

OUR LADY OF RANSOM



**Corpus Christi – Year B –
Divine Office Wk 2 – 5th /6th June 2021**

“Could my son make his First Holy Communion please?, asked the mother of a twelve year-old with severe physical and learning challenges. “But he won’t understand a thing” replied Father. “How can we communicate?” “I suppose so” the mother sighed. Then, watching her son one day at Mass when the priest was saying “this is my body”, she noticed the boy’s eyes staring at the Host, then flick quickly up to stare at the cross, then back to the raised host. Back and forth between Host and cross. Same with the Chalice. Noticing this often, mum told the priest, the priest himself noticed when another priest was celebrating – now there was no question. Yes, of course the boy was more than ready, and made his First Holy Communion shortly afterwards.

Like much of our faith, to appreciate the “Real Presence” of Christ in Holy Communion is the language of the soul. The boy got it. So many others don’t as they try to over-rationalise it in their heads and be smart. And we can’t. Theologians have tried over the centuries and made little progress. We only sense something special is happening at Holy Communion. Surveys on lapsed Catholics show that what they miss most about practising the faith is....Holy Communion.

Interestingly, Jesus never said, take this, debate and argue and fall out over it. He simply said “take and eat, take and drink”. For centuries we haven’t taken and eaten, but taken and argued and fallen out over it. Because we have got over-heady and too smart over it all. Why don’t we just listen to Jesus more carefully!

The head will never get it. The soul will - like the boy. Real Presence. Receiving this Real Presence” is saying, “I’m in Communion” I am doing all I can to serve and build up the community/communion of God, this people, the Body of Christ. I am receiving what I am – because I am a part of the Body of Christ and am being transformed through it. We so much need this truth – that we belong to Christ and his love. Maybe we have to receive thousands of times for this wonderful truth to sink in. Hence, in part, our need for weekly Mass. If it has sunk in, we enjoy and are strengthened in living it out. What does Holy Communion really mean for me?

God Bless, Fr. Paul.

***Our Parish now has a new working land-line -
The new number is 01268 382 499***

***Please take note of the numerous scam awareness notices
at the end of the newsletter.***

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

MASS INTENTIONS	
Saturday 5th June	
5.30pm Mass	Lotsi Hidveghy RIP (Pat & Mary Rickard)
Sunday 6th THE BODY & BLOOD OF CHRIST	
8am Mass	Roberta Griffin RIP (The Bunker Family)
9.30am Mass	Parish Community Ints
Monday 7th	
	Fr James Earley RIP
Tuesday 8th	
	Doris Warrington RIP
Wednesday 9th	
10am Mass	Holy Souls RIP
Thursday 10th	
	Noreen Cavanagh RIP
Friday 11th	The Most Sacred Heart of Jesus
10am Mass	Tom & Pat Herlihy RIP (Eithne & Una)
Saturday 12th	The Immaculate Heart of Mary
5.30pm Mass	Parish Community Ints
Sunday 13th June	11th Sunday of the Year
8am Mass	Natalie Stanley & Scott Morgan RIP (Maureen Stanley)
9.30am Mass	Canon Michael McCoy RIP



<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 – 6th JUNE – at 10am MASS,
We WELCOME Elsie, Evie, Jessica, Isabel and Ethan
who will be making their First Holy Communion.



***There are no First Communions in Church next weekend
(12th/13th June)***

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.

HOPEWORX FOOD HUB

has moved to a bigger room at the **Mega Centre in Brooke Road** as of last week. For further information contact Janet Fox on 01268 743232 or 07936 271949

SACRAMENT OF CONFIRMATION

If you are 16 years old or above and would like to receive the Sacrament of Confirmation, please let Fr. Paul know in writing, with your name and contact number explaining the reasons you wish to receive the Sacrament. Thank you.

FREE TO A GOOD HOME - BABIES COT

Is there anyone in need of a cot for their baby? I have a Mamas and Papas petite cot, suitable from birth to 12 months. It is in very good condition. I am not interested in selling, just to find a home where there is a need. Please call Sharon on 07798865103. Thank you.

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.

OUR LADY OF RANSOM MOTHER AND TODDLER GROUP

Grand opening June 6th 2021 in the Pope John Paul 2nd Hall.

10am - 12pm Every Thursday, Term time only

£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](https://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

PARISH ADMINISTRATOR VACANCY– ONGAR:

A Parish Administrator is required to provide support to our Parish Office. The successful applicant will ideally be an administrator with substantial experience in office organisation. The applicant must be a good team player with excellent communication and Microsoft office skills, including Word and Excel and financial experience. It is important that all applicants are self-motivated, organised, can multi-task, work to deadlines, and use their own initiative within this role. - 20 hours per week. The salary range for this post is between £9.50-£10.50 per hour. Closing date: **Friday 18th June 2021**. Please contact the parish office via email ongar@dioceseofbrentwood.org for a full job description and application details.

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.

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.

CATHOLIC BIBLICAL ASSOCIATION

On Saturday 12th June at 11 am Fr Jeremy Corley, lecturer in Sacred Scripture at St Patrick's College, Maynooth, will speak on 'Afterlife Hope before the New Testament'. This event is free of charge and can be accessed by going to www.whatgoodnews.org and following the instructions. No prior booking necessary. The event will be available subsequently on the same website. Dr Sean Ryan, chair of the CBA, will introduce the day and take questions.



MY DAY BY DAY

Booklets for June and 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.

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 Rita Pamela Denton, Mary Manton and Stephen Persue whose anniversaries occur about this time.



CAN THE SVP HELP?

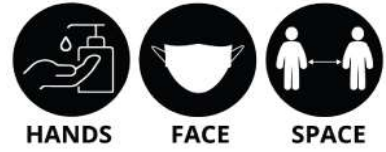
Whilst our activities and support have been adversely affected by the Coronavirus pandemic the SVP remains available to offer help, where current regulations permit.

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.

Public Masses:

Please **do not come** if you have symptoms, sniffles, sneezes, coughs, immunity issues etc.
Use common sense and **think of others**.

Wash your hands, cover your face, make space.



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.

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

REDUNDANCY COACHING:

<http://www.vitaeopus.co.uk> provides free online information and advice about Job Hunting, Self Employment and Active Retirement for Parishioners adversely affected workwise by the pandemic.

REDUNDANCY COACHING

Free online information, advice and guidance at

www.vitaeopus.co.uk

Click and go - to make it happen

With easy to use tools, techniques and activities about

Job Hunting - Self Employment - Active Retirement

Outcomes, depending your chosen route, include to

Take control of
your future

Get motivated
and engaged

Build your
wellbeing

Set and realise
clear goals

Produce
powerful CVs

Identify your skills
and strengths

Feel comfortable
networking

Learn how to be your
own best coach

Deal with adversities
with resilience

Maintain a positive
mental attitude

Be ready and keen
to move forward

Secure roles and
work opportunities

Use social media
effectively

Design compelling
achievements

Have an organised and
effective action plan

Develop your
confidence and courage

Manage presentations,
interviews and meetings

Enable your values and
aspirations to be fulfilled

Become employed or
self employed

Start, manage and grow
a new business

Enjoy a fulfilling and
active retirement



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



Essex Police Fraud Alert System

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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
Report a fraud or cybercrime
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](https://www.actionfraud.police.uk) or call 0300 123 2040

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



Be
Fraud
Smart!

essex.police.uk/
befraudsmart



Essex Police Fraud Alert System

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7th May 2021

MY INFO? I DON'T THINK SO!

Residents are reminded to keep their personal documents safe after a number of reports of scammers asking for copies of passports and driving licences.

Essex Police have seen a recent trend in scammers requesting personal details which can be used to steal someone's identity. This has been linked to a number of different scams including:

- HMRC/National Insurance fraud where the criminal claims they need your personal details to prevent prosecution or reinstate your NI number.
- Computer software frauds where the criminal claims to be from your internet provider. They take control of your computer and say they need to take a photo of you and your driving licence/passport to confirm your identity.

Requests for personal details should always be a red flag. You should never provide this information unless you have confirmed who you are dealing with. To protect you information and your money, Take Five:

- **STOP** - Taking a moment to stop and think before parting with your money or information could keep you safe.
- **CHALLENGE** - Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- **PROTECT** - If you have provided personal details to someone over the phone and you now believe this to be a scam, contact your bank, building society and credit card company immediately and report it to Action Fraud at www.actionfraud.police.uk or by calling 0300 123 2040.



DID YOU KNOW?

Over 70's can renew their driving licence for free with the DVLA?

For those under 70 it costs £14 and should be completed via www.gov.uk/renew-driving-licence or via the letter sent to your home address.



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.

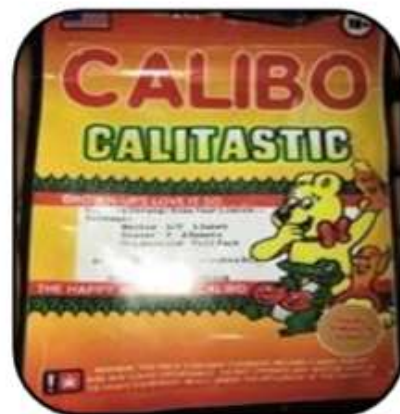
How can I tell cannabis sweets from the real ones?



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



Scams.... Social Media. INNOCENT OR CRIMINAL TOOLKIT?

Essex Police are reminding residents that what appear to be innocent games posted on social media have the potential to allow criminals access to your personal data—ultimately allowing them to get their hands on your money.



Local policing teams have recently identified an increase in Facebook posts encouraging users to post their 'Film Star Name' using a pet's name and mother's maiden name, or asking questions such as what was number one in the charts when you were 10. These seemingly harmless questions can provide criminals with lots of personal information that can assist them with stealing your identity. For example:

What is your favourite film star's name? First Pet? Mother's Maiden Name?

What was number one in the charts when you were 10? Allows criminals to work out your Date of Birth

What car did you pass your driving test in? Details of first car

Describe the city you were born in with a clue? Town of birth

All of these are potentially answers to bank account security questions. Remember to Take Five before posting personal details on social media and make sure to check your security settings so that your posts can only be seen by those who you want to see them!

Contact [essex.police.uk](https://www.essex.police.uk) or call 101 for help.

and more scam information from Essex Police

Holiday Scams .

**Please be careful when booking holidays. Be vigilant.
Fraud is on the increase. Criminals are becoming increasingly sophisticated through impersonating companies and flight comparison websites. Fake accommodation is rising.**



ALWAYS check the address is legitimate, make sure logos (pictures) or names are not slightly altered eg. going from .uk.co. to .org .

Please (online) research and don't just rely on one review. Make sure as far as you can the company is credible. Is it an ABTA/ATOL member? Does it have the proper logo/name?

Check their websites if in doubt. Pay safe, preferably by credit card where possible. Avoid paying individually into anyone's personal bank account. Check paperwork. Study receipts, invoices and terms and conditions.

Be wary if the company doesn't provide any paperwork at all when you book.

If a holiday club or time share, get a solicitor to thoroughly vet the contract first. Especially if first time.

Use your instincts: if a deal sounds too good to be true, it probably is!

For information: £2.2 (million pounds) was lost to fraudsters in 2020/1. An average of £1,242 a per person (victim).Ouch!

Do you want to be a part of those statistics?

Contact [essex.police.uk](https://www.essex.police.uk) or call 101 for help.

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.mensadvice.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.

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.



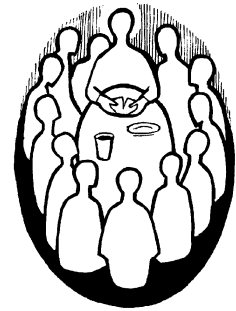
To find out more please visit ACC's website www.acc-uk.org or if you don't have access to a computer, please ring 024 7644 9694.

READINGS AT MASS – Corpus Christi

First reading – Exodus 24:3-8

Psalm 115 (116) –

The cup of salvation I will raise; I will call on the Lord's name.



Second reading – Hebrews 9:11-15

Alleluia, alleluia!

I am the living bread which has come down from heaven,
says the Lord.

Anyone who eats this bread will live for ever.

Alleluia!

Gospel – Mark 14:12-16, 22-26

Reflection for Corpus Christi



“This is what I received from the Lord, and in turn passed on to you.” (Cor 11:23). These words from St Paul’s account of the last supper give us two significant phrases which illuminate our baptismal vocation; ‘Receive’ and ‘passed on.’ Here St Paul is specifically speaking of the Eucharist, but this is true also of our faith. The gift of faith, received in baptism, is the faith of the Church which we receive individually, but is something which we are called to pass on to others. What we celebrate in the sacramental life of the Church we are commissioned by our baptism to pass on to others by the witness to our living faith.

What is it that we receive and in turn pass on? Wisdom offers a generous hospitality to those who respond to the call of the maid servants to come. Her house is a symbol of the Church, built on the seven sacraments and those who come need not be the “learned and the wise” (Matt 11:25) but the “ignorant,” the ones with open hearts to receive in love what is offered; not just bread and wine, but that which brings insight, the meeting with the Lord. When we gather as a Church, we are offered these precious gifts which lead to deeper understanding of our faith and our lives.

Therefore, when we share in the Eucharist, we receive nourishment for the journey which helps us to perceive, or put another way, to discern more clearly the pathways of the Lord. We become like the disciples on the road to Emmaus, who not really understanding what had just happened at the events of the first Easter are drawn into the Lord’s presence through listening to the Word of God and sharing in the Breaking of Bread. Hopefully, when we are at Mass, we can enter ourselves into their experience and be able to say that our hearts too are burning because we have realised all that the Lord has done for us, and like them, be spurred into action to tell of this to others (Luke 24:33) We, then, pass on to others what we ourselves have received from the Lord’s generosity, like the two from Emmaus.

When the Catholic community gathers to celebrate the Sunday Mass it does this so as to ‘re-live with particular intensity the experience of the Apostles on the evening of Easter when the Risen Lord appeared to them as they were gathered together. This close connection between the appearance of

the Risen Lord and the Eucharist is suggested in the Gospel of Luke in the story of the two disciples of Emmaus, whom Christ approached and led to understand the Scriptures and then sat with them at table. The gestures of Jesus in this account are his gestures at the Last Supper with the clear allusions to the "Breaking of Bread", as the Eucharist was called by the first generations of Christians.' (*Dies Domini* 33).

This gathering of the community Sunday by Sunday, according to Pope St John Paul II is so that in each place where the Eucharist is celebrated, the Church is truly present and, in this way, Sunday becomes the day of the Church where the People of God are nourished by the Lord in his Word and in his Eucharist. Through the gathering of the people, their experience of being fed in Word and Sacrament, they in their turn, become disciples and witnessed to him. Sunday is the day where each parish community is united in this great sacrament of love and draw deeply from this fountain of the Lord's goodness. The weekly gathering for Mass, its celebration and the sending forth of all present, becomes the very heartbeat of the Church. "Renewed and nourished by this intense weekly rhythm Christian hope becomes leaven and the light of human hope." (*Dies Domini* 38)

Pope St John Paul expresses how we are to be the light of hope and leaven for the world when he says that; "With the offering of the Sunday Eucharist, the Church crowns the witness which her children strive to offer every day of the week by proclaiming the Gospel and practising charity in the world of world of work and in all the many tasks of life; thus she shows forth more plainly her identity 'as a sacrament, or sign and instrument of intimate union with God and of the unity of the entire human race'" (*Dies Domini* 38). When we see it in this way, we know how dependent we are on this spiritual food for the work of Christian witness, bringing the message of hope and mercy to the world.

This sense of hope is extended when we come before the Lord for a prolonged moment of adoration. Further, Exposition of the Blessed Sacrament can also give us the opportunity to come into the Lord's Eucharistic presence and quietly speak to him, to listen to what he says to us in silent contemplation, to be enfolded in his abundant love and to offer him the joys and sorrows of our daily life. Jesus speaks to our hearts, and we become conformed to him united in prayer to his passion, cross and resurrection.

How can we not fail to be in awe of the one before whom we kneel? How can we not be humbled by his generous love and mercy for us? Can anything stop us from bringing his love to others? "To contemplate Christ involves being able to recognise him wherever he manifests himself, in the many forms of presence, but above all in the living sacrament of his body and blood. *The Church draws her life from Christ in the Eucharist*; by him she is fed and by him she is enlightened. The Eucharist is both a mystery of faith and a mystery of light. Wherever the Church celebrates the Eucharist, the faithful can in some way relive the experience of the two disciples on the road to Emmaus: their eyes were opened, and they recognised him." (*Ecclesia de Eucharistia* 6).

Present to the Lord in the Blessed Sacrament, we can pray that our eyes will be opened to know truly all that the Lord has done for us and pray for the courage to pass on to others the goodness that we have received.

*Come, then, good Shepherd, bread divine,
Still show to us thy mercy sign;
Oh, feed us, still keep us thine;
So we may see thy glories shine in fields of immortality.
O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen guest, Co-heirs of thine, and comrades blest
With saints whose dwelling is with thee.*

(The prayer of St Thomas Aquinas, used by Pope St. John Paul II to conclude *Ecclesia de Eucharistia*.)