

Newsletter

OUR LADY OF RANSOM



17th October 2021 29B Psalter Week 1

So embarrassing – failing exams. Especially when your friends are doing well. I know to my cost. Failing ‘A’ levels, so no university place. I felt so powerless. Painful. But thank God, one or two kind and wise people helped me along. I was told to try to find God and his will in this. I began to work with people with disabilities, while re-taking, and re-taking exams until I finally I got there. Not easy. I feel sure God wanted to introduce me to the world of disability, so I needed to fail, or no introduction. God was in my failure, my powerlessness, my pain. So real.

Jesus always sides with those whose lives are “failures”. In fact, this is the perspective of the whole Bible. To read the Bible from the perspective of “establishment” is to completely miss the point. Just feel Jesus’ frustration with his disciples as he is trying to teach them the way of powerlessness, the way of descent. They just don’t get it. Too much for them, too much for us, if like them, we continue to look for status, trying to climb the ladder of success.

Interestingly, the philosopher Neitsche hated Jesus because of Jesus’ teachings on powerlessness. He concluded, *European civilisation must be strong and powerful so it can triumph, we must be Supermen! God is dead!* Whilst we do not agree with his conclusions, he understood Jesus. Yet Jesus’ own disciples do not. Hitler came soon after Neitsche, followed his teachings, the rest we know.

Jesus teaches that the only power we can trust is in those who have experienced powerlessness – learned from it, and found God right there. Found meaning. Hence the cross. In our powerlessness, God can really use us, not so if it is all about social climbing, status, success etc. No-one likes failure, or descent. But that is mainly where we find God. We all need one or two kind and wise friends to nurse us through. The disciples miss the point. Do we? They want importance, self-ambition. Do we? Where in life do we feel **unimportant**, rejected, inferior, hurt, betrayed, a failure etc? That’s where God can really be found. Would you rather listen to someone who is “powerful”, or someone whose power comes through experiencing powerlessness, hurt and failure and then won through?

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 16 Oct.	
5.30pm Mass	Mai Conroy RIP (Chris, Ros and Sean Gray))
Sunday 17th	29th Sunday of the Year
8am Mass	Parish Community
9.30am Mass	Stella Ray RIP (SVP Basildon)
Monday 18th	St. Luke
	Heather Francke RIP (Rita Gurney)
Tuesday 19th	
	Pamela Flower RIP (Susan and Damian Lucibello)
Wednesday 20th	
10am Mass	Stella Ray RIP (SVP Rayleigh))
Thursday 21st	
	Heather Francke RIP (Peter and Kath Hands))
Friday 22nd	
10am Mass	Stella Ray RIP (Shirley McCamley))
Saturday 23rd	
5.30pm Mass	Doris Warrington RIP
Sunday 24th	
	30th Sunday of the Year
	8am Mass Stella Mary Ray RIP (Lucy Fletcher)
	9.30am Mass Parish Community

<p>PARISH PRIEST Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP 01268 38.24.99 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



Laudato Si Invitations, Commitments and Actions Document are launched across the Diocese this weekend. Containing much information about how we can play our part in Climate Change with a healthier environment. For more information please go to www.dioceseofbrentwood.net/laudatosi or email laudatosi@dioceseofbrentwood.org

LIFTING OF RESTRICTIONS

If you are strict about social-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) / 01268 772998 if you have any questions. Thank you.

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 next talks will be on the **17th and 24th October** and the question being explored is **"What is the universal call to holiness?"** Fr Adrian Lowe, assistant priest at Our Lady of Lourdes, Wanstead, will consider this question. The website address is www.thresholdofhope.co.uk

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.

THRESHOLDS OF HOPE QUESTIONS ". adultformationvicariate@dioceseofbrentwood.org For more information about *The Thresholds of Hope Questions* go to www.thresholdsofhope.co.uk or adultformationvicariate@dioceseofbrentwood.org

(Twitter) @thresholdsH

(facebook) @ThresholdsofHope

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/ 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. .

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 December.**



PLEASE PRAY

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

† ANNIVERSARIES †

Kindly pray for Margaret LaPierre, Mary (Molly) Catherine Denny, Josephine O'Connor and Peter Taffurelli. 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.

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.

Christmas Hampers. Would like to help with putting Christmas Hampers together regarding the Foodbank? If so, **Thursday 9th December at 7.30pm** at the Todman Centre, Castle Rd, Rayleigh SS6 7QF If so, we look forward to hearing from you. Please contact Janet Fox Hopeworx Manager on 01268 743232 or 07936 271949 www.hopeworx.org.uk

Foodbank Box in the church porch.

Chaplaincy Apprentice

St Thomas More High School, Westcliff-on-Sea Full Time, 2 Year, Fixed Term

£17,842 - £19,312 actual salary (NJC Salary Scale Point 1- 5)

The school are seeking to appoint a Chaplaincy Apprentice, a new and exciting role with the opportunity to join the team of staff at St Thomas More High School. Our new Chaplaincy Apprentice will work with our staff to develop the school's community to provide spiritual and pastoral support to the students at the school, bearing witness to the mission statement and maintaining and enhancing the distinctive Catholic nature of the school. An ideal role for a young person taking a gap year or who is not yet in work.

For further information please contact Miss Niki Parr, Headteacher's PA on 01702 344933 nparr@st-thomasmore.southend.sch.uk or visit the school website www.st-thomasmore.southend.sch.uk for a recruitment pack.

Our Lady of Canvey and the English Martyrs Parish Mission, given by John Pridmore, **this** Monday 18-October to Wednesday 20 October, 7.30pm Monday: God's love Tuesday: God's mercy Wednesday: God's Healing

Rediscover Your Marriage – Retrouvaille simply means 'rediscovery' and is a programme that offers you the chance to rediscover yourself, your spouse, and a loving relationship in your marriage. Tens of thousands of couples having difficulties in the marriage and even heading for divorce have successfully saved their marriages by attending and using the tools provided. There is no group therapy or group work. For confidential information about 'Retrouvaille' or to register for the programme commencing with a 'Virtual' weekend on 21st –24th October 2021... Call or text +44 788 7296983 or +44 797 3380443 – or Email retrouvailleukinfo@gmail.com or visit www.retrouvaille.org.uk

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

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?

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/

Resources, which will be updated in the weeks ahead, can be found here:

<https://www.cbcew.org.uk/life-issues/>

Ladies' Outing to Chelmsford The bus is booked for Chelmsford on Tuesday 19th October. Departing from Our Lady's at 9.30am. Please confirm (01268 778986) if you are coming.

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.

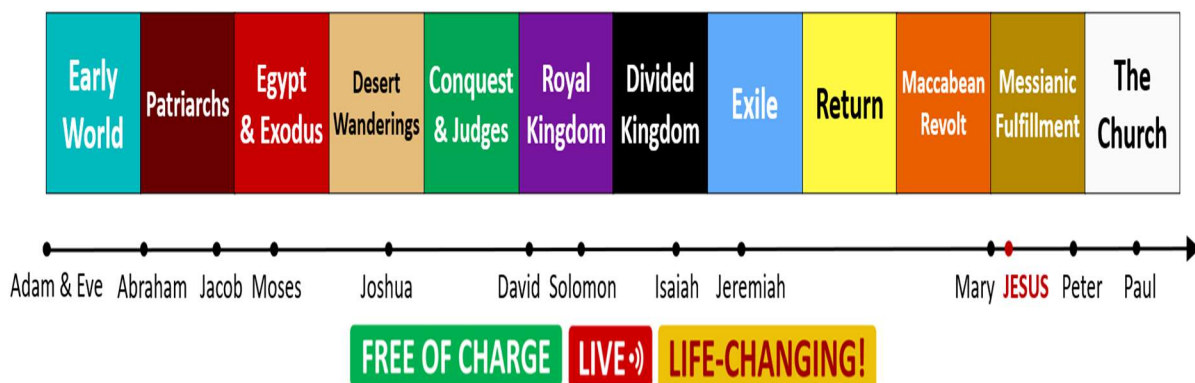
Eight Wednesday sessions (7pm-8:40pm).

Info & Registration: www.comeandsee.org

Alternatively please contact mauro@comeandsee.org

Course Info & Registration: 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 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

Scrooge ! Palace Theatre Westcliff

Supporting Amateur Theatre in our local community, OLOR Theatre Club invites you to join us for Charles Dickens unforgettable Christmas Tale 'Scrooge! ' presented by Southend Operatic and Dramatic Society at the recently reopened Palace Theatre on Thursday 25th November 7.30pm. We have now secured seats for this at a reduced price of £15 (all ages) Payment can be in two instalments and we can help arrange car share for anyone wishing to come who needs transport. Spaces limited so please email clare at olortheatreclub@hotmail.co.uk to join us. All welcome.



Our Lady of Ransom Catholic Primary School

"OUTSTANDING" RE INSPECTION 2016 **"GOOD"** OFSTED INSPECTION 2016

***** OPEN MORNINGS *****
Reception entry September 2022

Friday 8 th October	Monday 6 th December
Friday 15 th October	Friday 7 th January
Monday 15 th November	9.30am ~ 11.00am

www.olorcps.net info@olorcps.net

 [olorearlyyears](https://www.instagram.com/olorearlyyears) 01268 785741



Celebrate a life and give hope to thousands more

Giving to charity in memory of someone special is a beautiful way to celebrate their life. Remember a loved one with a donation to CAFOD today and we'll create a Candlelight Fund in their memory.

Your Candlelight Fund will be a wonderful celebration of your special someone and a ray of hope for families all over the world.

"because the fund allows me to give my son a birthday or Christmas present. It helps to relieve some of the pain on these special occasions"

"because I never stopped loving them and I never will"

What is a Candlelight Fund?

A Candlelight Fund is a special fund in memory of a loved one who has died. All donations in their memory, now and in the future, will be combined to make a life-changing difference to families in some of the world's poorest communities.

It can be a private act of remembrance – donating to mark special moments like your loved one's birthday – or you can invite others to join in too.

"All the darkness in the world cannot extinguish the light of a single candle"

St Francis of Assisi

Candlelight
FUNDS

With your prayers and donations, families around the world will be given hope for a brighter future, all in memory of your loved one.

CAFOD is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and a company limited by guarantee no 09387396. Registered office: Romero House, 55 Westminster Bridge Road, London SE1 7JB. Printed on paper from well-managed forests. Help us build a world where **no one is beyond reach** of the love and care they need.

CAFOD
Catholic Agency for
Overseas Development

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

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

Rest and Reflection Weekend Retreat for adults (3pm Friday 19th – 3pm Sunday 21st November 2021)

We welcome you to join us for a weekend of reflection and prayer in the beautiful house, grounds and chapel of Walsingham House at Abbotswick. The cost is £150 for a single room, £200 for a twin (twin bookings must be made together with someone known to you). This price is for 2 nights accommodation and all meals (all rooms are en-suite). For more information, enquiries and bookings please contact Joe Beattie on 01277 373959 or email josephbeattie@dioceseofbrentwood.org.

Remembrance Service at Walsingham House at Abbotswick.

Those who have loved ones remembered within the ground at Walsingham House at Abbotswick are warmly invited to a special Mass of Remembrance on Sunday 7th November at 3pm. Due to capacity please contact Joseph Beattie in advance to reserve a place either on 01277 373959 or josephbeattie@dioceseofbrentwood.org.

Job vacancy – Cook & Kitchen supervisor at Walsingham House Abbotswick.

We are looking to recruit a cook and kitchen supervisor at Walsingham House at Abbotswick (15 hours/week, 39 weeks – Saturday 10.30am – 6.30pm; Sunday 10.00am – 1.30pm & Monday 10.00am – 1.30pm, with the potential for occasional overtime on weekdays), starting in January 2022. If you or any of your family and friends are interested in this role further information and a full job description can found on our website, www.bcys.net/job-vacancy-cook/ or by emailing clairebailey@dioceseofbrentwood.org. The closing date is midday on 18th October 2021, however applications will be reviewed as they arrive. Please note that on occasions, posts may close earlier than the closing date due to the volume of applications being received. Early applications are therefore advised.

HR Vacancy. We are looking to recruit a suitably experienced and self-motivated individual to provide office management and oversight of the administration of the HR and Finance Team. This role will have responsibility for providing robust administrative and secretarial support to the HR Manager and Director of Finance and teams across all areas but particularly in relation to the IT, Telephony, and Data Protection. This role will also provide secretarial support including distributing of papers, minute taking and post meeting follow-up as required at monthly Board Meetings. Further information in respect of this and other vacancies within the Diocese can be found in the Vacancies section of the Diocesan website:

<https://www.dioceseofbrentwood.net/diocese/working-for-us/>
extended to 12 noon on 25th October 2021.

The closing date has been



HR Manager

Diocese of Brentwood Cathedral House, Ingrave Road, Brentwood, Essex, CM15 8AT
keelychandler@dioceseofbrentwood.org T: 07798 587726

FROM ESSEX POLICE -



Stopping Adult Sexual Exploitation This month's newsletter is to coincide with a law enforcement campaign, which started on 6th September 2021, to increase awareness of Modern Slavery & Human Trafficking, in particular focusing upon Adult Sexual Exploitation.

As part of our commitment to tackling organised crime, we are asking for your support in identifying properties that may be being used in this way so that we can work together to protect our Community. You will undoubtedly be aware of the detrimental effects, misery and harm that modern slavery, trafficking and sexual exploitation bring, not only to our wider

communities but, in particular, to those vulnerable individuals within society who are often forced, coerced or exploited into carrying out this illegal activity on behalf of organised gangs

Types of Adult Sexual Exploitation

There are 2 main ways in which victims become involved in Adult Sexual Exploitation:

1. The victims are smuggled into the UK illegally and are If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111
2. The victims are vulnerable UK citizens and the Organised Crime Groups prey upon their vulnerabilities through threats of violence or by supplying them drugs or alcohol.

Signs of Sexual Exploitation

- A longer-term rent of more than 2 weeks and less than 2 months of any premise.
- Frequent visitors throughout the day and night
- Rubbish full of condoms and massage oil
- Curtains closed permanently during the day and night
- A variety of cars parked up on the drive during the hire period.
- Evidence that numerous people have been staying at the address, not just the number listed (modern day slaves could be kept 4 or more to a room meant for just 1 person)
- Occupants not seen to leave the premise during the time of the hire
- Complaints by neighbours of an increased level of noise or anti-social behaviour

General suspicious behaviour How to report: Should you have any concerns about child exploitation then please report via one of these ways: ♦ POLICE
immediate threat to life - 999 ♦

To report a crime or for advice around any concerns you may have - 101 or online at www.essex.police.uk ♦

The confidential UK Modern Slavery Helpline on 08000 121 700 or online at www.unseen.org ♦ CrimeStoppers on 0800 555 111 or submit information via their anonymous online form.

Criminals continue to target the elderly

Essex Police is warning the public to protect their loved ones as criminals cheat older and vulnerable victims out of cash and high value items through courier fraud.



Data from Action Fraud, reveals that **£10,325,133** has been lost by victims to courier fraud since the start of this year – **an increase** of almost two thirds (**63 per cent**) compared to the same period last year.

- **Stop:** taking a moment to stop and think before parting with your money or information could keep you safe.
- **Challenge:** could it be fake? It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you
- **Protect:** Your bank or the police will never call you to ask you to
- **Protect:** Your bank or the police will never call you to ask you to verify your personal details or PIN by phone, or offer to pick up your bank card by courier. Hang up immediately if you receive a

 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 



Essex Police Fraud Alert System



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.mensadviceline.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 4years 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.

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 – 29th Sunday of the Year

First reading –Isaiah 53:10-11

Psalm 32: 4-5,18-20,22 *May Your Love be upon us Oh Lord as we
place all our hope in You.*

Second reading –Hebrews 4:14-16

Alleluia, alleluia!

I am the way the Truth and the Life says the Lord, no-one can come
to the Father except through Me... Alleluia

Gospel – Mark 10:35-45

