

# OUR LADY OF RANSOM



**17<sup>th</sup> Sunday of the Year – Year B –  
Divine Office Wk 1 – 24<sup>th</sup> /25<sup>th</sup> July 2021**

A children's hospital. A nurse spends months trying to help a young boy with a crippling bone disease to walk. With huge patience, love and dedication, she whispers words of gentle encouragement to his worried little heart. She would pray with him, love him and will him on to make the tiniest of movements. Then suddenly, dear God, he does. One small step. And the nurse, distracted by the noise of sports on the TV, briefly glances up from his flushed excited face, to see a sport's champion climbing to 'glory' receiving a cup in front of millions of adoring fans. But for this little lad's major victory, no-one witnesses it, except his nurse. No applause, no cameras, no cups, no fans. Just a small boy who had taken one faltering step and fall into the arms of his nurse. A nurse who would not trade that moment for all the cups and sporting glory in the world...ever.

Today sport is full of the fittest, finest and fastest in the world. We watch the human body at its most powerful, graceful, beautiful and competitive. Athletes having spent years of endless self-sacrifice and commitment, stretching their bodies to the limits of human endurance and possibility, all in the pursuit of glory, maybe triumphant at some point.

Athletes stretching their bodies to the frontiers of human endurance. What about our souls, our hearts. Are they stretched? So many sweat so devotedly to follow God's love, feeding the poor as we see in today's Gospel, helping the sick. People agonising to stay faithful to their vision, with a deep appreciation of truth and beauty – aren't they also giving their all? Those trying to fight their own inner demons everyday often against all odds, yet still on their pursuit of forgiveness, trust, faith and healing. In other words, pursuing God Himself.

Must society focus so much on the physically beautiful and powerful? Is that not too superficial? Is that really what lasts forever? What about the many millions of our unsung heroes pursuing the internally beautiful? Do they not deserve some focus too?

Where is the real focus of our appreciation? Only the physically strong and beautiful, or equally if not more on the internally strong and beautiful - which lasts eternally?

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:-***

<b>MASS INTENTIONS</b>	
<b>Saturday 24<sup>th</sup> July</b>	
<b>5.30pm Mass</b>	Michael Geraughty RIP (Jean & Frank Lowry)
<b>Sunday 25<sup>th</sup> 17<sup>th</sup> Sunday of the Year</b>	
<b>8am Mass</b>	Parish Community Ints
<b>9.30am Mass</b>	Teresa James RIP (Jean Williams)
<b>Monday 26<sup>th</sup> Ss Joachim &amp; Anne, Parents of the BVM</b>	
	Terry McManus RIP (Anne McManus)
<b>Tuesday 27<sup>th</sup></b>	
	Tommy & Mary Docherty & All Souls (O'Driscoll Family)
<b>Wednesday 28<sup>th</sup></b>	
<b>10am Mass</b>	Tony Galcius RIP (Fr Paul)
<b>Thursday 29<sup>th</sup> St Martha</b>	
	Tom Power RIP (Rita Gurney)
<b>Friday 30<sup>th</sup> St Ignatius of Loyola</b>	
<b>10am Mass</b>	Brenda & Terry Askem (Ints) (Kath & Peter Hands)
<b>Saturday 31<sup>st</sup> July</b>	
<b>5.30pm Mass</b>	Annie Gray RIP (The Gray family)
<b>Sunday 1<sup>st</sup> August 18<sup>th</sup> Sunday of the Year</b>	
<b>8am Mass</b>	Tinneke Robertson RIP (Pat Wood)
<b>9.30am Mass</b>	Parish Community Ints

<p><b>PARISH PRIEST</b>            Father Paul Fox            50 London Hill, Rayleigh            Essex SS6 7HP  <b>01268 382 499</b>  <b>www.olorchurch.org</b>            email: <a href="mailto:rayleigh@dioceseofbrentwood.org">rayleigh@dioceseofbrentwood.org</a></p>	<p><b><u>Public Mass times:</u></b>  <b>Saturdays 5.30pm</b>  <b>Sundays 8am &amp; 9.30am</b>  <b>Wednesdays 10.00am</b>  <b>Fridays 10.00am</b>  <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**

## WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

Grandparents have an important place in family life. Pope Francis has established a new World Day for Grandparents and the Elderly, to be observed for the first time on Sunday 25th July and subsequently on the fourth Sunday of July, close to the feast of Saints Joachim and Anne, the grandparents of Our Lord.

We remember especially all our grandparents and retired in our parish community.

### † † PLEASE REMEMBER IN YOUR PRAYERS....

**Russell Gonsall** who died on 12<sup>th</sup> July.

Also **Margaret Reid** who passed away on 20<sup>th</sup> July. Margaret used to live opposite the school and was one of the founder teachers who worked at Our Lady of Ransom Pre School and will be well known by many in the Parish. She moved to Oakham, with her husband Nick, to be near her daughter Jennifer who worked in the school office for many years. She has been suffering from Alzheimer's these last few years. .

And **Marie Goulbourn** previously of our parish who died recently. Her Requiem will be on August 3<sup>rd</sup> in our parish.

May they rest in peace. † †

## LIFTING OF RESTRICTIONS

*(Please see CBCEW Guidance at end of Newsletter)*

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 one of the 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:

**Face Coverings** – please continue wearing a face covering as a mark of respect for one another's health and protection.

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.

**Holy Communion** only to be received on the hand for added protection.

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](mailto:olorgiftaid@hotmail.com) / 01268 772998) if you have any questions.* Thank you.

## Living *Laudato Si'* – Your Parish and Your Planet – Online Retreat – 15<sup>th</sup> – 18<sup>th</sup> October 2021.

Open to all, this retreat will help personal prayer and reflection, and parish action, on the critical issue of care for God's creation. Bishop Alan will open the retreat, which will be led by expert speakers. For more information see the poster at the back of church or email [laudatosi@dioceseofbrentwood.org](mailto:laudatosi@dioceseofbrentwood.org)

## FAREWELL

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

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



## RELAY 100: summer community event.

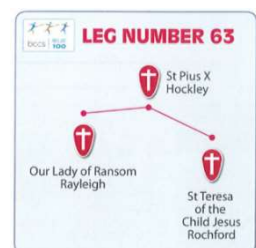
Bccs have organised a fundraising event called Relay 100, an epic journey – the aim is to visit 100+ Churches throughout the Diocese covering over 500 miles.

**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.

**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](http://www.thresholdofhope.co.uk)



## **VIRTUAL LONDON MARATHON**

**Brentwood Catholic Children's Society has several charity places** for this event taking place over 24 hours on 3<sup>rd</sup> 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](mailto:jabbott@bccs.org.uk) for registration details.

## **BCYS EVENTS:**

### **"Lourdes at Your Local", 26<sup>th</sup> – 30<sup>th</sup> 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](http://www.bcys.net/events) or you can email [gabriellafusi@dioceseofbrentwood.org](mailto:gabriellafusi@dioceseofbrentwood.org) for more information.

### **"Lourdes on the Lawn", 31<sup>st</sup> July 2021**

This event is open to anyone currently in school Year 13 or above (approx. age 18-28) from 12pm – 4pm on Saturday 31<sup>st</sup> 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](http://www.bcys.net/events) or email [gabriellafusi@dioceseofbrentwood.org](mailto:gabriellafusi@dioceseofbrentwood.org).

**Youth Gather – 23<sup>rd</sup> 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 – 6<sup>th</sup> 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](http://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](mailto:marting.doyle@blueyonder.co.uk) All the details are on KSC Council 456 Facebook page.

## 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 late-August**.



### PLEASE PRAY

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

### † ANNIVERSARIES †

Kindly pray for Anne Shrimplin, Ivy Yeates, Neil McCarthy and Val O'Malley 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.

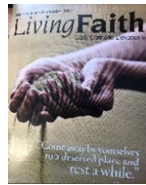
## MASS CARDS & SYMPATHY CARDS ...

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.

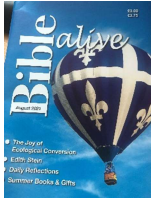


### LIVING FAITH (July – Sept.)

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

Limited number available....

Voluntary donations for the booklets welcome



### BIBLE ALIVE

Limited booklets available for August. Voluntary donations 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](mailto:rayleigh@dioceseofbrentwood.org)) and ask to be added onto the distribution list.***

***The newsletter will be emailed by the Saturday morning.***

# Catholic Bishop's Conference of England and Wales

## Covid-19 Route Map: Step 4 Guidance



### Introduction

This Guidance is offered to the Dioceses of England and Wales as the country moves into Step 4 (19th July) of the Government Covid-19 Response Roadmap published in February 2021. This date has been delayed by 5 weeks as the Government wanted to ensure that a greater proportion of the public had received the vaccine before moving to this point.

It is important to reiterate that as Step 4 is reached, the general principles of continuing to create a safe environment in places of worship and their ancillary buildings are not abandoned. Indeed, the way forward must be a collective endeavour of all involved in the daily life of the Church in England and Wales. Recognition of the presence of the virus in the population means that certain preventative practices will still be required, and this is important to ensure that Diocesan trustees are seen to be discharging their Health and Safety duties.

The Health and Safety Executive have issued new guidance for employers and for organisations, and this makes clear that a duty to keep premises safe continues beyond the removal of any covid-19 legislation. (<https://www.hse.gov.uk/coronavirus/roadmap-further-guidance.htm>) Indeed, the Government has stated that changes moving forward would be on a risk-based approach for all organisations with the responsibility to ensure appropriate measures to safeguard public health sitting with the management of the organisation.

Although any measures adopted locally will not have the “rule of law,” there is a strong emphasis on common sense and risk averse activities to continue to mitigate against the transmission of the virus which is still prevalent in society.

### General Principles

This guidance has been prepared following discussions with officials from Public Health England and HM Government Places of Worship Task Force. Key to implementation of this guidance is the Government’s understanding of moving away from centralised detailed regulation to prudent local judgements adopting a continuing cautious approach to easements. The key watchwords for the future steps are discernment of local prevailing conditions and careful consideration of what mitigations are needed in the light of these.

The following general principles apply:

#### 1. Prevailing Local Conditions

All places of worship should always consider the prevailing local conditions for the virus. Special consideration should be given to rates at which people are being vaccinated in the locality, the prevalence of new variants of the virus, the local rates of hospital admissions and any local public health advice. These data can be obtained from the Director of Public Health at the local authority (in England) or the Local Health Board (in Wales), or the local Environmental Health Department, and it is important to have knowledge of these figures.

#### 2. Mitigations

It is important to mitigate against the risks of virus transmission. Although the vaccine rollout programme is very successful to date, over 85% of adults having had one dose and 64% two doses, the risk of transmission is still live and there are enough people not protected by vaccination to result in significant hospitalisations. However, HM Government has clearly stated that the progression from infection to hospitalisation and ultimately to deaths has been appreciably reduced through the vaccine programme. Most people admitted to hospital currently are only partially vaccinated or not vaccinated at all and communities should continue to encourage people to participate in the vaccination programme.



Churches should continue to provide hand sanitiser at entrances and exits and face coverings are strongly recommended to be worn by those in church. General cleaning to a good standard, using commonly available cleaning fluids and detergents, with attention to frequent touchpoints is the standard to continue. This is consistent with the advice from Public Health England. While the virus can land on surfaces and can infect people if they touch those surfaces and then touch their mouth, nose or eyes, this risk is significantly lower than the risk from aerosol or droplet spread which is mitigated against with good ventilation and a face covering.

There are key actions which churches and parishes have been doing, and should continue to do, even after 19th July which significantly reduce this risk.

### **3. Social Distancing and Capacity of Churches**

From 19th July, there will be no legislation on social distancing in England but regulations will continue in Wales for now, and thus churches may increase their capacity, recognising that for the time being different rules apply for England and Wales.

Care has to be taken to ensure that churches continue to be places where people feel safe to gather to worship. Each local community should examine the local conditions regarding the virus, and adopt an attitude of care for the people who desire to attend Mass. Suggestions to help this include (but are not limited to):

- a. In large churches, designating an area of the church where there will be set places, socially distant from each other, and where those seated there will be required to wear a face covering.
- b. In places which cannot do this, considering whether one Mass over the weekend schedule would continue providing a reduced capacity with social distancing.
- c. Producing simple cards with a phrase such as “Please leave a Space” which people can pick up on entry to church and put beside them so that a space can be left to allow for distancing.

The adoption of methods such as these will build confidence in the people that the church remains a safe place to enter and worship.

Each church should continue to assess the local situation regarding the virus and adapt as necessary to the local conditions. This may mean that in areas of very high transmission, churches may have tighter measures than in areas of lower transmission.

### **4. Congregational Singing**

Indoor congregational singing will be permitted from 19th July. The use of cantor groups and other choirs is now permitted. It is recommended that singing should be phased in gently as part of worship over the summer period and that face coverings should be worn by members of the congregation whilst singing together, until infection levels reduce.

## **Acts of Worship**

As the restrictions are lifted public acts of worship can return to normal practice, with some exceptions for the time being. All of the above mitigations in creating safe spaces should be considered by the local communities as means of promoting public confidence in the covid security of churches. In addition the following are recommended as good practice.

### **1. Opening of Churches**

Churches can be left open and unsupervised for individual prayer during times when there are no public acts of worship. QR codes (or other means of attendee identification) should be clearly signposted at entrances and those entering encouraged to use them for test, track and trace purposes. Hand sanitiser should still be made prominently available for people to use.

## **2. Test, Track and Trace**

As long as the NHS Test, Track and Trace system is in operation, churches should continue to make available the means for people to sign in for acts of worship using the NHS app and the associated QR codes (or other means of attendee identification). If an online Mass Booking system is in place, this too could be adapted to the new capacities of the churches and continue to be used so that attendees are known.

## **3. One-way systems and movement of people**

It is no longer necessary to have one-way systems or other restrictions on movement in churches from this time onward. People should exercise good responsible behaviour especially when moving to receive Holy Communion during Mass and should avoid getting too close to each other.

## **4. Stewards**

The deployment of stewards will no longer be necessary to show people to designated seats etc (except when a community has decided to employ social distancing as part of a scheduled Mass). However, a welcoming presence at the church door is a valuable sign of hospitality, and stewards can assist in the cleaning of frequently used touch points within the church building.

## **5. Anointings as part of the Liturgy**

Moving forward, liturgies of the Church which involve anointing can be addressed in two ways. If there is a single subject (like a single child baptism or the anointing of a sick person) the thumb can be used providing it is cleaned and sanitised before and after each application (for example using an antiviral wipe). If there are multiple subjects (as in a confirmation) then a cotton bud for each candidate should be used. Again, local judgement has to be applied in each situation.

## **Celebration of Holy Mass**

The following is recommended for the celebration of Holy Mass from the 19th July within the churches and communities in England and Wales:

- At this time, it is not recommended that Holy Water stoups are refilled. Should people wish to receive holy water, it is recommended that a container with a tap is provided so that small bottles can be filled which can then be taken home.
- All usual ministers for the celebration of Holy Mass can be deployed such as servers, cantors, readers and Extraordinary Ministers of Holy Communion.
- The offertory collection can be resumed in church with baskets and pouches, however, it is encouraged to promote online or contactless giving in the churches if possible
- It is recommended that the physical Sign of Peace remain suspended as it is not an integral part of the Mass, and its omission will help to reduce physical contact between people during the celebration.
- Holy Communion will continue to be under one kind and the ministers will continue to sanitise their hands beforehand and wear a face covering whilst distributing. Communion is recommended to be distributed in the hand but those who wish to receive on the tongue may do so. There should be care on the part of the minister to avoid physical contact with the hand or the tongue of the communicant when distributing Holy Communion. In the event of contamination the minister should sanitise their hands before further distribution.
- Concelebration is permitted and Holy Communion by the concelebrants should be by intinction (including the principal celebrant), and the consumption of the remaining sacred species and cleansing of the chalice should be performed by the principal celebrant alone.

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# 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.

## 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](http://www.nationaldahelpline.org.uk)

**Men's advice line** 0808 801 0327 [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Rape Crisis** 0808 9999 [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**Respect phonenumber** 0808 999 4040 [www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)

**Karma Nirvana** – a national honour based abuse helpline 0808 5999 247  
[support@karmanirvana.org.uk](mailto: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](mailto:help@nspcc.org.uk)

**Childline** 0800 1111

**Child Exploitation and Online Protection** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

This site offers help for parents and children (at their level) from 4 years 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](http://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](mailto: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](mailto:safespaces@victimsupport.org.uk)

LiveChat at [www.SafeSpacesEnglandWales.org.uk](http://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](http://www.acc-uk.org) or if you don't have access to a computer, please ring 024 7644 9694.**

## READINGS AT MASS – 17<sup>th</sup> Sunday of the Year

First reading – 2 Kings 4: 42-44

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Psalm 144

*You open wide your hand, O Lord, and grant our desires.*

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Second reading – Ephesians 4: 1-6

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Alleluia, alleluia!

Your words are spirit, Lord, and they are life: you have the message of eternal life.

Alleluia!

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Gospel – John 6: 1-15

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