

'Called & Gifted'

Blessed Sacrament Parish, Exeter



Blessed Sacrament Catholic Parish in Exeter have recently run the Called and Gifted Course with over 25 parishioners taking part. The process has been overwhelmingly positive, particularly the small group meetings. As a parish, we are already tasting the fruits of the charisms discovered, recognised and acknowledged and are looking forward to the different ways these charisms will be developed to serve our parish community, the wider Church and our world.

The Charism of Writing

As an attendee on the Called and Gifted Course, I have discovered that I have discovered that the charism of writing opens up different conversations: between writer and reader; reader and reader; reader and wider friends/family/strangers; reader and God. Sometimes the writer is aware of these conversations, oftentimes not. The writer's role is simply to offer the writing and trust in the Spirit.

As a result of the course, I was inspired to write:



Online Information Evening, Monday 7 July 2025

About Called & Gifted

Each of us is created uniquely by God, in our time and place, for a purpose. When we understand and allow ourselves to be aligned with that purpose we are energised and fulfilled; and God's love and provision is able to flow more freely exactly where it is needed, through our spiritual gifts (charisms). Called and Gifted is the discernment process that helps us unlock our story, understand our gifts (charisms) and discover our unique mission. Called and Gifted has a rich history stemming from the Catherine of Siena Institute and the Catholic Diocese of Portsmouth.

The programme is now available nationally either in person or online. For parishes or groups, in person teaching days can be booked by contacting calledandgifted@portsmouthdiocese.org.uk

A member of the team will respond to discuss your requirements and work with

you to plan the day, making it relevant to your local mission and plans. Full guidance notes for parishes and groups are available.

For individuals, Called and Gifted Teaching is available online, enabling you to work at your own pace through the professionally produced videos from the Catherine of Siena Institute. This is intended for anyone who may be interested in hearing more about discerning charisms and the spiritual and practical benefits this can bring for individuals and communities. Perhaps your parish has already had Called and Gifted but there are some people who missed out for various reasons. Or maybe your parish has not yet had Called and Gifted and you'd love to encourage your clergy and laity to hear more and consider it as part of the plan for your parish. Either way, please do share news of this event in your parish and with your friends and family.

There will be an introduction and overview to charisms, testimonies on the fruit of discerning

and using charisms, a brief description of the Called and Gifted process and a time for Q&A.

If you sense that your experience of discerning and using your charisms could inspire others, do let us know as we would love to invite you to the evening to share how your charisms have made a difference to your life and the lives of others.

Finally, please pray that those who most need to discern their charisms will be open to the prompting of the Holy Spirit and will register for the 7th July. Everyone is welcome so please do advertise in your parish, forward to friends and family.

Registration details can be found by scanning the QR Code



I SAW CHRIST LAST NIGHT

I wonder if you have ever seen Christ unexpectedly?...
I have.

I saw Christ last night.

He was dining at a busy Italian restaurant
with a family of three.

And what I saw, who I saw, was Love.

Love in the guise of a young daughter,
chattering away and helping her mother
sip a drink:

supporting her head carefully
and allowing the liquid
to slowly slip through her open lips.
Beauty in Brokenness.

And then I saw him again, Love,
in the eyes of the husband;
beautiful eyes,
relaxed and full of mirth,
eyes that smiled as he peacefully and easily
took in the restaurant busy in full swing,
proud of his family there in its midst:
a birthday card and present on the table.

Love's hands were tender as they
rested on her shoulder,
gently pushing a tendril of hair

behind her ear,
leaning in to listen,
laughing and sharing a joke.

Christ moved around that table smoothly and effortlessly,
seamlessly accommodating needs of wife and mother
through the lives
of husband and the daughter: sharing the caring.

I was enjoying my own meal
and the love and companionship at our own table
when I noticed Selfless Love again-
this time preparing to depart:
gently lifting her head forward
to secure a fluffy headband;
thoughtfully tucking the blanket more firmly
around her torso and the frame of her chair:
a smile always playing on his lips,
eyes alight with love.

I didn't expect to see Christ last night.
He was so profound he took my breath away
and brought tears to my eyes.

Sometimes Love surprises us
and catches us unawares:
the awe and wonder of recognising and naming
Love is both startling and sweet.

I do not know this family-
the joys, the blessings,
the struggles, the challenges
and dare I say the tragedy
that brought them to this moment.

But I do know I saw the
Light of Christ shining in them.
And I was changed by their witness.

I will hold this family,
whom I have simply named 'Love,'
in my prayers.

They know not the impression
they left on me,
but Christ does, and he winks at me,
nods his head and gives me a knowing look.

He fills my heart with words:
'God is love
and all who live in love, live in God
and God lives in them.'

Yes, I saw Christ last night dining in an Italian Restaurant
and I thank God that he revealed his presence to me.
Amen.

By a Called and Gifted Blessed
Sacrament Parishioner