

OUR LADY OF RANSOM

22nd August 2021



Fun fairs. Hall of Mirrors? Remember? Which mirror reflects the real me? My real identity? So many different 'me' reflections. Which is the most real me? So, many different reflections, fat, thin, tall, short, squat, just like so many different opinions...all about 'me'. Opinions largely based on other peoples' personal influences, upbringings and education. All relative. Who is really right? So why take other opinions too literally. How then, do we find our real identity?

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Real identities are found once and for all in the Lord. He is the only solid, eternal, unmovable rock, the solid, eternal, un-movable, un-distorted mirror in which we can base who we are. Our true mirrored reflection. With him, we have continuity, consistency, nothing wavers or distorts— so it makes sense to base who we are in him. No fat or skinny reflections. Just real ones.

We see today so many people, especially young people, who base their identities on celebrity, sports stars etc. But these chop and change, fade away. So people look for someone else. Hence their identities are so changeable, fragile and brittle. So confusing! Changing with every new fad, new pop star etc. Political correctness has evolved because people are so fundamentally fragile. They have no 'rock', no solid ground or true mirror on, or in whom they can base an unmovable identity, their real reflection.

We have help – believing in the Eucharist as Real Presence is one sure way. Christ, the real mirror, reflecting who we really are, behind all the pretence and relative identities we put on. The Incarnation that happened 2000 years ago, is repeated in microcosm at every Mass, to help us along the way. A real touchstone to help find ourselves in God. Our real mirror. Maybe we need thousands of Communion before we get it, then we start to realise God really is everywhere, not only in the Bread and Wine at a Catholic Mass. So we can find truth everywhere, if we choose to. That is the only mirror that reflects who we really are. Without distortion, without confusion

The cure for loneliness and meaninglessness is not about having more and more people to talk to, that can be just more halls of mirrors, much more about being in contact with reality. Holy Communion...Real Presence. Real. Reality. Our authentic mirror. Does Holy Communion help us along the way in finding out who we really are and allow us to be happy in what we find?

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:-

MASS INTENTIONS	
Saturday 21st August	
5.30pm Mass	Ints of Fiorella Schiavi
Sunday 22nd 21st Sunday of the Year	
8am Mass	Parish Community
9.30am Mass	Alison Peoples (Ints) Penny Stiles
Monday 23rd	
	Alex Thomas RIP (Matthew Thomas)
Tuesday 24th St. Bartholomew	
	Margaret Reid RIP (Jean Wood)
Wednesday 25th	
10am Mass	Gladys Tudor RIP (Mary and Pat Rickard)
Thursday 26th	
	Pat Holohan RIP (Patricia Holohan)
Friday 27th St. Monica	
10am Mass	Tim Rooke RIP
Saturday 28th St. Augustine	
5.30pm Mass	Parish Community
Sunday 29th 22nd Sunday of the Year	
8am Mass	Gladys Tudor RIP Joan Gardiner
9.30am Mass	Margaret Reid RIP (the Butterworth family)

<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 2340

† † PLEASE REMEMBER IN YOUR PRAYERS....

Mr. Gerardo Schiavi who died recently. Please keep him and his family in your prayers.
Gerardo's Requiem will be on August 31st in our parish, **livestreamed**. May he rest in peace.



LIFTING OF RESTRICTIONS

Please note we have removed some of the social-distance restrictions in the church. If you are strict about distancing, the pews on the right hand side (as we face the altar) are largely reserved for those who wish to do so.

Please note latest scams advertised towards the end of this newsletter, including "cryptocurrency"..

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 / 01268 772998) if you have any questions. Thank you.

Next Saturday (28th) we welcome Fr. Gary Dench, from Brentwood Cathedral, who will be celebrating our 5.30pm Mass.

Living *Laudato Si'* – Your Parish and Your Planet – Online Retreat –

15th – 18th 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



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



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.

BCYS EVENTS:

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

"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 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!

BRAND NEW BCYS YOUTH MASS – 2nd September, Brentwood Cathedral. Taking place on the first THURSDAY of the month at Brentwood Cathedral. The evening will start with a celebration in the Parish Hall at 6pm, where we will provide food and drink as we know many will come straight from school or work, followed by Youth Mass in the Cathedral at 7:30pm. All welcome.

For more information please visit www.bcys.net/events/september-youth-mass/ or email info@bcys.net

BCYS AUTUMN YOUTH GATHER – Saturday 23rd October, Walsingham House at Abbotswick

The BCYS invite all young people from school year 9 and above to join us at Walsingham House at Abbotswick for a one day event on Saturday 23rd October, with outdoor activities and inflatables and 2 fantastic speakers - John Pridmore will speak about his conversion from a life of organised crime in the East End of London, to teach us that we are all capable of changing our futures and Leila Bousbaa will inspire and educate us on the Catholic response to climate change.

We are asking £20 for the day and you can book online NOW at <https://bcys.net/events/youth-gather-2021/>



Shoe Box and

Missio (Red Box) appeals.



FIRST HOLY COMMUNION. Following enquiries from parents with children who would normally start their Holy Communion Catechism this September, we need to advise that the course is postponed until January 2022. Whilst nothing is guaranteed this will allow the 2021 children to receive their course and make their First Holy Communion. .

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.

MANY THANKS FOR ALL THE MASS INTENTIONS AND CONTRIBUTIONS

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



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Michael O'Shea, Mildred Lyden, William Eyre, and Christine Sugrue. May they rest in peace.

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.

LEGION OF MARY: After a break of nearly a year and a half, the Legion is at last resuming weekly meetings and is looking forward to catching up with the many people they encounter in their work of visitation in the parish. A very important occasion is coming up shortly, namely the **Centenary of the Founding of the Legion of Mary**. As in parishes throughout the world where the Legion is present, we are having a Mass at Our Lady of Ransom at **10am on Tuesday 7th September 2021** to celebrate this centenary. It will be followed by light refreshments in the Bethany Room. All are welcome, especially our auxiliary members.

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.

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.

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)

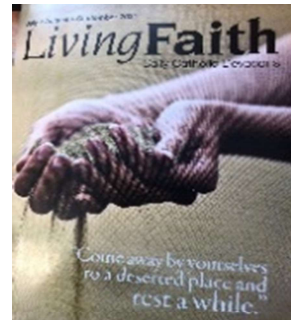
Please refer to the school website www.olorcps.net for further details.

Closing date **this week** 27th August, 2021'

LIVING FAITH (July – Sept.)

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

Limited number 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.

Afghanistan.....what can we do?

As the tragedy unfolding in Afghanistan fills the news, adding to the miseries of those who have fled Syria, Iraq, South Sudan, Ethiopia and Eritrea in recent years, it may well be that parishioners ask, "what can we do?"

There is now a wealth of experience within the Diocese to support any parish (or, more realistically – as part of the scheme requirement is to fundraise £9,000 – group of parishes) who wishes to look into this more deeply. I would be happy to help, and have the Chelmsford application as a template. The section of the Home Office that deals with this (known as "Reset") is also immensely supportive, with excellent briefings and training, and – via CSAN (Caritas Social Action Network) nationally, there are further networks and resources to draw from.

In Redbridge and in Colchester Catholics have been part of ecumenical projects that have welcomed families. It would also be an ideal project for an embryonic Parish Partnership to look into.

A very helpful summary is on the Reset website: <https://resetuk.org/about/what-is-community-sponsorship>

There is also excellent initial information on the CSAN website. Salford Diocese were the first to welcome a family via Community Sponsorship, and their learning has been a huge help.

<https://www.csan.org.uk/community-sponsorship/>

More detailed initial information is in the Home Office's own "step by step" guide:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/694789/MiniGuide_16th_June.pdf. Caritas Brentwood is recognised as a "Lead Sponsor" which will eliminate some of the hurdles.

Another source of support is Citizens UK who have a dedicated website for this aspect of their work: <https://www.sponsorrefugees.org/>

Can you help?

The Megacentre Rayleigh 2021 and Beyond!

You are invited to visit and join us in thanking our volunteer community and celebrate the launch of



The Hub @ The MegaCentre
Community. Care. Connect.

a community resilience hub to continue to support, strengthen and care for our residents across Rochford and Castle Point

When?

Tuesday 7th September

**Drop in between
2.30pm—7pm**

Where?

The Megacentre

**7 Brook Road Rayleigh
SS6 7UT**

Welcome and introductions at 2.45pm/4.15pm/5.45pm by

Revd Scott Williamson CEO

Lawrence Cantle MBE Chair of Trustees

Julie Sawford - Charity

Catherine Wilcox - Business

Tours of the building and refreshments will be available.

For planning and catering purposes, please RSVP with your approximate time of arrival to

julie.sawford@megacentrerayleigh.co.uk by 1st September



The Hub @ The MegaCentre
Community. Care. Connect.

THE Megacentre Rayleigh



Diocese of
Brentwood

Permanent Diaconate



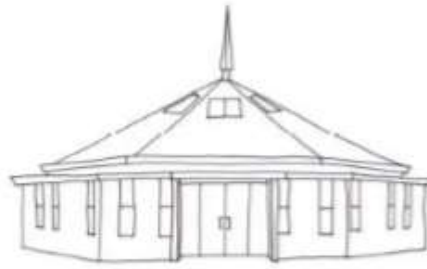
The Permanent Diaconate: a ministry of service

St John Payne Catholic Church
21 Blackthorn Avenue, Colchester CO4 3QD

Saturday 18th September 2021, 10.00 to 2.30
(Mass at 12 noon; please bring a packed lunch)

*A study day for those interested in finding out more about
the permanent diaconate in the Diocese of Brentwood
and the future of this ministry in a changing Church.*

*For further information contact:
diaconate@dioceseofbrentwood.org*



Gidea Park Study Day



The Cry of the Poor

Exploring the encyclical *Fratelli Tutti*

Pope Francis issued his encyclical on 'fraternity and social friendship' at the height of the COVID pandemic. At a time of turmoil it is a strident call for global cooperation, solidarity and peace. It was signed in Assisi on 3rd October 2020.

Fr Ashley Beck

Ashley Beck is a priest of the Archdiocese of Southwark, based in the parish of Beckenham in South East London. He is Dean of Studies of the Diaconate formation programme which covers most of southern England, and Associate Professor at St Mary's University, Twickenham. He has degrees from Oxford University in Classics and Theology, and a PhD by publication from Surrey University in the methodology of Catholic Social Teaching.

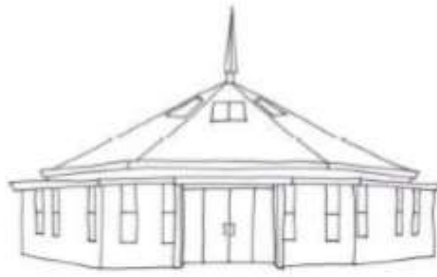
Saturday 2nd October 2021

11.00 to 12.30 BST

For access to this free live stream event go to www.whatgoodnews.org and follow the instructions. No registration needed.

Talks will be available subsequently on www.whatgoodnews.org

To join the www.whatgoodnews.org mailing list please email gideapark@dioceseofbrentwood.org



Gidea Park Study Day



The Cry of Creation

Exploring the encyclical *Laudato si*

As the United Nations Climate Change Conference (COP 26), to be held in Glasgow in November, draws nearer, and at a time of unprecedented danger for the world, the 2015 encyclical of Pope Francis, *Laudato si*, on care for our 'common home', could not be more relevant. Fr Ashley Beck will explore its contents and explain its crucial relevance.

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Saturday 4th September 2021

11.00 to 12.30 BST

For access to this free live stream event go to www.whatgoodnews.org and follow the instructions. No registration needed.

Talks will be available subsequently on www.whatgoodnews.org

To join the www.whatgoodnews.org mailing list please email gideapark@dioceseofbrentwood.org

13th August 2021

CRYPTOCURRENCY:

AN INVESTMENT NOT A PURCHASE

Earlier this year NatWest issued a warning to its customers to beware of cryptocurrency scams after they received a record number of reports.



Residents are reminded that cryptocurrency should be viewed as an investment and not a purchase due to its volatile nature - its value can fluctuate by up to 40% in one month. As with investments, make sure you protect yourself by using services provided by the Financial Conduct Authority (FCA) to identify whether the firm or individual is authorised to offer financial services.

Common scams can involve celebrity endorsement or a "get rich quick" opportunity. Potential investors will often be asked to fill in a contact form and set up a cryptocurrency 'wallet' over the phone. Unbeknown to them the criminal will also have installed software that also allows them access to the wallet. Investors will then be encouraged to invest increasingly large amounts of money until such a time as the criminal then empties the wallet of their savings.

Cryptocurrency—how to protect yourself:

- **Be suspicious** of anyone who contacts you out of the blue. Particularly if they claim to be a "trader" who offers to help you invest in cryptocurrency and promises big returns.
- **Ensure you have access to your wallet** - always try to set up your wallet yourself. If you did not set it up yourself, or cannot get access to it, it is likely to be a fraud.
- **Do your research** - many cryptocurrency sellers are not registered with the Financial Conduct Authority (FCA). Use the searchable FCA register to check whether the seller is registered or temporarily registered in the UK. If a company is not registered, there is little protection for your finances if something goes wrong.



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!

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



Essex Police Fraud Alert System

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6th August 2021

CRIMINALS TARGET THOSE LOOKING FOR LOVE WITH BOGUS INVESTMENTS

Action Fraud is warning romance seekers to be cautious when using dating platforms, as new data reveals criminals have already conned over £15 million out of unsuspecting lovers with bogus investment opportunities.

Almost a quarter (23 per cent) of victims were aged 30 to 39 years old, and around two thirds of victims (60 per cent) were aged 30 to 59 years old.

While the vast majority of investments offered are in cryptocurrency, money has also been handed over by individuals believing they're investing in other commodities, including stocks and shares and gold.

How to protect yourself:

- **Don't send money** - No matter how long you've been speaking to someone online, if you haven't met them in person, do not send them any money.
- **Don't be rushed** into making an investment. Be wary if you're being pressured to invest quickly, or promised returns that sound too good to be true.
- **Research the person you're talking to** - Performing a reverse image search can find photos that have been taken from somewhere, or someone, else.
- **Be suspicious if you are contacted out the blue** about an investment opportunity. Always seek advice from friends or family and consider getting independent professional advice before making a significant financial decision.
- **Stay on the site's messaging service** until you meet in person. Criminals want to quickly switch to other platforms that are less well regulated and have stronger encryption, so there's no evidence of your conversation.
- **Check if it's a scam** by visiting the Financial Conduct Authority's (FCA) ScamSmart website.
- **Report it!** Most online platforms have a reporting tool which you can use if you suspect someone online is using pictures that don't belong to them, you are suspicious of their behaviour, or they have asked you for money. Reporting their profile means it can be blocked, which helps protect others.



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 



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)

Be
Fraud
Smart!

essex.police.uk/
befraudsmart



Essex Police Fraud Alert System

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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

Action Fraud
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 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 or call 0300 123 2040

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

CALL
ESSEX
POLICE

101
IN AN EMERGENCY
ALWAYS CALL 999

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.

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

SUPPORT -

Anxiety Call 08444 775774

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

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 – 22nd Sunday of the Year

First reading – Joshua: 24:1-2,15-18

Psalm 33: 2-3, 16-23,16

Taste and See that the Lord is Good.

Second reading –Ephesians 5:21-32

Alleluia, alleluia!

Your Words are Spirit Lord and they are Life, You have the message of Eternal Life.

Alleluia!

Gospel – John 6:60-69

