

# OUR LADY OF RANSOM



**19<sup>th</sup> Sunday of the Year – Year B –  
Divine Office Wk 3 – 7<sup>th</sup>/8<sup>th</sup> August 2021**

You're quite fat! You're quite short! How personal and rude! Yet if we said "you're quite tall?" it's not the same, is it? Strange! Fat and short seem to have social stigmas wrapped around them. Whichever, we can be so self-conscious of our bodies? Do we need to be? Cosmetics, cosmetic surgery and medication are all big business today – for this very reason. Oddly enough, our Catholic faith is "bodily", it's incurably and unavoidably *physical*. We have the *Body* of Christ, the *Bread* of life, not simply "spirit" of Christ. Elijah is miraculously given physical food, twice, to strengthen his faith for his journey. Jesus is the *Incarnation*, God becoming human *flesh*, not God remaining a remote spirit in the sky. And Jesus rises *in his body*, not just *spiritual* resurrection. Shouldn't it be us Catholic Christians, who are **not** ashamed or self-conscious of the body. Yet we are.

Historically, the body is the naughty, dodgy, forbidden or embarrassing part of ourselves – supposedly keeping us from God. So many scandals seem to be body-based. Think about that. The spirit, however, is often seen as the "good" part, the prayer part, the holy part. So a dangerous dualism evolved between body and spirit. Plato told us that the body is a "prison" of the spirit, at death, the spirit was released. So the body was bad, and the spirit was good. Body and spirit always seen as opposing forces.

**Yet, the reality is exactly the opposite.** Body and spirit have always been a single entity. A unity. **One.** Body and spirit both inherently good. The early Jews knew this. For them, resurrection inherently meant *bodily* resurrection. Jesus appears *in his body* driving the point home. The Gospels scream out this great truth. Body and spirit are one. They always have been. History wrongly created the split. The risen Jesus' transformed glorified body is a taster as to how it will be for us all. *I believe in the Resurrection of the Body...* we say it at Mass. Our spiritual resurrections at one with our risen glorified bodies, as Jesus showed us ahead of time.

What does all this mean for us now? It means we can pray through our bodies -yes - our bodies, and through our senses - eyes, ears, touch. Just as people have done over millions of years. We can physically take in our created beautiful world as prayer, so the possibilities of prayer become endless, giving new meaning, direction, purpose and depth to prayer in the 'here and now' .I don't think we can get more liberating than that?



**God Bless, Fr. Paul.**

**All Masses and Church Services are now  
Live Streamed.**

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

**Masses can be watched "live" or later as a recording.**

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

<b>MASS INTENTIONS</b>	
<b>Saturday 7<sup>th</sup> August</b>	
<b>5.30pm Mass</b>	Mervyn and Teresa Ryder RIP (Anniv) (Marian Pond)
<b>Sunday 8<sup>th</sup></b>	<b>19<sup>th</sup> Sunday of the Year</b>
<b>8am Mass</b>	Marie and Colin Griffin (Golden Wedding)
<b>9.30am Mass</b>	Parish Community
<b>Monday 9<sup>th</sup></b>	<b>St. Benedicta of the Cross (Edith Stein)</b>
	Judy Wood RIP (Pat Wood)
<b>Tuesday 10<sup>th</sup></b>	<b>St. Lawrence</b>
	Stella Ray Ints. (Mary and Pat Rickard)
<b>Wednesday 11<sup>th</sup></b>	<b>St. Clare</b>
<b>10am Mass</b>	Bridget Kavanagh (Anniv) RIP (Shelagh Mesher)
<b>Thursday 12<sup>th</sup></b>	<b>St. Jane Francis de Chantal</b>
	Doris Warrington RIP
<b>Friday 13<sup>th</sup></b>	
<b>10am Mass</b>	Maureen Pitt RIP (Jean Wood and Dorothy Dimmock)
<b>Saturday 14<sup>th</sup> July</b>	<b>St. Maximilian Kolbe</b>
<b>5.30pm Mass</b>	Fr. Brian McGrath Ints (Helen Cooper)
<b>Sunday 15<sup>th</sup> August</b>	<b>18<sup>th</sup> Assumption of the Blessed Virgin Mary</b>
<b>8am Mass</b>	Parish Community
<b>9.30am Mass</b>	Sheila Mary Scully RIP (Anniv) (Catherine Cullham)

<p><b>PARISH PRIEST</b>  Father Paul Fox  50 London Hill, Rayleigh  Essex SS6 7HP  <b>01268 382 499</b>  <b>www.olorchurch.org</b>  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 8am &amp; 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**

## † † PLEASE REMEMBER IN YOUR PRAYERS...

Mrs. Gladys Tudor who died recently. Gladys' Requiem Mass will be this Tuesday August 10<sup>th</sup> at 11.30am in our parish. This Requiem Mass will be **livestreamed**.

May she rest in peace. † †

## LIFTING OF RESTRICTIONS

*(Please see CBCEW Guidance at end of Newsletter)*

A few people are already asking about things happening or being restored in the parish now Boris and his team are lifting restrictions. I'm afraid the pandemic will not listen to governments.

The BBC website informs us that the numbers of infections around Rayleigh/Rochford area has sadly shot up, well beyond average. For a while it was lower than Southend, Chelmsford and surrounding areas, it was looking hopeful, but now it appears to be one of the highest.

As the parish priest, I cannot and will not gamble with people's lives and health, whether they have been quadruple-vaccinated or not. None of us should.

For this reason, until the number of infections in this area decreases substantially, and there are clear directives from the church authorities regarding this, I feel making any changes too quickly would be foolhardy and risking peoples' lives/health which I am not prepared to do. As I say, lifting restrictions doesn't suddenly make things alright and normal again.

If you can convey this to others I would be grateful.

Trust you will all understand. Thank you.

**Please note latest covid passport, email and cable scams operating  
(advertised towards the end of this newsletter).**

## Public Masses:

**Face Coverings** – **please** continue wearing a face covering as a mark of respect for one another's health and protection.

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

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

**Social Distance** should be maintained as much as possible – again – out of mutual respect.

Please continue to follow only the directions of the Stewards.

**Holy Communion** only to be received on the hand for added protection.

The church will continue to be both cleaned and sanitised regularly

Wash your hands, cover your face, make space.



## OFFERTORY CONTRIBUTIONS

*Thanks to all who continue to support our parish financially.*

## DONATIONS USING QR CODES

To avoid having too much cash lying around, it is now possible to make donations in Church using your mobile phone and QR codes.

***There are notices in the porch for contributions to the parish***



## ONLINE DONATIONS

To make a donation online go to <https://stream.seccomgroup.com/donations/olor>

## GIFT AID / ENVELOPES

Some people have started donating to the parish online during lockdown. If you are a taxpayer it's worth a reminder that we could get **an extra 25%** on your donations if you sign up to the Gift Aid scheme.



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

## Living *Laudato Si'* – Your Parish and Your Planet – Online Retreat – 15<sup>th</sup> – 18<sup>th</sup> October 2021.

Open to all, this retreat will help personal prayer and reflection, and parish action, on the critical issue of care for God's creation. Bishop Alan will open the retreat, which will be led by expert speakers. For more information see the poster at the back of church or email [laudatosi@dioceseofbrentwood.org](mailto:laudatosi@dioceseofbrentwood.org)



**RELAY 100: summer community event.**

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

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

**KSC  
456**

Sponsor forms and further information can be had from Tom Kennedy 01702 230 578.

Please support this event and use my name, as a reference, on your donation so that bccs can let us know how much our parish has raised.



Visit <https://www.bccs.org.uk/fundraising-and-events/all-events/relay-100> to read more about this event.

**THE THRESHOLDS OF HOPE WEBSITE** has now been launched. This new online resource is the work of the Brentwood Diocese Vicariate for Adult Formation and aims to help adults to deepen their relationship with Christ and His Church. Please have a look at the website and watch it develop over time. Do let us know what you think of it. The website address is [www.thresholdofhope.co.uk](http://www.thresholdofhope.co.uk)



## VIRTUAL LONDON MARATHON

**Brentwood Catholic Children's Society has several charity places** for this event taking place over 24 hours on 3<sup>rd</sup> 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](mailto:jabbott@bccs.org.uk) for registration details.

## **BCYS EVENTS:**

**Youth Gather – 23<sup>rd</sup> 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 – 6<sup>th</sup> 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](http://www.bcys.net)

## **Chancery Tribunal General Assistant based at Cathedral House**

### **Responsibilities:**

1. Assist with incoming email, post, telephone calls and enquiries from members of the public and clergy, re-directing queries when appropriate;
2. To acknowledge correspondence received and respond appropriately to enquiries at the request of the Chancery & Tribunal Administrator;
3. Prepare paying-in book and financial records for the Chancery and Tribunal Offices, ready for banking by the Administrator and their reporting to the Finance Office;
4. Register RCIA forms and prepare them for signature by the Chancellor (or Bishop) and return to the parishes;
5. Process Papal Blessing requests and record financial information;
6. Register Authorised Persons forms, prepare them for signature and forwarding to the GRO;
7. Assist with the review and preparation of marriage papers, which will require signature by the Chancellor;
8. Update and maintain the Marriage Registers, and to input historical information as required by the Chancery & Tribunal Administrator;
9. Ensure copies of all marriage documentation sent to other dioceses are copied and filed in the Chancery Archives;
10. Assist with the issue to parishes of the annual Mass Attendance forms and annual Pastoral Statistics forms. Collation of the data into report format to be made available to the Bishops' Conference and the Holy See, and other Diocesan departments as needed.
11. Respond to search requests from other Dioceses, as needed.
12. Maintain and distribute Chancery and Tribunal forms as required to include pre-nuptial enquiry forms and the various application forms for dispensations or permissions.
13. To arrange appointments, as necessary, for clergy and others to see the Chancellor.
14. To arrange appointments, as necessary, for Tribunal interviews and others at the request of the Chancery & Tribunal Administrator;
15. Ensure electronic mailing lists and pre-printed labels are available and updated at all times under the guidance of the Chancery & Tribunal Administrator.
16. To ensure the Chancery and Tribunal office is maintained in an orderly manner, ensuring that all electronic and paper records are secure, confidential, up-to-date and archived when necessary.
17. Secretarial/Administration – to deal with general tasks as and when required

The full job description and person specification can be found on the Diocese website [here](#):

Hours of work: 25 hours per week

Start Date: September 2021

Closing date: Monday 16<sup>th</sup> August 2021 at 5pm

Interviews: Week commencing 23<sup>rd</sup> August 2021

To be considered for the role, please send a CV and covering letter (no longer than one side of A4) to [recruitment@dioceseofbrentwood.org](mailto:recruitment@dioceseofbrentwood.org)

Only shortlisted applicants will be contacted.

Please note that you will need to be eligible to work in the UK to apply for this position. You must provide proof of Right to Work in the UK. For an informal chat with Michaela Pearce, Chancery and Tribunal Administrator, please email [tribunal@dioceseofbrentwood.org](mailto:tribunal@dioceseofbrentwood.org)

**CAFOD NEWS** Summer greetings and thank you for supporting CAFOD. Do follow the link to find some of the stories of [communities transformed by water projects](#), including a video of [Binga from Zimbabwe](#) who is delighted with a new water source – ‘I even whooped for joy.’ Thank you for helping to make these good things possible and please share it in your parish newsletter or website.

Across the world preparations are taking place for the **synod**. To help the Catholic community we are offering online sessions, open to all, with experts sharing what the synod and synodality is, why it is important and how parish communities will be taking part. Sessions are open to all and can be viewed live or on catch up. You and your parishioners are welcome to join us. The first session took place last Tuesday 27 July at and featured a conversation with **Christopher Lamb, Rome correspondent for *The Tablet***, about why Pope Francis is inviting us all to participate in the synod. [The recording of this session can be found here](#).

Resources to the whole Catholic community available through our website. Do please pass them on to anyone interested.

**Family Prayer Resources for Summer** - We will be offering a prayer focus for each week of the summer holidays with some simple ideas, designed to help parents explore faith with their children, in solidarity with our global family. They will be available from mid-July at <https://cafod.org.uk/Pray/Prayer-resources>

Resources for the **Season of Creation and Harvest Fast Day** (Friday 1st October) will feature some of our partners’ work in the Amazon and will be available from September at <https://cafod.org.uk/Pray/Prayer-resources>. Join us in praying the joyful mysteries of the Holy Rosary as we seek to nourish our commitment to care for the earth.

[Laudato Si' encyclical resources | CAFOD](#) – this link will take you to a range of resources for study, reflection, prayer and action.

[Livesimply award | CAFOD](#) – one of our most popular community actions, this award is given to parishes and communities who have taken significant steps in response to the call to live simply, sustainably and in solidarity with others. Several parishes in the diocese have recently registered to become Live Simply parishes.

Many Catholics have been meeting with their MPs this summer in response to Pope Francis’ call for a better kind of politics. Dialogue has focused on debt cancellation for the world’s poorest countries, action to tackle the climate crisis and vaccine equity. Thank you if you have supported, or promoted our [petition to the Prime Minister](#).

**Thank you once again** for your prayerful support and solidarity with our sisters and brothers in need.

**“Lourdes at your Local”** - videos from the week all remain on the BCYS YouTube channel, so if you want a week of “virtual” pilgrimage at any time in the summer you can watch the direct link: [https://www.youtube.com/playlist?list=PLESrOmOwfx\\_Zcj5\\_CvgdpZKtL8aGZXoIO](https://www.youtube.com/playlist?list=PLESrOmOwfx_Zcj5_CvgdpZKtL8aGZXoIO) or – for easier typing – the channel link is <https://www.youtube.com/c/BrentwoodCYS> and “Lourdes at your Local” is at the top of the page. Of course Covid could yet change many things between now and 2022, but we can begin to plan and dream!

## 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](mailto:marting.doyle@blueyonder.co.uk) All the details are on KSC Council 456 Facebook page.

## CONFESSIONS

The Sacrament of Reconciliation (Confessions) is available – **can now be offered openly and in the traditional Confessional Box**. At the present time, if you wish for the Sacrament, please contact Fr. Paul - the request itself is treated confidentially.

## MANY THANKS FOR ALL THE MASS INTENTIONS AND CONTRIBUTIONS

Please note: At present we have a large number of outstanding Mass Intentions, which takes us **to early September**



### PLEASE PRAY

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

### † ANNIVERSARIES †

Kindly pray for Richard King, Gabriella Prideaux, Ellen Lydon, Marie Maguire and Sheila Scully. May they rest in Peace.



## CAN THE SVP HELP?

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

Should you need support, please contact **Colin Griffin** (tel. No. 01268 772322) or any other SVP member. Your call will be treated with complete confidentiality.

## MASS CARDS & SYMPATHY CARDS ...

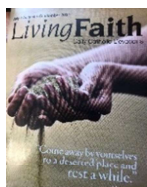
can be obtained at the repository shop and the presbytery. Please contact Fr. Paul to arrange a convenient time to come, choose, collect and pay for the cards if the shop is closed.

## MY DAY BY DAY

now



Booklets for August and September are available priced £1 each.



## LIVING FAITH (July – Sept.)

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

Limited number available....

Voluntary donations for the booklets welcome



## BIBLE ALIVE

Limited booklets available for August. Voluntary donations welcome.

If you would like to collect these from the Presbytery or the church please contact Fr Paul.  
If you usually purchase these but are unable to collect or arrange for one to be collected for you, then we can arrange delivery.

## NEWSLETTERS

**A few printed newsletters will be left on the shelf outside the presbytery after each weekend Mass.** These are primarily designated for anyone who has no email access.

If you are able to print off newsletters yourselves and deliver to anyone who can't get out, that would be a great act of charity. Thank you.

***If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance email a request to the parish office ([rayleigh@dioceseofbrentwood.org](mailto:rayleigh@dioceseofbrentwood.org)) and ask to be added onto the distribution list.***

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

## March for Life UK.

**Sat. 4<sup>th</sup> September** in Central London from Approximately 10 am – 4.30 pm. A coach will leave from Priory street/East Hill, Colchester at 8am stopping at London road, Colchester, Witham, Chelmsford and Brentwood. The cost will be £20 per person (babies go free). Less if we have a full coach. To ask about coach details or book a seat, please contact Justin Nathan at [eph890@gmail.com](mailto:eph890@gmail.com) or on 07540 050814. Please do not leave a voice message but I will respond to text or whatsapp messages.

We recently had the highest ever annual abortion figures in the UK (last year saw 210,860 abortions in England and Wales) as well as the introduction of home/DIY abortions. Let's do our part in turning the tide in our nation. More information is available at [marchforlife.co.uk](http://marchforlife.co.uk) or form Isabel on 07773 501721/ [izzyvs@gmail.com](mailto:izzyvs@gmail.com)

**Congratulations** to Nicola and Glenn Geeson as they celebrate their silver wedding anniversary- married at Our Lady of Ransom 25 years ago this week

## 'OUR LADY OF RANSOM SCHOOL - Office Manager Vacancy

The school is looking to recruit an Office Manager from September 2021

Hours 7.45 - 4.30 Monday to Friday in term time plus 10 additional days

Scale 7 Points 19-21 (approximately £13.21 - £13.74 per hour)

Please refer to the school website [www.olorcps.net](http://www.olorcps.net) for further details.

Closing date 27th August, 2021'

# **Catholic Bishop's Conference of England and Wales**

## **Covid-19 Route Map: Step 4 Guidance**



### **Introduction**

This Guidance is offered to the Dioceses of England and Wales as the country moves into Step 4 (19th July) of the Government Covid-19 Response Roadmap published in February 2021. This date has been delayed by 5 weeks as the Government wanted to ensure that a greater proportion of the public had received the vaccine before moving to this point.

It is important to reiterate that as Step 4 is reached, the general principles of continuing to create a safe environment in places of worship and their ancillary buildings are not abandoned. Indeed, the way forward must be a collective endeavour of all involved in the daily life of the Church in England and Wales. Recognition of the presence of the virus in the population means that certain preventative practices will still be required, and this is important to ensure that Diocesan trustees are seen to be discharging their Health and Safety duties.

The Health and Safety Executive have issued new guidance for employers and for organisations, and this makes clear that a duty to keep premises safe continues beyond the removal of any covid-19 legislation. (<https://www.hse.gov.uk/coronavirus/roadmap-further-guidance.htm>) Indeed, the Government has stated that changes moving forward would be on a risk-based approach for all organisations with the responsibility to ensure appropriate measures to safeguard public health sitting with the management of the organisation.

Although any measures adopted locally will not have the “rule of law,” there is a strong emphasis on common sense and risk averse activities to continue to mitigate against the transmission of the virus which is still prevalent in society.

### **General Principles**

This guidance has been prepared following discussions with officials from Public Health England and HM Government Places of Worship Task Force. Key to implementation of this guidance is the Government’s understanding of moving away from centralised detailed regulation to prudent local judgements adopting a continuing cautious approach to easements. The key watchwords for the future steps are discernment of local prevailing conditions and careful consideration of what mitigations are needed in the light of these.

The following general principles apply:

#### **1. Prevailing Local Conditions**

All places of worship should always consider the prevailing local conditions for the virus. Special consideration should be given to rates at which people are being vaccinated in the locality, the prevalence of new variants of the virus, the local rates of hospital admissions and any local public health advice. These data can be obtained from the Director of Public Health at the local authority (in England) or the Local Health Board (in Wales), or the local Environmental Health Department, and it is important to have knowledge of these figures.

#### **2. Mitigations**

It is important to mitigate against the risks of virus transmission. Although the vaccine rollout programme is very successful to date, over 85% of adults having had one dose and 64% two doses, the risk of transmission is still live and there are enough people not protected by vaccination to result in significant hospitalisations. However, HM Government has clearly stated that the progression from infection to hospitalisation and ultimately to deaths has been appreciably reduced through the vaccine programme. Most people admitted to hospital currently are only partially vaccinated or not vaccinated at all and communities should continue to encourage people to participate in the vaccination programme.

Churches should continue to provide hand sanitiser at entrances and exits and face coverings are strongly recommended to be worn by those in church. General cleaning to a good standard, using commonly available cleaning fluids and detergents, with attention to frequent touchpoints is the standard to continue. This is consistent with the advice from Public Health England. While the virus can land on surfaces and can infect people if they touch those surfaces and then touch their mouth, nose or eyes, this risk is significantly lower than the risk from aerosol or droplet spread which is mitigated against with good ventilation and a face covering.

There are key actions which churches and parishes have been doing, and should continue to do, even after 19th July which significantly reduce this risk.

### **3. Social Distancing and Capacity of Churches**

From 19th July, there will be no legislation on social distancing in England but regulations will continue in Wales for now, and thus churches may increase their capacity, recognising that for the time being different rules apply for England and Wales.

Care has to be taken to ensure that churches continue to be places where people feel safe to gather to worship. Each local community should examine the local conditions regarding the virus, and adopt an attitude of care for the people who desire to attend Mass. Suggestions to help this include (but are not limited to):

- a. In large churches, designating an area of the church where there will be set places, socially distant from each other, and where those seated there will be required to wear a face covering.
- b. In places which cannot do this, considering whether one Mass over the weekend schedule would continue providing a reduced capacity with social distancing.
- c. Producing simple cards with a phrase such as “Please leave a Space” which people can pick up on entry to church and put beside them so that a space can be left to allow for distancing.

The adoption of methods such as these will build confidence in the people that the church remains a safe place to enter and worship.

Each church should continue to assess the local situation regarding the virus and adapt as necessary to the local conditions. This may mean that in areas of very high transmission, churches may have tighter measures than in areas of lower transmission.

### **4. Congregational Singing**

Indoor congregational singing will be permitted from 19th July. The use of cantor groups and other choirs is now permitted. It is recommended that singing should be phased in gently as part of worship over the summer period and that face coverings should be worn by members of the congregation whilst singing together, until infection levels reduce.

## **Acts of Worship**

As the restrictions are lifted public acts of worship can return to normal practice, with some exceptions for the time being. All of the above mitigations in creating safe spaces should be considered by the local communities as means of promoting public confidence in the covid security of churches. In addition the following are recommended as good practice.

### **1. Opening of Churches**

Churches can be left open and unsupervised for individual prayer during times when there are no public acts of worship. QR codes (or other means of attendee identification) should be clearly signposted at entrances and those entering encouraged to use them for test, track and trace purposes. Hand sanitiser should still be made prominently available for people to use.

## **2. Test, Track and Trace**

As long as the NHS Test, Track and Trace system is in operation, churches should continue to make available the means for people to sign in for acts of worship using the NHS app and the associated QR codes (or other means of attendee identification). If an online Mass Booking system is in place, this too could be adapted to the new capacities of the churches and continue to be used so that attendees are known.

## **3. One-way systems and movement of people**

It is no longer necessary to have one-way systems or other restrictions on movement in churches from this time onward. People should exercise good responsible behaviour especially when moving to receive Holy Communion during Mass and should avoid getting too close to each other.

## **4. Stewards**

The deployment of stewards will no longer be necessary to show people to designated seats etc (except when a community has decided to employ social distancing as part of a scheduled Mass). However, a welcoming presence at the church door is a valuable sign of hospitality, and stewards can assist in the cleaning of frequently used touch points within the church building.

## **5. Anointings as part of the Liturgy**

Moving forward, liturgies of the Church which involve anointing can be addressed in two ways. If there is a single subject (like a single child baptism or the anointing of a sick person) the thumb can be used providing it is cleaned and sanitised before and after each application (for example using an antiviral wipe). If there are multiple subjects (as in a confirmation) then a cotton bud for each candidate should be used. Again, local judgement has to be applied in each situation.

## **Celebration of Holy Mass**

The following is recommended for the celebration of Holy Mass from the 19th July within the churches and communities in England and Wales:

- At this time, it is not recommended that Holy Water stoups are refilled. Should people wish to receive holy water, it is recommended that a container with a tap is provided so that small bottles can be filled which can then be taken home.
- All usual ministers for the celebration of Holy Mass can be deployed such as servers, cantors, readers and Extraordinary Ministers of Holy Communion.
- The offertory collection can be resumed in church with baskets and pouches, however, it is encouraged to promote online or contactless giving in the churches if possible
- It is recommended that the physical Sign of Peace remain suspended as it is not an integral part of the Mass, and its omission will help to reduce physical contact between people during the celebration.
- Holy Communion will continue to be under one kind and the ministers will continue to sanitise their hands beforehand and wear a face covering whilst distributing. Communion is recommended to be distributed in the hand but those who wish to receive on the tongue may do so. There should be care on the part of the minister to avoid physical contact with the hand or the tongue of the communicant when distributing Holy Communion. In the event of contamination the minister should sanitise their hands before further distribution.
- Concelebration is permitted and Holy Communion by the concelebrants should be by intinction (including the principal celebrant), and the consumption of the remaining sacred species and cleansing of the chalice should be performed by the principal celebrant alone.

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**KNIGHTS OF ST COLUMBA**

***FAITH—FAMILY—FRATERNITY***

# **Young People's**



## **Virtual Seminar 2021**

**Tuesday 10th August 2021  
8:45am Start**

### **THEMES**

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

**For an Application Form please email:  
headoffice@ksc.org.uk or go to  
[https://ksc.org.uk/youth/virtual\\_seminar\\_2021.html](https://ksc.org.uk/youth/virtual_seminar_2021.html)**

## Covid vaccine passport scam

Essex Police are warning residents about scam emails purporting to be from the NHS.



The emails – which carry the NHS logo – are being sent out asking for payment in return for a ‘Coronavirus Digital Passport’ to prove that someone has been vaccinated for Covid-19.

A button takes users through to a fake NHS website, which asks for payment details.

When clicking on the link in the email, it takes you to a convincing but fake NHS website and then asks for personal and payment details. Do not click on this link.”

“Your vaccination status is obtained free through either the NHS app, website or by calling the NHS on 119.”

### Take Five

Always take a moment to stop and think before parting with money or your personal information, it could prevent you from falling victim to fraud. Remember, it’s okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

### Report It

If you receive a suspicious text message, you can report it by forwarding the message to 7726 free of charge. Suspicious telephone/mobile calls can be reported to Action Fraud via their website: [police.uk/report-phishing](https://www.actionfraud.police.uk)

16th June 2021

## Received an email your not sure about?

Cyber criminals won't let up using fake messages as bait to lure you into clicking on the links within their scam email or text message, so that you give away your sensitive information (such as bank details).

These messages may look like the real thing but are malicious. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords.

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

### What happens next :



The National Cyber Security Centre (NCSC) will analyse the suspect email and any websites it links to.

They'll use any additional information you've provided to look for and monitor suspicious activity.


### If they discover activity that they believe is malicious, they may:

- ♦ seek to block the address the email came from, so it can no longer send emails
- ♦ work with hosting companies to remove links to malicious websites
- ♦ raise awareness of commonly reported suspicious emails and methods used (via partners)

Whilst the NCSC is unable to inform you of the outcome of its review, they can confirm that they do act upon every message received.



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  [essex.police.uk](https://www.essex.police.uk) 



30th July 2021

## Cable Theft

### Having trouble with your internet connection?

It could be your router, or atmospheric, too many people on your band width or someone has actually stolen the broadband cable !

Organised crime gangs are going around and stealing the underground broadband cables due to the high value of copper at present — £4000 per ton.

Last year in Essex alone 12,000 homes were affected by the theft of broadband cables. This can then mean up to a 2 week wait before the cable can be replaced and the customer is connected back to the internet.

For this reason, Essex Police are working with British Telecom and Openreach in order to try and stamp out this crime through target hardening and raising awareness of this crime.

### How do they steal underground cable?

BT and Openreach access their cables through manholes throughout their entire network. The criminals find a quiet road, often in a rural setting, and lift a manhole cover. They then cut through the cable and attach the cable to a 4 wheel drive vehicle. They then literally drive off and drag the cable out of the manhole.



The cable, which could be as long as 150 metres and weighs 2.2tons is then dragged behind the vehicle for often several miles to a quiet farmers field where it is cut up into manageable lengths.

Whilst the cable is being dragged, it whips around and due to it's sheer weight, it often causes damage to road signs, parked cars, buildings and would cause severe injury to anyone walking by at the time.




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](https://essex.police.uk) 

CALL  
ESSEX  
POLICE

 **101**

IN AN EMERGENCY  
ALWAYS CALL 999

Before this cable can be sold to a scrap dealer, the cable is stripped of its plastic covering in order to make it unidentifiable. This is either done via a mechanical process, using a machine like the one shown below or by setting fire to the cable and melting off the plastic covering. When burning the plastic gives off a very distinctive thick black smoke as seen in the picture below.

## Offence Times

Most offences reported have occurred overnight, however it has been known for Organised Gangs to set up fake roadworks, with road signs, cones and Hi-Viz jackets in order to commit these offences during daytime.

## How to report possible offences, concerns or to give information

If you have any information about people involved in cable thefts, you are not sure if roadworks are genuine or you see the distinctive smoke, please report this via one of the below methods.

If possible please try and obtain any vehicle index numbers of any suspicious vehicles.

**BT** have their own dedicated helpdesk for reporting possible offences or for giving information — 0800 321 999

**Essex Police** via 999 for offences being committed at that time or via 101 or online at [www.essex.police.uk](http://www.essex.police.uk)

**CrimeStoppers** in order to give information anonymously — 0800 555 111



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 555 111

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



Be  
Fraud  
Smart!

essex.police.uk/  
befraudsmart



# Essex Police Fraud Alert System

47

30th July 2021

## RUFF TIME FOR ANIMAL LOVERS AS SCALE OF PANDEMIC PET FRAUD UNLEASHED

Action Fraud is reminding animal lovers to take extra care when buying a pet online, as new figures show more than £2.5 million has been lost to criminals through fake pet adverts.



Could you  
spot the signs  
of pet fraud?

#PetFraud

ActionFraud  
The national pet fraud centre

Capitalising on the rise in people getting pets due to the national lockdowns caused by coronavirus, criminals have been posting fake adverts on social media, online marketplaces and specific pet-selling platforms.

Unsuspecting victims will be asked to pay a deposit for the pet without seeing it in person first, with many criminals using the restrictions caused by the pandemic as a reason why. After the initial payment is made, more and more funds will be requested to cover additional costs such as insurance, vaccinations and even delivery of the pet.

### How to protect yourself

- **Do your research** - especially if you're making a purchase from a website or person you don't know and trust. Look up reviews of the website or person you're buying from. Or check the seller's feedback history
- **Trust your instincts** - if you're unable to view the animal in person, ask for a video call. If you're buying a young animal, make sure you're able to see the mother and rest of the litter. Any responsible seller will understand why you want to view the animal in person. If the seller declines, challenge them on why. If you have any suspicions, do not pay any money until you're certain it's genuine.
- **Choose your payment method wisely** - always avoid paying by bank transfer. Credit card or payment services such as PayPal give you a better chance of recovering your money if you become a victim of fraud.
- **If things go wrong** - Anyone can fall victim to fraud. If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at [actionfraud.police.uk](https://actionfraud.police.uk) or by calling 0300 123 2040.



If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101  
Report fraud or attempted fraud by contacting Action Fraud at [actionfraud.police.uk](https://actionfraud.police.uk) or call 0300 123 2040

Keep up to date with fraud and  
do **even more** Online  [essex.police.uk](https://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](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 phoneline** 0808 999 4040 [www.respectphoneline.org.uk](http://www.respectphoneline.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)**

Call 0845 390 6232

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

LiveChat at [www.SafeSpacesEnglandWales.org.uk](http://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](http://www.acc-uk.org) or if you don't have access to a computer, please ring 024 7644 9694.**

## READINGS AT MASS – 19<sup>th</sup> Sunday of the Year

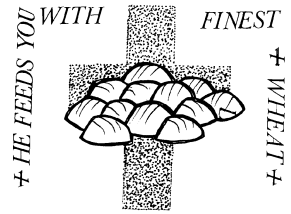
First reading – 1 Kings 19: 4-8

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Psalm 33

*Taste and See that the Lord is Good.*

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Second reading – Ephesians 4: 30-5:2

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Alleluia, alleluia!

If anyone loves me he will keep my word and my Father will love him and we shall come to him.

Alleluia!

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Gospel – John 6: 41-51

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