

OUR LADY OF RANSOM



18th Sunday of the Year – Year B –

Divine Office Wk 2 – 31st July /1st August 2021

When my wife died 25 years ago, I died, and I remain dead... David, a lovely elderly gentleman was reminiscing about his wife to me. At first, I thought that his sentiments were quite powerful, but then, I wondered. What may be really going on here?

Was David co-dependent upon his wife for his own happiness? Did he feel that if he was happy 25 years after her death, he would be perhaps betraying their love and her memory? Is being happy now somehow being disloyal to her memory and love? Was he not allowed to be happy without his wife? And after her death?

We all need to have a sense of who we are *aside from* the relationships we have with others, marriage or otherwise. Or we can create a kind of co-dependence, which can morph into a lust, an infatuation; a clinging, a grasping. Never healthy and never authentic.

If we do not have a sense of who we really are, how can we give ourselves away to anyone else, especially in marriage? There is nothing to give away! How can we expect a marriage (or a friendship) to authentically work otherwise?

The real “who we are” comes from a fundamental experience of union with our eternal unchanging God. Or, we’re a mess. How can we expect to get from one another what we are ignorant about in ourselves? To do so otherwise is to create a sham, a pretence, illusory desires or (St. Paul’s words), a complete falseness.

Solitude and silence are often the best ways and times to get in touch. Finding an interior life. We have many distractions like TV to help avoid looking too deeply into ourselves. If we look deeply, will we like what we find? Many do not like silence for this reason. If we do not like our own company, why should others like our company?

We see why St. Paul talks about minds being renewed in God, new selves, a new creation, giving up old ways that are illusory. He mentions this in different ways in his various letters, as does Jesus, in different ways in the Gospels. All to enable healthy authentic relationships...with others, with God and within ourselves. That way we have a solid sense of who we are.

Maybe David largely drew his identity from his wife by clinging to her rather than from within himself, ie. an interior life of union with God. Maybe then, he would not still be “dead” 25 years on? What about us? Where do we draw our identities from?

God Bless, Fr. Paul.

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

MASS INTENTIONS	
Saturday 31st July	
5.30pm Mass	Annie Gray RIP (The Gray family)
Sunday 1st August 18th Sunday of the Year	
8am Mass	Tinneke Robertson RIP (Pat Wood)
9.30am Mass	Parish Community Ints
Monday 2nd	
	Alice Allso RIP
Tuesday 3rd	
	Kathleen Tuesday RIP (George Thomas)
Wednesday 4th St John Mary Vianney	
10am Mass	Maura Condron RIP (Rita Gurney)
Thursday 5th	
	Betty Curran & members of the Williams Family RIP
Friday 6th Transfiguration of the Lord	
10am Mass	Alison Fernandes (Ints) (Angela & Jovito Fernandes)
Saturday 7th	
5.30pm Mass	Mervyn & Teresa Ryder RIP (A) (Marian Pond)
Sunday 8th August 19th Sunday of the Year	
8am Mass	Colin & Marie Griffin (Ints) Golden Wedding Anniversary
9.30am Mass	Parish Community Ints

<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

† † PLEASE REMEMBER IN YOUR PRAYERS...

Gladys Tudor who died recently. Gladys' Requiem Mass will be **livestreamed** on August 10th at 11.30am in our parish.

And **Marie Goulbourn** who died recently. Her Requiem will be this Tuesday August 3rd 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.



Wednesday Coffee Mornings after the Wednesday morning Mass possibly recommencing. What do you think?

If you are happy –

Wednesday August 18th

Volunteers needed to make this possible. Let us know your views so we can plan – or not plan!

Call Kath on 01702 200295 or 07815 126574

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.

Living *Laudato Si'* – Your Parish and Your Planet – Online Retreat – 15th – 18th 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



RELAY 100: summer community event.

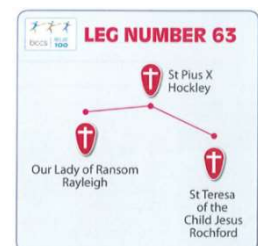
Bccs have organised a fundraising event called Relay 100, an epic journey – the aim is to visit 100+ Churches throughout the Diocese covering over 500 miles.

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

**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

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:

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 Cry of Creation– A Study Day On Laudato Si

As the United Nations Climate Change Conference (COP 26), to be held in Glasgow in November, draws nearer, and at a time of unprecedented danger for the world, the 2015 encyclical of Pope Francis, *Laudato si'*, on care for our 'common home', could not be more relevant. Fr Ashley Beck, priest of the archdiocese of Southwark and associate professor at St Mary's University, Twickenham specialising in Catholic Social Teaching, will explore its contents and explain its crucial relevance. To access this free live event go to www.whatgoodnews.org – the event is scheduled for 11.00 to 12.30 BST on Saturday 4th September. No registration is needed. The talks will be available subsequently on the same website.

Relay 100 The Knights of St. Columba Council 456

have chosen **Friday August 27th** for the Leg 63 of Relay 100. An evening walk starting from OLOR church at **6.30pm**. All wishing to take part are asked to contact Tom Kennedy on 01702 230578 ASAP to collect sponsorship forms and receive full details of the walk. BCCS need us to support their journey across the Diocese and to publicise their message of hope for children and young people.

Memorial Mass – Fr Tom Jordan – 5th August, 6.30pm. On the first Anniversary of Fr Tom's death, Mass will be offered for him at St Edward the Confessor, Romford. Those who knew Fr Tom are warmly invited to attend.

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.

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 early September**.



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Kath Thomas, Connie McCann, Sharon Blake, Reg Freeman and Stella Everitt 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 repository (and some at the presbytery). Please contact Fr. Paul to arrange a convenient time to come, choose, collect and pay for the cards if collecting from the Presbytery.



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) and ask to be added onto the distribution list.

The newsletter will be emailed by the Saturday morning.

Cycling for charity (“Pedalling through the Pandemic”). Fr Dominic Howarth, a priest of the Diocese, has been cycling for many months, heading towards 5,000km – and he now has just 500km to go. He is raising money for the Brentwood Catholic Children’s Society, Walsingham House, HCPT Easter Lourdes Group 709, and Help Refugees. Find out more and sponsor him online via <https://www.justgiving.com/crowdfunding/frdominic5000at50>, or phone 01708740308 or email frdominic@dioceseofbrentwood.org if you want to donate via cheque or cash. **Thank you** for any support you can give.

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.

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.



KNIGHTS OF ST COLUMBA

FAITH—FAMILY—FRATERNITY

Young People's



Virtual Seminar 2021

Tuesday 10th August 2021
8:45am Start

THEMES

**Laudato Si – Young People and the Environment;
Mental Health, Faith and Young People;
Understanding Canon Law,
Knife Crimes, Its consequences from a Judicial perspective;
Understanding Finance;
Understanding Religious life and Religious Orders.**

For an Application Form please email:
headoffice@ksc.org.uk or go to
https://ksc.org.uk/youth/virtual_seminar_2021.html

Be
Fraud
Smart!

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



Essex Police Fraud Alert System

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23rd July 2021

INSURANCE PLANS - ARE YOU GETTING WHAT YOU PAID FOR?

Essex Trading Standards are warning residents of companies attempting to sell unnecessary insurance, warranty or care packages following a dramatic rise in cases.



Typically the homeowner will receive a cold call from a company who will attempt to convince them to take out a package to protect their goods or part of their property. The caller may have some details about the homeowner and lead them to believe that they are renewing an existing policy held with another legitimate organisation or have taken over the policy which must now be renewed.

The cost of the policy is normally less than a couple of hundred pounds but once the bank or card details are obtained then the householder can find additional or higher payments taken. 'Sucker lists' are shared or sold between the companies, who are known to be making millions from this scam.

Essex Trading Standards are aware of one householder targeted by one company for 6 different plans over a 5 month period, while at the same time also being targeted by other companies for similar products.

The plans are not underwritten by any third party and are not insurance products so are not regulated. They are also only valid if the issuing company continues to trade and is contactable, which frequently is not the case. Any claim or request for repair is only in accordance with the terms of the plan, which can be extremely restrictive, or require a large excess to be paid by the householder which more than covers any costs.

Remember: never engage with this type of cold call and do not provide any banking or card details to anyone over the phone. If you believe that you do have a legitimate policy due for renewal the company will write to you.

You can report scams, against yourself or your relatives to:
Citizens Advice on **0808 2231133** who will pass the details to Trading Standards.
Also report to **Action Fraud** at actionfraud.police.uk or by calling **0300 123 2040**.



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**

CALL
ESSEX
POLICE

101

IN AN EMERGENCY
ALWAYS CALL 999

Keep up to date with fraud and
do **even more** Online at 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 – 18th Sunday of the Year

First reading – Exodus 16: 2-4, 12-15

Psalm 77

The Lord gave them bread from heaven.

Second reading – Ephesians 4: 17, 20-24

Alleluia, alleluia!

I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me.

Alleluia!

Gospel – John 6: 24-35

