

OUR LADY OF RANSOM



**12th Sunday of the Year – Year B –
Divine Office Wk 4 – 19th /20th June 2021**

“He’s drowning”, screamed the onlookers to the lifeguard, “rescue him”. But the lifeguard stood and watched. “For goodness sake”, they yelled with panic, “go and get him”. He stood motionless. Then, when the drowning man had stopped thrashing around and was going down, the lifeguard swam out. Strong muscular strokes, he reached the man and brought him back to shore. A few spits and splutters the man recovered. But the life guard is not hailed a hero, but a moron. “Why did you not rescue him earlier”, they shouted. He explained, “if I had gone out sooner, with his kicking and thrashing, we would have both drowned. While he was trying to save himself I could not save him, it’s when he was forced to rely on me, not thrash around, only then, I could save him”.

I have mentioned the above story before as it resonates today. Often we need to feel hopelessly lost before we allow, or are forced to allow the Lord in to rescue us. Maybe we need to be at the edges of our own resources. Almost drowning. Or we thrash around attempting to rescue ourselves. Call it pride, arrogance, ego or self-centredness, we like to think we can do it ourselves, that we are in control.

The alternative of course is to know how to voluntarily let go of these ego needs ahead of time, so as to allow the Lord in. Sincere acts of humility, prayer, vulnerability and inclusiveness are some ways of voluntarily letting go.

Any recovering addict will testify to this after hitting rock-bottom. A humble admitting of total powerlessness and reliance on a higher power.

Jesus sleeps on a boat during a storm. We may feel he is asleep during our life’s storms - or is he waiting for us to let Him in? Or waiting for us to hit rock-bottom before we let him in? Must we have to hit rock bottom first?

Must a crisis happen forcing us to let go, much like the disciples today, or can we voluntarily let go ahead of time? Can we find peace – even during the storms?

We are of course remembering our children making their First Holy Communion over these weeks. May they grow, always experiencing Our Lord’s power, peace and strength, because, with the inspiration of family and friends, they have learned how to let Him in.

God Bless, Fr. Paul.

***Live Streaming of Masses and Church Services will begin the
weekend of the 3rd/4th July.***

***To take part please go to
<https://stream.seccomgroup.com/channel/olor>***

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

MASS INTENTIONS	
Saturday 19th June	
5.30pm Mass	Parish Community Ints
Sunday 20th 12th Sunday of the Year	
8am Mass	Canon Owen O'Neil RIP
9.30am Mass	Malvine Li Vigni RIP (Li Vigni family)
Monday 21st St Aloysius Gonzaga	
	Holy Souls RIP
Tuesday 22nd Ss John Fisher & Thomas More	
	Simon Butler RIP (M & B Mason)
Wednesday 23rd	
10am Mass	Yvonne Connors Ints (Melissa Taylor)
Thursday 24th Nativity of St John the Baptist	
	Anne O'Farrell RIP
Friday 25th	
10am Mass	Mary-Julia Brosnan RIP (Sharon Brosnan)
Saturday 26th	
5.30pm Mass	Dec'd parents of Gwyn & Doreen Derrick RIP (Gwyn Derrick)
Sunday 27th June 13th Sunday of the Year	
8am Mass	Norah McPherson (Ints) (Julia Dillane)
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



THIS SUNDAY – 20th JUNE – at 9.30am MASS,
We WELCOME Emelia, Zoe, Elena and Massimo
who will be making their First Holy Communion.



NEXT SUNDAY – 27th JUNE– at 9.30am MASS,
We WELCOME Bluebelle, Annabella, Josephine, Penelope and Grace
who will be making their First Holy Communion.

ST THOMAS MORE ALUMNI MEMORIAL MASS - Thursday 24th June at 8pm

Due to Covid restrictions this year's St Thomas More Alumni Memorial Mass will not take place as usual at the school. Instead it will be celebrated at **Sacred Heart church** (Southchurch Road, Southend) on **Thursday 24th June at 8pm** under the current social distancing guidelines.

There are an additional 12 names on the list of deceased former pupils and staff since the last Memorial Mass and this 30-year-old tradition provides an opportunity for all past pupils, members of staff and governors of the school to honour those no longer with us.

There is no need to pre-book a place and it will also be possible to participate online by watching the livestream via www.southendcatholic.co.uk

“LOURDES AT YOUR LOCAL” TALENT SHOW!

Do you think you could be worthy of Simon Cowell's golden buzzer?! We are looking for acts to share as part of our “Lourdes at your Local” Talent Show this Summer, which will be streamed online on Friday 30th July.

Whether it's singing, dancing, magic, comedy or anything in-between, if you have a talent to share with the diocese please email gabriellafusi@dioceseofbrentwood.org and be prepared to send a video recording no later than Friday 2nd July.

For more information on “Lourdes at Your Local” this Summer, please visit www.bcys.net/events

SPONSORSHIP REQUEST

In loving memory of her father, Leonard Smith, Debbie will be abseiling on 18th July at 5pm, from the ArcelorMittal Orbit sculpture in the Queen Elizabeth Olympic Park, for Dementia UK. If you wish to sponsor her please donate online via the just giving page or post a donation in an envelope for the attention of Debbie Smith through the presbytery door <https://www.justgiving.com/fundraising/leonardsmithdementiauk>

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

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY – BCCS –SUMMER NEWSLETTER:

https://www.bccs.org.uk/application/files/5916/2315/2865/bccs_Newsletter_Summer_2021.pdf

The Brentwood Catholic Children's Society is inviting parishioners across the Diocese to join in with their '**Relay 100**' summer community event.

This initiative is an opportunity to recommit ourselves to our work following the pandemic, to remind our community about the work we do, to reach families who may need our support and to raise some funds through sponsored walks, runs or cycles. We are looking for 100 individuals (or families within bubbles) to complete a 'leg' of our relay around the diocese; we have routes of varying distances so there is something to suit all abilities. Can you help us? To find out more, please contact Damian Dillon: ddillon@bccs.org.uk / 07912 308000 or visit <https://www.bccs.org.uk/fundraising-and-events/all-events/relay-100> to read more about this event.

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.

OUR LADY OF RANSOM MOTHER AND TODDLER GROUP

10am - 12pm Every Thursday, Term time only, In the Pope John Paul II Hall.

£2.50 per session per child. Under 1's go free !

Tea, Coffee and biscuits provided.

Contact Sharon Hockett 07949 480448 or alternatively

www.Facebook.com/olortoddlergroup.

All places must be booked and paid for in advance. 30 adults maximum. Due to word of mouth places are going fast. COVID RESTRICTIONS APPLY.

BCYS EVENTS:

We are happy to say that as restrictions continue to ease we are able to start running events within the BCYS. Here are some 'save the dates' for your diaries, with more information coming nearer the time:

Lourdes at your Local – 26th - 30th July. During what would have been our annual pilgrimage to Lourdes we will be hosting Mass at different parishes around the diocese each day that week. Mass will be at 11am, which will include the Anointing of the Sick and concluding with the Angelus. We will then have time to gather for refreshments afterwards. For more information on venues please see our website.

Lourdes on the lawn – 31st July. We are also welcoming our young leaders aged 18+ (School Year 13 and above) to gather together at Walsingham House at Abbotswick, with Mass celebrated by Bishop Alan and followed by a picnic in the beautiful grounds of our retreat centre (12pm – 4pm).

Monthly Youth Mass – 7th July. This will hopefully be our last virtual Youth Mass and will be preparation for our Lourdes at your Local week. Providing restrictions allow we will resume in person Youth Mass at Brentwood Cathedral from September, now on the **first Thursday** of the month (more details to follow).

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

FIRST HOLY COMMUNION CARDS AND GIFTS

A wonderful selection of cards and gifts are on display and for sale in the Bethany room which is accessible whenever the church is open for Mass.

Gift Catalogues are also available for people to browse and select further items provided they are ordered in good time and depending on availability.

If there is no-one there to help you, please leave payment in the Church wall box marked Repository (by the front door).

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.

FR GERRY – HOSPITAL VISITS

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

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

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

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 the end of July.



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Phil Reilly, Ted Mahoney, and Kathleen Scott whose anniversaries occur about this time.

OFFERTORY CONTRIBUTIONS

Thanks to all who continue to support our parish financially.

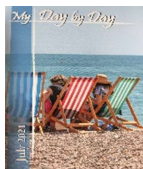
GIFT AID / ENVELOPES

- We want to encourage everyone to pay online, so from now on, envelopes will need to be requested
- Envelope numbers are being reorganised so if your envelope number is changed, there will be a red label on the box.
- There will be no Special Collection envelopes for those paying by Standing Order. Please use either a charity's own Special Collection envelope, or pay online using Surname and Gift Aid No. or use a blank/yellow envelope with your details printed on the front.
- 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. Thank you.



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

MY DAY BY DAY



Booklets for July are now available priced £1 each.



LIVING FAITH (July – Sept.)

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

Limited number available....

Voluntary donations for the booklets welcome

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

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

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.



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.

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

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.

FIRST HOLY COMMUNION FLOWER DONATIONS - over the next 2 months would be gratefully received.

Please place any donations in envelopes found at the back of the church and either hand to Fr. Paul, or put in collection baskets, or post through presbytery letterbox.

Please label the money in all cases.

Thank you – the flower team.



Retrouvaille England and Wales
Retrouvaille in England and Wales Registered Charity No. 1110330

A Lifeline for Marriages

Has Covid put you under more stress as a couple?

Is your marriage stressed, unloving, cold?

Do you argue more?

Do you want to improve your communication?

Have you separated, divorced, are you thinking about it?

Do you want to try again?

**The Retrouvaille programme may be just what you
need!**

The next programme commences with a weekend

1st – 4th JULY 2021

For more information

Tel or Text +44 788 729 6983 or +44 797 338 0443

(Complete confidentiality assured.)

Email: retrouvailleukinfo@gmail.com

Website : www.retrouvaille.org.uk



safe spaces

Supporting survivors of church-related abuse



0300 303 1056

email: safespaces@victimsupport.org.uk

Safe Spaces is a free, independent support service, providing a confidential, personal and safe space for anyone who has been abused by someone in the Church or as a result of their relationship with the Catholic Church of England and Wales, the Church of England, or the Church in Wales.

Who can we help?

Safe Spaces is open to people aged 18 or over, regardless of whether the abuse occurred recently or in the past, or whether the perpetrator is living or deceased. You do not have to have reported the incident to the Church authorities or the Police in order to access support.

You do not need to be a current active member of the Church to access support.

Our service is for people who have experienced any kind of abuse – this includes (but is not limited to) sexual violence, inappropriate sexual behaviour, physical abuse, financial abuse or exploitation, psychological abuse (including spiritual abuse), domestic abuse, coercive and controlling behaviour.



How we can help

Remote support is provided nationally through our **FREE Helpline** and **Live Chat** for as long as our clients feel they need it and it is deemed to be helpful.

We can help with advocating with authorities and other agencies, giving you emotional support, providing information (including information on church and police procedures), understanding your needs and working together on individual support plans. If face-to-face support is wanted local to where you live, we will try to make contact with appropriate agencies depending on need.

OPENING TIMES: *Monday, Tuesday, Wednesday, Friday and Saturday: 10.00am - 6.00pm*
Thursday: 12.00pm - 8.00pm **CLOSED on Sundays**

www.safespacesenglandandwales.org.uk

Be
Fraud
Smart!

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



Essex Police Fraud Alert System

40

11th June 2021

MOBILE PHONE UPGRADE SCAM



Summary

The NFIB are aware of an ongoing scam where consumers are being cold called by individuals impersonating employees of legitimate mobile network operators and suppliers.

Victims are offered early handset upgrades, or new contracts, at significant discounts. Once customers have been convinced that the deals are genuine and agree to proceed, suspects then ask for their online mobile account credentials, including log-ins, address and bank account details.

Suspects then place orders with genuine companies on behalf of victims, however select a different handset to that requested and have it shipped to the customer's address.

Upon receipt, suspects assure victims that this has been an error and instruct them to 'return' the handset to a different address not affiliated to the mobile company. These addresses are usually residential.

Upon intercepting the 'returned' handsets, the suspects cease contact and victims find themselves stuck with no phone and liable for the entirety of a new contract taken out in their name.

The NFIB have received over **300** reports since January 2020 with reported losses in excess of **£86,000**.



What you need to do

- Cold calls about mobile upgrades and contracts - If you're unsure that the person calling you is an official representative of the company they claim to be from, hang up and do not reveal any personal information.
- Only contact your mobile network provider on a number you know to be correct. For example, 191 for Vodafone customers, 150 for EE customers, 333 for Three customers, 202 for O2 customers, 4455 for Tesco Mobile, 789 for Virgin Mobile and 150 for Sky Mobile.
- If you receive a device that you did not order or expect, contact the genuine sender immediately. The details for this will be within the parcel.
- NEVER post a device directly to a given address. All genuine Mobile Network Operators would send out a jiffy bag for you to return without you incurring additional cost.

For more information about how to protect yourself online, visit
www.cyberaware.gov.uk and takefive-stopfraud.org.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 or call **0300 123 2040**.

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



BE ONLINE SHOPPING SAVVY

IS THAT CAR REALLY FOR SALE?

In recent weeks, Essex Police has seen a increase in residents purchasing vehicles online and paying the full amount without ever having seen the car in person. When they arrive to collect the vehicle, it does not exist.



TOP TIPS

- **Always view and test drive the car before buying** - arrange to view in the daylight, preferably when it's dry. Make sure you're insured and test drive the car for about 15 minutes on different types of road.
- **Buy from an established firm or trusted seller** - you can look for a trade association sign or for sellers that have been inspected by an independent engineer or motoring organisation.
- **Use secure method of payment** - don't pay anything until you have seen the car. Once you are satisfied with what you are buying, use a secure method of payment such as a credit card to ensure you are protected if something goes wrong.

BOGUS BANK TRANSFERS

Essex Police have also received reports of residents selling electronic items online such as mobiles and laptops to suspects who attend the address and request to pay by bank transfer. They will pay on the doorstep claiming that it can take up to 2-3 hours for the payment to go through. The payment never arrives by which time the suspect has already left with the goods.

TOP TIPS

- **Arrange an instant payment** - consider using cash or using an instant payment service.
- **Wait for the payment to go through** - most transfers should be quite quick, don't let the item go without knowing you have received the payment.



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.essex.police.uk/
be-fraud-smart](https://www.essex.police.uk/be-fraud-smart)



Essex Police Fraud Alert System

38

28th May 2021

CENSUS SCAMS STILL CIRCULATING

Residents are reminded to be aware of 2021 Census scams which continue to circulate following the closing date of March 21st.

Various emails and text messages have been received, including this one stating that there is missing information on the census submission and failure to correct this could result in a large fine.

CENSUS: There is missing information from your application. Failure to update your details may result in a £950 penalty. Visit: <https://census.myinfo-ref.com>

Remember - you will never be issued with a fine by text message, phone call, email, or on social media and you will not be fined for a mistake on your census. Please see the below information from Action Fraud and the Office for National Statistics (ONS) regarding Census scams.

For more information, please visit www.census.gov.uk or www.actionfraud.police.uk/news

Watch out for scams related to **Census 2021**

- Official census-branded reminder letters are being sent to households who have not yet completed their census.
- A census field officer may also knock on the door of a home to provide help and encouragement to those who have not yet filled in their census questionnaire.
- Field officers will never ask for payment or bank details. They will never ask for other personal details such as your national insurance number and do not need to enter your home.
- You will never be issued with a fine by text message, phone call or email.

ActionFraud
www.actionfraud.police.uk

CENSUS
2021

Find out more: www.census.gov.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 or call 0300 123 2040

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



28th May 2021

Fake Cannabis Sweets or “Edibles”

Warning— there are in circulation fake branded sweets which contain high levels of cannabis oil. These sweets are used to attract teenagers into trying cannabis.

Each sweet contains THC (Tetrahydrocannabinol - the main psychoactive ingredient in cannabis) and affect the central nervous and cardiovascular systems. It can take up to an hour for ingested THC to have any effect. THC is normally inhaled through smoking, but edibles can give longer lasting effects, including:

- Loss of coordination
- Hallucinations
- Nausea/vomiting
- Lethargy, collapse or loss of consciousness
- Cardiovascular.

Adults have more body mass and therefore the effects of a couple of sweets are mild, however if children eat these sweets the effects are more severe and may require medical treatment. Some children have been hospitalised after eating a whole bag, of what they thought were sweets.



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

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



It was noticed in October 2020, there was an increase in empty packets of these sweets around educational premises, especially when lockdown lifted. Now that lockdown restrictions are being lifted once more, it is believed there might be a surge in Organised Crime Groups involved in drugs dealing, supplying these sweets at schools and colleges in an attempt to recruit more cannabis users.

Both the possession and supplying of cannabis sweets is illegal.

How can I tell cannabis sweets from the real ones?



Look out for the "THC" sign and an "Activation Time"

Reporting concerns about "Edibles"

Should you see anyone dealing cannabis sweets or notice any discarded packets in bins around schools or parks etc. then please inform your local police or CrimeStoppers.



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

Keep up to date 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 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 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**.



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 – 12th Sunday of the Year

First reading – Job 3: 1.8-11



Psalm 106

O give thanks to the Lord, for his love endures for ever.

Second reading – 2 Corinthians 5:14-17

Alleluia, alleluia!

May the Father of our Lord Jesus Christ
enlighten the eyes of our mind,
so that we can see what hope his call holds for us.
Alleluia!

Gospel – Mark 4:35-41

