



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 642389

3rd WEEK OF ADVENT YEAR A

Saturday 13 December	5.00 pm	
Sunday 14 December <i>Gaudete Sunday</i>	10.00 am	Parish
Tuesday 16 December at St. Peter, Prince of Apostles	11.00 am	
Wednesday 17 December <i>O Sapientia</i>	11.00 am	Roy Jenkins RIP
Friday 19 December <i>O Radix Jesse</i>	2.00 pm	Fr. Larry RIP
Saturday 20 December	5.00 pm	Parish

4th WEEK OF ADVENT TIME YEAR A

Sunday 21 December <i>O Oriens (Expectant mothers)</i>	10.00 am	Jim & Dorothy Gegg RIP
Tuesday 23 December <i>O Emmanuel</i>	11.00 am	Sheila & Walter Kevern RIP (F)
Wednesday 24 December VIGIL OF CHRISTMAS	8.00 pm	Private Intention
Thursday 25 December THE NATIVITY OF THE LORD	10.00 am	Parish
Friday 26 December <i>St Stephen Protomartyr</i>	11.00 am	
Saturday 27 December <i>Vigil mass of The Holy Family</i>	5.00 pm	Parish

CHRISTMASTIDE

Sunday 28 December <i>Holy Family of Jesus, Mary & Joseph</i>	10.00 am	Holy Family Sisters
Tuesday 30 December at St. Peter, Prince of Apostles	11.00 am	Evelyn Mary Mulholland RIP (F)
Wednesday 31 December	NO MASS	
Thursday 1st January <i>The Solemnity of Mary, Mother of God</i>	11.00 am	
Friday 2 January	NO MASS	
Saturday 3 January	5.00 pm	

CHRISTMASTIDE 2nd Week Ps 2

Sunday 4 January	10.00 am	Parish
Monday 5th January	11.00 am	
Tuesday 6th January <i>Epiphany of the Lord</i>	11.00 am	Charles Edward McNamee RIP
Wednesday 7th January	11.00 am	
Friday 9 January	2.00 pm	



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.

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. My thanks to those catechists who give their time & support to our young people.

Anyone wishing to receive the Blessed Sacrament at home, due to illness, should in the first instance please contact the Parish Office. Thank you.

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.*

Parish Advent Reflections

Do join me for an hour of prayer, readings, and music in a candlelit church. This will be a precious hour to take time out from the frantic weeks leading up to Christmas and be with Jesus. Just an hour to focus our minds and hearts to prepare for the anniversary of the Lord’s birthday at Christmas – can you spare the time?

We will come together on Tuesday 16th December at 7.30 pm in Holy Ghost and I encourage you to bring a friend with you.

The Sisters of the Holy Family wish you all a very Happy Christmas and a peaceful New Year. Thank you for your Christmas cards, good wishes and prayers. We are most appreciative of your kindness. May God bless you.



THE PARISH OF THE HOLY FAMILY

Holy Ghost Church, Raddenstile Lane, Exmouth
St Peter, Prince of Apostles, Clinton Tce., Budleigh Salterton

The Nativity of the Lord 2025

Wednesday December 24th.

The Vigil Mass of The Nativity

8.00.p.m.

Christmas Day Thursday December 25th.

Mass at 10.00.a.m.

(come in Nativity costume)

The Feast of St Stephen Friday December 26th.

Mass at 11.00.a.m.

The Patronal Feast of the Holy Family

Vigil Mass Saturday 27th. December 5.00.p.m.

Mass of the Day Sunday 28th. December 10.00.a.m.

Tuesday December 30th.

Mass in St Peter, Prince of Apostles 11.00.a.m.

Thursday January 1st. 2026

The Solemnity of Mary, Mother of God

Mass at 11.00.a.m.



Blessing of the Bambinelli.... I encourage you to bring you baby Jesus to mass on Gaudete Sunday when I will bless them. You will then be able to place them in your crib at home

The Tradition of Blessing the Bambinelli



The beautiful Advent Tradition, **Bambinelli Sunday**, was instituted by Saint Pope John Paul II during his Papacy. The tradition follows that on the Third Sunday of Advent (Gaudete Sunday) children and adults bring their Baby Jesus figures from their homes to St Peters Square where they are blessed by the Pope.

All children and families are invited to bring the Baby Jesus figure from their homes to be blessed. Families can make their own **Bambinelli** if they wish.

Pope Francis has continued the tradition, blessing the statuettes which children bring before him in the Square. Parishes around the world now join in the celebration to help children and young people to prepare for Jesus.

A suggestion is, following the blessing prayer, you wrap your **Bambinelli** and place it with the gifts under your Christmas tree. Open it as a family on Christmas morning where the youngest member of the family can place it in the crib. **A gift of the presence of Christ, then, will be in your home this Christmas.**

Here is a prayer you may like to use to ask God's blessing

God, our Father you so loved mankind
that you sent us your only Son Jesus,
born of the Virgin Mary,
to save us and lead us back to you.

We pray that, with your Blessing,
these images of Jesus who is about to come among us,
may be a sign of your presence and love in our homes.

Father, give your Blessing to us too,
to our parents, to our families and to our friends.

Open our hearts so that we may be able to
receive Jesus in joy, always do what he asks
and see him in all those who are in need of our love.

We ask you this in the name of Jesus
your beloved Son who comes to give the world peace.

He lives and reigns forever and ever. Amen.



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We will come together on Tuesday 16th December at 7.30 pm in Holy Ghost and I encourage you to bring a friend with you.



Are you a Mary, Joseph, an angel, shepherd, king..... donkey, sheep or even a camel? Please invite your family and friends to our family mass on Christmas Day.

I am looking forward to welcoming everyone to celebrate this special Christmas morning with me and I warmly encourage the young, and young at heart, to come along dressed to celebrate The Nativity of Our Lord. *Fr. Philip*

WAYS TO DONATE TO THE CATHOLIC CHILDREN'S SOCIETY (PLYMOUTH) THIS CHRISTMAS

If you would like to donate to the CCSP this Christmas, there are several alternative ways you can do this via

- Their Crowdfunding page <http://www.crowdfunder.co.uk/step-forward-reach-out-and-help>
- CCSP receive 100% of every donation, as Crowdfunder have waived all their fees to help charities
- Post your donation by sending a cheque made payable to 'Catholic Children's Society (Plymouth)' to St Boniface House, Ashburton, Devon TQ13 7JL
- BACS direct into their account – Catholic Children's Society (Plymouth) sort code – 52-41-60 account number – 06024335
- Text – to donate £5 text 5CCSP to 70085, to donate £10 text 10CCSP to 70085 or to donate £20 text 20CCSP to 70085



THANK YOU FOR YOUR GENEROSITY

Exmouth Food Bank Winter 2025 News

Current demand

During the summer months demand for the Food Bank fell for the first time in two years. We were delighted and saw this as a significant turning point for those who had been severely impacted by the cost of living crisis.

However, this respite has been short lived & use of our services has increased by 30% in September & October when compared to the same period last year. In the past two months we have provided food for over 1,120 people. This has put a strain on our financial reserves as demand is outstripping the donated food items we receive and we have had to purchase food to make up with the shortfall. Historically we also know that, as winter sets in, these numbers will continue to rise as those on low incomes struggle to buy provisions and pay their bills. Your support is vital to enable us to continue feeding those in need in our community – so THANK YOU, we really do appreciate all that you do.



Pupils from Withycombe Raleigh Primary School learning how to sort & date tins of food

Engaging with young people

As a team we are conscious of the need to spread information about food poverty and to break down the stigma associated with seeking help. We regularly hold active sessions with children who visit the Food Bank, roll up their sleeves and get stuck in with sorting and packing food parcels.

Recently we have been visited by a series of schools including Woodbury Primary School, Beacon Primary School, Withycombe Raleigh Primary School & the Deaf Academy. We have also had our annual visit from the local Beavers who brought the Exmouth & Exeter East MP David Reed along with them to provide an extra pair of hands!

Preparations for Christmas

If you are thinking of donating to the Food Bank this Christmas we would really appreciate **core food items** that are needed for our year round parcels. This will help us meet the surge in demand over the festive period and ensure that we have a reserve going into 2026. If you would like a poster of the items we are seeking please email info@exmouthfoodbank.org.uk.

We will be launching our Christmas Campaign on Thursday 26 November at the Salterton Road, Tesco Store in Exmouth. Do come along in the afternoon & have a chat with some of our volunteers.

Donated items need to be with us by **Friday 12 December** ahead of our last push before Christmas. Items can be dropped off at the Salvation Army Hall, Sheppards Row EX8 1PW on a Tuesday and Friday between 9.00 am and 3.00pm. Alternatively if you would like to arrange a collection please give us a call on: 07787 758511



Food Bank opening times during the festive period

- The Food Bank will be open as usual on Tuesday 23 December.
- **We will be closed on Friday 26 December (Boxing Day)**
- Normal services will resume on Tuesday 30 December and Friday 2 January



MINCE PIE CHALLENGE... On the Feast of the Holy Family, after the 10.00 am mass, I invite you to come for **FREE** coffee in the hall. I also challenge you to bring some mince pies to share and you can sample & see which supermarket supplies the best!!

Diocesan Newsletter

<https://email.workwithgusto.co.uk/t/t-F236B443DD092B5F2540EF23F30FEDED>

Thank you to our wonderful Cleaning Team – if you would like to help them once a month the next dates are **17th December** for ‘Christmas Clean’ when more hands are needed please, 7th January and 4th February. Please come and help if you can spare an hour.



Dates for the Craft Club are January 3rd, February 7th & March 7th.
10.00am start - - coffee and cake available. All most welcome

The Knit & Natter group invite you to join them on 5th January and 2nd February.

The Holy Family Ladies Group meet on the 1st & 3rd Thursday of each month in the parish hall between 2.00 pm and 4.00 pm. Why not drop in and have tea with them. All welcome.



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

Thank you to our hospitality team for welcoming you each week.

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. 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. 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

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.

Marriage support - Does your relationship need some TLC? Need help with deeper issues? Next programme starts 17th October www.retrouvaille.org.uk Tel: +44 7887 296 983

Diocese of Plymouth newsletter

<https://email.workwithgusto.co.uk/t/t-2B9E82C9BE809D7E2540EF23F30FEDED>



"The Wise Men were overjoyed on seeing the star again.

They went into the house and when they saw the Child with Mary his mother, they knelt and worshipped Him." Matt. 2: 10



On Tuesday 6th January we will celebrate the Feast of the Epiphany in Holy Ghost Church. Traditionally on this day, in many parts of the world, gifts are exchanged. Just as the Three Kings brought gifts to Jesus, so gifts are exchanged amongst family and friends.

An ancient Christian custom associated with the Epiphany is the blessing of homes with chalk. We adopted this tradition in our parish many years ago and it is a wonderful way to quietly evangelise.

I invite you to adopt this custom in your family. It is an invitation for Jesus to be a daily guest in our homes, our comings and goings, our conversations, our work and play, our joys and sorrows. I pray that your 'holy doorway' will become a source of blessing for you, your whole family and all who visit your house. Happy New Year! Fr. Philip



Blessing the Home Using chalk, mark the lintel of your front door (front porch, step or wall as follows:
20 + C + M + B + 26

while saying: The three Wise Men, Caspar, Melchior and Balthasar followed the star of God's Son who became human two thousand and seventeen years ago. May Christ bless our home and remain with us throughout the New Year. Amen

Then all the family say together the following prayer:



Visit, O Lord, our home with the joy of your presence. Bless all who live here, and all who visit us, with the gift of your love. May we show your love to each other and to all whose lives we touch. May we grow in grace and in love of you. Guide, comfort and strengthen us in your peace. Amen.



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.

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. If you would like a copy of the end of year accounts please contact the parish office. Thank you for your support.

The Parish Finance Committee would like to remind you that Easter & Christmas offerings are for your parish priest as he doesn't receive a salary. If you would like to give this year, please put your donation into an envelope marked 'Christmas Offering' and post it through the front door of the presbytery. **May God bless you for supporting our priest**

The Parish Office will be closed between 23 December and 6th January 2026 but we will monitor the phones and emails and return your messages ASAP. We know that many parishioners do not have access to email or to the website so please share the information in this bulletin with them if you can. Thank you

Exmouth Churches Passion Play

... 'for those interested in acting, singing, dancing and being a small part of the production, they will need to join a Zoom meeting on Fri. 16th January at 7pm when it will be explained more fully and parts given. There will be a commitment to attend 3 practices in person on Wed 25th, Thurs 26th & Fri 27th March, 7-9.30pm at Exmouth Baptist church. Attendance at all is mandatory' Join Zoom Meeting...

<https://us05web.zoom.us/j/81537143911?pwd=B36kpGVnDyFWyqwVCeFemXjmlSULss.1>

Meeting ID: 815 3714 3911

Passcode: 824920