

OUR LADY OF RANSOM



5th September 2021 (23B) Psalter Week 3

Clumsy Ken! Tall and lanky, he hardly spoke, except for the odd grunt of a 'yeah' or 'nuh'. He seemed to enjoy his roll-ups. Ken joined our smaller group on a large Catholic Students Conference Retreat. First impressions was that he was an idiot. Also in the group was Maria, petite, appearing shy and withdrawn. We were in a shop looking at some souvenirs, when suddenly the post-card stand went flying. Postcards everywhere. And there was Ken apologising. Having picked up the cards, the lady shooed us out the shop. Disgusted with Ken's typical clumsiness, myself (and the others) really wanted nothing to do with him. Walking in step with me, he muttered several times - 'I had to do it, I just had to do it'. I asked angrily, 'do what Ken, do what?' He replied, *I just had to pretend it was me who knocked the stand over and apologise, actually Maria did it, I was sure she would have died with embarrassment if everyone gazed at and blamed her. So I took the blame.*

Suddenly I felt sick inside. Prejudices, criticisms, judgements. Such negative energies that can so emotionally and spiritually cripple us from seeing true goodness. Who was the real idiot? I felt so ashamed. I apologised to Ken and he shrugged his shoulders. What a good man.

We all build walls around the heart to protect us from people who seem different. We make distinctions only on what we **think** we know, based on terrible judgements. This is the human ego at work. Such judgements in turn fuel our pride and arrogance. Look at St. James' reading again. Jesus' healings are partly to eradicate all distinctions and prejudices in the community. Now fully restored back to the community - all prejudice is gone. We see why Jesus says "do not judge".

How do we solve this? Look into our own hearts, honestly and truthfully. What is 'really' going on? Only when we are honest about our own weaknesses (and gifts) will be more in tune with others. Hard, embarrassing and maybe humiliating, but so spiritually strengthening. It's the way of love, the way of total inclusion. They are fools, but then so am I. They are talented and gifted, but then, so am I.

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 4th Sept.	
5.30pm Mass	Mike Barry (Anniv) RIP (Hilary Barry)
Sunday 5th	23rd Sunday of the Year
8am Mass	Martin Forkan RIP (Pat and Mary Rickard)
9.30am Mass	Parish Community
Monday 6th	
Hemming Family RIP	
Tuesday 7th	
10am Mass	Legion of Mary Centenary
Wednesday 8th	The Birth of the Blessed Virgin Mary
10am Mass	Gladys Tudor RIP (Peter and Kath Hands)
Thursday 9th	
Alice Allso RIP	
Friday 10th	
10am Mass	Tim Rooke RIP
Saturday 4th	
5.30pm Mass	Amando Toledo RIP (Maria Amey)
24th Sunday of the Year	
Sunday 5th	8am Mass Frans Van der Meer RIP
	9.30am Mass Parish Community

<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...

Mrs. Heather Francke, formerly of our parish, who died on Thursday 26th. August. Please keep her and her family in your prayers. Heather's funeral will be in Glasgow, and a special memorial Mass will be arranged at Our Lady of Ransom sometime soon. May she 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 / 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.

**KSC
456**

RELAY 100: The Knights of St. Columba - Tom Kennedy, Martin Doyle, Sean Corr and Brendan Murphy undertook the 63rd 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

Why is Sunday Important for Christians? is the second of the Journey Home topics.

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

BRAND NEW BCYS YOUTH MASS Takes 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 pizzas and drink as we know many will come straight from school or work. Youth Mass follows in the Cathedral at 7:30pm followed by refreshments after at about 8.30pm. 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/>

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 early October.**



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Michael Barry and Brian Gilbert . May they rest in peace.

N.B. Extra Mass on Tuesday 7th September at 10am in honour of the Centenary of the Legion of Mary. All welcome.

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 this 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 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.

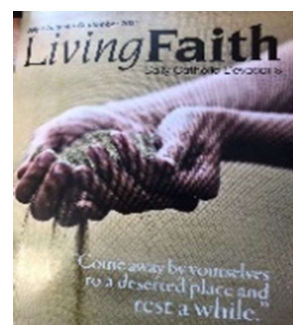
If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance email a request to the parish office (rayleigh@dioceseofbrentwood.org) and ask to be added onto the distribution list.

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. 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?

Mrs. Margaret Reid. I wish to thank everyone from Our Lady of Ransom for their messages of sympathy, prayers and the many Mass offerings which I received following the death of my wife, Margaret. It was very much appreciated. Nick Reid

Catholic Certificate in Religious Studies. (CCRS) gave me such understanding and confidence about my faith for my parish work." The Catholic Certificate in Religious Studies (CCRS) provides parish leaders with knowledge and understanding of theology and the Catholic faith. 88% participants recommend the course to others. Learn in person, by distance learning or online For more information visit brs-ccrs.org.uk

Centres (in person learning)

<http://brs-ccrs.org.uk/index.php/course-centres>

Life-Light Home Study Courses (distance learning)

info@studylifelight.com

01844 351 514

CCRS Online (online learning)

ccrsonline@hope.ac.uk

0151 291 3055

ST BERNARD'S HIGH SCHOOL

A Catholic Academy for Arts and Science

Milton Road, Westcliff on Sea

Essex SS0 7JS

Tel: 01702-608005

E-mail: sjc@stbernards.southend.sch.uk

A number of vacancies are available within our Catering Team from **September 2021:**

1 Midday/Catering Assistant (Part time) – Fixed Term to August 2022

Scale: 1 – (£9.25 per hour)

Hours: Monday – Friday, 10.45am – 2.00pm

Term Time including Training Days

2 Midday/Catering Assistant (Part time) – Fixed Term to August 2022

Scale: 1 – (£9.25 per hour)

Hours: Monday – Friday, 10.30am – 2.00pm

Term Time including Training Days

The School is looking to appoint additional Catering support to work alongside the Catering Team over the breaktime period and Midday Supervisor over lunch. Relevant experience in a similar position desirable.

3 Catering Assistant (Part time) – Fixed Term to August 2022

Scale: 1 – (£9.25 per hour)

Hours: Monday – Friday, 10.00am – 2.00pm

Term Time including Training Days

4 Catering Assistant (Part time) – Fixed Term to August 2022

Scale: 1 – (£9.25 per hour)

Hours: 10.00am – 2.00pm, 2 days per week (job share)Term Time including Training Days

The Catering Assistant will help in the preparation and serving of meals/snacks over the break and lunchtime periods. Relevant experience in a similar position desirable.

We welcome applications from all denominations or none.

The Governing Body is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share in this commitment.

Application form on our website: www.stbernardswestcliff.org.uk

to be emailed to: sjc@stbernards.southend.sch.uk

Closing Date for applications: Thursday 19 September 2021, 9.00am

Please note: Applications can only be accepted if submitted on the School Application Form from the website.

Learning Mentor - (Fixed Term – August 2022)

Two days a week (days to be confirmed)

Scale Point 6

An opportunity has arisen for an additional member of staff to join our Pastoral Team. We are looking for someone to work alongside our Learning Mentor Team supporting identified students.

Applications (available on our website) to Mrs Clancy by **Thursday 19 September 2021**

St Peter's Catholic Primary School Billericay: 'Loving and learning together, with Jesus'.

We are a thriving, vibrant and successful school seeking to recruit a Catering Assistant to join our established catering team preparing approximately 250 meals a day.

Candidates must have experience of a similar environment as well as a passion for great food.

Further information and application forms can be found on the Essex School Jobs website <http://www.essexschoolsjobs.co.uk/Vacancies/Details.aspx?VacancyId=67107>. Closing date is 15.09.21.



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*

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.

VARIOUS CAFOD ONLINE CONTACTS:

cafod.org.uk/climatecrisis

cafod.org.uk/fastday

cafod.org.uk/contactless

cafod.org.uk/gogreen

worldgifts@cafod.org.uk

cafod.org.uk/parish-giving

shop.cafod.org.uk/harvest

Family Fast Day - October 1st

CAFOD
Catholic Agency for Overseas Development

climate crisis appeal

"I am happy that my work here helps protect the Amazon. Through nature, we survive."
Ivaniilde

£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

QR code

CAFOD
Catholic Agency for Overseas Development

climate crisis appeal

"I hope that everywhere in the world we can have more love and more care for nature, so the Amazon can thrive."
Ivaniilde

Thank you!

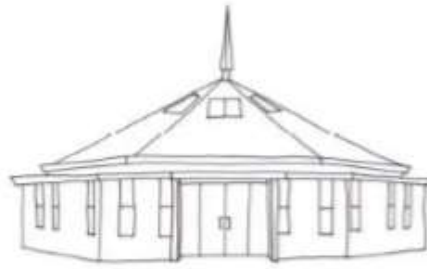
Your donations to our **Climate Crisis Appeal** will help the poorest people adapt to climate change, and support women, men and children around the world working to protect God's creation.

You can still donate at
cafod.org.uk/climatecrisis

QR code

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**

CAFOD is a charity registered in England and Wales (1003946) and a company limited by guarantee (no 01587258). Photograph: CAFOD. Printed on paper from well-managed forests. CAFOD



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



Essex Police Fraud Alert System

50

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 or call 0300 123 2040

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



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



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 – 23rd Sunday of the Year

First reading – Isaiah 35:4-7:

Psalm 145: 7-10

My Soul give praise to the Lord..

Second reading –James 2: 1-5

Alleluia, alleluia!

Speak Lord Your Servant is listening. You have the message of eternal life. Alleluia

Gospel – Mark 7:31-37

