

OUR LADY OF RANSOM

15th August 2021



The Assumption of Our Lady into Heaven, Body and Soul

'Bible thumpers' told me off! .Why? Because I was going to Lourdes. Eh! Yes, they expressed concern as they felt Catholics put Mary before Jesus. Some people, arguably appear to do so in the way they pray, so I quite understood their point, and, for them, Lourdes was a typical place where this happens. They called it idolatry. They were not happy with me.

So what is it about this lady, Mary of Nazareth, that we Catholics hold in such esteem and honour. Many reasons, too many to go into here. Nevertheless, let's check out just a few.

She is clearly a prophetess of the highest calibre and quite a radical revolutionary in her own way as we see in today's Gospel. The Angel Gabriel incident, we call the Annunciation shows her to be a true listener in prayer. Today's visitation shows her to be a woman of action, totally self-confident and self-possessed, yet knows God is in charge, leading the way. And the extraordinary prayer we hear today called the Magnificat, shows her to be a prophetess second to none. So what does she prophesy?

1) *Religious freedom, his mercy reaches from age to age*, God's love is available to everyone. Religiously bigoted people may not like this. 2) *Social freedom, routing the proud of heart*, God doesn't respect class or status, yet we can so easily think of ourselves as better than another because of title, power or money. 3) *Political freedom, pulling the mighty from their thrones, raising the lowly*, does Our Lady have communist tendencies? Equality for all? Is that our God? And, 4) *Economic freedom, filling the hungry with good things, sending the rich empty away*. God is always on the side of the victim, especially victims of both war and an unjust society. That kind of God pleases no-one who has, or looks for worldly power and privilege.

So Mary, Our Lady, is a woman of the world, yet completely open to grace. So she is *full of grace*. We say it often...*Hail Mary*...She struggles, yet she lets neither personal plans (wedding arrangements or otherwise) nor personal needs get between her and God, God's power and love. All this, and so much more, allows her Assumption to make sense. All we can do is follow her example and know the same awaits us all.

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 14th August	
5.30pm Mass	Fr. Brian McGrath Ints (Helen Cooper)
Sunday 15th The Assumption of the Blessed Virgin	
8am Mass	Parish Community
9.30am Mass	Sheila Mary Scully (Anniv) RIP (Catherine Cullham)
Monday 16th	
	Philip Howard RIP (Susan and Damian Lucibello)
Tuesday 17th	
	Miss Driscoll RIP (Pat Wood)
Wednesday 18th	
10am Mass	John Lyons RIP (Mary and Pat Rickard)
Thursday 19th	
	Gladys Tudor RIP (SVP Rayleigh Conference)
Friday 20th St Bernard	
10am Mass	Angela and Jovito Fernandes (Ints)
Saturday 21st July Pope St Pius X	
5.30pm Mass	Ints. of Fiorella Schiavi
Sunday 22nd August	
8am Mass	Parish Community
9.30am Mass	Alison Peoples (Ints.) (Penny Stiles)

<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. Russell Gonsal who died recently. His funeral will be on August 17th. 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 regarding romance seekers, covid passport vaccine, email, and animal lovers' (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 / 01268 772998) if you have any questions. Thank you.

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



VIRTUAL LONDON MARATHON

Brentwood Catholic Children's Society has several charity places for this event taking place over 24 hours on 3rd October 2021. This can be run anywhere and on completion, runners will receive the official London Marathon Finisher's medal and New Balance T shirt. They will also have access to the London Marathon App allowing them to plot their run on the official London Marathon course. If you would like one of our places and think you could raise a fundraising total of £300, please email Julie jabbott@bccs.org.uk for registration details.

BCYS EVENTS:

.Youth Gather – 23rd October. One day Youth Gather at Walsingham House at Abbotswick. There will be input from John Pridmore and Leila Bousbaa. This event will be for Year 9 and above.

Catechists Training and Resource Day – 6th November. Being held at Sacred Heart of Mary School, the day will be an opportunity for Catechists to come together and receive input from different organisations including Caritas Brentwood and the BCYS.

For more information on all of our events please see www.bcys.net

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=PLESr0mOwfx_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!

Wednesday Morning Get Togethers – will recommence on August 18th in the Bethany Room after the morning Mass. We look forward to seeing everyone.

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. .

Congratulations to **Tom Allen and Lucy Markham** who were married in our parish last week. May God bless their future together with much joy and peace.

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 early September**



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Eileen Cousins and Cathy Hoare. 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.

From MRS. JEAN WILLIAMS "I wish to thank everyone from Our Lady of Ransom for their prayers, cards and flowers. I have made a remarkable recovery for which I thank Our Blessed Lord. God Bless You All. Jean.



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.

March for Life UK.

Sat. 4th 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 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 or form Isabel on 07773 501721/ izzyvs@gmail.com

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 27th August, 2021'

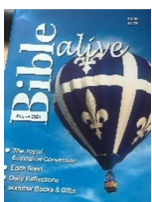
LIVING FAITH (July – Sept.)

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

Limited number
for the booklets



Donations
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.



*Diocese of
Brentwood*

Permanent Diaconate



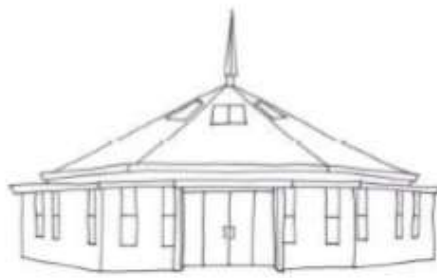
The Permanent Diaconate: a ministry of service

**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 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

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.

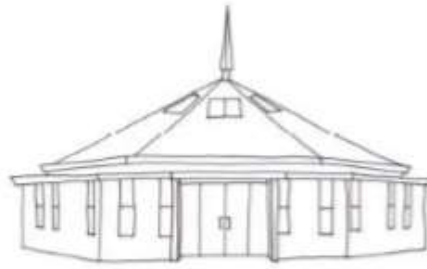
Saturday 4th September 2021

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



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

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

Be
Fraud
Smart!

www.police.uk/advice/fraudsmart



Essex Police Fraud Alert System

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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.

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) 



Be
Fraud
Smart!

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

Rochford District Community Response Hub Helpline

If you have no friends or family close by and you need support during this Coronavirus 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 – The Assumption of Our Lady into Heaven

First reading – Apocalypse 1: 19,12:1-6,10

Psalm 44:10-12,16

On your right stands the Queen in garments of gold.

Second reading – 1Cor 15:20-26



Alleluia, alleluia!

Mary Has been taken up into Heaven; all the choirs of angels are rejoicing.

Alleluia!

Gospel – Luke 1: 39-56
