

# OUR LADY OF RANSOM



**19<sup>th</sup> September 2021 25B Psalter Week 1**

Frail and elderly, granddad lived with his son, daughter-in-law and four-year old grandson. Hands trembling, eyes failing, his steps faltered. They would eat together, but granddad's shaky hands and failing eyesight made eating together difficult. Food would fall off his spoon onto the floor, drink would stain the tablecloth. Irritation soon set in with the couple. 'We must do something' they agreed. So they set a small table in the corner where granddad ate alone. Since he had broken some crockery, they gave him a wooden bowl to eat from. As he sat alone, the boy would see a tear in his grandad's eye. The only words spoken to him were words of castigation when he spilled his drink or dropped food.

The four-year-old watched all this in a bemused silence. Then, one evening, before supper, the couple noticed the boy playing with scraps of wood on the floor. 'What are you making?' they asked. The boy sweetly replied 'wooden bowls for you two to eat from when I grow up and you're old'. And the four-year-old smiled and innocently went back to work. His words were so powerfully poignant they left the parents speechless. With tears streaming, they knew what needed to be done. Gently taking granddad's hand, they led him back to the family table, from where he continued to eat. Strangely, neither seemed to care when food was dropped, drink spilled or crockery broken.

Aren't young children remarkably perceptive? Minds continually developing. As culture and society have their effects, no doubt they will acquire the desires for power that energies like ambition, titles, uniforms, roles, and jobs can bring – and quite probably be rewarded from them. All the things that can so easily distance us from God as they can make us over-focussed on ourselves – 'what's in it for me'? So Jesus tries to undercut them. Hence the need to 'welcome the child'.

One of the prime notions in the whole Bible is a basic critique of worldly power, such as today – Jesus is reprimanding his disciples for thirsting for power and self-importance, having not long ago explained the importance of 'servant-leadership'. So it's not just welcoming the child, but the child within ourselves, the child that existed before we ever started to thirst for worldly importance. Do we, can we, welcome that child?

***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 18<sup>th</sup> Sep.</b>	
<b>5.30pm Mass</b>	John Amey RIP (Maria Amey)
<b>Sunday 19<sup>th</sup></b>	<b>25<sup>th</sup> Sunday of the Year (Home Mission Day)</b>
<b>8am Mass</b>	Parish Community
<b>9.30am Mass</b>	John Crabb (Ints) (Mick and Diane Hodgins)
<b>Monday 20<sup>th</sup></b>	<b>St. Andrew Kim Tae-Gon and the Korean Martyrs</b>
	Fr. Stewart Foster (Ints)
<b>Tuesday 21<sup>st</sup></b>	<b>St. Matthew</b>
	John Edwards RIP (Anniv) Jean and Peter Wood
<b>Wednesday 22<sup>nd</sup></b>	
<b>10am Mass</b>	Parish Community THG (Jean Williams)
<b>Thursday 23<sup>rd</sup></b>	<b>Padre St. Pio</b>
	Fr. John Cairns RIP
<b>Friday 24<sup>th</sup></b>	<b>Our Lady of Walsingham</b>
<b>10am Mass</b>	John and Gabrielle Miller (Ints) (Julia Dillane)
<b>Saturday 25<sup>th</sup></b>	
<b>5.30pm Mass</b>	David McLean-Torne RIP (Anne McManus)
<b>Sunday 26<sup>th</sup></b>	<b><u>26<sup>th</sup> Sunday of the Year (Harvest Sunday)</u></b>
	<b>8am Mass</b> Con Parker RIP (Norah Parker)
	<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>www.olorchurch.org</b>  email: <a href="mailto:rayleigh@dioceseofbrentwood.org">rayleigh@dioceseofbrentwood.org</a></p>	<p><b><u>Public Mass times:</u></b>  <b>Saturdays 5.30pm</b>  <b>Sundays 8am &amp; 9.30am</b>  <b>Wednesdays 10.00am</b>  <b>Fridays 10.00am</b>  <i>Please be aware - Times and days of Masses are subject to change.</i></p>
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**Our Parish is part of The Brentwood Diocesan Trust, Registered Charity Number 2340**

## ✠ ✠ PLEASE REMEMBER IN YOUR PRAYERS....

Mrs. Stella Ray, who died last Tuesday. Please keep her, her family and friends in your prayers. Funeral details to be arranged. 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.

### 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. The website address is [www.thresholdofhope.co.uk](http://www.thresholdofhope.co.uk)



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

**THE THRESHOLDS OF HOPE QUESTIONS** are a series of talks for adults who want to grow in understanding and confidence when questioned or speaking about their Catholic Faith. The talks and discussion will take place on Zoom from 4.00 - 5.00 p.m. on a Sunday afternoon. The next talk is on the 26th September and will consider the question: "What is the relationship between faith and reason?" It will be given by Fr Mark Swires, the chaplain at the University of Essex. If you would like to join this discussion please email your name and a contact email address to [adultformationvicariate@dioceseofbrentwood.org](mailto:adultformationvicariate@dioceseofbrentwood.org)

## **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:**

**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/](http://www.bcys.net/events/september-youth-mass/) or email [info@bycs.net](mailto:info@bycs.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-October.**



#### **PLEASE PRAY**

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

#### **† ANNIVERSARIES †**

Kindly pray for Daniel Scott, Monica Stokes, John Amey, Irene Barry and Larry Gunning. 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.



**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

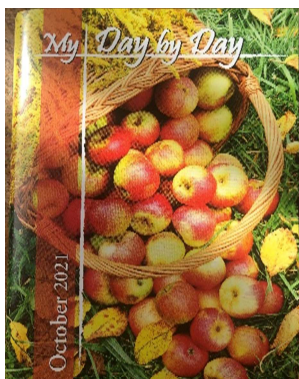
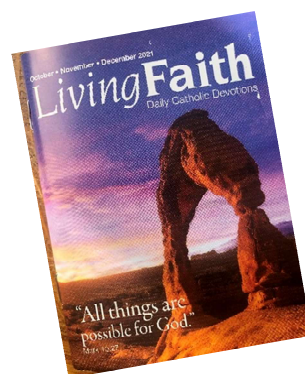
**A few printed newsletters will be left on the shelf outside the presbytery after each weekend Mass.** These are primarily designated for anyone who has no email access.

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.

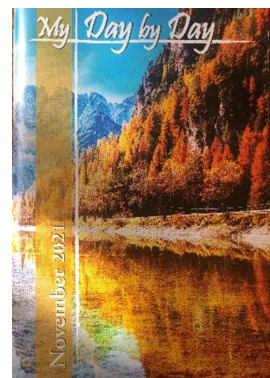
***If you, or anyone you know, would like to receive the newsletter by email each week, please in the first instance email a request to the parish office ([rayleigh@dioceseofbrentwood.org](mailto:rayleigh@dioceseofbrentwood.org)) and ask to be added onto the distribution list.***

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

**Living Faith (October - December.) Donations welcome.**



**My Day by Day £1 each  
October and November.**





## **Sacramental Preparation for members of the Gypsy, Roma and Traveller Communities:**

We are looking for volunteers who would be interested in helping children from GRT communities prepare for the sacraments of First Holy Communion and Confirmation.

If you would like to find out more about this work we will be running two training sessions in the Canon Roche Pastoral Centre behind the Most Holy Redeemer Church in Billericay, 21 Laindon Road, CM12 9LL

The two training sessions will be on Thursday, 14<sup>th</sup> October and Thursday, 21<sup>st</sup> October from 7.30pm to 8.30pm.

If you would like more information please phone the Billericay Parish Office on 01277 624891 or email the Parish Office at: [billericay@dioceseofbrentwood.org](mailto:billericay@dioceseofbrentwood.org).

Please note that as this involves working with children, it will be necessary to have a DBS certificate issued by the diocese.

**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](http://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](mailto:info@studylifelight.com)

01844 351 514

### **CCRS Online (online learning)**

[ccronline@hope.ac.uk](mailto:ccronline@hope.ac.uk)

0151 291 3055

## **St. Helen's Junior Catholic Junior School Academy, Brentwood**

### **Head Teacher Vacancy for January 2022**

St. Helen's Catholic Junior School Academy is a highly respected and popular Catholic school, committed to excellence in all areas.

The Governors invite applications from an experienced and suitably- qualified, practising Catholic leader to play a key role in building on the success of our excellent school.

For more information, an Application Pack or to arrange a visit, please contact the school office on 01277 213962, email: [HR@st-helens-jun.essex.sch.uk](mailto:HR@st-helens-jun.essex.sch.uk).

Full details of the post and application form are also available on [www.st-helens-jun.essex.sch.uk](http://www.st-helens-jun.essex.sch.uk).

**Application Deadline - Monday 27th September 2021 at 10:00am**

## **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?**

## **Prayer for Afghanistan and the Peoples of the Middle East.**

God of Peace, Bearer of Hope, we seek your help for the peoples of the Middle East.

Quiet the clamour of war and guide us towards peace.

Where there is hatred and division, sow seeds of calm and openness.

Where there is destruction help us to rebuild.

Where children are crying, bring an end to tears.

Shelter your peoples and protect them. Guide them and keep them from harm.

Show us how to break down the barriers of history and fear and breathe whispers of love.  
Amen.

**CAFOD (based on St. Francis)**

## **Assisted Dying Bill. What can we do?**

This October, an 'Assisted Dying' Bill will be debated in the House of Lords. If successful it will allow a terminally ill adult with less than 6 months to live, assistance to commit suicide. The Catholic Church teaches that this represents a crime against human life, we cannot directly choose to take the life of another, even if they request it. The Bishops therefore urge you to **PRAY** this Bill is defeated, **WRITE** to Peers and MPs expressing concern about this proposed legislation and **SHARE** our resources and those of our allies, in the weeks ahead with family and friends, especially via social media.



Guidance on how to write to politicians can be found here:  
[parliament.uk/get-involved/contact-an-mp-or-lord/](http://parliament.uk/get-involved/contact-an-mp-or-lord/)

Resources, which will be updated in the weeks ahead, can be found here: <https://www.cbcew.org.uk/life-issues/>

## **Brentwood Catholic Society Christmas Cards now available.**

**Account Name:** Brentwood Catholic Childrens Society

**Account Number:** 31094130

**Sort Code:** 40 13 22

**Please go to** Communications & Fundraising Assistant

01268 784544

[www.bccs.org.uk](http://www.bccs.org.uk)

## **THE BIBLE TIMELINE COURSE**

Understand the Bible from start to finish, the Old and New Testament, with this **FREE OF CHARGE**, worldwide-famous course delivered online LIVE by Mauro Iannicelli.

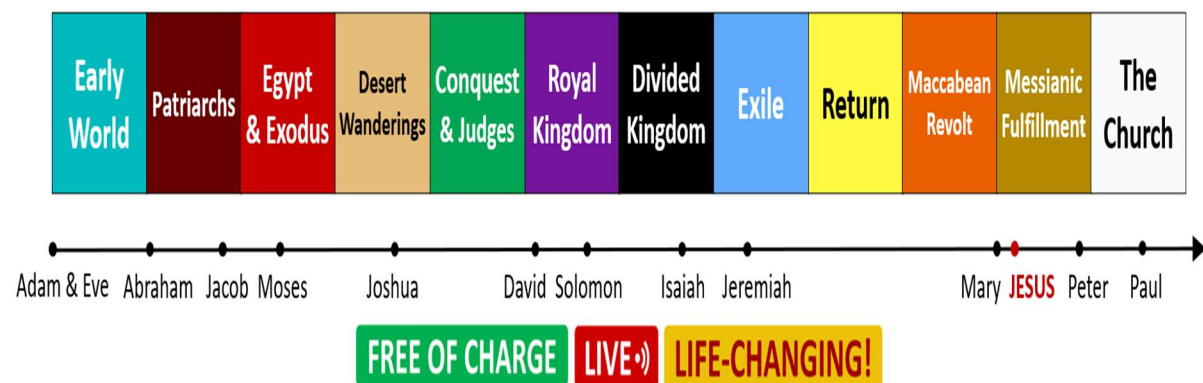
Starts **Wed 29th September 2021**. Eight Wednesday sessions (7pm-8:40pm).

Info & Registration: [www.comeandsee.org](http://www.comeandsee.org)

Alternatively please contact [mauro@comeandsee.org](mailto:mauro@comeandsee.org)

Course Info & Registration: [www.comeandsee.org](http://www.comeandsee.org)

## **The Bible Timeline Course**



## **OLOR Theatre Club Pantomime Trip Return!**

The Our Lady of Ransom Theatre Club have organised group bookings for Simon Fielding's famous Christmas Pantomimes at Basildon's Towngate Theatre for almost ten years. After what has been a trying and difficult year, we hope to bring you some festive cheer by inviting you to join us for 'Beauty and The Beast' on Saturday 4th December 1pm. 120 stall seats are reserved! Tickets are £21.50 pp and suitable for ages 3 upwards! Payment is via Bank Transfer only (no cash / cheque). Please email [olortheatreclub@hotmail.co.uk](mailto:olortheatreclub@hotmail.co.uk) to book. Please note, in order for as many to enjoy this experience as possible, we are limiting the tickets to max 8 per household. Clare Mason and OLOR Theatre Club

**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](http://cafod.org.uk/climatecrisis)

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

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

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

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

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

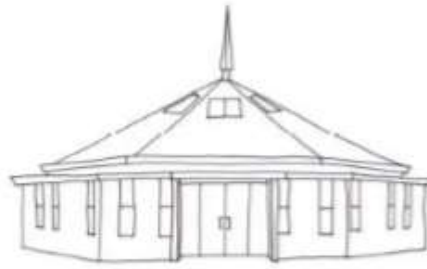
[shop.cafod.org.uk/harvest](http://shop.cafod.org.uk/harvest)

**Family Fast Day - October 1<sup>st</sup>**









## **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)

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## 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.mensadviceline.org.uk](http://www.mensadviceline.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**.

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

## READINGS AT MASS – 25<sup>th</sup> Sunday of the Year

First reading – Wisdom 2:12, 17-20:

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Psalm 53: 3-6,8

*The Lord Upholds My Life..*

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Second reading –James 3: 16 -4:3

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Alleluia, alleluia!

I am the Light of the World says the Lord, anyone who follows me will have the Light of Life.. Alleluia

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Gospel – Mark 9:30-37

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