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

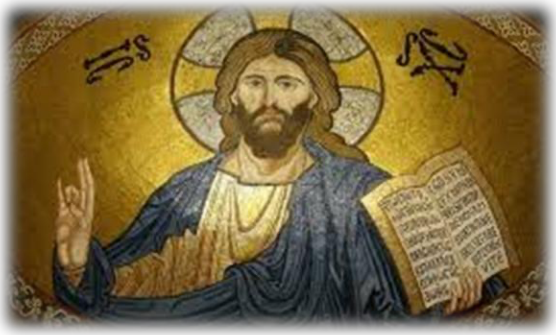
The Parish Office	The Presbytery, 11 Raddenstile Lane, Exmouth EX8 2JH	
The Parish Priest	Fr. Philip Austen	01395 263384
The Parish Office Manager	Jane Cheyne	01395 263384
The Deacon	Rev. Terry Enright	07977 446479
St Joseph's School		01395 264875
Chaplaincy Team Exeter Hospitals	Exeter	01392 642389

WEEK 33 Ordinary Time A2 P1		
Saturday 14 Nov	5.00 pm	Benefactors & members of Plymouth Secular Clergy Fund
Sunday 15 Nov	10.00 am	Parish
***Tuesday 17 Nov* at St. Peter, Prince of Apostles**	11.00 am	Laura Acreman
Wednesday 18 Nov	11.00 am	Tony Lynch RIP
Friday 20 Nov	2.00 pm	Sr. Isabel & Sr. Maxime RIP
Saturday 21 Nov	5.00 pm	Jim & Dorothy Gegg RIP

WEEK 34 **Ordinary Time A2 P2**		
Sunday 22 Nov *OUR LORD JESUS CHRIST, KING OF THE UNIVERSE*	10.00 am	Parish
***Tuesday 24 Nov* at St. Peter, Prince of Apostles** *St Andrew Dung-Lac Pr M & Companions Mm*	11.00 am	
Wednesday 25 Nov	11.00 am	Anthony Bernard RIP
Friday 27 Nov	2.00 pm	Thomas Williams RIP (F)
Saturday 28 Nov	5.00 pm	Bridget Marchant (nee Grant) RIP

WEEK 1 ADVENT B		
Sunday 29 Nov	10.00 am	Parish
Monday 30 Nov	11.00 am	
***Tuesday 1 Dec* at St. Peter, Prince of Apostles**	11.00 am	Priscilla 7 John Gordon Hull RIP (F)
Wednesday 2 Dec *St Osmund of Salisbury Bp*	11.00 am	
Friday 4 Dec	2.00 pm	Holy Family Ladies Group
Saturday 5 Dec	5.00 pm	Kathleen Mary Cann RIP (F)

WEEK 2 ADVENT B		
Sunday 6 Dec	10.00 am	Parish
***Tuesday 8 Dec* at St. Peter, Prince of Apostles** *IMMACULATE CONCEPTION OF BVM*	11.00 am	
Wednesday 9 Dec	**NO MASS**	
Friday 11 Dec	2.00 pm	
Sat 12 Dec	5.00 pm	



OUR LORD JESUS CHRIST, KING OF THE UNIVERSE
Sunday 22nd November *We also celebrate* ***Youth Sunday***.

The Solemnity of Our Lord Jesus Christ, King of the Universe, formerly referred to as "Christ the King," was established by Pope Pius XI in 1925 as an antidote to secularism, a way of life which leaves God out of man's thinking and living and organizes his life as if God did not exist. The feast proclaims in a striking and effective manner Christ's royalty over individuals, families, society, governments, and nations.

Christ is God - the Creator of the universe and hence wields a supreme power over all things; '*All things were created by Him'*. **Christ is our Redeemer -** He purchased us by His precious Blood and made us His property and possession. **Christ is Head of the Church -** '*holding in all things the primacy'* God bestowed upon Christ the nations of the world as His special possession and dominion.

ADVENT RETREAT DAY ON SATURDAY, 5th DECEMBER 2026 AT ST RITA'S CENTRE
"EXPLORING PRAYER AND CONVERSION" led by Fr. Gerald Wilson OAR

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. The charge for the day, including lunch, is just £27.00.

To register, please contact St Rita's Centre by phone at 01404 42635, by email at admin@stritascentre.org, or register online via our website: ADVENT RETREAT DAY- "EXPLORING PRAYER AND CONVERSION"
Payment can be made in advance or on the day.

St. Rita's Centre, Ottery Moor Lane Honiton, EX14 1AP +44(0)1404 42635



HAPPY BIRTHDAY

To Lynn Armstrong who will be celebrating her 90th birthday on 22 November -

Sending you very best wishes from Fr. Philip & all the parishioners. May God bless you

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. They will resume on the first Tuesday of Advent but will not meet on 8th December as this is the Parish Day at Buckfast.*



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

Residential Marriage Course, 8th – 10th January 2027
Are you wanting to understand the Church's teaching on Matrimony and its vision for the Sacrament more deeply? Join us for this weekend exploring the theology of Marriage, based on Scripture and structured around the Rite itself. With time for personal reflection and exercises, sharing in couples and as a group, this weekend course serves as a standalone or as an accompaniment to other in-person or online course.
For more information and to book: https://christianheritagecentre.com/events/marriage-preparation/



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, 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 30th November

Please come and help our little cleaning team for an hour. They meet after the 11.00 mass and the next dates are 4th November & 18th December

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 weekly 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

LAST CHANCE TO BOOK YOUR PLACE

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: safeguarding@prcdtr.org.uk / 01364 645430

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.*



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**

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 especially interested in hearing from you if you have skills and current or recent experience in 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

DIOCESE OF PLYMOUTH, Youth Events

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

Youth Events and Youth Ministry

Fair Trade and Chocolate Making, Saturday **14th November,** Okehampton **10.-3.30.**

Young people **aged 10 - 16** are welcome to join us at Okehampton Parish church hall to explore the impact of the chocolate industry on people working within the industry and the environment. The day offers a chance to meet others from across the Diocese, join in games and activities including making chocolate from raw ingredients to create Florentines. A £10 contribution towards cost.

Booking essential: Chocolate Making Day, 14th November 2026 – Fill in form

Advent, **Young Adults retreat** (18 - 30 year olds), 20th - 22nd November, **Buckfast Abbey**

A weekend exploring the scripture Isaiah 40:3, with talks led by Brothers Augustine and Reginald OP along with a chance to pray and reflect, whilst meeting other young adults from across the Diocese. £40 contribution per person. For more information contact Saskia: youth@prcdtr.org.uk Booking essential: Buckfast Abbey Retreat for young adults 20th - 22nd November 2026 – Fill in form

Saskia Hogbin, Youth Events and Youth Ministry

Diocese of Plymouth, St Boniface House, Ashburton, TQ13 7JL

Contact: 01364 645401 **Email**: saskia.hogbin@prcdtr.org.uk

Did you know **70% of shoppers** will do their Christmas shopping online this year ? And did you know this shopping can **easily turn into funding for CCSP** ?

Everyone's favourite Christmas gift retailers like eBay, Amazon, Argos, John Lewis, Currys, Etsy, M&S, Boots, Dunelm, Waterstones and even more will all donate money to our organisation when our supporters, volunteers, trustees and our community shop with them.

It's very easy - an online shopper simply buys something from one of the above retailers or 8,000 others, and the retailer sends CCSP a free donation as a thank you, at no extra cost to the shopper.

Please click this link and register to fundraise for CCSP whilst you shop this Christmas and throughout the year - www.easyfundraising.org.uk

Thank you ! **Vicki Dunstone Fundraiser, Communications and Essential Grants Officer**
Catholic Children's Society (Plymouth) ***Supporting family life across Devon, Cornwall and parts of Dorset***

APPEAL 25

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



In 1900, 45 Catholics lived in Exmouth, but there was no dedicated church, no presbytery and no priest. In 1901, Fr. Bernard Palmer came to Exmouth with a determination to build a church.
He was clearly a good fundraiser and successfully raised about £5,000, in a fairly short time, partly through the aid of a whirlwind campaign in the United States and thanks to the very generous help of parishioners.

The architect was Canon Alexander Joseph Cory Scoles, of Basingstoke, who was responsible for building churches in Dawlish, St Ives, Sherborne and Swanage and he favoured a distinctive Gothic Revival style. The Holy Ghost Church closely resembles that of the Holy Ghost in Basingstoke, although Exmouth is larger.

In its search for a suitable site, the parish had considered, and rejected, the site of the current Bastin Hall, in Elm Grove, because, at £400, it was considered too expensive. In 1911, still no site had been found. According to Fr Bernard's address to parishioners, as reported in The Tablet, one day he was playing a round of golf with Lord Clinton, and said at the 18th hole: "If I win this hole, I win the game."

There is, sadly, no documentary evidence that this conversation ever took place, but Fr. Bernard was indeed a keen golfer and Lord Clinton, gave the land 'freely with a spirit of generosity worthy of the fine tradition of his family'.



The Parish of the Holy Family

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

[Part of PRCDTR, Registered Charity Nº 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**.

Work began in 1912. For a short period, from October 1912 to February 1913, Mass was celebrated in the recreation room of the Holy Family Convent. In 1913, the foundation stone was laid by the Bishop of Plymouth, and the Presbytery, Sanctuary and Lady Chapel were completed.

A year later, the main Chancel and Nave were completed. The original design allowed for a central nave and two aisles, but funds never reached enough to complete that ambition. The High Altar, incorporating the alabaster tabernacle where the Blessed Sacrament is kept, was gifted by Father Bernard in memory of his mother, Mrs Julia Maria Palmer.

On April 15, 1914, the Holy Ghost was registered for solemnising marriage, and the first marriage to be celebrated there took place on August 1, 1914 – just days before Britain entered World War One.

February 1915 saw the formal opening of the church, deemed one of the most beautiful in the diocese. According to the report in The Tablet: “The church was packed to utmost capacity despite a deluge of rain, scores having to be turned away.”

SO HERE WE ARE IN 2026…. and the appeal for funds has started again, 126 years later.

Now we need to repair our church for the next 100 years and the next generation.

In 1900 there were 45 Catholics in Exmouth, in 2026 we estimate approximately 450 registered parishioners.

Thank you so much to all of you who have donated so far. To date we have raised just over £50,000 towards the £250,000 needed for the roof. We still have a long way to go and some of you have promised to donate soon to **APPEAL 25**.

Works will soon start to weather proof the building and you will see the church & presbytery surrounded by scaffolding. Parking near the church will be difficult as our designated spaces will be used for a site office and materials. Please be patient and

keep thinking about ways that we can raise funds to cover the cost of these works. Hopefully we may have a brand new roof by the New Year.

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

✂------ ✂------ ✂------ ✂------ ✂----------

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

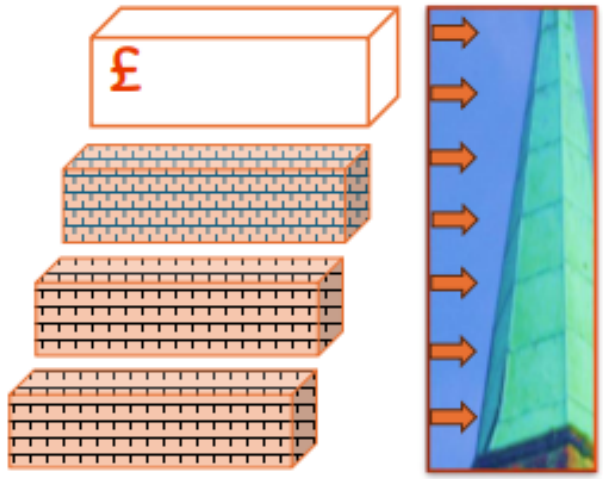
If paying by cheque please make payable to: 'PRCDTR Holy Family Exmouth'

***** 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**



Name Email

Address Telephone

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



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.

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

The Parish of the Holy Family

Maggie's Home-made Christmas Cake Raffle



£5.00. per Square on the Grid

to be drawn on Gaudete Sunday

Please 'buy' some squares and support Maggie's efforts to 'raise our roof' **APPEAL 25**

Thank you Maggie

Catholic Children's Society (Plymouth)

'GRATEFUL HEARTS – SERVING OTHERS' – Putting All Children First - our 2026 Annual appeal theme

Our 2026 Annual Appeal was held over the weekend of Saturday, 29 and Sunday, 30 August and many parishes and individuals have already shown their support but it's not too late.

If you have yet to donate, please scan this QR code

EASYFUNDRAISING NEWS

With only **10** supporters, CCSP is still in the top **30%** of causes so imagine how much more money we could raise if more supporters signed up with Easyfundraising ?

If you regularly order food or clothes online, it's simple to sign up vy visiting **www.easyfundraising.org.uk**

Our 2026 Crowdfunder prize draw .....

..... is live and runs until 9am on Monday, 23 November, just in time for Christmas gifts or you may want to keep them all for yourself as a treat.

Included in this 'calming and relaxation' bundle is - a soft to the touch, crocheted **teddy bear**, a beautiful homemade **quilt,** a hand knitted, circular white **christening blanket**, a **calming diffuser** with a selection of **essential oils** and a scented candle **advent calendar.**

Tickets can be purchased by scanning this QR code-

LOOKING FOR REGULAR DONORS

We have a number of supporters who regularly donate each month by standing order. Setting up a regular donation makes a considerable difference and enables us to help vulnerable families.

If you'd like to set up a standing order with your bank, our bank details are –

NAME: CATHOLIC CHILDREN'S SOCIETY (PLYMOUTH)
S/C: 56-00-49 A/C NO: 00585548

2027 DIARY DATES –

- Wills Week – **TBC in February 2027**
- 'Rise to Our Cause' Ascension Day fundraiser – **Thursday, 6 May** at St Mary & St Catherine in Bridport
- Great Big Diocesan Quiz – **Friday, 7 May**
- Annual Mass – **Thursday, 3 June** at the Cathedral Church of St Mary & St Boniface in Plymouth
- 2027 Annual Appeal – **Saturday 28 & Sunday 29 August**
- Orange for October – **throughout October 2027**

LOOKING FOR SOMETHING REWARDING ?

Well, we are looking for trustees to join our Board who meet four Mondays a year at St Boniface House in Ashburton.

This is an unpaid but rewarding opportunity to make a real difference and have your say.

Please call **01364 645420** or email **ccs@ccsplymouth.org.uk**

AUTUMN 2026

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

Navigating grief's hurdles and tripwires

*Many of us are familiar with the **hurdles** of grief: birthdays, anniversaries, Christmas, family gatherings, or other significant moments when we know we'll feel the absence of the person we've lost.*

These events can feel daunting, but because we can anticipate them, we have an opportunity to think ahead about what might help. Whether that's making special plans, lowering expectations, or deciding not to attend something this year.

*Then there are the **tripwires** – the unexpected moments that catch us off guard and can trigger a wave of grief when we least expect it.*

Unlike hurdles, tripwires can't be planned for. But that doesn't mean we're powerless.

When grief catches you by surprise…….

This is a normal part of the grieving process so try to be gentle with yourself when it happens. You may find it helpful to:

Pause and give yourself permission to feel……

Your first instinct may be to push your feelings away or carry on as normal. Instead, try giving yourself permission to pause. Take a few slow breaths, find a quiet moment if you can, and acknowledge what's happening. Recognising, 'That reminded me of them,' can help make sense of what feels overwhelming.

Share the load……

Grief can feel isolating, particularly when those around us seem to have moved on. If you're finding things hard, consider talking to a trusted friend or family member. Sometimes simply saying, 'Today has been a difficult day,' can lighten the burden and remind us that we don't have to carry our grief alone.

Hold on to good memories……

Many people find comfort in maintaining a connection with the person who has died. Looking through photos, listening to music they loved, visiting a meaningful place, or talking about them with others can help keep cherished memories alive and provide comfort during difficult moments.



Look after the basics…….

When grief hits unexpectedly, even simple tasks can feel harder. Try to be mindful of your basic needs – drinking water, eating regularly, getting some fresh air, resting when needed and keeping a routine. These can all help provide stability when emotions feel too much.

And remember……..

With time, many people find that the tripwires of grief become less overwhelming. They may still appear, but they don't knock us down in the same way.

Sometimes, what once brought only pain can eventually bring a smile: a reminder of someone who continues to be loved and remembered.

Whether you're facing a hurdle you can see coming or recovering from an unexpected tripwire, be kind to yourself. Grief is not a sign that you're moving backwards. It's a reflection of love, and love doesn't simply disappear.


HOLY FAMILY PARISH
Exmouth and Budleigh Salterton
REFLECTIONS for Advent
Tuesday December 1st.
HOLY GHOST CHURCH
3.00.p.m.



Forward Planning ..... The Nativity of the Lord 2026

THE PARISH OF THE HOLY FAMILY

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

The Nativity of the Lord 2026

Thursday December 24th.
The Vigil Mass of The Nativity
8.00.p.m.

Christmas Day Friday December 25th.
Mass at 10.00.a.m.
(perhaps come in Nativity costume?)

Saturday December 26th.
Vigil Mass of The Holy Family at 5.00.p.m.

The Patronal Feast of the Holy Family
Mass of the Day Sunday 27th. December 10.00.a.m.

Tuesday December 29th.
Feast of St Thomas Becket
Mass in St Peter, Prince of Apostles 11.00.a.m.

Friday January 1st. 2027
The Solemnity of Mary, Mother of God
Mass at 11.00.a.m.