# Newsletter

# **OUR LADY OF RANSOM**



# 14<sup>th</sup> November 2021 33B (Remembrance Sunday) Psalter Week 1

"Please sir, my friend hasn't come back from the battlefield. Permission to go and look for him....

Permission denied", said the officer, I don't want you to risk your life for a man who is probably dead.

The young soldier went anyway, and staggered back an hour later, himself dying from mortal wounding, carrying his friend's body. I told you he may be dead. Now I've lost both of you. Tell me, was it worth going to bring back a dead body?" Oh yes, more than worth it, sir. When I got there he was still alive, and he said to me, 'lan, I knew you'd come'.

No explanation needed. Today we honour, salute, thank, and pay tribute to those who have fallen in all wars. We remember and are inspired by their extraordinary bravery, heroism and martyrdoms. And as people of the Resurrection, our faith must be that they are in a very real way, alive, at peace, and with us. With us to inspire and give us fresh hope. With us to urge us, to scream at us, "stop, enough is enough". Their deaths remind us of the evils of war. Lives heroically sacrificed so we back here should learn a valuable lesson about these evils, the angers, griefs and terrors war promotes. Its venom of bitterness bites into our very soul, creating chaos, agony and turmoil. From their risen life, they call us to stop, urging peace.

Yes, a war may come to an end; but for so many survivors, the war rages on in their hearts, into their marriages, their children and into future generations.

All this because a few are threatened by others who are different. So the few try to forcefully control, or annihilate; all to dispose of this 'threatening' group. Such power games can start small, then mushroom, as history so clearly shows us — over and over again.

We are one race, the human race. We are called to be concerned about living life <u>now</u>. Those who fully live life now are not so preoccupied with death, life-after-death, and external, worldly cataclysms that Jesus refers to today. Those who die so bravely must know that life-and love beyond-death just happen. Why? Because they have fulfilment now. And so must we. How it is now, is how it will be then.

We remember. We salute and are inspired by those who fell. From their risen life we hear them scream, "enough is enough". Why must more die so agonisingly? Aren't our deaths enough for all to learn from? So stop it! Peace is the only way. Do all in your power to find peace and reconciliation". And we realise just how right Jesus always is. What will it take for us, and the world, finally, to learn?

God Bless, Fr. Paul

All Masses and Church Services are now Live Streamed. To take part please go to <a href="https://stream.seccomgroup.com/channel/olor">https://stream.seccomgroup.com/channel/olor</a>

Masses can be watched "live" or later as a recording.

# Fr Paul will say Mass for the following intentions

	MASS INTENTIONS
Sat 13 <sup>th</sup> Nov	
5.30pmMass	Holy Souls RIP
Sun 14 <sup>th</sup>	33 <sup>rd</sup> Sunday of the Year (Remembrance Sunday)
	Deceased of ALL Wars RIP Parish Community
Mon. 15 <sup>th</sup>	
	Deceased family and friends of the Lucibello and Flower families RIP Susan and Damian Lucibello
Tues. 16 <sup>th</sup>	St. Edmund of Abingdon
	Stella Ray RIP Jane and John Cook
Wed 17 <sup>th</sup>	
10am Mass	Deceased members of the Fisher and Barry families RIP Hilary Barry
Thurs. 18 <sup>th</sup>	
	Fr. John McCullough Ints Pat Wood
Friday 19 <sup>th</sup>	
10am Mass	Pat Holohan RIP Patricia Holohan
Sat. 20 <sup>th</sup>	
5.30pmMass	Parish Community
Sunday 21 <sup>st</sup> Christ the King	8am Holy Souls RIP 9.30am Deceased members of the Legion of Mary RIP

#### **PARISH PRIEST**

Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP **01268 38.24.99** 

www.olorchurch.org

email: rayleigh@dioceseofbrentwood.org

# **Public Mass times:**

Saturdays 5.30pm Sundays 8am & 9.30am Wednesdays 10.00am Fridays 10.00am

Please be aware - Times and days of Masses are subject to change.

**††** PLEASE REMEMBER IN YOUR PRAYERS.... .Mr. Dave Howe (son-in-law of Maura Fallon, husband of Kate Howe) who died recently in Spain. Please keep him and the family in your prayers. RIP. **††** 

The Book of Remembrance will be in the church porch through November. All names recorded will be prayed for during November's Masses. Please feel free to write names in the book.

Remembrance Sunday (Today) November 14<sup>th</sup>. The Rayleigh Town Remembrance Service will take place outside the British Legion at 10.30am. Fr. Paul will be leading the service. A wreath will be laid from Our Lady of Ransom Parish. Please join us if you can. All welcome.

Shoebox Appeal. Please have shoeboxes returned to the presbytery **no later than November 18**<sup>th</sup>. Thank you.

Please see the latest newsletter from Essex Police regarding Organised Crime. (Towards the back of this newsletter).

Laudato Si Invitations, Commitments and Actions Document\_have been launched across the Diocese These .contain much information about how we can play our part in Climate Change with a healthier environment. Information on cards in the church porch or 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 <u>should</u> 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 cleansed and sanitised regularly

#### **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 <a href="https://stream.seccomgroup.com/donations/olor">https://stream.seccomgroup.com/donations/olor</a>

**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 (<u>olorgiftaid@hotmail.com</u> / 01268 772998) if you have any questions. Thank you.

**THE THRESHOLDS OF HOPE WEBSITE** is a new online resource. It 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 <a href="https://www.thresholdofhope.co.uk">www.thresholdofhope.co.uk</a>

These 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 question is *Why should we listen to the Church?* This takes place by Zoom on Sundays 14th and 21st November 4.00 - 5.00 p.m. The input and discussion will be led by Fr Stephen Morrison, O Praem, Chelmsford. To join this meeting go to Events at www.thresholdsofhope.co.uk

<u>adultformationvicariate@dioceseofbrentwood.org</u> For more information about *The Thresholds of Hope Questions* go to <u>www.thresholdsofhope.co.uk</u> or adultformationvicariate@dioceseofbrentwood.org

(Twitter) @thresholdsH

(facebook) @ThresholdsofHope

<u>FIRST HOLY COMMUNION</u>. 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 <u>and</u> <u>in the traditional Confessional Box</u>. At the present time, if you wish for the Sacrament, please contact Fr. Paul - the request itself is treated confidentially.

Please note: At present we have a large number of outstanding Mass Intentions, which takes us **to the New year.** 



#### **PLEASE PRAY**

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

### † ANNIVERSARIES †

Kindly pray for George Valentine, Joan Walmsley, Dan Abel and Sheila Freeman. 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 <u>email a request</u> to the parish office (<u>rayleigh@dioceseofbrentwood.org</u>) and ask to be added onto the distribution list.

The newsletter will be emailed by the Saturday morning.



Available now. £1 each

**Christmas Hampers**. Would like to help with putting Christmas Hampers together regarding the Foodbank? If so, **Thursday 9<sup>th</sup> 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.

<u>Certificate in Religious Studies</u>. (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) <a href="mailto:info@studylifelight.com">info@studylifelight.com</a>

01844 351 514 CCRS Online (online learning) <a href="mailto:ccrsonline@hope.ac.uk">ccrsonline@hope.ac.uk</a> 0151 291 3055

Assisted Dying Bill. What can we do? This '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/

**Training and information for parishes wishing to begin the journey to the Cafod** *LiveSimply* **award**. This will be on Zoom, and provided by Cafod Brentwood, with thanks to Chris Driscoll., Please attend on 24<sup>th</sup> November – more details on the Diocesan website,

https://www.dioceseofbrentwood.net/news/cafod-offers-livesimply-guidance-sessions-to-schools-and-parishes/

# Brentwood Catholic Children's Society - Tree of Angels. . This

November, the BCCS is pleased to re-launch their virtual **Tree of Angels** which will allow you to light up an angel on a virtual Christmas tree in memory of a loved one who has died while making a donation to the work of 'bccs'. Please visit bccs.org.uk and click on the Christmas tab where you will see 'Tree of Angels'. You can read more about this initiative and can click onto the Tree of Angels portal to make your dedication and secure donation. If you have any questions about lighting an angel, please contact Julie <a href="mailto:jabbott@bccs.org.uk">jabbott@bccs.org.uk</a>

Alternatively visit <a href="https://www.bccs.org.uk/christmas/tree-angels">https://www.bccs.org.uk/christmas/tree-angels</a> where you can read more about this initiative or click directly onto the Tree of Angels portal here <a href="https://visufund.com/treeofangels">https://visufund.com/treeofangels</a> to make your dedication and secure donation.

**Marriage Care** is looking to recruit those who would be interested in training as counsellors to support those in need – regardless of their ability to pay.

This CRC Course: The 2 year Certificate in Relationship Counselling course will start in Spring 2022 and will be delivered via a programme of face to face and online training weekends. This training opportunity has been made possible in thanks to the generous support of the Diocese of Westminster Cardinal's Lenten Appeal Fund and the voluntary commitment of Marriage Care's training team and Centre members.

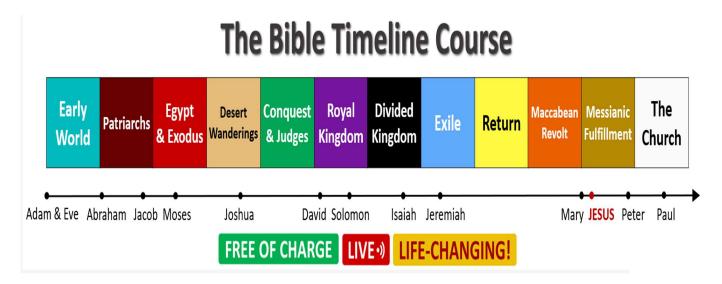
Whilst there is no charge to trainees for the course itself, if selected there is a non-refundable deposit of £150 to secure your place and we invite trainees to set up a monthly donation (suggested amount of £40) for the first 12 months - towards costs of accommodation and meals at training weekends. "If it wasn't for our counsellor we would probably have separated - now we can look forward to the prospect of a happy life growing old together" "The Marriage care training allowed me to develop my skills with excellent hands-on support." Counselling client Counsellor For more information visit our webpage: www.marriagecare.org.uk/crc or denise@sunningdalehouse.co

# 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

Course Info & Registration: www.comeandsee.org



<u>Parish Administrator Required</u> in the Parish of Our Lady of Walsingham, Royal Docks working at St Anne's RC church, Berwick Road, E16 3DR. Candidates should have a background in Personal Assistance and Finance. Hours: 20 hours p/w Monday-Thursday. Salary: £11,284 p/a (£10.85 p/h).Apply by sending a CV and covering letter to <u>frdanielkelly@dioceseofbrentwood.org</u>. Closing date for applications will be Friday 3<sup>rd</sup> December 2021 with shortlisting and interviews being held between 4<sup>th</sup> & 6<sup>th</sup> December. Starting date: 13<sup>th</sup> December 2021.

Church Organ Workshop. A launch event on Saturday 4<sup>th</sup> December at Brentwood Cathedral from 2-4.30pm has been organised. During this time each potential organist will have the chance to play a short prepared piece or hymn tune etc on the Cathedral organ – or just simply listen! We are sure they will enjoy this opportunity! There will be a small charge of £5 to help defray any expenses and hope this will be acceptable.

Anyone is most welcome to the event, with or without keyboard experience but playing the piano/keyboard with both hands together would obviously be an advantage. Also the small digital organ at the Cathedral can be played (for comparison) and we will give a brief introduction to the organ, its history and how it works! Please contact Fr. Paul if interested. .

It is hoped to be able to continue this with further gatherings in two other venues in the diocese over the next year.



# \*\*\* OPEN MORNINGS \*\*\*

Reception entry September 2022

Friday 15<sup>th</sup> October Friday 7<sup>th</sup> January Monday 15<sup>th</sup> November 9.30am ~ 11.00am

Friday 8<sup>th</sup> October Monday 6<sup>th</sup> December

Olorearlyears

www.olorcps.net info@olorcps.net 01268 785741



# VARIOUS CAFOD ONLINE CONTACTS:

cafod.org.uk/climatecrisis

cafod.org.uk/fastday

cafod.org.uk/contactless

cafod.org.uk/gogreen

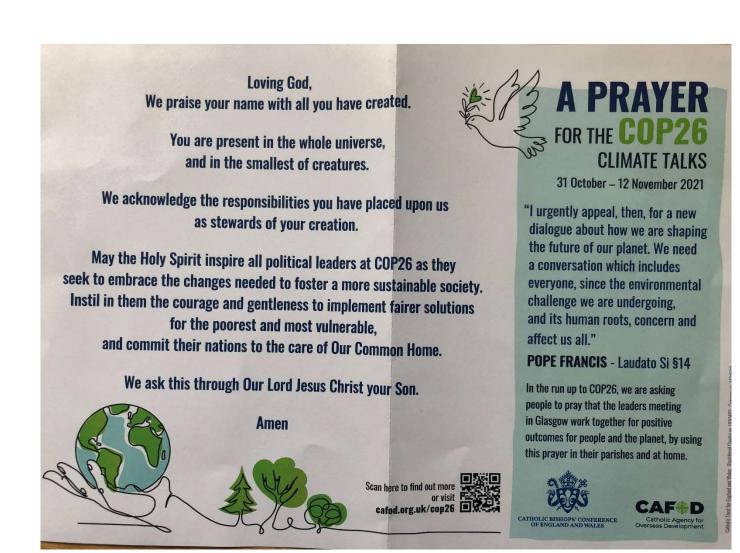
worldgifts@cafod.org.uk

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 guardians of our common home.

St. Francis pray for us



# Rest and Reflection Weekend Retreat for adults (3pm Friday 19<sup>th</sup> – 3pm Sunday 21<sup>st</sup> 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.

**The Diocesan Lourdes Pilgrimage in 2022,** led by Bishop Alan, will take place from Sunday 24 – Friday 29 July in Lourdes. Costs have not yet been confirmed but I would be grateful if you would include the below message in your newsletter (and social media) so that your parishioners are aware of its dates:

This will be the first time in three years that the diocese has returned to Lourdes. Brochures for the pilgrimage, which will include costs, will be available soon. If you would like further information now, please contact Cathy O'Connor, the Administrative Director: <a href="mailto:cathy@dioceseofbrentwood.org">cathy@dioceseofbrentwood.org</a> or 07813 710070.

# And the BCYS Summer Lourdes Pilgrimage 2022: 23<sup>rd</sup> – 30<sup>th</sup> July 2022.

Applications are <u>now open</u> for our summer pilgrimage to Lourdes for those in Years 11-13, with those of school leaver age (18+) invited to join us as young leaders. This is one of our most popular events and after a 2 year gap we are excited to be returning next year. The week is spent travelling alongside the main Diocesan pilgrimage as we assist the elderly and infirm with going to Masses and services, as well as visiting shops and cafes within the town. For those travelling with the BCYS the week will also include a retreat, reconciliation service, as well as social events and a party. Please see <u>www.bcys.net/events/sl22/</u> for more information including visas, vaccinations and how to apply.

Advent Carol Service: You are warmly invited to join us at Walsingham House at Abbotswick for our annual Advent Carol Service on Sunday 12th December. We will have Christmas carols both classic and contemporary performed by our incredibly talented BCYS musicians, accompanied with readings from scripture and Christmas poems & stories. This year we are running two concerts, at 3pm or 7pm, however there will be limited capacity ateach event and this will be dependent on any current Government restrictions or social distancing, in place at the time. Tickets are £10 and the money will go towards supporting our pilgrimages to Lourdes. To book your place please contact Joe Beattie, Walsingham House manager on josephbeattie@dioceseofbrentwood.org or 01277 373 959 Family

# **Advent Box (FAB)**

An amazing alternative to an advent calendar, our FAB provides all the ingredients for a meaningful, memory making, relationship-building family Christmas that's fun for all.

Only one box needed for the whole family. Contains poster, stickers, bookmark, daily readings, wooden ornaments, deck of cards and many more activities.

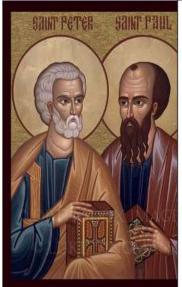
biblesociety.org.uk/products/bib-000589

or call Catholic Scripture Engagement Manager

Mobile: 07909 255 103

# FOR LIFE

A great prayer for Life is urgently needed. St. John Paul II



17<sup>th</sup> November Vigil of the Dedication of the Basilica of SS. Peter & Paul

# Join us in Prayer and Fasting:

# **Fasting**

Fast from all food except bread and water for the day

Or

Fast from a particular food or luxury, e.g. chocolate, alcohol, cigarettes, TV.

Fast from whatever you can given your state of health etc, but make sure it is something that involves a sacrifice to yourself.

## Prayer

We are asking people to say a Rosary (or an extra Rosary if you say it daily already).

You could also offer an extra effort such as going to Mass (or an extra Mass) on the day, or going to Adoration. You can even pray before a closed tabernacle if Adoration is not available near you.

And He said to them; This kind (of demon) can go out by nothing, but by prayer and fasting. (Gospel of Mark 9:29)

On Wednesday 17<sup>th</sup> November please pray and fast for the end of abortion and euthanasia. Your prayer and fasting is urgently needed. For information on the days of Prayer and Fasting contact;

# The Good Counsel Network on 020 7723 1740.

And the people of Ninevah believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least...God saw their efforts to renounce their evil ways. And God relented about the disaster which He had threatened to bring on them, and He did not bring it. (Jonah 3:5,10)

This poster was produced by Sackcloth and Ashes at The Good Counsel Network



# **Essex Police**

# **Organised Crime Newsletter**



# Here to help you

## Who are the Prevent & Protect (P&P) Team?

The Essex Police Prevent & Protect team work in support of the Serious Organised Crime Strategy. We seek to deliver best practice in building the highest levels of defence and resilience in our community.

#### Prevent

This is about stopping the problem at source, by identifying and supporting those at risk of engaging in criminality. We will develop and use preventative methods and education to divert more people from a life of serious and organised crime and reduce reoffending.

#### Protect

This is about building the highest levels of defence and resilience in vulnerable people, communities, businesses, property and systems. By reducing these vulnerabilities, we provide criminals with fewer opportunities to target and exploit. We also aim to ensure our communities better recognise the techniques of criminals and take steps to target harden and protect themselves.

#### The Protect & Prevent Team cover 5 work streams

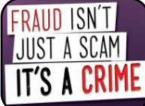
- Cybercrime
- Fraud
- Organised Crime Groups (OCGs)
- Modern Slavery & Human Trafficking (MSHT)
- Gangs & County Lines

#### What can P&P do for you?

- · Provide free upskilling presentations in person or on-line
- Provide advice re Prevent & Protect tactics
- Provide assistance re emerging crime trends

# 29th October 2021











- Assist with any local, regional or national campaigns
- Act as a link to other regional and national organisations, i.e. Trading Standards & Environmental Agency.





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

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



# **Essex Police Organised Crime Newsletter**



# Who else can offer help and guidance?

All of the below organisations can offer specialist support, advice and guidance with regards to all types of serious organised crime, which can be obtained either from their websites, their social media feeds or by contacting them direct.





The National Crime Agency leads the UK's fight to cut serious and organised crime, protecting the public by targeting and pursuing those criminals who pose the greatest risk to the UK.

NCA officers work at the forefront of law enforcement, building the best possible intelligence picture of all serious and organised crime threats; relentlessly pursuing the most serious and dangerous offenders; and developing and delivering specialist capabilities on behalf of law enforcement and other partners.

The aim of our ROCU is primarily to identify and disrupt organised criminals operating across the

Eastern Region Special Operations Unit -

The aim of our ROCU is primarily to identify and disrupt organised criminals operating across the eastern region.

They are one of 10 ROCUs operating across England and Wales providing specialist capability to tackle the increasingly complex threat posed by organised crime.



Regional Organised Crime Unit

Officers and staff in the unit tackle a range of crime – from child sexual exploitation and modern slavery to county drugs lines and cybercrime.

The unit also has an economic crime team which tackles offences such as fraud and money laundering, as well as using the latest Proceeds of Crime Act legislation to ensure crime never pays.

CrimeStoppers are an independent charity that gives people the

# CrimeStoppers. 0800 555111

100% anonymous. Always.

CrimeStoppers are an independent charity that gives people the power to speak up and stop crime – 100% anonymously.

They believe that everyone has the right to feel safe from crime. Whoever you are, wherever you live, from communities to companies.

You can contact them by phone on 0800 555 111 and online, 24/7, 365 days a year.

They also share advice on how to protect the people you care about from crime so everyone can feel safe.



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

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



# **Essex Police Organised Crime Newsletter**



# **STOPLOANSH**NRKS

Intervention . Support . Education

The Illegal Money Lending Team investigates and prosecutes illegal money lenders while supporting those who have borrowed money from a loan shark.

The Stop Loan Sharks team have developed a range of free education resources, free partner tools, and will also deliver free in-house training for partner agencies and the police.

Unseen is a UK charity with its head office in Bristol. They provide safehouses and support in the community for survivors of trafficking and modern slavery. They also run the UK Modern Slavery & Exploitation Helpline and work with individuals, communities, business, governments, other charities and statutory agencies to stamp out slavery for good.





# Gangmasters and Labour Abuse Authority

The GLAAs role is to protect vulnerable and exploited workers. Through the intelligence they receive from our inspections, the public, industry and other government departments, they investigate reports of worker exploitation and illegal activity such as human trafficking, forced labour and illegal labour provision, as well as offences under the National Minimum Wage and Employment Agencies Acts.

They investigate all aspects of labour exploitation in England and Wales but they also work with partner organisations such as the police, the National Crime Agency and other government law enforcement agencies to target, dismantle and disrupt serious and organised crime across the UK.

Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber crime in England, Wales and Northern Ireland. They provide a central point of contact for information about fraud and financially motivated internet crime.

# ActionFraud National Fraud & Cyber Crime Reporting Centre



The NCSC understands cyber security, and distils this knowledge into practical guidance that they make available to all. They respond to cyber security incidents to reduce the harm they cause to organisations and the wider UK. They use industry and academic expertise to nurture the UK's cyber security capability. The NCSC reduce risks to the UK by securing public and private sector networks



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform

Keep up to date and do even more Online a essex.police.uk





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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

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 <a href="https://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>

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.

# **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 – 14<sup>th</sup> November 2021 (33B) (Remembrance Sunday)

First reading -Daniel 12: 1-3

Psalm 15:5,8-11 Preserve me God, I take refuge in You.

Second reading -Hebrews 10:11-14,18

Alleluia, alleluia!

Stay awake and stand ready, because you do not know the hour when the Son of Man is coming ... Alleluia



Gospel – Mark 13:24-32