



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

WEEK 29 Ordinary Time A2 P1		
Saturday 17 October	5.00 pm	John Walker RIP (F)
Sunday 18 Oct World Mission Day	10.00 am	Parish
Tuesday 20 Oct at St. Peter, Prince of Apostles	11.00 am	
Wednesday 21 Oct	11.00 am	Guild of St. Luke
Friday 23 Oct	2.00 pm	Roy RIP
Saturday 24 Oct	5.00 pm	Lindsey's intentions

WEEK 30 Ordinary Time A2 P2		
Sunday 25 Oct	10.00 am	Parish
Tuesday 27 Oct at St. Peter, Prince of Apostles	11.00 am	John & Ina & Jim Kilcoin RIP (F)
Wednesday 28 Oct SS Simon and Jude - Apostles	11.00 am	
Friday 30 Oct	2.00 pm	
Saturday 31 Oct	5.00 pm	

WEEK 31 Ordinary Time A2 P3		
Sunday 1 Nov <i>All Saints</i>	10.00 am	Parish
Monday 2 Nov <i>All Souls - Commemoration of all the faithful departed</i>	11.00 am	
Tuesday 3 Nov at St. Peter, Prince of Apostles	11.00 am	
Wednesday 4 Nov <i>St Charles Borromeo Bp</i>	11.00 am	
Friday 6 Nov	2.00 pm	
Saturday 7 Nov	5.00 pm	Alex's intentions

WEEK 32 Ordinary Time A2 P4		
Sunday 8 Nov <i>Remembrance Day</i>	10.00 am	Parish
Tuesday 10 Nov at St. Peter, Prince of Apostles	11.00 am	
Wednesday 11 Nov <i>St Leo the Great Pp Dr</i>	11.00 am	
Friday 13 Nov	2.00 pm	
Sat 14 Nov	5.00 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 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.*



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

One in Christ, united in mission

In 2026, World Mission Sunday will be celebrated on Sunday 18 October. It is the one Sunday in the year when the Mass is celebrated exclusively for missionary activity.

Donations are invited at these worldwide Masses and they go, in their entirety, to support churches, hospitals, schools and vocations in countries where the Church is new, young or poor.

Pray with the Global Church World Mission Sunday is our chance to show love and solidarity to our brothers and sisters overseas who share our faith. In offering our prayers, we join with missionaries everywhere in communion and compassion to support them in spreading the Good News, and by giving a donation we respond to Christ's call to feed the hungry and clothe the naked.

Missio is responsible for coordinating World Mission Sunday and provides new, young or poor dioceses with the essential support they need on their journey to becoming self-sufficient. 'We work through local bishops, churches and missionary congregations to ensure that resources are distributed equitably and justly – on the basis of need. The money goes directly from England and Wales to the bishops in the mission territories – local Church directly helping local Church!'

How can I help?

By phone

If you prefer to donate over the phone, please call **020 7821 9755** during office hours.

By cheque

Please make payable to Missio and send to Missio, 23 Eccleston Square, London SW1V 1NU

By bank transfer

Account Name: Missio Sort Code: 16-00-16 Account Number: 10824230
Reference: Please include your postcode as a reference.

Could you leave a gift in your Will?

Almost a third of our income comes from generous legacies. Missio is a registered charity No.1056651, governed by a Trust Deed dated 18 June 1996. Missio is part of the Pontifical Mission Societies worldwide network and does not receive grants from the Government or EU sources and does not keep investments. Your gift will reach missionaries and communities who need our help as soon as possible.

If you would like your donation to go towards a specific area of our work please email us and let us know at info@missio.org.uk In your email, please provide your name, contact details and donation amount.

Your gift will reach missionaries and communities who need our help as soon as possible.
Thank you <https://missio.org.uk/>



One in Christ, united in mission

Dear brothers and sisters,

For World Mission Day 2026, which marks the centenary of a celebration established by [Pius XI](#) that is very dear to the Church, I have chosen the theme “One in Christ, united in mission.” Following the Jubilee Year, I wish to encourage the whole Church to continue its missionary journey with joy and zeal in the Holy Spirit. This requires hearts united in Christ, reconciled communities and, in everyone, a willingness to cooperate with generosity and trust.

As we reflect on being *one in Christ* and *united in mission*, let us allow ourselves to be guided and inspired by divine grace, “to renew in ourselves the fire of our missionary vocation” and advance together in the commitment to evangelization, in this “new missionary age” in the history of the Church ([Homily, Jubilee of the Missionary World and of Migrants](#), 5 October 2025).

1. One in Christ – Missionary disciples united in him and with our brothers and sisters

The mystery of union with Christ lies at the heart of mission. Before his Passion, Jesus prayed to the Father, “that they may all be one. As you, Father, are in me and I am in you, may they also be in us” (*Jn* 17:21). These words reveal Jesus’ deepest desire, as well as the identity of the Church as a community of his disciples. That is, a communion that flows from the Trinity, and continues to be sustained by the Trinity. A communion at the service of fraternity among all human beings and harmony with all creation.

Being a Christian is not primarily about practices or ideas; it is a life in union with Christ, in which we share in his filial relationship with the Father in the Holy Spirit. It means abiding in Christ, like branches on the vine (cf. *Jn* 15:4), immersed in the life of the Trinity. This union gives rise to mutual communion among believers and is the source of all missionary fruitfulness. Indeed, just as [Saint John Paul II](#) taught, “communion represents both the source and the fruit of mission” (Apostolic Exhortation [Christifideles Laici](#), 32).

In this context, the Church’s primary missionary responsibility is to renew and sustain spiritual and fraternal unity among its members. In many situations, we encounter conflicts, polarization, misunderstandings and a lack of mutual trust. When this occurs even within our communities, it undermines our witness. The evangelizing mission that Christ entrusted to his disciples requires, above all, hearts that are reconciled and eager for communion. Consequently, it is important to intensify ecumenical efforts with all Christian Churches, building upon the opportunities arising from the [joint celebration of the 1700th anniversary of the Council of Nicaea](#).

Last but not least, being “one in Christ” calls us to keep our gaze fixed on the Lord, so that he may truly be at the center of our lives and communities, the center of every word, action and interpersonal relationship, leading us to say with amazement: “It is no longer I who live, but it is Christ who lives in me” (*Gal* 2:20). By constantly listening to his word and through the grace of the Sacraments, it will be possible for us to become living stones in the Church. Today, the Church is called to take up the fundamental themes of the [Second Vatican Council](#) and the subsequent Papal Magisterium, in particular that of [Pope Francis](#). In fact, as Saint Paul says, “we do not proclaim ourselves; we proclaim Jesus Christ as Lord” (2 *Cor* 4:5). For this reason, I reiterate the words of [Saint Paul VI](#): “There is no true evangelization if the name, the teaching, the life, the promises, the kingdom and the mystery of Jesus of Nazareth, the Son of God are not proclaimed” (Apostolic Exhortation [Evangelii Nuntiandi](#), 22). This process of genuine evangelization begins in the heart of every Christian in order to reach all of humanity.

Therefore, the more united we are in Christ, the better able we will be to carry out together the mission that he entrusts to us.

2. United in mission – That the world may believe in Christ the Lord

The unity of disciples is not an end in itself; it is directed towards mission. Jesus states this clearly: “So that the world may believe that you have sent me” (*Jn 17:21*). It is through the witness of a reconciled, fraternal and united community that the proclamation of the Gospel acquires its full communicative power.

From this perspective, it is worth recalling the motto of Blessed Paolo Manna, “The entire Church for the conversion of the whole world,” which succinctly expresses the ideal that inspired the establishment of the [Pontifical Missionary Union](#) in 1916. On its 110th anniversary, I convey my gratitude and my blessing for its commitment to inspiring and forming the missionary spirit of priests, consecrated persons and lay faithful, promoting the unity of all evangelizing efforts. In fact, no baptized person is exempt from or indifferent to mission: everyone, each according to their own vocation and condition of life, participates in the great work that Christ has entrusted to his Church. As [Pope Francis](#) repeatedly reminded us, proclaiming the Gospel is an action that is always harmonious, communal and synodal.

For this reason, unity in mission means safeguarding and nurturing the spirituality of communion and missionary cooperation. By daily fostering this attitude, divine grace gradually teaches us to see our brothers and sisters through the eyes of faith. We also learn to recognize joyfully the good that the Spirit inspires in each person, to embrace diversity as a treasure, to bear one another’s burdens and always to seek the unity that comes from above. Indeed, we all share in one mission in “one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all” (*Eph 4:5-6*). This spirituality constitutes the daily expression of missionary discipleship. It helps us to recover a universal vision of the Church’s evangelizing mission, and to overcome a lack of coordinated efforts and the creation of factions among the followers of the one Lord — such as “I belong to Paul,” “I to Apollos” (cf. *1 Cor 1:10-12*).

Needless to say, missionary unity should not be understood as uniformity, but rather as the convergence of different charisms for the same purpose, namely to make Christ’s love visible and to invite everyone to encounter him. Evangelization is achieved when local communities cooperate with one another and when cultural, spiritual and liturgical differences are fully and harmoniously expressed in the same faith. I therefore encourage all institutions in the Church to strengthen their sense of ecclesial missionary communion and to develop creative and concrete ways of cooperating with one another for and in the mission.

In this regard, I would like to thank the [Pontifical Mission Societies](#) for their service to missionary cooperation, which I experienced with gratitude during my ministry in Peru. These Societies — [Propagation of the Faith](#), [Holy Childhood](#), [Saint Peter the Apostle](#), [Saint Peter the Apostle](#) and [Pontifical Missionary Union](#) — continue to nurture and form missionary awareness for the faithful of all ages, and to promote a network of prayer and charity that connects communities throughout the world. Here, it is worth noting that the founder of the [Society of the Propagation of the Faith](#), Blessed Pauline Marie Jaricot, established the Living Rosary two hundred years ago. Even today it continues to bring together many of the faithful throughout the world to pray for every spiritual and missionary need. It is also worth remembering that, following a proposal from the [Society of the Propagation of the Faith](#), [Pius XI](#) established World Mission Day in 1926. The annual offerings collected on this day are distributed by the Society, on behalf of the Pope, to support the various needs of the Church’s mission. The four Societies, therefore, as a whole and each in its own

specificity, still play a valuable role for the entire Church. They are a living sign of unity and ecclesial missionary communion. I invite everyone to work with them in a spirit of gratitude.

3. Mission to love – Proclaiming, living and sharing God's faithful love

If unity is the condition of mission, love is its essence. The Good News that we are sent to proclaim to the world is not an abstract ideal; it is the Gospel of God's faithful love, which became flesh in the face and life of Jesus Christ.

The mission of the disciples and the Church as a whole is to continue the mission of Christ in the Holy Spirit: a mission born of love, lived in love, and leading to love. In fact, the Lord himself, in his great prayer to the Father before his Passion, after invoking unity among his disciples, concludes: "so that the love with which you have loved me may be in them, and I in them" (*Jn* 17:26). Impelled by the love of Christ, the Apostles then went out to evangelize for Christ (cf. *2 Cor* 5:14). In the same way, throughout the centuries, multitudes of Christians — martyrs, confessors and missionaries — have given their lives to make this divine love known to the world. Thus, guided by the Holy Spirit, the Spirit of love, the Church's evangelizing mission will continue until the end of time.

I would like to express my special gratitude to today's *ad gentes* missionaries. Like Saint Francis Xavier, they have left their homeland, their families and all sense of security in order to proclaim the Gospel and bring Christ and his love to places that are often challenging, poor, conflict-ridden or culturally distant. Despite adversity and human limitations, they continue to give themselves joyfully, because they know that Christ himself, and his Gospel, are the greatest treasures we can offer. Through their perseverance, they demonstrate that God's love transcends all barriers. The world still needs these courageous witnesses of Christ, and ecclesial communities still need new missionary vocations. We must always keep them close to our hearts and continually pray to the Father for them. May he grant us the gift of young people and adults who are willing to leave everything behind to follow Christ on the path of evangelization even to the ends of the earth!

Filled with admiration for men and women missionaries, I make a special appeal to the whole Church to join them in the mission of evangelization through the witness of our lives in Christ, through prayer and through our contributions to the missions. As Saint Francis of Assisi said, "Love is not loved," and we look to him in a special way on the eight hundredth anniversary of his passing to heaven. Let us find inspiration in his desire to live in the love of the Lord and to transmit it to those both near and far, because, as he said, "this love Who hath loved us much is much to be loved" (Saint Bonaventure of Bagnoregio, *The Life of Saint Francis*, chap. IX, 1; *Fonti Francescane*, 1161). Let us also draw inspiration from the zeal of Saint Thérèse of the Child Jesus, who declared that she would continue her mission even after death: "I shall desire in heaven the same thing as I do now on earth: to love Jesus and to make him loved" (*Letter 220 to l'Abbé Bellière*, 24 February 1897).

Inspired by these testimonies, let us all commit to contributing to the great mission of evangelization — which is always a work of love — according to our own vocation and the gifts we have received. Your prayers and practical support, particularly on World Mission Day, will be a great help in bringing the Gospel of God's love to everyone, especially the poorest and those most in need. Every gift, no matter how small, becomes a meaningful act of missionary communion. I renew my heartfelt gratitude "for everything you will do to help me help missionaries throughout the world" ([*Video Message for World Mission Day 2025*](#), 19 October 2025). To foster spiritual communion, I give you my blessing with this simple prayer:

Holy Father, make us one in Christ, rooted in his love that unites and renews. May all members of the Church be united in mission, docile to the Holy Spirit, courageous in bearing witness to the Gospel, proclaiming and daily embodying your faithful love for all creatures.

Bless all missionary men and women, support them in their efforts, and watch over them in hope!

Mary, Queen of Missions, accompany our work of evangelization in every corner of the earth: make us instruments of peace, and grant that the whole world may recognize in Christ the light that saves. Amen.

From the Vatican, 25 January 2026, Third Sunday in Ordinary Time, Feast of the Conversion of Saint Paul

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THE HOLY SEE

What's on in the parish?



The Knit & Natter group invite you to join them on 7th September & 5th October. All very welcome to come and see, and have a cuppa & cake as well! The group are currently knitting **baby clothes** to support the **Plymouth Catholic Children's Society**.

Even if you can't come to the group but would like to make a baby garment, please contact the office. They have made a very impressive start!!

The beautiful items made so far were collected by Vick Dunston of CCS and she was delighted. The next date for Knit n Natter is 5th October.

Please come and help our little cleaning team for an hour. They meet after the 11.00 mass and the next dates are 2nd September & 7th October

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.



Craft Club dates. 3rd October 1st November and 6th December. 2026 Come along and see what we do!

The Men's lunch group meet monthly in a local pub together and chat, have lunch in an informal setting. If you would like to join them please contact the office for more details

**BOOK
YOUR PLACE
BEFORE 27
NOVEMBER**

You are invited to our Parish Day of
Reflection at Buckfast Abbey on Tuesday 8
December 2026. 9.30 am – 3.30 pm

**TO BOOK YOUR PLACE, PLEASE CONTACT THE PARISH OFFICE
exmouth@prcdtr.org.uk**

**Overnight accommodation is also available, please contact the office
for details**

PLEASE RESERVE ADULT PLACES

NAME/S.....

FOOD ALLERGIES.....

I ENCLOSE A CHEQUE PAYABLE TO PRCDTR HOLY FAMILY EXMOUTH FOR £32.50

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

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

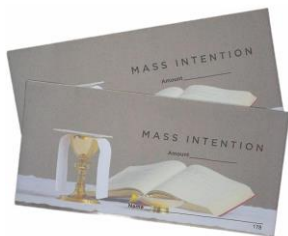
Following the most recent instructions from the Diocesan Safeguarding Team and in line with the CSSA '*Creating a Safer Environment*', entry to the Sacristy from the Church must be recorded. In our situation, only liturgical ministers and servers have the right of access and regrettably, passage to the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

Here is the link to our diocesan newsletter for July/Aug
<https://email.workwithgusto.co.uk/t/t-47E6F88D98A22DCD2540EF23F30FEDED>

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.*



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

MARRIAGE IN A RUT? Or need help with deeper issues? Retrouvaille has helped thousands of couples find hope and healing in their marriage.

Communication failure is a major cause of marital breakdown - 1,000's of couples have found Retrouvaille helped their relationship. Retrouvaille is not counselling but a programme to help married couples work through conflicts more effectively. We focus on helping restore trust and hope.

Next dates: 2nd - 4th Oct. www.retrouvaille.org.uk/info Tel: 0788 7296983



DIOCESE OF PLYMOUTH, Youth Events

For further information contact Saskia: youth@prcdtr.org.uk

VACANCY - Deputy Headteacher at the The Cathedral School of St Mary, Plymouth

Do you have the vision, drive, and leadership skills to make a lasting difference in the lives of young people?

We are seeking an inspirational and strategic leader to join our senior leadership team. This is an exciting opportunity to shape the future direction of our school, working closely with colleagues, pupils, families, and the wider Trust to secure excellence in teaching, learning, and pastoral care. Full details, job description, recruitment pack and application form can be found using the link below:

<https://recruit.sampeople.co.uk/Jobboard/Vacancy/Details?campaignref=SCH-PIC-0145>



We're Hiring A Parish Secretary - Church of Most Precious Blood, Sidmouth.

We are recruiting a Parish Secretary for the Church of Most Precious Blood, Sidmouth reporting to the Parish Priest. The purpose of the role is to manage the administrative and secretarial support alongside the office resources to ensure the smooth running of the Parish and to enable the Parish Priest to carry out his ministry and parish responsibilities.

If you have good knowledge of and experience using Microsoft Office applications, including Word, Outlook and Teams, along with excellent organisational skills and the ability to act as a key representative for the Diocese of Plymouth, we would love to hear from you.

- **Hours:** 16 hours a week
- **Location:** Church of Most Precious Blood, Radway, Sidmouth, EX10 8TW
- **Closing date:** Tuesday 20 October 2026

To apply, please contact recruitment@prcdtr.org.uk to obtain an application form and job description. Applications are by covering letter and application form to recruitment@prcdtr.org.uk

We need you!

Plymouth CAST is a Catholic multi-academy trust of 34 schools and 1 nursery, spanning the Diocese of Plymouth. Our mission is to be a community of outstanding schools in which our pupils flourish in safe, happy, and stimulating environments and leave us with the knowledge and skills, personal qualities, and aspirations, to make the world a better place, inspired by the Gospel.

We are looking to expand our Board of Directors. We are particularly interested in hearing from you if you have skills and current or recent experience of education at primary or secondary level, particularly within a multi-academy trust.

Please contact the Clerk to the Trust Board for further information, Mrs Leah Paiano
lpaiano@plymouthcast.org.uk

Stella Maris Parish Volunteer We are looking for Parish Volunteers to help share the work Stella Maris do and create space for community and fellowship in your parish. Stella Maris is the largest ship-visiting network in the world and the official Maritime Charity of the Catholic church. We improve the lives of seafarers and fishers through our network of local chaplains and seafarer centres, expert information, advocacy, and spiritual support. We are looking for someone who wants to support this work and is willing to encourage their parish community to do the same. If this could be you, please scan the QR code to fill out the form OR email your community engagement officer at adrianne.jones@stellamarismail.org

NOTICE Stella Maris, the Maritime Charity of the Catholic church, are looking for someone based in this parish to help raise awareness about the work they do, but also to organise a Christmas gift to be given by all of us to a ship and the seafarers on it. If you think this is something you would be passionate about, please fill in the online form or send an email to the address given in the newsletter.

CHOCOLATE MAKING WORKSHOP

Saturday 17th October, 9.30am - 3.00pm
Our Lady of the Portal & St Piran,
Parish Hall, Truro, TR1 1SE

This event is aimed at those aged 10 - 16. It invites young people to explore how chocolate is made, where the ingredients are sourced, along with the impact on the farmers and the environment, in line with the Catholic Social Teaching. During the workshop young people will make chocolate from raw ingredients and create florentines to take home.

Places are limited and will be offered to the first 20 who have signed up and paid. We ask for a £10 contribution per person to help with costs. To book please click the QR code or use the email below to ask for a booking link.



Youth Events
Diocese of Plymouth
youth@prcdtr.org.uk

If you know someone that would like to be added to the mailing list email Saskia at youth@prcdtr.org.uk.



'So they pulled their boats up on shore, left everything and followed him' (Luke 5:11)

OFFICE of VOCATIONS

DIOCESE OF PLYMOUTH

www.priesthoodplymouth.co.uk



The day starts at 10:00 - Gathering

10.30 - 11.30am Mass and Adoration

11.30am - 12.30pm Spiritual Conference

12.30 - 1.30pm Lunch

1.30pm - 2.30pm Time to talk to
a Diocesan Priest

2.30pm - 3pm Closing Prayers
and Feedback

You are invited to our Diocesan 'Day of Reflection' On Saturday, 17th October, 2026, (10:00 to 15:00)

at St Mary's Parish Centre, St Mary's Road, Bodmin PL31 1HF

*'So they pulled their boats up on shore,
left everything and followed him' (Luke 5:11)*

This event offers the opportunity to respond to God's call.

God calls a sufficient number of Shepherds. The response in freedom
is down to each man who is called.

Are you ready to 'pull up your boat on the shore' and respond. If so,
please come to this event.

For further information please contact

Fr Jacek Kostuch, Vocations Promoter (jacek.kostuch@predtr.org.uk)
or Fr Ralph Candy, Vocations Director (ralph.candy@predtr.org.uk)

*For catering purposes it would be helpful if you can let us know in advance if you plan
on attending. Under 18s can attend with parental permission.*

'So they pulled their boats up on shore, left everything and followed him' (Luke 5:11)

OFFICE of VOCATIONS

DIOCESE OF PLYMOUTH

www.priesthoodplymouth.co.uk

Save the date: Day of Reflection – Saturday 17 October at St Mary & St Petroc Church, Bodmin

Have you ever asked the question, 'Is God calling me to Priesthood or to the Religious life?' This 'Day of Reflection' for men will be held on Saturday 17th October from 10:00 to 15:00 at St Mary's Parish Centre, St Mary's Road, Bodmin PL31 1HF. The day will include Mass, a time of Adoration, a short conference, an opportunity for Confession and 'One to One talks' with serving Priests from our Diocese; and sharing food together (this will be provided – please let us know of special dietary requirements). Under 18s are welcome to attend with parents' permission. If travelling by train, we can collect you from Bodmin Parkway Station with prior notice. For more information and to register your interest please contact Fr. Jacek Kostuch on jacek.kostuch@prcdtr.org.uk or Fr. Ralph Candy on vocation@prcdtr.org.uk



RESIDENTIAL RETREATS

Diocese of Plymouth 2026 - 27

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

Advent 2026 RESIDENTIAL SILENT RETREAT - HONITON

Nov 27th – 29th (Fri – Sun) Weekend Retreat

Nov 27th – Dec 2nd (Fri – Wed) Four - Day Retreat

Nov 27th – Dec 4th (Fri - Fri) Six-day Retreat.

Spring 2027 - RESIDENTIAL SILENT RETREATS - HONITON

May 7th – 9th (Fri - Sun) Weekend Retreat

May 7th – 12th (Fri - Wed) Four - day Retreat

May 7th - 14th (Fri - Fri) Six-day Retreat.

Summer 2027 - RESIDENTIAL SILENT RETREATS - SCLERDER

June 25th – 27th (Fri - Sun) Weekend Retreat

June 25th – 30th (Fri - Wed) Four - day Retreat

June 25th - July 2nd (Fri - Fri) Six-day Retreat.

Retreat cost includes full board & lodging; Recommended donation: Weekend Retreats £160;
Advent & Spring 4-day Retreats £370; 6-day Retreats £510;
Summer 4-day Retreat £350; 6-day Retreat £460

VENUE: ST RITA'S CENTRE - a well - appointed retreat centre run by Augustinian Recollect Order with comfortable ensuite accommodation (St Rita's Centre, Ottery Moor Lane, Honiton, Devon. EX14 1AP).

VENUE: SCLERDER ABBEY (chemin Neuf) A retreat house with a large garden with pleasant rural walks nearby, situated near Looe in Cornwall. Once a Carmelite Monastery, it offers simple accommodation but is not suitable for those with mobility issues. (Sclerder Lane, Looe, Cornwall PL13 2JD).



SILENT RETREATS in the Ignatian tradition open to Christians of any denomination, who would like to step back from everyday life and review their journey in faith. An Individually Guided Retreat offers each person the opportunity for space, SILENCE and 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 will be made in SILENCE to help you to pray and to leave other retreatants equal opportunity for reflection.

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@prcdtr.org.uk

LET'S GO ORANGE FOR OCTOBER

Did you know that you can donate your unwanted items through the **Catholic Children's Society (Plymouth)'s Orange Box** recycling scheme and turn clutter into cash for a very good cause ?



WE ACCEPT -

- Stamp collections, first day covers or old envelopes and postcards pre 1950
- Coins and banknotes – any and all, old and new, from all over the world, obsolete or otherwise
- Precious metals including broken jewellery, old trophies, gold, silver
- Metals including ornaments, metal toys, keys and locks, metal cutlery – any age and any condition
- Costume jewellery
- Medals
- Small antiques and collectibles
- Watches – digital, quartz or manual wind – working or not
- Catholic memorabilia such as 2 rosaries, crucifixes, medals but not books



**Catholic Children's Society
(Plymouth)**

Putting All Children First

Catholic Children's Society (Plymouth) 21 Belfrage House, Ashburton, Devon, TQ13 7JA
01384 845420 www.ccsplymouth.org.uk ccs@ccsplymouth.org.uk
Registered Charity No. 262803 Limited by guarantee. Registered in England No. 1548003



Soul Cakes from Shropshire

Jane Coupland

TREATS NO TRICKS!

Soul cakes are a very British treat traditionally served during Halloween, All Saints Day and All Souls Day. Simple, sweet, delicately spiced and packed with juicy currants this recipe for soul cakes from Shropshire is quick and easy.

History and Tradition

- **Souling custom:** Children and poor people went door-to-door on November 1st and 2nd, singing rhymes and offering prayers for the dead in exchange for food.
- **The Song:** In Shropshire, children sang a specific verse: *"One for Peter, two for Paul, Three for Him who saved us all."*
- **The Treat:** These spiced round cakes often had a cross marked on top and are considered the direct ancestor of modern trick-or-treating. The tradition lasted in rural Shropshire well into the 20th century.

Cuisine: British, English, Midlands Food, Regional

Diet: Vegetarian

Prep Time: 20minutes minutes

Cook Time: 15minutes minutes

Total Time: 35minutes minutes

Servings: [18](#)

Calories: 155kcal

Ingredients

- ☐300 g Plain flour all-purpose
- ☐120 g Butter softened
- ☐120 g Caster sugar plus extra for sprinkling
- ☐75 g Currants
- ☐2 Egg yolks large, free-range
- ☐1½ teaspoons Baking powder
- ☐¾ teaspoon Mixed spice
- ☐¼ teaspoon Ground ginger
- ☐4 tablespoons Milk cow's milk, almond milk or oat milk
- ☐⅛ teaspoon Salt

Instructions

1. Preheat the oven to 180C/ 350F/ GM 4 and line two baking sheets with baking parchment.
2. Use electric beaters to cream the butter and sugar together in a large bowl until light and fluffy (around 2 minutes).
3. Add the egg yolks and beat well.
4. Sieve half of the flour into the bowl along with all of the mixed spice, ginger, baking powder and salt. Stir in using a large metal spoon.
5. Now mix in the milk to loosen the dough.
6. Sieve the remaining flour into the bowl, add the currants and mix in. Keep on mixing until no streaks of flour remain. The dough should be fairly firm.
7. Roll the dough out on a floured worktop to around ½cm thickness then use a 7cm cutter to punch out your soul cakes. Reroll the dough once to enable more cakes to be cut out. Aim for 18-20 cakes.
8. Prick each cake all over with a fork then cut a deep cross into the top of each one using a blunt knife.
9. Transfer to lined baking sheets and cook for 15 minutes, turning the sheet 180 degrees halfway through the cooking time to ensure they bake evenly. (Optional: use the blunt knife to recut the crosses at this stage if they are closing up.)
10. When lightly golden transfer to a cooling rack, sprinkle with caster sugar and leave to cool completely.

How to store soul cakes

Let them cool completely then store in an airtight tin or jar at room temperature for up to three days. I love using a Kilner clip-top jar for storing bakes such as these soul cakes. It just seems to keep them ultra-fresh.

They can also be frozen for up to 2 months. Just pop into freezer bags once cold, label and drop into the freezer. Defrost for several hours at room temperature before consuming.

Join Caritas Diocese of Plymouth to celebrate the

10th World Day of the Poor

“The Lord is the Refuge of the Poor”



with **Bishop Nicholas Hudson**

opening the day and closing with mass,
keynote speaker

David Wells reflecting on Pope Leo's message,
Also, Canon Kristian Paver will talk on the new church at Tiverton.

Saturday 14th November 2026, 11.00am-4.30pm

At the newly opened
St John & James Catholic Church,
40 Old Road, Tiverton, Devon, EX16 4HJ

Registration essential
for this free event &
early booking advised.

To register scan the QR code,
or email caritas@prcdtr.org.uk
or tel 01364 645440

CARITAS DIOCESE OF PLYMOUTH
TEL: 01364 645360 EMAIL: CARITAS@PRCDTR.ORG.UK
ST BONIFACE HOUSE, ASHBURTON, NEWTON ABBOT TQ13 7JL

Simple lunch
provided



REGISTERED CHARITY: 1205466



Holy Ghost Church, Exmouth and St Peter, Prince of Apostles, Budleigh Salterton

[Part of PRCOTR, Registered Charity N° 213227]



APPEAL 25



^^^ £25 ^^^ £250 ^^^ £2,500 ^^^ £25,000 ^^^

£250,000

*And the rain fell, and the floods came,
and the winds blew and beat on that house, but it did not fall,
because it had been founded on the rock. Matthew 7:25-27*

Since the first building on Raddenstile Lane was opened in 1912, Holy Ghost Church has stood as a beacon and shelter for the Catholics in the town and outlying areas - and for all the visitors we have welcomed over the years.

In the last twenty-five or so years, the church has seen the celebration of 250 Baptisms; 50 Marriages; 250 funerals; 150 First Holy Communions and 50 Confirmations.

Regrettably, like the rest of us, the faithful old church is showing signs of age and decay! It falls to us, the present generation, to make some essential repairs and it is going to be costly! I am therefore asking you, in faith, to contribute generously to an inevitable appeal.

One way or another, I cannot avoid asking you. If we draw at all heavily on our investments, we will have insufficient income to cover our annual outgoings. Therefore, I am looking for some *'financial building blocks'* hence **Appeal 25.**

Thinking of these in units of £25.00 builds on our theme, but of course donations of any amounts are equally welcome and do not have to be divisible by 25!

Most realistically, we need to raise £250,000. to secure the future of the building and our on-going mission. If by your generosity, Divine Providence and the Gift Aid Scheme, we exceed the target figure, the remaining appeal funds will be used for the general charitable purposes of the Parish.

As St Paul reminds us, we are '*members of the household of God*' and so have a duty of care to his '*house*', our parish church, Holy Ghost, Exmouth.

So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone. Ephesians 2:19-20

To pile up the building blocks, please be as generous as you can be and return this tear-off slip to the Parish Office. Thank you – and may God bless you!

Fr Philip

X----- X----- X----- X----- X-----

In support of **Appeal 25**, aiming to raise £250,000, I wish to donate:

If paying by cheque please make payable to: 'PRCDTR Holy Family Exmouth'					
*** I already have a Gift Aid form with the Holy Family Parish: please include this donation*** OR *** Please give me a Gift Aid form so that Gift Aid may be claimed on this donation*** *** PLEASE DELETE AS APPROPRIATE					
<table border="1"><tr><td>Name</td><td>Email</td></tr><tr><td>Address</td><td>Telephone</td></tr></table>		Name	Email	Address	Telephone
Name	Email				
Address	Telephone				

The Parish Office, 11 Raddenstile Lane, Exmouth. EX8 2JH exmouth@prcdtr.org.uk

*And the rain fell, and the floods came,
and the winds blew and beat on that house, but it did not fall,
because it had been founded on the rock. Matthew 7:25-27*

So, let's raise the roof....

Thank you to
everyone who has
generously donated, so
quickly, to **APPEAL 25**.

*Every donation is
represented by a colour
coded label on the
appeal ladder in St.
Anne's Cloister.*



*The total to date is shown at the
bottom of the ladder so that you
can see how it grows week by
week.*

Thank you so much.

