

OUR LADY OF RANSOM



16th Sunday of the Year – Year B –
Divine Office Wk 4 – 17th /18th July 2021

His portrayal of Hamlet was brilliant. As a lonely actor, he had shed his own self for that of the Danish Prince. Surrendering his face to the genius of the make-up artist, surrendering his language to Shakespeare's. He takes centre stage in front of an audience of hushed admirers, for a name that is not his, clothes that are not his, a face that is not his, and words that are not his. *To be, or not to be...* At the end, applause, recognition, reward. Autographs, kudos, admiration. Then he goes home, *lonely*. No-one recognises him. He sits at home, vacant, desperate to get all the pretence back, words, clothes and a face all that are not his. Those adoring fans, his fans. He craves it. His has become a split, dualistic existence. All recognition, affection – for being what he is *not*. (taken from Fr. John Powell).

Who is he really? It seems that many people today will go to all extremes to define who they are. So sad. They do not know who they *really* are before their roles, titles, bravados – even gender. Why? Because they do not know the universal one who holds it all together. Jesus the Shepherd, giving ultimate meaning. The absolute. Without Him, everything falls into “relativism”. Now we have to “self-signify” What else can they do? If God is not fairly central, then we are burdened with being our own centre – having to find our own significance and meaning. So we *crave* greatness. Becoming more and more outrageous and bizarre, stretching limits to make sure we stand out among a whole-world population. This leads to people becoming overly competitive and individualistic, with little common interest, no cohesiveness, and a creating of smaller gods to which they worship. So we live in very individualistic, self-centred societies.

Our Lord so wants to be our shepherd. To give us absolute meaning. So we are not burdened with trying to do it ourselves. The soul longs for meaning, as the body longs for food. Why voluntarily ignore our universal shepherd? It makes no sense. This modern attitude cannot feed the soul. But not just knowing *the Shepherd*, but experiencing *the shepherd Himself*. That's what holds it together for us, giving meaning, community, solidarity, unity. Everything happily falls into place, once we have *experienced* Him.

Then, and only then, are we home free.

God Bless, Fr. Paul.



All Masses and Church Services are now Live Streamed.

To take part please go to

<https://stream.seccomgroup.com/channel/olor>

Masses can be watched “live” or later as a recording.

This week Fr Paul will say Mass for the following intentions:-

MASS INTENTIONS	
Saturday 17th July	
5.30pm Mass	Peter & Pat Smith RIP (Gwyn Derrick)
Sunday 18th 16th Sunday of the Year	
8am Mass	Grace McNamee (Ints) (Una Slough)
9.30am Mass	Parish Community Ints
Monday 19th	
	Holy Souls RIP
Tuesday 20th	
	Margaret Collins RIP (Shirley & Family)
Wednesday 21st	
10am Mass	Noreen McMullen RIP (Lorna & Veronica)
Thursday 22nd St Mary Magdalene	
	Mary Rickard RIP (Pat Rickard)
Friday 23rd St Bridget of Sweden	
10am Mass	Jack & Margaret Nelson RIP (Anniv) (Joan Gardiner)
Saturday 24th	
5.30pm Mass	Michael Geraughty RIP (Jean & Frank Lowry)
Sunday 25th July 17th Sunday of the Year	
8am Mass	Parish Community Ints
9.30am Mass	Teresa James RIP (Jean Williams)

<p>PARISH PRIEST Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP 01268 382 499 www.olorchurch.org email: rayleigh@dioceseofbrentwood.org</p>	<p><u>Public Mass times:</u> Saturdays 5.30pm Sundays 8am & 9.30am Wednesdays 10.00am Fridays 10.00am <i>Please be aware - Times and days of Masses are subject to change.</i></p>
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Our Parish is part of The Brentwood Diocesan Trust, Registered Charity Number 234092

LIFTING OF RESTRICTIONS

A few people are already asking about things happening or being restored in the parish now Boris and his team are lifting restrictions. I'm afraid the pandemic will not listen to governments.

The BBC website informs us that the numbers of infections around Rayleigh/Rochford area has sadly shot up, well beyond average. For a while it was lower than Southend, Chelmsford and surrounding areas, it was looking hopeful, but now it appears to be highest.

As the parish priest, I cannot and will not gamble with people's lives and health, whether they have been quadruple-vaccinated or not. None of us should.

For this reason, until the number of infections in this area decreases substantially, and there are clear directives from the church authorities regarding this, I feel making any changes too quickly would be foolhardy and risking peoples' lives/health which I am not prepared to do. As I say, lifting restrictions doesn't suddenly make things alright and normal again.

If you can convey this to others I would be grateful.

Trust you will all understand. Thank you.

Public Masses:

Masks – you are requested to continue wearing a mask as a mark of respect for one another's health

Please **do not come** if you have symptoms, sniffles, sneezes, coughs, immunity issues etc.

Use common sense and **think of others**.

Social Distance should be maintained as much as possible – again – out of mutual respect.

Please continue to follow only the directions of the Stewards.

The church will continue to be both cleaned and sanitised regularly.

Wash your hands, cover your face, make space.



OFFERTORY CONTRIBUTIONS

Thanks to all who continue to support our parish financially.

DONATIONS USING QR CODES

To avoid having too much cash lying around, it is now possible to make donations in Church using your mobile phone and QR codes.

There are notices in the porch for contributions to the parish



ONLINE DONATIONS

To make a donation online go to <https://stream.seccomgroup.com/donations/olor>

GIFT AID / ENVELOPES

Some people have started donating to the parish online during lockdown. If you are a taxpayer it's worth a reminder that we could get an **extra 25%** on your donations if you sign up to the Gift Aid scheme.



Please contact Sandra our Gift Aid Co-ordinator (olorgiftaid@hotmail.com / 01268 772998) if you have any questions. Thank you.

FAREWELL

Next week we wish Christina, our Parish Secretary, Bon Voyage as she goes on a well-deserved Sailing Sabbatical.

We welcome Kathy Hoare who is starting in early August and will be filling in for her over the next few months. Kathy has filled in for Christina previously.

WEDDING CONGRATULATIONS

Many Congratulations to
Louise Finch and Reece Warner
who were married in Our Lady's last weekend.
We wish them every happiness and blessing for their future.



TO THE LADIES GUILD

We have received lovely "Thank You" letters from Havens Hospice and The Alzheimer's Society for our gift of £250 to each charity. Many Thanks to you all, God Bless, from Jean.



RELAY 100: summer community event.

Bccs have organised a fundraising event called Relay 100, an epic journey – the aim is to visit 100+ Churches throughout the Diocese covering over 500 miles.

Rayleigh parish has been allocated LEG 63 which entails walking from OLOR Church to St Teresa's Rochford, via St Pius X in Hockley.

**KSC
456**

Sponsor forms and further information can be had from Tom Kennedy 01702 230 578.

Please support this event and use my name, as a reference, on your donation so that bccs can let us know how much our parish has raised.



Visit <https://www.bccs.org.uk/fundraising-and-events/all-events/relay-100> to read more about this event.

RED MISSIO BOX HOLDERS

If your Red Missio Box has not been emptied for sometime, please get in touch with your local Missio Promoter or feel free to drop in your box to church for safe keeping and it will be dealt with in good time.

Thank you to all the Promoters and individual box holders who have already done so during these difficult times.

THE THRESHOLDS OF HOPE WEBSITE has now been launched. This new online resource is the work of the Brentwood Diocese Vicariate for Adult Formation and aims to help adults to deepen their relationship with Christ and His Church. Please have a look at the website and watch it develop over time. Do let us know what you think of it. The website address is www.thresholdofhope.co.uk

Thresholds of Hope
Formation, Mission & Relationship

VIRTUAL LONDON MARATHON

Brentwood Catholic Children's Society has several charity places for this event taking place over 24 hours on 3rd October 2021. This can be run anywhere and on completion, runners will receive the official London Marathon Finisher's medal and New Balance T shirt. They will also have access to the London Marathon App allowing them to plot their run on the official London Marathon course. If you would like one of our places and think you could raise a fundraising total of £300, please email Julie jabbott@bccs.org.uk for registration details.

BCYS EVENTS:

"Lourdes at Your Local", 26th – 30th July 2021

From Monday 26th - Friday 30th July, the Brentwood Catholic Youth Service will be hosting **"Lourdes at your Local"** for Summer 2021. There will be a Mass celebrated each morning at 11am, with Anointing of the Sick and joyful music, followed by coffee and refreshments. These will then be streamed online each evening, as well as Daily Rosary, a Torchlight Procession and Talent Show (which we encourage you to also get involved in!). The Masses will take place in Leigh-on-Sea, Clacton-on-Sea, Canning Town, Wanstead and Brentwood, and we are welcoming **all ages**, with particular invitation to those who have been housebound or shielding over the last year. Further details and a full itinerary are available on our website www.bcys.net/events or you can email gabriellafusi@dioceseofbrentwood.org for more information.

"Lourdes on the Lawn", 31st July 2021

This event is open to anyone currently in school Year 13 or above (approx. age 18-28) from 12pm – 4pm on Saturday 31st July. We will celebrate Mass together with Bishop Alan at Midday, and invite those attending to bring a picnic to enjoy in the beautiful grounds of Walsingham House at Abbotswick during the afternoon. You can find more information at www.bcys.net/events or email gabriellafusi@dioceseofbrentwood.org.

Youth Gather – 23rd October. One day Youth Gather at Walsingham House at Abbotswick. There will be input from John Pridmore and Leila Bousbaa. This event will be for Year 9 and above.

Catechists Training and Resource Day – 6th November. Being held at Sacred Heart of Mary School, the day will be an opportunity for Catechists to come together and receive input from different organisations including Caritas Brentwood and the BCYS.

For more information on all of our events please see www.bcys.net

THE KNIGHTS OF ST COLUMBA:

The Knights of St Columba (K.S.C.) in Province 10 which covers the Diocese of Brentwood invites young people to take part in a photographic competition.

The theme for 2021 is '**ALL THINGS BRIGHT AND BEAUTIFUL**' and submissions must be made by Saturday 11th SEPTEMBER 2021.

The competition aims to encourage young people to experiment with their camera or mobile phone, use digital methods of photography, and give an interpretation of the photograph (s).

The age group categories are: Junior 7-10 years old, Year Group 7, 8 and 9 (11-14yrs), and 10-13 (14-18yrs).

Entrants must not be over the age group on 31st JULY 2021. Age must be shown on the entrant form.

Submissions should be made in the first instance to Brother Martin Doyle Action and Youth Officer Council 456 via e-mail to: marting.doyle@blueyonder.co.uk All the details are on KSC Council 456 Facebook page.

FR GERRY – HOSPITAL VISITS

The Chaplaincy Team are now allowed to resume duties at Southend Hospital.

Fr Gerry, Chaplain at Southend Hospital, is now visiting all people (unless Covid positive).

If you wish him to visit yourself or a family member please feel free to email him at frgerryd@gmail.com or call 07919 416263.

CONFESSIONS

The Sacrament of Reconciliation (Confessions) is available – **can now be offered openly and in the traditional Confessional Box.** At the present time, if you wish for the Sacrament, please contact Fr. Paul - the request itself is treated confidentially.

MANY THANKS FOR ALL THE MASS INTENTIONS AND CONTRIBUTIONS

Please note: At present we have a large number of outstanding Mass Intentions, which takes us **to mid-August.**



PLEASE PRAY

For all the sick members of our Parish and all our relatives and friends.

† ANNIVERSARIES †

Kindly pray for Ivy Keegan, Susan Barrows and Paul Usher whose anniversaries occur about this time.



CAN THE SVP HELP?

Whilst our activities and support have been adversely affected by the Coronavirus pandemic the SVP remains available to offer help, where current regulations permit.

Should you need support, please contact **Colin Griffin** (tel. No. 01268 772322) or any other SVP member. Your call will be treated with complete confidentiality.

MASS CARDS & SYMPATHY CARDS ...

can be obtained at the presbytery. Please contact Fr. Paul to arrange a convenient time to come, choose, collect and pay for the cards.



MY DAY BY DAY

Booklets for August and September are now available priced £1 each.



LIVING FAITH (July – Sept.)

Popular booklet with a thought for every day for the next three months.

Limited number available....

Voluntary donations for the booklets welcome

If you would like to collect these from the Presbytery or the church please contact Fr Paul.

If you usually purchase these but are unable to collect or arrange for one to be collected for you, then we can arrange delivery.

NEWSLETTERS

A few printed newsletters will be left on the shelf outside the presbytery after each weekend Mass. These are primarily designated for anyone who has no email access.

If you are able to print off newsletters yourselves and deliver to anyone who can't get out, that would be a great act of charity. Thank you.

If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance email a request to the parish office (rayleigh@dioceseofbrentwood.org) and ask to be added onto the distribution list.

The newsletter will be emailed by the Saturday morning.

Here are a few top tips on how to support your wellbeing at home

Identify your triggers

We're all different. What affects someone else's mental wellbeing won't necessarily affect yours in the same way. Whether it's challenges in work or the current circumstance we all find ourselves in, we all have times where we feel stressed, upset or find it difficult to cope, especially at the moment.

Working out what triggers poor mental health for you can help you anticipate problems and find solutions. Whether it's taking in too much negative news and media regarding the current circumstance or a heavy workload. Finding out your triggers can help.

Take time for yourself

Spending time on yourself is essential for your wellbeing, and helps you be more resilient. It's vital to prioritise your own needs sometimes, rather than the demands of your work. Ignoring your needs can lead to stress and burn-out.

Take short breaks throughout the day as well as at least half-an-hour to get some food. A short break can help you feel recharged and refreshed. It can also give you a different perspective on any work problems.

Quick tip: Simple self-care

Not having to get formally dressed for work can be great. But if you feel low, putting on some nice clothes or having a five-minute grooming session is an easy boost for your self-esteem that can help you feel work-ready.

Be kind to yourself

In our current climate, we're all going through a difficult time. It's important to be kind to yourself and remember it's okay to not be okay. We may feel different from one day to the next as situations change so it's important to be kind to yourself.

Quick tip: Create a home workstation.

It's important to try create boundaries if your home is your office and having a dedicated area of the house or your room for you to work from can help delineate your work time from your leisure time.

Connect with others

Depending on the circumstance, working from home right now can be a lonely job. Evidence suggests that feeling close to, and valued by other people is a basic human need. Good relationships are important to our wellbeing.

Try joining morning or evening online exercise classes, joining Facebook groups or even starting your own.

Celebrate the small successes

We all want to contribute and make a difference to the things we work on, we want to feel accomplished and that we've achieved something. So it's important to celebrate the successes, big and small. Some days that might mean a great piece of work, other days it could mean doing housework or making the bed. Try to identify one small thing each day that you can accomplish.

Be
Fraud
Smart!

[essex.police.uk/
befraudsmart](http://essex.police.uk/befraudsmart)



Essex Police Fraud Alert System

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2nd July 2021

SCAM CALLS FROM 'MATCHING' PHONE NUMBERS

Residents are warned to be vigilant of scam calls that appear to be coming from numbers similar to their own.

Commonly, the first seven digits (07nnnnn) match the individual's own number. The calls impersonate well-known government organisations, or law enforcement agencies, and will ask the recipient of the call to "press 1" in order to speak with an advisor, or police officer, about unpaid fines or police warrants.

There are reports of individuals receiving these types of calls, and messaging, via widely-used messaging apps, such as WhatsApp.



Protecting yourself from phone scams:

Who is really calling?

Government and law enforcement agencies will not notify you about unpaid fines or outstanding police warrants by phone call or text. Do not respond to any calls or texts you receive about these.

Take Five

Always take a moment to stop and think before parting with money or your personal information, it could prevent you from falling victim to fraud. Remember, it's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Report it

If you receive a suspicious text message, you can report it by forwarding the message to **7726** free of charge. Suspicious telephone/mobile calls can be reported to Action Fraud via their website: police.uk/report-phishing



If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101
Report fraud or attempted fraud by contacting Action Fraud at actionfraud.police.uk or call 0300 123 2040

Keep up to date with fraud and
do **even more** Online essex.police.uk



SOME USEFUL NUMBERS THAT MAY HELP YOU, YOUR FAMILIES OR NEIGHBOURS.



ABUSE AND OTHER HELPLINES – USEFUL TELEPHONE NUMBERS

Police - call 999 – if you cannot respond due to danger, tap the mobile handset or cough, then when prompted press 55 (this takes you straight through to the police)

Freephone National Domestic Abuse Helpline: 0808 200 0247
www.nationaldahelpline.org.uk

Men's advice line 0808 801 0327 www.mensadviceline.org.uk

Rape Crisis 0808 9999 www.rapecrisis.org.uk

Respect phonenumber 0808 999 4040 www.respectphonenumber.org.uk

Karma Nirvana – a national honour based abuse helpline 0808 5999 247
support@karmanirvana.org.uk

Stay Safe East 0208 519 7241 (focus on people with disabilities) Text 07587 134122

NSPCC 0808 800 5000 Email help@nspcc.org.uk

Childline 0800 1111

Child Exploitation and Online Protection www.thinkuknow.co.uk

This site offers help for parents and children (at their level) from 4years old upwards.

Coronavirus-related scams / Fraud or Attempted Fraud

For the latest information go to <http://actionfraud.police.uk/news>

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101. Report fraud or attempted fraud by contacting Action Fraud at www.actionfraud.police.uk or call 0300 123 2040.

SUPPORT -

Anxiety Call 08444 775774

Obsessive Compulsive Disorder (OCD)

Call 0845 390 6232

email – support@ocdaction.org.uk

skype 0303 040 1112

ABUSE: Victim Support – Safe Spaces

Safe Spaces is a free and independent support service, providing a confidential, personal and safe space for anyone who has been, or feels, they have experienced abuse through their relationship with the Catholic Church of England and Wales.

Telephone 0300 303 1056

Email: safespaces@victimsupport.org.uk

LiveChat at www.SafeSpacesEnglandWales.org.uk



ISOLATED DUE TO CORONAVIRUS - HOW TO OBTAIN HELP

The source of your support depends on which category of 'shielding' you fall into.

Category 1 - you have been contacted by the NHS and told to remain at home for 12 weeks. You are being supported directly from the government. If you were not contacted by the NHS and told this then you do not fall into this category.

Category 2 - anyone over the age of 70, plus anyone under the age of 70 with certain serious health conditions plus pregnant women - you are being supported by Essex County Council through their Essex Welfare Service. Please contact them on 0300 303 9988.

Category 3 - Everyone else.

You are supported by the **new helpline** set up by Rochford District Council in partnership with local faith groups, churches and voluntary organisations. If you have no friends or family close by and you need support during this crisis, or are feeling isolated, please call **01268 779999**.

Rochford District Community Response Hub Helpline

If you have no friends or family close by and you need support during this Coronavirus crisis, or are feeling isolated, please call

01268 -779999

ASSOCIATION OF CHRISTIAN COUNSELLOR'S (ACC) COVID-19 CRISIS COUNSELLING SUPPORT SERVICE

ACC have set up a new service – a Covid 19 Crisis Counselling Support Service (CCSS) for NHS frontline staff, People working in a residential care home setting being directly impacted by caring for people who have Covid-19 and people who have been bereaved during the COVID-19 epidemic in the U.K. The crisis counselling support service offers up to ten sessions of counselling on a no fee basis.



To find out more please visit ACC's website www.acc-uk.org or if you don't have access to a computer, please ring 024 7644 9694.

READINGS AT MASS – 16th Sunday of the Year

First reading – Jeremiah 23: 1-6

Psalm 22

The Lord is my shepherd; there is nothing I shall want.

Second reading – Ephesians 2: 13-18

Alleluia, alleluia!

The sheep that belong to me listen to my voice, says the Lord, I know them and they follow me. Alleluia!

Gospel – Mark 6: 30-34

