

# OUR LADY OF RANSOM

29<sup>th</sup> August 2021



Lil and her husband Alf used wheelchairs. Totally paralysed. A dearly lovely couple. I met them in Lourdes. They celebrated 51 years of marriage the week they were with us. But Lil wasn't receiving Holy Communion. I asked why, (long before I was ever a priest). She replied "51 years ago, the Canon said 'no' because Alf is not Catholic". It was her only gripe. Stunned, yet knowing how things were then, I begged her to receive on their actual anniversary day. She did. We were all thrilled. I had reasoned with her, using my then, limited understanding about how laws, rules can be both good, and suffocating. She got it. I'm so pleased. Even managed to get a photo. Sadly, she died a little later. So it was a joy knowing she was back receiving the Sacraments – after 51 years.

People get so trapped by laws, rules, regulations, and structures that in the end they can stifle the very life-force from within us. Rules deeply ingrained Maybe brainwashed. Yes, they are important and need adhering to, but at the cost of love, freedom, compassion, peace and life itself? Surely not. It seems that Jesus so often goes out of his way to flaunt the laws and customs of his own day, as we see today. With almost everything he does, his own people are the bad guys, and the hero is always the outsider. St. Paul is also so critical of his own Judaism and its rules. We cannot be saved by the law, is both their point. As if by doing it right and obeying laws will get us to heaven. No!

We can always do 'nice' things, 'right' things' and 'good' things, but with very questionable deeper motivations. This is why faith is always about purifying our motivations. Doing it 'nice' or 'right' is simply **not** the Gospel. We are already children of the Lord, we have nothing to prove. God loves us anyway. Why do we so feel we need to prove any worthiness by getting it right, obeying laws? Such nonsense. God has already made us worthy, we are already special, once we get that, and it can take a while, then goodness will naturally flow. Think carefully of the prayer we all say before going to receive Holy Communion. *Lord I am not worthy...Lord, You* say the word, *You* sort it, *You* do the business, and I am healed. God does the work and we are sorted. But we have to have hearts open through faith, now we will do good because God loves us, now we have no questionable motivations. No laws or rules will trap us. We honour and respect the rules, but they don't strangle us anymore, because, like Jesus and Paul, when necessary, we know how to peacefully and prayerfully go beyond them.

***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 28<sup>th</sup> August</b>	
<b>5.30pm Mass</b>	Parish Community
<b>Sunday 29<sup>th</sup></b>	<b>22<sup>nd</sup> Sunday of the Year</b>
<b>8am Mass</b>	Gladys Tudor RIP (Joan Gardiner)
<b>9.30am Mass</b>	Margaret Reid RIP (the Butterworth family)
<b>Monday 30<sup>th</sup></b>	
	Fr. Stewart Foster Ints (Julia Dillane)
<b>Tuesday 31<sup>th</sup></b>	
	Margaret Rohan Ints. (Mary Rickards)
<b>Wednesday 1<sup>st</sup> Sept.</b>	<b>St. Sebbi (King of the East Saxons)</b>
<b>10am Mass</b>	Doreen Derrick RIP ( Norah Parker)
<b>Thursday 2<sup>nd</sup></b>	
	Freda Davies Ints (Jean Wood)
<b>Friday 3<sup>rd</sup> h</b>	<b>St. Gregory the Great (Pope and Doctor)</b>
<b>10am Mass</b>	Gladys Tudor RIP (Patricia Holohan)
<b>Saturday 4<sup>th</sup></b>	
<b>5.30pm Mass</b>	Mike Barry RIP Anniv (Hilary Barry)
<b>Sunday 5<sup>th</sup></b>	<b>23<sup>rd</sup> Sunday of the Year</b>
<b>8am Mass</b>	Martin Forkan RIP (Pat & Mary Rickard)
<b>9.30am Mass</b>	Parish Community

<p><b>PARISH PRIEST</b>  Father Paul Fox  50 London Hill, Rayleigh  Essex SS6 7HP  <b>01268 382 499</b>  <b><a href="http://www.olorchurch.org">www.olorchurch.org</a></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 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 this Tuesday August 31<sup>st</sup> 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 DVLA and "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](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.**

**KSC  
456**

**RELAY 100:** The Knights of St. Columba - Tom Kennedy, Martin Doyle, Sean Corr and Brendan Murphy undertook the 63<sup>rd</sup> leg of the Diocesan Relay from OLOR to St. Theresa's last Friday evening. Whilst the walk was open to all parishioners, there were **no partakers** and **very little sponsorship**. But you can still donate (no family is expected to give more than £5.00) up to the end of September. Donations will be gratefully received by Tom Kennedy 01702 230 578. Thank you for your support.

**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)

## **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:**

**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)

**BRAND NEW BCYS YOUTH MASS** – 2<sup>nd</sup> 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/](http://www.bcys.net/events/september-youth-mass/) or email [info@bcys.net](mailto:info@bcys.net)

**BCYS AUTUMN YOUTH GATHER** – Saturday 23<sup>rd</sup> 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 23<sup>rd</sup> 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/>

**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](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 late September.**



**PLEASE PRAY**

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

**† ANNIVERSARIES †**

Kindly pray for Kathleen Brown and Margaret Walsh . 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 7<sup>th</sup> 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 YOU HELP THOSE IN NEED?** During the Coronavirus pandemic your SVP Conference has continued to help those from within and outside the local Catholic community. Thanks mainly to contributions donated by a number of parishioners the Conference is keeping its finances afloat. However, age and personal circumstances have caught up with some of our members. We now need to appeal for anyone who can spare approximately 1 per cent of their time to join us in our efforts. The work is not arduous, involving mainly befriending the housebound and lonely, collecting and delivering food parcels, running occasional errands and offering, where able, other practical help. If you feel you can commit to undertaking these charitable works, please contact Colin Griffin (tel. no. 01268 772322) or any other SVP member.

## 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.

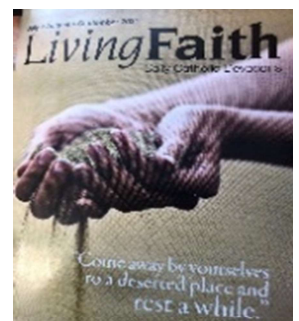
***If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance email a request to the parish office ([rayleigh@dioceseofbrentwood.org](mailto:rayleigh@dioceseofbrentwood.org)) and ask to be added onto the distribution list.***

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

## LIVING FAITH (July – Sept.)

Popular booklet with a thought for every day through September.

Limited number Donations for the booklets welcome



**Wheelchair For Sale:** only used 3 times. Excellent condition. £80 or nearest offer. Call Carole on 01702 230949

## 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](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 March for Life** will take place on Saturday 4<sup>th</sup> September 2021. A number of indoor events for children, teens and adults will take place from 10am until 1pm in The Emmanuel Centre, 9-23 Marsham Street, London, SW1P 3DW. The March to Parliament Square, will start outside The Emmanuel Centre at 1.30pm. There will be a number of Pro-Life speakers at Parliament Square.





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](mailto:diaconate@dioceseofbrentwood.org)*





**CAFOD**  
Catholic Agency for  
Overseas Development

**climate crisis  
appeal**

**“I am happy that  
my work here  
helps protect  
the Amazon.  
Through nature,  
we survive.”**

Ivanilde

**£18** could equip a volunteer  
firefighter with the tools they  
need to combat forest fires.

**£40** can help a forest  
farming family recover  
and replant after a fire.

**Give this *Family  
Fast Day* to support  
people around  
the world working  
to protect God’s  
creation, and to help  
the poorest people  
adapt to climate change.**

Donate at  
**cafod.org.uk/climatecrisis**



**Add your voice to our petition calling for the Prime Minister to show  
leadership in tackling the climate crisis. Go to: [cafod.org.uk/reclaim](https://cafod.org.uk/reclaim)**

CAFOD is a charity registered in England and Wales, company number 02387738. CAFOD is a registered charity. Printed on paper from 100% recycled forest. Recycle.

#### VARIOUS CAFOD ONLINE CONTACTS:

[cafod.org.uk/climatecrisis](https://cafod.org.uk/climatecrisis)

[cafod.org.uk/fastday](https://cafod.org.uk/fastday)

[cafod.org.uk/contactless](https://cafod.org.uk/contactless)

[cafod.org.uk/gogreen](https://cafod.org.uk/gogreen)

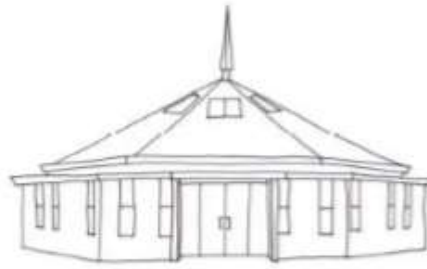
[worldgifts@cafod.org.uk](mailto:worldgifts@cafod.org.uk)

[cafod.org.uk/parish-giving](https://cafod.org.uk/parish-giving)

[shop.cafod.org.uk/harvest](https://shop.cafod.org.uk/harvest)

**Family Fast Day - October 1st**

**Cafod Prayer:** Walk beside me Lord in the cool of the Day; in the garden you have created as our common home. Walk beside us Lord as the cries of the forest pierce the dawn, and flames rip through our common home. Grant us courage Lord as we walk beside all those who struggle to protect our common home. Grant us hope Lord, and the vision to walk dark paths in the light of a single sunbeam. Grant us grace Lord to put the flourishing of all people and the wonder of your creation at the heart of all we do. As we strive to be guardians of our common home. St. Francis, pray for us.



## **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.

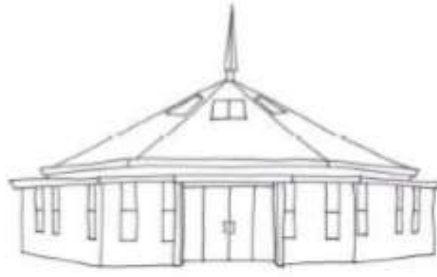
**Saturday 2<sup>nd</sup> October 2021**

**11.00 to 12.30 BST**

For access to this free live stream event go to [www.whatgoodnews.org](http://www.whatgoodnews.org) and follow the instructions. No registration needed.

Talks will be available subsequently on [www.whatgoodnews.org](http://www.whatgoodnews.org)

To join the [www.whatgoodnews.org](http://www.whatgoodnews.org) mailing list please email [gideapark@dioceseofbrentwood.org](mailto: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.

#### **Fr Ashley Beck**

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**Saturday 4<sup>th</sup> September 2021**

**11.00 to 12.30 BST**

For access to this free live stream event go to [www.whatgoodnews.org](http://www.whatgoodnews.org) and follow the instructions. No registration needed.

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To join the [www.whatgoodnews.org](http://www.whatgoodnews.org) mailing list please email [gideapark@dioceseofbrentwood.org](mailto:gideapark@dioceseofbrentwood.org)



Be  
Fraud  
Smart!

essex.police.uk/  
befraudsmart



# Essex Police Fraud Alert System

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19th August 2021

## DVLA Phishing Emails

The below phishing email is one of a number currently being sent out by scammers. In the one illustrated below, please notice that they have tried to make it look realistic by attempting to copy the .GOV.UK email address by entering extra dots in between all the letters as follows, G.O.V. U.K. Please remember that DVLA would never contact you in this way and ask you to



G.O.V. U.K.   
Wed 17/08/2021 08:01  
To: You

Second notice for - 

Your vehicle status is showing in our system as untaxed.  
It appears that some of the billing details associated with you might have expired or were otherwise changed.

[Start here >](#)

**Please note:** If you don't pay your vehicle tax on time you can be fined up to **£1000**, or your details passed to a debt collection agency.

You need:

- the vehicle's registration number

From Government Gateway

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[Take Five - To Stop Fraud | To Stop Fraud \(takefive-stopfraud.org.uk\)](#)



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

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

CALL  
ESSEX  
POLICE

101  
IN AN EMERGENCY  
ALWAYS CALL 999

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

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





Be  
Fraud  
Smart!

[essex.police.uk/  
befraudsmart](https://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](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.

**Suspicious emails** NCSC (National Cyber Security Centre) [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

## **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 – 22<sup>nd</sup> Sunday of the Year

First reading – Deuteronomy 4:1-2,6-8:

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Psalm 14: 2-5

*The Just will live in the presence of the Lord.*

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Second reading –James 1:17-18, 21-22,27

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Alleluia, alleluia!

You Words are Spirit Lord and they are Life; You have the message of eternal life. Alleluia

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Gospel – Mark 7:1-8,14-15, 21-23

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