

OUR LADY OF RANSOM

5th Sunday of the Year – Year B –
Divine Office Wk 1 – 6th / 7th February 2021



Allied forces at the end of the Second World War were checking places of hiding. A young girl was found dead, with the following inscription on the wall:

I believe in the sun, even when it doesn't shine; I believe in love, even when I feel unloved; I believe in God, even when He remains silent.

A big obstacle to real Christianity is second-hand knowledge. "This is what the church says 'about' God. 'About' God! That is never enough. It may all sound interesting and clever, but has no real power. Quick, glib, superficial answers. Such pious platitudes may sound good and clever, but are seriously lacking.

Unless compassion allows us to find the grace to put ourselves in the sufferers place, or unless we have been there already, answers may well be shallow and useless – possibly hurtful. Answers may sound good or correct, but no thank you.

What to do when suffering makes God meaningless and ridiculous? Or being victims of this evil pandemic, innocent suffering? *The stupidity and absurdity of it all*. Such are the questions Job faces in his Old Testament book. Job prepares us for the staggering mystery of the cross – which cannot be faced intellectually, but through *personal experience and relationship* as St. Paul reminds us.

Religion does not provide personal answers to the problems of suffering and evil, spirituality does. Rather than emphasise church teachings, what about staying in touch with God, even if we scream at, curse and mock Him like Job. To hang on in there, keep trying to communicate with him. Like the girl above. Job found the breakthrough, so can we. Or we remain bitter. This is Job's great teaching.

Job's buddies fail to console him as they talk about God. Job keeps talking to God. In his total despair, the break-through finally happens. His book is amazing.

Many suffer so unthinkably. Being encouraged to stay in touch with God, not be lectured *about* him, but try to experience God – first hand - his power and love - in and through such despair, a breakthrough will happen. Then we really will discover an authority, humility, depth, and wisdom about life that few others have.

God Bless, Fr. Paul.

***PARISH DIARIES 2021 - Available from the church porch –
suggested donation 20p***

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

MASS INTENTIONS	
Saturday 6th Feb.	
5.30pm Mass	John & Nora Dillane RIP (Norah McPherson)
Sunday 7th	5th Sunday of the Year
9.30am Mass	Parish Community Ints
Monday 8th	
	Norah McPherson Ints
Tuesday 9th	
	Bob Walker RIP (Mike & Tricia Curnock)
Wednesday 10th	St Scholastica
10am Mass	Gabrielle & John Miller Ints
Thursday 11th	Our Lady of Lourdes
	Kath Geeson RIP (Spoonier Family)
Friday 12th	
10am Mass	Mike Barry RIP (Mary & Barrie Mason)
Saturday 13th	
5.30pm Mass	Parish Community Ints
Sunday 14th Feb.	6th Sunday of the Year
9.30am Mass	Luciano Menegatti RIP (Candi & Family)

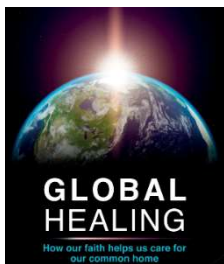
<p>PARISH PRIEST Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP 01268 742229 www.olorchurch.org email: rayleigh@dioceseofbrentwood.org</p>	<p><u>Public Mass times:</u> Saturdays 5.30pm Sundays 9.30am Wednesdays 10.00am Fridays 10.00am <i>Please be aware - Times and days of Masses are subject to change.</i></p>
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Our Parish is part of The Brentwood Diocesan Trust, Registered Charity Number 234092

FRAUD NOTICES and HELPLINE NUMBERS

Some notices are kept in our newsletter towards the end so we all have immediate access to these notices, rather than panicking and wondering “where, or what week was it I saw those contact details?”

DIOCESAN PILGRIMAGE TO LOURDES – Any monies donated this Sunday for the Lourdes “Sick and Helpers Fund”, will instead be sent directly to support the Shrine in Lourdes, which is suffering financially because of the pandemic restrictions. The annual pilgrimage in July has been cancelled for this year. However, some form of alternative experience of Lourdes in the diocese is being planned. Further details will follow.



Bishop John Arnold is the first speaker in a weekly series of talks focused on the **CATHOLIC RESPONSE TO CLIMATE CHANGE**.

He is speaking on **Thursday 18th February 7.30pm – 8.30pm** and the talks continue via Zoom on Thursdays in Lent.

To register please email jane@catholicclimatemovement.global and for more information about this area of Catholic life and faith have a look at www.catholicclimatemovement.global

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 May.



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Catherine Button, Mary French, Marie Belcher, John Downing, John Argentieri and Charles O’Sullivan whose anniversaries occur about this time.

† † PLEASE REMEMBER IN YOUR PRAYERS...

Annie Gray who died on 12th January. Her Requiem Mass will be held on Friday 19th February. Please keep Chris, Sean and the family in your prayers.

May she rest in peace. † †

CAFOD - WALK FOR WATER

Mia, (Fr. Paul’s sister) will be taking on the ‘Walk for Water’ challenge (10,000 steps a day) during Lent.

If you would like to sponsor her please go on to the Just Giving website. Thank you.

https://trk.justgiving.com/f/a/kYgtKAH2SqeJVDxe5rbyVw~/AAME8QA~/RgRh4zKnP0Q5aHR0cHM6Ly93YWxrlmNhZm9kLm9yZy51ay9mdW5kcmFpc2luZy9taWFzLXdhdGstZm9yLXdhdGVyVwNzcGNCCI_8p60AYML5dsJSFWZveG9uYWxlZGdlQGdtYWlsLmNvbVgEAAAAAw



ASH WEDNESDAY – February 17th
Masses will be 7.30 am, 9.30 am and 8pm.

IMPOSITION OF ASHES

The recommendation from both the authorities in Rome and Public Health England is that the ashes are given out in an orderly way just before everyone leaves. This is done silently.

The prayer over the ashes will be said after the Gospel Reading along with the usual prayer which will be said only once over everyone present. (This is the prayer that is said when receiving the ashes).

Public Health England and colleagues have also noted that it is highly unlikely that ash would be on a person's head long enough to pick up enough contaminated fluid bearing the virus from skin to then infect someone.



OFFERTORY CONTRIBUTIONS

Please continue to support the parish financially with your weekly contributions – please email Fr Paul if you would like the parish bank account details to set up a standing order or to make a back donation.

Thank you to those that have already made arrangements - ***Please make it clear whether it is an Offertory / Other donation on your payment reference and if you are already a gift-aider please quote your gift aid number.***

GIFT AID ENVELOPES ARE AVAILABLE

Please contact Sandra our Gift Aid Co-ordinator (olorgiftaid@hotmail.com / 01268 772998) to arrange delivery/ collection of these / if you have any Gift Aid enquiries.

Where possible it is easier if donations are made by standing order quoting your gift aid number.

At the bottom of the parish website there is a pink "gift aid it" logo which, if you click on it, takes you to another parish web page which goes into more detail and has some frequently asked questions.

CONFESSIONS

The Sacrament of Reconciliation (Confessions) is available – but needs to be offered openly (ie. not in the traditional Confessional Box). If you wish for the Sacrament, please make a personal time by calling Fr. Paul. (The request itself is treated confidentially).

Public Masses:

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

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

Remember to wear a mask and SANITISE hands on entering the church.

Social Distance regulations MUST be adhered to at all times

Please follow only the directions of the Stewards.

The church will be both cleaned and sanitised regularly.

Wash your hands, cover your face, make space.



HANDS



FACE



SPACE

NEWSLETTERS

Just a few printed newsletters will be left on the shelf outside the presbytery. 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.



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.

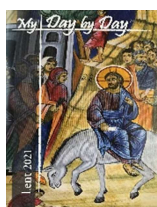
MASS CARDS, SYMPATHY CARDS AND OTHER CARDS FOR SPECIAL OCCASIONS...

- normally sold in the Repository - these can now be obtained at the presbytery. Please contact Fr. Paul to arrange a convenient time to come, choose, collect and pay for the cards.



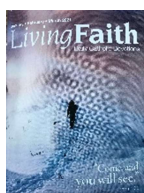
2021 Brentwood Diocesan Directories

are now available from the Presbytery- £2.80



MY DAY BY DAY

Booklets for Lent are now available priced £1 each.



LIVING FAITH (Jan – March)

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 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.

SCAM.....SCAM....SCAM

National Insurance Number Scam.

Many people have received automated phone calls stating that their National Insurance Number has been compromised. **THIS IS A SCAM.**

People are instructed to press 1 on their phone which will connect them and allegedly fix the problem and even be given a new National Insurance Number. **IT IS A SCAM** If you do, fraudsters can take control of your personal details leading to terrible consequences.

Please be careful.

NEW FAST COVID-19 TESTING CENTRE IN RAYLEIGH

A new fast testing centre is now open at The MegaCentre, 7 Brook Road, Rayleigh, Essex, SS6 7UT for people who DO NOT have symptoms of Covid-19.

This testing centre, offering the fast Lateral Flow Tests, gives results in around 30 minutes.

Tests are by appointment only. Anyone booking should live in the Rochford area of Essex.

You can [book a test if you don't have symptoms](https://www.essex.gov.uk/getting-tested-for-covid-19/if-you-dont-have-symptoms) (Booking online is the quickest and most effective option) through the website (<https://www.essex.gov.uk/getting-tested-for-covid-19/if-you-dont-have-symptoms>)

If you're not able to book using the online form, you can call 0333 772 6144 to arrange an appointment. Lines are open from 8am to 8pm, every day including Saturday and Sunday.

You can also email: booking.confirmation@nhs.net and a member of staff will contact you to arrange an appointment.

Anyone WITH symptoms should book a test on the NHS Test and Trace App or the [gov.uk](https://www.gov.uk) [website](#).

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.

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



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 phoneline 0808 999 4040 www.respectphoneline.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 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 or call 0300 123 2040.

Suspicious emails NCSC (National Cyber Security Centre) report@phishing.gov.uk

SUPPORT -

Anxiety Call 08444 775774

Obsessive Compulsive Disorder (OCD) Call 0845 390 6232
email – support@ocdaction.org.uk skype 0303 040 1112

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**.





Government
Counter Fraud
Function

GOV.UK/coronavirus



Counter Fraud Authority

COVID-19: VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.



PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS:

The **NHS** will:

- ⊗ **NEVER** ask for payment - the vaccine is free
- ⊗ **NEVER** ask for your bank details
- ⊗ **NEVER** arrive unannounced at your home to administer the vaccine
- ⊗ **NEVER** ask you to prove your identity by sending copies of personal documents such as your passport

TOP 4 VACCINE SCAMS



TEXT MESSAGES

People are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine, doing so is likely to result in a charge being applied to their phone bill and fraudsters collecting personal information to use again.



PHONE CALLS

Victims receive a phone call from a fake caller offering the vaccine for a fee or asking for bank details



WEBSITES

Fake URL links to convincing-looking NHS vaccine booking forms, these look like official NHS forms and may contain some personal information already, at the end of the form it asks for their bank details.



IN PERSON

Fraudsters are calling unannounced at the homes of victims by pretending to be from the NHS to administer the vaccine there and then, in exchange for a cash payment.



Government
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GOV.UK/coronavirus



Counter Fraud Authority

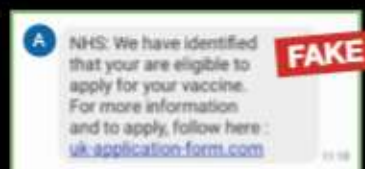
BE ALERT TO VACCINE FRAUD

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FURTHER GUIDANCE AND SUPPORT



National Cyber
Security Centre

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726 which is free of charge.



National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk

If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; actionfraud.police.uk or via phone 0300 123 2040.

CrimeStoppers.

If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; covidfraudhotline.org or phone 0800 587 5030.

VACCINATION SCAMS CONTINUE!

Following on from the previous alert regarding vaccination text messages, there is a new fraudulent vaccination email being circulated. Again, this looks very convincing and could easily be mistaken for a genuine NHS email.

Do not click the link as it takes the recipient to a malicious website that steals personal details. These details are then used by the criminals to access other personal accounts.

Remember:

- **Never** click on any links in unsolicited emails
- **Check** the email address is genuine by hovering over it or clicking and holding
- **The vaccine is free and the NHS will never ask you for bank or payment details**



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 at essex.police.uk



Be
Fraud
Smart!

www.police.uk/befraudsmart



Essex Police Fraud Alert System

23

22nd January 2021

HACK MY INFO? I DON'T THINK SO

As the pandemic has forced more of us to move online for work, shopping and leisure, we need to be vigilant to protect ourselves from hackers and financial loss.



Use 'UPDATES' to help you protect your online accounts:

- U** **Update regularly**—make sure that your computer and also any phones and tablets you own have the most recent *patches* (updates) for apps, software and operating systems.
- P** **Passwords**—ensure you have strong and **unique** passwords for each account—yes, that does mean a different password for each account! If you're struggling to keep track, consider using a password manager to store your passwords securely.
- D** **Download from authorised sources only**—if you have to download or install anything yourself make sure it comes from a trusted source. If not you could download a programme that contains things like *spyware* which will steal your personal data.
- A** **'Administrator' should not be your default setting**—administrator access should only be used on your computer when installing trusted programmes. If administrator mode is your default setting and you download a malicious programme, hackers can get in and change whatever they want on your device.
- T** **Turn it off**—in order to ensure that no one can access your device when you're not using it, turn it off when you're done. Also consider logging out of sites once you have finished using them or turning your WiFi off if not using it.
- E** **Encrypt your data**—*encrypting* (scrambling) your data does not stop it being intercepted, but it does mean that it cannot be read by unauthorised users. Check that websites are secure by looking for the little padlock in the address bar before submitting sensitive information on the internet. You can also research other ways to encrypt your files.
- S** **Store your data separately**—back up any important data on a USB or external hard drive, and store it away from your computer to keep those copies extra safe!



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 at essex.police.uk



READINGS AT MASS – 5th Sunday of the Year

First reading – Job 7:1-4,6-7

My life is but a breath

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

Psalm 146

Praise the Lord who heals the broken hearted.

1. Praise the Lord for he is good;
sing to our God for he is loving;
to him our praise is due. (R.)
 2. The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. (R.)
 3. Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. (R.)
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Second reading – 1 Corinthians 9:16-19,22-23

I should be punished if I did not preach the Gospel

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

Alleluia, alleluia!

*I am the light of the world, says the Lord;
anyone who follows me will have the light of life.*

Alleluia!

Gospel - Mark 1:29-39

He cast out devils and cured many who were suffering from disease

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

