



# 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

<b>WEEK 3 OF LENT A PS3</b>		
<b>Saturday 7 March</b>	5.00 pm	Parish
<b>Sunday 8 March</b>	10.00 am	James & Ellen Eliza Bennett, forbears & descendants RIP (F)
<b>Tuesday 10 March at St. Peter, Prince of Apostles</b>	11.00 am	Aida Bellingham RIP
<b>Wednesday 11 March</b>	11.00 am	Sr Eugenie Berthe Blotiere RIP
<b>Friday 13 March</b>	2.00 pm	Steve O'Keef RIP & family
<b>Saturday 14 March</b>	5.00 pm	Parish

<b>WEEK 4 OF LENT A PS4</b>		
<b>Sunday 15 March</b> <i>Laetare Sunday</i>	10.00 am	Parish
<b>Tuesday 17 March at St. Peter, Prince of Apostles</b> <i>St. Patrick Bp Missionary Patron of Ireland</i>	11.00 am	Emma Jensine Costello & husband RIP
<b>Wednesday 18 March</b>	11.00 am	Gill family intentions
<b>Thursday 19 March</b> <i>Parish Mass in St Joseph's School</i> <i>St Joseph</i>	2.00 pm	Our school community
<b>Friday 20 March</b>	2.00 pm	John Walker RIP
<b>Saturday 21 March</b>	5.00 pm	Kazimierz Kazimierowicz RIP

<b>WEEK 5 OF LENT A PS1</b>		
<b>Sunday 22 March</b>	10.00 am	Parish
<b>Tuesday 24 March at St. Peter, Prince of Apostles</b>	11.00 am	Sheila & Walter Kevern RIP (F)
<b>Wednesday 25 March</b> <i>The Annunciation of the Lord</i>	11.00 am	Charles & Dinah McNamee RIP (F)
<b>Friday 27 March</b>	2.00 pm	Alfred Graham MacMullen & deceased relatives RIP (F)
<b>Saturday 28 March</b>	5.00 pm	Miss M Gann RIP (F)

<b>HOLY WEEK A PS 2</b>		
<b>Sunday 29 March</b> <i>Palm Sunday of the Passion of the Lord</i>	10.00 am	Parish
<b>Tuesday 31 March at St. Peter, Prince of Apostles</b>	11.00 am	Edward Joseph Flanagan RIP (F)
<b>Wednesday 1 April</b> <b>CHRISM MASS AT THE CATHEDRAL</b>	12.00 pm	
<b>Thursday 2 April</b> <i>Evening Mass of the Lord's Supper</i>	7.00 pm	Parish
<b>Friday 3 April</b> <i>Good Friday Celebration of The Lords Passion</i>	3.00 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. 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 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	1.15.p.m.
MASS	2 o'clock
WDP LITURGY	3 o'clock



**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.

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



**Stations of the Cross during Lent, Fridays at 1.15 pm, on February 27 and March 13, 20 & 27**



**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**

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

**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**

*Diocesan Newsletter*

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



**Laetare Sunday – Rejoice** - Laetare Sunday Reminds Us to Hope in the Kingdom of Heaven and is celebrated this year on 15<sup>th</sup> March. This weekend is one of the two weekends when it is permissible for the priest and the deacon to wear rose vestments. The third Sunday of Advent is Gaudete Sunday, and the fourth Sunday in Lent is Laetare Sunday. Both Latin words mean “rejoice!”

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**This year, the Solemnity of the Annunciation of the Lord** will be celebrated on Wednesday, 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 11.00 am



Every day of Holy Week is one step on a spiritual pilgrimage, and **Palm Sunday** is the day that pilgrimage begins. **Palm Sunday** takes place one week before Easter and commemorates Jesus' triumphant entry into Jerusalem. Catholics carry blessed palm branches into church, symbolizing the crowd's welcoming gesture as Jesus rode into the city on a donkey. The Gospel readings recount the story of Jesus' death and Passion, inviting us to reflect on his sacrificial love and the profound significance of Holy Week.

Ministries during Holy Week & Easter.... Look for the board in St. Annes' Cloister for you to sign up if you are available to help. This is an opportunity for as many of our parish family as possible to be involved at this special time



**Reflections for Holy Week** – can you spend just one hour with the Lord? Tuesday 15<sup>th</sup> April at 7.30 pm – you are invited to come and pray, reflect and listen. All welcome



**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. I am very grateful to Maggie for ‘running’ our ‘card shop’ Thank you

**Thank you to our wonderful Cleaning Team** – if you would like to help them once a month the next date is on Maundy Thursday, 2<sup>nd</sup> April, at 11.00 am. Please come and help if you can spare an hour.



**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 4<sup>th</sup> April**

## 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](mailto:plymouthgather@yahoo.com)

**The Parables of Jesus** A zoom course for Lent.  
The Meeting ID is 895 7188 9251 Password is 125755

Thursday 12 <sup>th</sup> March. 7pm.	Fr Mark Skelton -	The Parable of the Good Shepherd.
Thursday 19 <sup>th</sup> March.	Sr Bernadette Reis -	The Parable of the Prodigal Son. 7pm.
Thursday 26 <sup>th</sup> March. Goats	Mr Simon Giarchi -	The Parable of the Sheep and the

*Please feel free to join this course during our Lenten journey.*

**'Exmouth Churches** are once again working together this Easter bringing "A Journey through Easter." on Sat. 28th March at 2pm in the Strand, Exmouth. Join other Christians as we reflect on the events of Holy Week using dramatic readings and music. There will also be a crowd scene at the start depicting Jesus on Palm Sunday, and all churches and children are welcome to join in with this - meeting at 1.30pm prompt at Exmouth Baptist Church and if you happen to have biblical looking clothes, do wear them ! The 6 scenes will last less than an hour with the audience moving slightly around the Strand. Please invite friends and neighbours and help us to be a good witness this Eastertime in the town'

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# A JOURNEY THROUGH EASTER

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**THE STRAND, EXMOUTH**  
**2:00pm - SATURDAY 28th MARCH**

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

**Exmouth Churches Working Together**

## 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.retrouville.org.uk](http://www.retrouville.org.uk) Tel: +44 7887 296 983

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

**The Knit & Natter group** invite you to join them on 6<sup>th</sup> April, and 4<sup>th</sup> May at 2.00 pm. All very welcome to come and see, and have a cuppa & cake as well!



**The Holy Family Ladies Group** meet on the 1<sup>st</sup> & 3<sup>rd</sup> 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. The next dates are: 6th March - World Day of Prayer 3pm, 19th March - Easter Cards with Lorraine, 9th April - 'The Pelican', The Christian message -with Richard Stannuck, 23rd April - Cream Tea (details to follow)



**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](mailto: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.



*The Finance Committee would like to invite you to put your Easter contribution to Fr. Philip into the envelopes that will be provided. Easter & Christmas offerings are part of his 'salary and we thank you for your kindness.*

**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 latest newsletter:**

<https://email.workwithgusto.co.uk/t/t-0BE37BCB3841CCDF2540EF23F30FEDED>

**Stop assisted suicide - further action needed!**

Please take 30 seconds to stop assisted suicide from being forced into law. Right To Life UK has made an EasyAction tool to email your MP asking them to oppose attempts to force assisted suicide into law by bypassing the House of Lords.

**Please visit [www.righttolife.org.uk/ASCommons2026](http://www.righttolife.org.uk/ASCommons2026) to ask your MP to oppose forcing the assisted suicide Bill into law.**

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](mailto:plymouthgather@yahoo.co.uk)



DIOCESE OF PLYMOUTH

GATHER 2026



# STEPPING INTO STILLNESS

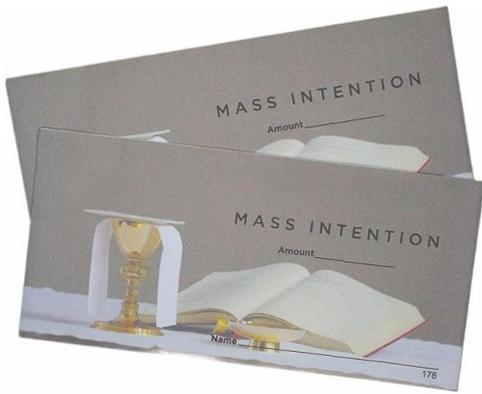


**'Be still and know that I am  
God'**

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

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

*Contact for further details and booking form:  
[paddyrylands@gmail.com](mailto: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



# Saying Goodbye Remembrance Service Exeter, Devon

EXETER CATHEDRAL

SATURDAY, 21ST OF MARCH,  
2026 - 11AM

A SERVICE FOR ANYONE WHO HAS  
LOST A BABY IN PREGNANCY, AT BIRTH  
OR IN EARLY YEARS, WHETHER THE  
LOSS WAS YESTERDAY OR 80 YEARS  
AGO. THIS EVENT IS ALSO FOR THOSE  
GRIEVING THAT THEY HAVE NEVER  
BEEN ABLE TO HAVE A CHILD.

[SAYINGGOODBYE.ORG](https://sayinggoodbye.org)

SAYING GOODBYE IS A DIVISION  
OF MARIPOSA INTERNATIONAL

# Great West Run Sunday 24<sup>th</sup> May 2026

## Half marathon



## PARISHIONER FUNDRAISING APPEALS

### Liz's story



*My son Dan and I are running the Great West Run half marathon. We are running in support of **Open Door Exmouth** - a local charity that has been caring for our community for over 30 year's. Open Door provides safe, welcoming spaces for people of all ages who need support, connection or simply someone to listen. Through services like the Community Cafe, Youth project, Support Service, Parent Hub, Craft Room and Men's Shed, they walk alongside people facing homelessness, loneliness, mental health struggles and those facing life's toughest moment's.*

*As a volunteer, Open Door is an organisation close to my heart as I get to see all of the amazing work they do first-hand. EVERY donation helps them continue offering compassion, practical help and hope in Exmouth.*

*Thank you for supporting our run and this amazing charity.  
Liz McFadden*

<https://www.justgiving.com/page/elizabeth-mcfadden-1?newPage=true>



### Elisabeth's story



*Hi everyone!*

*I'm running this half marathon to support FORCE Cancer Charity, a cause that is very close to my heart. Close family and special friends of mine have faced cancer, and throughout their journeys they received invaluable support that helped them through treatment and recovery. Seeing first-hand the difference that compassionate care and specialist services can make has inspired me to give something back.*

*By taking on this challenge, I hope to raise funds and awareness so that FORCE can continue helping individuals and families affected by cancer. Every mile I run is in honour of those close to me, and for everyone currently navigating their own cancer journey.*

*Thank you so much for supporting Force and the tremendous work they do.*

[https://www.justgiving.com/page/elisabethforce?utm\\_medium=FR&utm\\_source=CL&utm\\_campaign=021](https://www.justgiving.com/page/elisabethforce?utm_medium=FR&utm_source=CL&utm_campaign=021)



and even more fundraising....

## Geoff's story



*Rowcroft Hospice is an incredible charity, supporting those suffering from life-limiting illnesses and their families, at home or at Rowcroft itself free of charge. Staff dedicate themselves to supporting others, giving specialist nursing care to over 2,500 people each year.*

*Through my work at Buckfast Abbey, I have met many of these wonderful staff and heard stories from the loved ones of those who have benefited from everything Rowcroft has to offer. As I get older and begin to lose some of those dear to me, the efforts of Hospices like Rowcroft become even more of an inspiration.*

*As a keen runner, approaching my 50th birthday, I felt that I needed a special challenge to mark this milestone. An inspiring first competitive run abroad in Palma Majorca was the catalyst for this goal and if all goes well, I will be returning back to Majorca to compete in my 50th half marathon just days after my 50th birthday. In order to achieve this, I will need to run a half marathon nearly every week. A few of these will be competitive runs but the majority will be just me, Devon lanes*



*and 13.1 miles (and this winter, a headtorch!) **THANK YOU***

*Geoff Pring, Director of Visitor Experience, Buckfast Abbey*  
[Geoff Pring is fundraising for Rowcroft Hospice](#)



By supporting CAFOD's this Lent, you're being the good neighbour Jesus calls us to be – loving others as we love ourselves

### 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](mailto:cafod@cafod.org.uk)

Tel +44 (0)303 303 3030

CAFOD Romero House 55 Westminster Bridge Road London SE1 7JB (Please make cheques payable to CAFOD)

# RESIDENTIAL RETREATS

Diocese of Plymouth 2026

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

## SUMMER - RESIDENTIAL RETREATS

Jun 26th – 28<sup>th</sup> Jun (Fri - Sun) Weekend Retreat

Jun 26th – 1st July (Fri - Wed) Extended Weekend



An Individually Guided Retreat offers each person the opportunity to step back from everyday life to help review their journey in faith, offering space and SILENCE for prayer. - Each retreatant meets a Spiritual Companion daily and together they discuss how best to use the time of retreat. The Companion will help you to pray using scripture and your own experience of life. Together you will try to discern what God is saying to you at this time. The retreat is made in SILENCE to help you to pray and to leave other retreatants equal opportunity for reflection. These SILENT RETREATS in the Ignatian tradition are open to Christians of any denomination.

### VENUE: SCLERDER RETREAT HOUSE (Chemin Neuf)

The retreat house with its large garden and pleasant rural walks nearby is situated near Looe. (Sclerder Lane, Looe, Cornwall PL13 2JD)

Once a Carmelite Monastery, it offers simple accommodation, but not suitable for those with mobility issues.

Retreat cost includes full board & lodging.

Recommended donation: Weekend Retreat £160;

Extended Weekend Retreat £350.

**Residential Retreats** - for further information, to check availability, or to book

telephone Wendy on: 01752 769164 or 07823447637 or email: *Plymouth Diocesan Ignatian Spirituality Group* [diocesan-ignatian-retreats@procdtr.org.uk](mailto:diocesan-ignatian-retreats@procdtr.org.uk)