

# OUR LADY OF RANSOM

1st Sunday of Lent – Year B –  
Divine Office Wk 1 – 20<sup>th</sup>/21<sup>st</sup> February 2021



“So, what are you giving up for Lent?” we ask each other. Actually, **don’t ask**. Why? Because it is meant to be something between ourselves and the Lord alone. Talking about it can be a form of ‘showing-off’, completely self-defeating. It is said *‘the best deeds you do are those that only you and the Lord know about’*.

So, what can we give up? Rather than focus on material things, food/drink etc., how about something a little different? Remember, it is between you and the Lord. Consider Our Lord’s temptations, (not in Mark’s shorter version today), ones we are all called to confront. Could we ease up one or more of the following three?

First - the *need* for success, relevance, importance. To *need* people to say “you’re wonderful, great etc.” To continually *need* approval. To buy into all this too quickly is massaging the ego, self-centredness. So Jesus disposes of it first, moving us beyond, so we can ask the deeper questions to identify our *real* needs. Can we give this need up for Lent so we know what our real needs are?

Second - the games of *self-righteousness*. To always think of oneself as superior, the best, the elite etc. More evil comes into the world through this “righteous ignorance” than intentional sin – being convinced you have the whole truth, and putting others down who “apparently do not.” Can we give up such self-righteousness?

Third - the *need* for control and power. So many are obsessed with power and climbing in the world’s corporations and institutions. It becomes what we truly worship. People do not know any different. Such social climbing demands full allegiance. What wouldn’t we do to achieve this kind of control and power? So seductive. Who or what do we *really* worship? That definitely needs mastering, or giving up?

Just to add, that ironically, Covid and the restrictions imposed on us may also indirectly help. Like Lent itself, restrictions can bring us closer to God if worked through appropriately - one of the positives coming from this awful pandemic. Furthermore, assuming we continue to face the tough ongoing restrictions appropriately, it may be wise not to be too harsh on ourselves during Lent.

All the above is to purify our motivations and compulsions. To check ourselves so we are on the right path. Never easy, not for us, nor Our Lord Himself. He faced them, so must we. Temptations - all seductive, powerful and addictive. When we do face these kinds of often, well-disguised demons, open to the Spirit’s strength, Satan doesn’t have a chance.

***God Bless, Fr. Paul.***

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

<b>MASS INTENTIONS</b>	
<b>Saturday 20<sup>th</sup> Feb.</b>	
<b>5.30pm Mass</b>	Parish Community Ints
<b>Sunday 21<sup>st</sup> First Sunday of Lent</b>	
<b>9.30am Mass</b>	Dec'd of Danino & Amey Families RIP (Maria Amey)
<b>Monday 22<sup>nd</sup> The Chair of St Peter</b>	
	Bob Walker RIP (Pat & Mary Rickard)
<b>Tuesday 23<sup>rd</sup></b>	
	Joyce Harforth RIP (Alan Coleman)
<b>Wednesday 24<sup>th</sup></b>	
<b>10am Mass</b>	Barbara Stevens RIP (Spooner family)
<b>Thursday 25<sup>th</sup></b>	
	Alice Allso RIP
<b>Friday 26<sup>th</sup></b>	
<b>10am Mass</b>	Bob Walker RIP (Barrie & Mary Mason)
<b>Saturday 27<sup>th</sup></b>	
<b>5.30pm Mass</b>	Parish Community Ints
<b>Sunday 28<sup>th</sup> Feb. Second Sunday of Lent</b>	
<b>9.30am Mass</b>	Bob Walker RIP (Sally McNamara)

<p><b>PARISH PRIEST</b>            Father Paul Fox            50 London Hill, Rayleigh            Essex SS6 7HP            01268 742229  <a href="http://www.olorchurch.org">www.olorchurch.org</a>            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 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**

## **FRAUD NOTICES and HELPLINE NUMBERS**

**Please please please.. take notice of these.** Some notices are deliberately 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?”

### **CAFOD Lent Appeal**

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support.

Donate online at [cafod.org.uk/lent](http://cafod.org.uk/lent) or by using a CAFOD envelope.

You can also give via text. Text LENT to 70460 to donate £10\*. \*Texts cost £10 plus one standard rate message you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460.

For more information, please see CAFOD's Privacy Policy: [cafod.org.uk/Legal-information/Privacy-notice](http://cafod.org.uk/Legal-information/Privacy-notice)

### **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 to

<https://walk.cafod.org.uk/fundraising/mias-walk-for-water> Thank you.

### **OUR LADY OF RANSOM SCHOOL, RAYLEIGH – TEACHING VACANCY**

The Governors are looking to appoint an enthusiastic and highly motivated class teacher to join our friendly and dedicated team from 1st September, 2021.

Full details and an application form can be obtained from the school website:

[www.olorcps.net/school-info/vacancies](http://www.olorcps.net/school-info/vacancies)

Closing date: Monday 15th March 2021 (4pm)



### **WORLD DAY OF PRAYER SERVICE – 5<sup>th</sup> MARCH – 10.30am**

This year's service will be held via Zoom  
(with telephone access available).

If you wish to take part in this service you will need to register, online at

[www.rayleighbaptist.org.uk/worlddayofprayer/](http://www.rayleighbaptist.org.uk/worlddayofprayer/)

or by calling Rayleigh Baptist Church Reception on 01268 745730, Mon-Fri 9am-3pm, as soon as possible, as numbers are restricted.

Orders of Service will be available nearer the date of the service.

Please ask at OLOR Church for a copy if required.

## **VIRTUAL PILGRIMAGE FROM BRENTWOOD TO ST PETER'S SQUARE,**

The Knight's of St Columba in Brentwood are raising funds for the Brentwood Ecclesiastical Education Fund (BEEF), which is fund for the education of priests, and other KSC Charities, during the lent period. Each year the Knight's in Brentwood donate around £2,000 to the BEEF fund.

**Four Rayleigh Knights, Tom Kennedy, Sean Corr, Brendan Murphy and Martin Doyle will undertake to walk 70 of the 1168 miles and would welcome sponsors.** You can donate by sending a cheque (however small) made out to *The Knights of St Columba Co 456*.

Please send it addressed as follows: **FAO The Knights of St Columba c/o The Presbytery 50 London Hill Rayleigh Essex SS6 7HP.**

## **LENTEN SERVICES:**

### **PATRIS CORDE - WITH A FATHER'S HEART**

Live from Sacred Heart Church, Southend three services dedicated to St Joseph to include three talks to launch the year of St Joseph as announced by His Holiness Pope Francis on 8<sup>th</sup> December 2020.



**Wednesday 24<sup>th</sup> February** – 7.30pm - A beloved and tender loving Father.

**Wednesday 3<sup>rd</sup> March** – 7.30pm - An obedient and accepting Father.

**Wednesday 10<sup>th</sup> March** – 7.30pm - Creative and a hard working Father.

The services will be available live on this link... [https://youtube.com/channel/UCPCBIIHf\\_Wp-FxE9YsqJwA](https://youtube.com/channel/UCPCBIIHf_Wp-FxE9YsqJwA)

## **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 June**.



### **PLEASE PRAY**

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

### **† ANNIVERSARIES †**

Kindly pray for Patricia Rita Sewell and Alfred Porwol 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.

## 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 bacs 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](mailto: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.



## 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](mailto:rayleigh@dioceseofbrentwood.org)) and ask to be added onto the distribution list.***

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

## **SCAM.....SCAM....SCAM**

### **National Insurance Number Scam.**

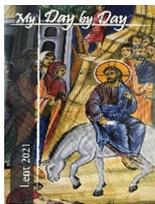
Many people have received automated phone calls stating that their National Insurance Number has been compromised. **THIS IS A SCAM.**

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.**

## **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.



### **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.

## **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](mailto: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](http://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](mailto:safespaces@victimsupport.org.uk)

LiveChat at [www.SafeSpacesEnglandWales.org.uk](http://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](http://www.nationaldahelpline.org.uk)

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

email – [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

Call 0845 390 6232

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**.



**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**

Rochford District Council logo, act logo, Rochford logo, The Church of England logo, Parish of Royleigh logo

Be  
Fraud  
Smart!

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



# Essex Police Fraud Alert System

26

12th February 2021



## SWIPE LEFT ON ROMANCE FRAUD

Over £66m was lost to  
romance fraud between  
Aug 2019 and Aug 2020.

#LoveNotLies

ActionFraud  TO STOP FRAUD  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

### DON'T LET YOUR HEART RULE YOUR HEAD.

#LoveNotLies

Online dating? If you haven't met  
them in person do not:



Send them  
any money.



Purchase and  
send the codes  
on gift cards.



Transfer money  
on their behalf.



Take a loan  
out for them.



Provide copies of your personal documents  
such as passports or driving licenses.



Allow them  
access to your  
bank account.



Invest your own  
money on their  
behalf or on  
their advice.

ActionFraud  TO STOP FRAUD  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk)



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](http://actionfraud.police.uk) or call 0300 123 2040

Keep up to date with fraud and  
do **even more** Online at [essex.police.uk](http://essex.police.uk)





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.



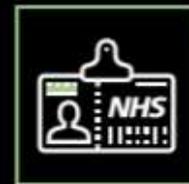
### PHONE CALLS

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.

Be  
Fraud  
Smart!

[www.police.uk/  
befraudsmart](http://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](http://actionfraud.police.uk) or call 0300 123 2040

Keep up to date with fraud and  
do **even more** Online  [essex.police.uk](http://essex.police.uk) 



## READINGS AT MASS – 1<sup>st</sup> Sunday of Lent

### First reading – Genesis 9:8-15

*'There shall be no flood to destroy the earth again'*

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'



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### Psalm 24

*Your ways, Lord are faithfulness and love for those who keep your covenant.*

1. Lord, make me know your ways,  
Lord teach me your paths.  
Make me walk in your truth, and teach me;  
for you are God my saviour. *(R.)*
2. Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord. *(R.)*
3. The Lord is good and upright.  
He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor. *(R.)*

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### Second reading – 1 Peter 3:18-22

*The water on which the Ark floated is a type of the baptism which saves you now*

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

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***Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone,  
but on every word that comes from the mouth of God.  
Praise to you, O Christ, king of eternal glory!***

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**Gospel - Mark 1:12-15**

***Jesus was tempted by Satan, and the angels looked after him***

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

