



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

5th WEEK OF ORDINARY TIME A2		
Saturday 7 February	5.00 pm	Vincent Walsh RIP
Sunday 8 February Day for victims of human trafficking	10.00 am	Parish
Tuesday 10 February at St. Peter, Prince of Apostles	NO MASS	
Wednesday 11 February	NO MASS	
Friday 13 February	NO MASS	
Saturday 14 February	5.00 pm	Parish

6 th WEEK OF ORDINARY TIME A2 /LENT BEGINS 18th		
Sunday 15 February	10.00 am	Canon Lawrence Costello RIP (F)
Tuesday 17 February /	11.00 am	
Wednesday 18 February Ash Wednesday	11.00 am 6.30 pm	
Friday 20 February	2.00 pm	Lawrence Horn RIP
Saturday 21 February	5.00 pm	Lena Nardone RIP

1 st WEEK OF LENT A Ps 1		
Sunday 22 February	10.00 am	Parish
Tuesday 24 February at St. Peter, Prince of Apostles	11.00 am	Anthony Watts RIP
Wednesday 25 February	NO MASS	
Friday 27 February Funeral Mass CAFOD FAST DAY	2.00 pm	Mimi Barton RIP
Saturday 28 February	5.00 pm	Michael Fagan RIP

2nd WEEK OF LENT A Ps 2		
Sunday 1 March	10.00 am	Parish
Tuesday 3 March at St. Peter, Prince of Apostles	11.00 am	
Wednesday 4 March	11.00 am	Isabel Merilion RIP
Friday 6 March World Day of Prayer	2.00 pm	Sr. Marie Loise Rivers RIP



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. Do pop into the hall after mass on Sunday for a complimentary cup of coffee. 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.

Diocesan Newsletter

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



“I Will Give You Rest: Come” is the theme for the 2026 World Day of Prayer (WDP), based on Matthew 11:28-30, prepared by Christian women in Nigeria to offer hope and spiritual relief from burdens like shame, poverty, and oppression through faith, community, and Jesus' liberating grace.

Millions will participate globally on Friday, March 6, 2026, in prayer services exploring this theme of divine rest and partnership with God, featuring Nigerian stories and cultural element.

This year we will come together at 3.00 pm on Friday 6th March in Holy Ghost Church and there will be refreshments in the hall afterwards. All welcome



THE PARISH OF THE HOLY FAMILY

LENT, HOLY WEEK & EASTER 2026

ASH WEDNESDAY FEB 18

MASSES at 11.00. & 6.30.

STATIONS OF THE CROSS ON FRIDAYS AT 1.15.

FEB 27 and MARCH 13, 20 & 27

DAY WITH THE LORD incorporating **WORLD DAY OF PRAYER**
FRIDAY MARCH 6

EXPOSITION OF THE BLESSED SACRAMENT	10 o'clock
MIDDAY PRAYER AND BENEDICTION	12 noon
STATIONS OF THE CROSS	<u>1.15.p.m.</u>
MASS	2 o'clock
WDP LITURGY	3 o'clock

ST PATRICK'S DAY **TUESDAY MARCH 17**

MASS IN BUDLEIGH SALTERTON **11 o'clock**

ST JOSEPH'S DAY **THURSDAY MARCH 19**

MASS IN ST JOSEPH'S SCHOOL **2 o'clock**

TUESDAY MARCH 31 **Reflections** **7.30.p.m.**

THURSDAY APRIL 2 **7 o'clock**

MASS OF THE SUPPER OF THE LORD & WATCH (until 10)

GOOD FRIDAY **3 o'clock**

THE PASSION OF THE LORD & VENERATION OF THE CROSS

SATURDAY APRIL 4 **THE EASTER VIGIL** **8 o'clock**

EASTER DAY **MASS** **10 o'clock**



THE PARISH OF THE HOLY FAMILY
LENT, HOLY WEEK & EASTER 2026

FRIDAY MARCH 6TH.
A DAY WITH THE LORD
incorporating
WORLD DAY OF PRAYER

EXPOSITION OF THE BLESSED SACRAMENT	10 o'clock
MIDDAY PRAYER AND BENEDICTION	12 noon
lunch break	
STATIONS OF THE CROSS	<u>1.15.p.m.</u>
MASS	2 o'clock
WDP LITURGY	3 o'clock





Family Fast Day

Friday 27th February 2026

Shorai with his wife Hamunyare in the Nyamuwe nutritional garden in Rushinga, Zimbabwe

This Family Fast Day we are thinking about hunger. Not the kind that comes from waiting too long to eat, but the kind that comes from having nothing to eat at all.

Shorai in Zimbabwe put it simply: "As a father, it will be difficult for you to sleep." It's not just the hunger

that kept him awake at night, but the guilt and pain of seeing his children go to bed with empty stomachs.

Around the world – despite farmers' best efforts – crops are failing. Where Shorai lives, in Zimbabwe, rain is scarce. In parts of Bangladesh and South Sudan, there's too much water. Either way, the result is the same – seeds fail to grow, harvests disappear, and families go hungry.

But there is hope and there is a solution. It needs all of us: you, me, CAFOD's local experts, and families like Shorai's. In God's eyes, we are one global family, called to be neighbours – to stand with one another in love and solidarity.

In South Sudan and Bangladesh, where devastating floods destroyed farmland, our local partners helped families develop a remarkable solution: gardens that float on water. Rejoice lives in South Sudan, she was helped by our local experts to build a floating garden to grow food above the floodwaters. She told us: "The yields from the garden help me feed my family."

In Zimbabwe, where drought threatened everything, Shorai and his family worked with our local experts to build an eco-garden, using drought-resistant crops and a solar-powered water pump. That pump, funded by Fast Day donations like yours, draws water from a nearby dam, turning dry ground into fertile land.

Shorai told us: "A good neighbour is someone who can help me in periods of need."

By supporting CAFOD's Family Fast Day this Lent, you're being the good neighbour Jesus calls us to be – loving others as we love ourselves. This Family Fast Day, let's show love to our neighbours. Let's eat simply and give generously – so another family can put food on the table. Thank you.

Ways to give hope ...

You can.....

-  Donate by post
-  Donate by phone
-  Donate by bank transfer
-  Donate by direct debit
-  Text to donate
-  Please see cafod@cafod.org.uk

Tel +44 (0)303 303 3030

Dilexi Te – The Burning Heart of the Church's Mission **There is now a waiting list for** The day of reflection with Bishop Nicholas Hudson 21 February 2026, 11am-4pm, Buckfast Abbey Conference Centre - please email: caritas@prcdtr.org.uk to add your name to the list if you wish to attend.



DIOCESE OF PLYMOUTH



CAFOD & Caritas Diocese of Plymouth warmly invite you to a day of prayer & reflection on Pope Leo's first Apostolic Exhortation *Dilexi Te*.

THE BURNING HEART OF THE CHURCH'S MISSION DAY OF REFLECTION ON DILEXI TE



*"A Church that sets no limits to love,
that knows no enemies to fight
but only men & women to love, is the
Church that the world needs today."*

Pope Leo XIV *Dilexi Te* #20

With Bishop Nicholas Hudson
opening the day and closing with Mass.

keynote speakers:

Christine Allen, CAFOD Director

Raymond Friel OBE, CEO of CSAN

Fr Richard Finn OP, University of Oxford

Saturday 21st February 2026 11am-4pm

Buckfast Abbey Conference Centre
Northwood Ln, Buckfastleigh
TQ11 0EG

Registration is essential for this free event
To register scan the QR code, or contact:
caritas@prcdtr.org.uk 01364 645360
plymouth@cafod.org.uk 07920 751180



GATHER 2026

We look forward to welcoming you to our annual **GATHER** conference **20th-22nd March** at Livermead Cliff Hotel, Torquay. This year's theme is 'I will put my spirit within you, and you shall live' and our speakers include Avril Baigent (School for Synodality) and Fleur Dorrell (The God who Speaks).

Pauline Books will be bringing a selection of their excellent range for people to peruse and buy, and you can expect a warm welcome and a wonderful weekend of faith, formation and friendship. We are delighted that we will also be joined by Bishop Nicholas as we journey together synodally - we'd love you to join us too!

Booking forms are available by emailing plymouthgather@yahoo.com

Towards a synodal church – Conversations in the Spirit



How do we listen to each other well? How do we step back from our own agendas to be attentive to where the Spirit is moving? How can we make better decisions about organising ourselves as Christian communities? How do we enrich our parish communal life with enriching conversations?

The Synod process has emphasised the importance of listening and good conversations in our community life. However, these are not always so easy in practice!

Blessed Sacrament Exeter are hosting a one day face-to-face facilitator training workshop with Fr Matthew Nunes, Director of the School for Synodality. This Conversations in the Spirit workshop will run on Saturday 21st February and will introduce the principles of holding prayerful, truthful and safe conversations which value gracious listening and courageous speaking. It is suitable for all levels of experience, including people who have not been involved in the Synod process so far. All parishioners from across the diocese are very welcome to attend - please email exeter-heavitree@prcdtr.org.uk to let us know you're coming. We're asking for a contribution of just £10 per person to cover costs - pay on the day. Please bring a packed lunch! 9:30am tea and coffee for a 10am start, 3:30pm finish, Saturday 21st February, Richard Reynolds Centre, Blessed Sacrament Church, 29 Fore Street, Heavitree, EX1 2QJ



EASTER FLOWERS –

**There will be a collection for Easter flowers on the weekend of 7/8 March. (Please make any cheques payable to PRCDTR Holy Family Exmouth)
THANK YOU for your generosity.**

Easter cards & greeting cards are available on the table at the back of the church. Please use the bookshop donation box (in the wall) for payment. Thank you

Thank you to our wonderful Cleaning Team – if you would like to help them once a month the next dates are 4th March and on Maundy Thursday morning.

Please come and help if you can spare an hour.

Stay Awake! Save the date: Saturday 2 May, 2026 ‘Stay Awake’ tickets are now available – book yours today at www.stayawakejc.com. Taking place at The Thomas Hardy School, Dorchester, from 10am – 6pm, finishing with Holy Mass and optional free pizza until 19:00. Inspiring talks and workshops for all, with kids’ groups, meaning fun & fellowship for all ages! Could this be part of your New Year’s resolution, to come closer to the Lord as a family, individual, and community?



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



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

The Knit & Natter group invite you to join them on 2nd March, 6th April, and 4th May. All very welcome

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.

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.

Diocese of Plymouth newsletter: <https://email.workwithgusto.co.uk/t/t-562C2F808AB4C5622540EF23F30FEDED>

I WILL PUT
MY SPIRIT
WITHIN YOU
AND YOU
SHALL LIVE

Ezekiel 37:14

JOURNEYING
TOGETHER
SYNODALLY

A weekend of faith, formation
and friendship. Open to all.

Friday 20 – Sunday 22 March
Livermead Cliff Hotel Torquay.

Speakers include:
Avril Baigent – *School for
Synodality* and Fleur Dorrell –
Catholic Bishops' Conference.
Bishop Nicholas Hudson
will also be joining us.

For more information and
booking form visit [Facebook](#)
and search *Gather Conference*,
use the QR code or email
plymouthgather@yahoo.co.uk



DIOCESE OF PLYMOUTH

GATHER 2026



Catholic Children's Society (Plymouth)



We are a small Diocesan charity helping families of all faiths and none living in Devon, Cornwall and parts of Dorset. We do this through our **ESSENTIAL GRANTS PROGRAMME**, our Pro-active Parenting courses, our Rainbows Bereavement & Loss service and our Good Shepherd programme.

WHO WE HELPED IN 2025

214 families were given an Essential Grant last year compared to 141 in 2024 from:

Alphington, Barnstaple, Bridport, Buckfastleigh, Exeter, Falmouth, Ivybridge, Kingsbridge, Launceston, Looe, Plymouth, Poole, St Austell, Sherborne, Tavistock, Teignmouth, Truro and Wimborne

In 2025, we ran our Pro-active Parenting courses in 5 of our Catholic schools.

We also offered Bereavement & Loss training to staff in our Catholic schools, enabling them to deliver the peer support style Rainbows, Sunbeams and Spectrum programs. We have registered and provided whole school CPD at 7 schools this year as well as facilitator training at these 7 schools. Out of 35 CAST schools in the Diocese, we have 23 registered sites

EXAMPLES OF WHAT WE PURCHASED IN 2025

Beds and mattresses, car seats, chests of drawers, children's clothing & footwear, cookers, fridge/freezers, heated clothes airer, microwave, prams and double buggies, rugs, school uniforms, sensory clothing, sofas, stairgates, table & chairs, triple bunk bed & mattresses, tumble dryers, under counter freezer, vacuum cleaners, wardrobes, washing machines and a year 6 residential

Our 2025 Annual Appeal has raised £11,678.04 from 33 parishes so far with donations still being paid in. Thank you to all our parishes who supported both our Annual Appeal and our recent Christmas Crib Appeal. Donations are starting to come through, and we will provide a total in the next edition



TO DONATE TODAY, please scan this QR code using your mobile phone to be taken directly to our Give a Little Campaign page - **THANK YOU !**

JANUARY 2026

SOME WONDERFUL RECENT FEEDBACK

"You're all so amazing thank you all so so much, genuinely so grateful for you all. Truly take care."

"Thank you so much for the email containing such great news. My client will be over the moon. Thank you for your help and support in this matter."

"Thank you so much for your email and for arranging the through HBH Woolacotts. I really appreciate all the support and the help you've provided. This will make a big difference for me and my son as we get settled. Please pass on my thanks to the Board of Trustee Directors as well. Your support truly means a lot."

"Thank you ever so much for reaching out to me, I am beyond grateful for the kind generosity we have received and can't thank you enough."

"I do not need a new mattress for my son, just a single bed frame. It doesn't really matter to us if it's a divan, wooden etc. I am so overjoyed, and this has taken a lot of financial pressure off before Christmas that is for sure."

Catholic Children's Society (Plymouth)
St Boniface House, Ashburton, Devon, TQ13 7JL
01364 645420 www.ccsplymouth.org.uk

ccs@ccsplymouth.org.uk

Registered Charity No 282803. Registered in England No 1546053



St Rita's Centre, Honiton, Devon

Lent Retreat Day

“THE SACRAMENT OF LIBERATION”

Saturday 21st February 2026

9.30am – 3.30pm

With

Fr Robbie Low

The day will begin with coffee/tea on arrival at 9.30am. The first talk will start at 10am. The second talk will be at 11am. Adoration in silence (with an opportunity for Confession) will be at 12.00pm. Lunch will be served at 1pm. Holy Mass at 2.45pm. Depart at 3.30pm

Cost per person: £25.00, which includes lunch.

For further information & to register your name, contact:
St Rita's Centre Tel: 01404 42635
Email: admin@stritascentre.org | www.stritascentre.org

INSPIRE

BE INSPIRED BY THE GIFT OF THE HOLY SPIRIT

2026



Saturday 14th March

Schiller Hall, Buckfast Abbey

Doors open 11.00

Event finishes 18.00

Tickets £30 per person

Musicians and speakers to be announced. [Click QR code](#)



Join others from across the Diocese to explore the theme:

‘Rooted in Christ’ based on Eph 3: 17-19

To book and for further
information contact:
Saskia or Ruby:
youth@prcdtr.org.uk



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 23 February 2026

We have teamed up with ~~Tozers~~ Solicitors, who have three offices in Exeter, Newton Abbot and Teignmouth and who have a long history of being legal advisers to CCSP

- 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. CCSP is the only Catholic charity in the Diocese exclusively supporting children and families

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



DO YOU LOVE KNITTING ? Over the last few years, parishioners from a number of parishes including the Assumption of Our Lady in Torquay and Our Lady of Lourdes and St Cecilia in Blandford Forum have knitted beautiful baby blankets, cardigans, hats, booties, mittens and teddy bears. Thanks to these kind, wonderful knitters, we have posted many small bundles of knitted garments to families who apply for an Essential Grant as they don't have enough funds to pay for some of the basic essentials for their babies such as cots and mattresses, single and double pushchairs, baby monitors, baby clothes, travel systems, high chairs, car seats, sterilisers, electric breast pumps, changing bags and bottles, nappies and wipes. We've received some wonderful feedback from parents. If you enjoy knitting and would like to help families of all faiths and none, please do get in touch with our Essential Grants Manager by calling 01364 645424 or by emailing vicki.dunstone@ccsplymouth.org.uk

STEPPING INTO STILLNESS

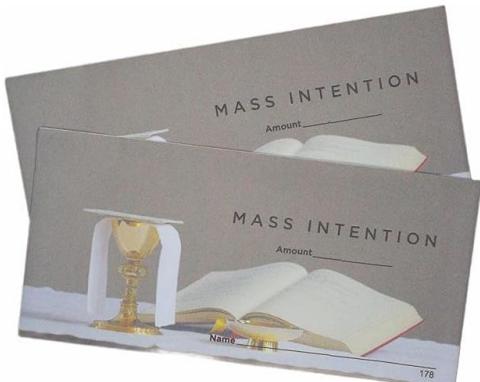
**'Be still and know that I am
God'**



***An Introduction to Contemplative
Praying and Living and to
the Jesus Prayer***

**Contemplative Retreat
St. Rita's Centre, Honiton.
20th – 24th April 2026**

*Contact for further details and booking form:
paddyrylands@gmail.com*



New Mass Intention Envelopes now available in the Cloister. Please complete the details on the reverse of the envelope and drop into the office with plenty of notice of your preferred date.

It is customary to include a donation for the support of the priest.

Thank you

'There will be an Easter Ecumenical Event held in the Strand, Exmouth on Sat. 28th March at 2.00 pm called "**A Journey Through Easter**" lasting a max. of one hour. It will involve local churches in 6 scenes of the Easter story with dramatic readings and singing.

All are welcome to come and support the event and help draw outsiders in. If there are any individuals who would like to take part in a small way, a crowd will be needed for the Palm Sunday scene at the start. We will gather beforehand in Exmouth Baptist Church at 1.30pm. Please ideally wear something looking like biblical days'

Pamela Howarth, Churches Together

A JOURNEY THROUGH EASTER





THE STRAND, EXMOUTH

2:00pm - SATURDAY 28th MARCH

**Join Exmouth Christians as we reflect
on the events of Holy Week**

Exmouth Churches Working Together