB8IZnweknDUev7dA3TAwMDAwMQ&meetingMasterEventId=o80BSk58Tkuur0c_psGs6w

Join Zoom Meeting

<https://us02web.zoom.us/j/84052447850?pwd=MmPzcp911dTsGJWDxR0vH5H9zYS4e6.1>

Meeting ID: 840 5244 7850

Passcode: 043004

CAFOD's Big Lent Walk makes it simple to put your faith into action this Lenten season by connecting with your local and global community in a meaningful way. Whether you take part as an individual, school or parish community group, the money you raise will enable people around the world to fight poverty.

200km is the equivalent of, running across 1,953 football fields, climbing the Shard 645 times or walking up and down the Channel Tunnel four times.



Exmouth Food Bank Spring 2025 News



Our cheerful team of volunteers in action!

Demand during the past quarter

The festive season combined with the start of a new year is always a busy time for Exmouth Food Bank as families struggle to deal with the extra expense. We would like to say a **HUGE** thank you to our loyal supporters including churches, schools, clubs, businesses and generous individuals who rallied to our call for help. Due to your generosity our team of volunteers (pictured left) were able to distribute 529 parcels that fed over 1135 people between 1 December 2024 and 31 January 2025.

Our mission during 2025 is not only to ensure that we continue to provide food to those in crisis, but also to work proactively with agencies such as Citizens Advice East Devon and East Devon District Council. Partnership working means we can assist individuals to move out of the financial situation that has led to them seeking our help. As part of this process we were delighted to welcome South West Water to the Food Bank for a second visit in February. They were able to advise our clients about the range of water tariffs that are available together with ways that they can help people clear any water debt.

Celebrating our outreach work

As a food bank we are keen to support those who may not access our services directly but who could still do with a little help. We are proud of our outreach work which includes:

- Our ongoing project with Littleham Primary school where 69% of the children are on free school meals and some arrive at school without having had breakfast. We provide milk and fresh fruit on a weekly basis, giving the children a healthier start to the day which aids their concentration and ability to focus
- Enabling Brixington Church to add fresh fruit, vegetables and eggs to the food parcels they distribute as well as providing the Parent Hub at Open Door with fresh fruit to offer a healthy snack to the children who attend their sessions
- A new project with Seachange in Budleigh teaching people to cook healthily on a budget
- Our education programme which provides young people with a 'hands on' experience at the Food Bank so that they understand more about food poverty and the help that is available locally
- Providing stock to a pop-up pantry at Wesley's Cafe Budleigh where, those who are referred, can access staple foods at a reduced cost.



Beavers packing food parcels



Pop-up Pantry at Budleigh

Sharing our experiences of running a food bank

We were delighted to be invited to speak at East Devon's Voluntary Sector 'Thank You' Event in February and hope that the points we raised will inform the Anti-Poverty Strategy that the council are developing. The event enabled us to make valuable connections to other food banks working in Devon and to share best practice – many exchange visits are now planned!



Easter Preparations

Easter Sunday is on 20 April this year. We would welcome donations of Easter eggs and chocolates to give to families. If possible such donations need to be with us by **Tuesday 8 April** so that we can distribute them ahead of the Easter weekend.

Advanced warning to referring agencies - the Food Bank will be open on Tuesday 15 April as usual but will be closed on Good Friday 18 April. Normal opening hours will resume the following week.

An invitation to survivors We have two survivor groups in the diocese that have now been running for over a year, which provide an opportunity for anyone with lived experience of abuse to share their thoughts and ideas about survivor support work in our diocese. We are grateful to all those who so generously give of 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

Following the most recent instructions from the Diocesan Safeguarding Team and in line with the CSSA 'Creating a Safer Environment', entry to the Sacristy from the Church must be recorded. In our situation, only liturgical ministers and servers have the right of access and regrettably, passage to the Presbytery via the Sacristy is no longer available to anyone else, when there are servers present.

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

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.

