Parish Newsletter

OUR LADY OF RANSOM



5th Sunday of Lent - Year C Psalter Week 1 – 2nd /3rd April 2022

"You sickened me", said the brave woman to her MP. "And to be perfectly honest, you always did. Everything about you made me sick. Later I came to realise you were everything I would like to have been if I were an MP, and further realised that in feeling sick about you, I was becoming everything I hate". What amazing, radical and open honesty. Can we really afford to hate in this way?

Can we? And accuse? It seems the more we hate, so the more we let the other person frame the question, define the energy – take charge. Even Hitler was supposed to have said something similar. Soon enough it becomes our energy too – but we can't see it, and in our narrow–minded, shallow sense of righteousness we are convinced we're right. We're so so convinced we're right. That is largely the history of religion and politics. Whenever we put someone else down, it is normally a denied and disguised form of ourselves we're attacking - we just don't realise it. Jesus' command to "love our enemy" starts with loving this enemy within – ourselves - only then can we begin to love the enemy 'out there'. Scapegoating people this way so wrong.

Yet this 'scapegoating' really holds people together. To have a common enemy we can gossip about, oppose, dislike, it really works and can be, and feel important, at least temporarily. Catholics held together years ago in their common distrust of the Protestants; NATO holds together well in common opposition to Russia – violence, wars and aggression do this in a big way. The mob in today's Gospel is held together in its common accusation of, and desire to collectively punish the woman who sinned. Similarly, later, the mob will also hold together well when it comes to condemning Our Lord to death. The genuine and big challenge is to hold together more out of common authentic love and compassion. This demands much more of ourselves – that surely is the <u>real</u> Christian challenge.

Jesus brilliantly takes the crowd's united common accusation projected at the woman, an accusation and violence that binds them together as a mob, and points it inwards to examine themselves. Painful, but that's where the real problem is. Now no united accusation binds them together, it's all diffused, so the mob breaks up. They leave, embarrassed and ashamed!

Notice, Jesus removes the woman's shame, not her guilt. Shame is more about feeling inferior about who we are; guilt on the other hand, is more about factually what we have done. Yes, the woman did what she did, now all is forgiven; and no need for anymore shame, she can depart with her head held high. Her dignity is restored. Mercy allows her, and ourselves, to use lessons learned, to help build ourselves and other people up with authentic love and compassion. That should also be what binds us together. Do we learn?

God Bless, Fr. Paul

Today's Readings

1st Reading: Isaiah 43:16-21

Psalm: 125(126)

Second Reading: Philippians 3:8-14

Gospel: John 8:1-11



	MASS INTENTIONS
Saturday 2 nd April	
5.30pm Mass	Pat Holohan RIP (Patricia Holohan)
Sunday 3 rd April	5 th Sunday of Lent
8am Mass	Parish Community
9.30am Mass	John Enever RIP (John & Marie Carmen Foster)
Monday 4 th April	
7.15pm Mass	Hemming Family RIP
Tuesday 5 th April	
	Alice Allso RIP
Wednesday 6 th Arpri	
10am Mass	Andy Rickard RIP (Anniv) (Jean and Peter Wood)
Thursday 7 th April	
	People of Ukraine
Friday 9 th April	
10am Mass	Richard McCamley RIP (Shirley & Family)
Saturday 10 th April	
5.30pm Mass	Marie McGovern (Joanne McGovern)
Sunday 11 th April	Palm Sunday of The Passion of The Lord
8am Mass	Parish Community
9.30am Mass	Paddy Lynch (Eileen Price)

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.

PARISH PRIEST

Father Paul Fox 50 London Hill, Rayleigh Essex SS6 7HP 01268 382 499

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.

Helping those in the Ukraine, and Ukrainian Refugees.

Please see the end of this week's newsletter for guidance and information regarding hosting refugees.

Camino de Santiago fundraising

"The week before Holy Week, Freya, a teacher from OLOR School and her father are planning to walk over 100km over 5 days, on the famous Camino de Santiago pilgrimage, starting from Ferrol in northern Spain.

She is using the pilgrimage as an opportunity to raise money for CAFOD's Ukrainian Appeal. This is in order to set up shelters in Ukraine that provide beds, food, washing facilities, transport, psychosocial support and safe spaces for children to play.

A target of £500 has been set. Undoubtedly, a cause close to many hearts. .Can you donate, however small or big? If so, please consider donating here on Freya's justgiving page below. Thank you,

https://www.justgiving.com/fundraising/our-lady-of-ransom-catholic-primary-school

'Baked with Love' Cake Sale

Baked with Love cake sale for Cafod's Ukraine appeal.

James and Daniel Cevizli would like to say thank you very much to all the families that baked and bought cakes and made generous donations. Leftovers were sold at a toddler group the following day. The total raised for CAFOD was £300. This brings their Baked with Love total to £700 for Ukraine.





PLEASE PRAY

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

Anne Reilly RIP

Please pray for Anne, recently of Rosedale Court, who died during the week. Please keep Anne and her family in your prayers.

† ANNIVERSARIES †

Kindly pray for Kenneth Buckingham, John (Pat) Holohan, Lillian Hill, Dick McCamley, Johanna (Tinneke) Robertson and Margaret Lockhart whose anniversaries occur about this time. May they rest in peace.

Good Friday United Town Service here at Our Lady's.

This will be here in our church at 10am on Good Friday much like several years ago when we previously hosted it. It was considered a great success. Please come and support this wonderful Ecumenical event. We will offer a reflection on the Stations of the Cross. Refreshments, including hot cross buns, will be available after the service.

Children's Liturgy team-

We are currently working behind the scenes to organise and update DBS paperwork so that we will soon be able to offer some children's liturgy sessions at Sunday mass. We are so looking forward to sharing sessions with our parish children again as soon as we can and will update you shortly.

First Holy Communion – Current Year 3 Children

Please keep an eye out in the newsletter in the summertime for details of First Holy Communion for our current Year 3 children.

"Kids" Bulletin

A children's version of the gospel is available weekly. This can be accessed on the following website: www.thekidsbulletin.com and is aimed at primary school children. It can be downloaded and printed out.



EXTRA MASS DURING LENT – Monday Evenings at 7.15pm

During Lent there will be a Monday evening Mass at 7.15pm- if this proves popular then we can make it a more permanent fixture. This is immediately followed by -

Rosary for Peace. You are invited to join us in saying the Rosary after the 7.15 pm Monday evening Mass this Lent to pray for peace in these troubled times. Let us all call on Our Lady for peace in Ukraine, in our families, and in our hearts. Any questions, call Katherine on 07906 844284 or Gisele on 07860 816263.

THINKING ABOUT THE CATHOLIC FAITH? ...

Perhaps you are, or maybe you know someone who has stopped coming to Church, and is wondering about returning. Or, you yourself might wish to informally ask questions, deepen your understanding and faith. Whatever your circumstances, you are welcome to come along to our Parish RCIA programme and learn more about what it means to be a Catholic Christian.



Our next programme will be starting on Monday 25th April at 8pm in the Bethany Room (covid restrictions permitting).

If you are not part of the Catholic Tradition, and you decide during the programme you would like to commit yourself to the Catholic Faith, you may be received into the Church at Easter next year.

If you are interested in joining the programme, please contact Fr. Paul for more details.

(01268 382499 / rayleigh@dioceseofbretnwood.org)

MASS AND 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.

Easter Flowers

Donations for flowers at Easter would be most welcome. Envelopes are on the Repository Counter and can be left at the Presbytery or money put in the box on the wall at the back of church. Many thanks from The Flower Team

Knights Easter Raffle

Tickets for this year's Easter Raffle will be available for collection as you leave the church after weekend Masses. Please take the envelope containing the tickets and return those sold, along with the money, to the Presbytery by Sunday 10th April (Palm Sunday). The draw will take please after the 9.30 am Mass on Easter Sunday.

Be part of the Walsingham House Team 2022/23:

If you will be 18+ in September, and are looking for an exciting gap year opportunity, deepening team working and practical skills in a context of youth leadership, and developing your faith, then a year on the Walsingham House Team could be perfect for you. For more information please contact Joseph Beattie, by emailing

<u>josephbeattie@dioceseofbrentwood.org</u> or calling 01277 373959. There is an open afternoon from 2-4pm on Sunday 10th April; for more information and to register, go to <u>www.bcys.net/events/whopenday/</u>

Votes in Parliament: Health and Care Bill: Government Amendment (a) in lieu of Lords Amendment 92

Another dark day in this nation's democracy, after today's vote.

Apart from the souls of the babies lives killed; the unregulated trauma the unfortunate woman and girls, go through, with the over the phone consultation, DIY Abortion Pills. Below is the link to the voting record of all our MPs.

https://votes.parliament.uk/Votes/Commons/Division/1273?byMember=False#ayes

BCYS EVENTS

(YOUTH MASSES take place on the First Thursday of EVERY MONTH and groups are always welcome! Please let us know in advance if you wish to bring a group, if you are able, so that we can have an idea how much pizza to order! Any groups are always welcome!)



BCYS Youth Mass,

Thursday 7th April, Brentwood cathedral

Come along from 6pm for pizza, followed by praying the Stations of the Cross in the Cathedral for Lent, before we begin Youth Mass at 7:30pm. Open to all those in years 9 and above, no booking necessary.

(YOUTH MASS takes place on the **First Thursday** of **EVERY MONTH** and groups are always welcome! Please let us know in advance if you wish to bring a group, if you are able, so that we can have an idea how much pizza to order! Any groups are always welcome!)

Sponsored Sleep out

8th - 9th April, 8pm - 8am

Wherever you are in the Diocese, take part in your gardens, schools or parishes, on your own or as part of a group and spend 12 hours sleeping rough outdoors to raise money for a local charity supporting the homeless. Email sleepout@dioceseofbrentwood.org for more information and to take part.

Booking for all these events, and all information, can be done online at www.bcys.net/events or you can email me with any questions.

Brentwood Catholic Children's Society

has several charity Gold Bond places for the **TCS London Marathon** taking place on the iconic London course on Sunday 2rd October 2022. If you would like to be considered for one of our places and think you could raise a fundraising total of £1800 before Gift Aid, please email Julie <code>jabbott@bccs.org.uk</code> All information is available on our website where our application form can be downloaded: <code>https://www.bccs.org.uk/fundraising-and-events/all-events/tcs-london-marathon</code> **Please note that the closing date for applications is Friday 8th April**. Thank you.

Diocesan Pilgrimage to Walsingham - 28th May 2022:

Join Bishop Alan and other parishes around the Diocese of Brentwood in Walsingham as we celebrate the Year of the Family 'Hearing and Doing the Word of God'. We will celebrate Mass at the Basilica before walking the Holy Mile to the grounds of Walsingham Abbey to celebrate Vespers and Benediction on the site of the Holy House. If you are interested in going please speak to Fr Paul.

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.

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: cathy@dioceseofbrentwood.org or 07813 710070.

Fully escorted PILGRIMAGE TO KNOCK SHRINE, IRELAND, 23rd May 2022.

£699.00 per person sharing. Price includes flight with 10kg hand luggage, all transfers, 4 nights' in Knock House Hotel with full board. All entertainment and excursions included. Lunches on days out. Wheelchair accessible rooms. Single room supplement £100. Contact Patricia on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com. Knock Pilgrimages is a member of the Travel Trust Association and is fully protected by ATOL T7613.

PRAYING THE HOURS

Three short videos are now available on www.whatgoodnews.org introducing The Liturgy of the Hours or Divine Office. Fr Adrian Graffy is in conversation with Sr Anne Spilberg and Fr Gerard Bradley. The different hours are explored and at the end of part 3 links are provided for text and livestream of the Office in various languages. Simply go to the website, scroll down on the home page and click on 'Praying the Hours'.

Brentwood Catholic Children's Society

Please find link for the electronic version of the BCCS Easter Newsletter:

https://www.bccs.org.uk/application/files/2616/4734/6129/bccs Easter 2022 Newsletter

single_page.pdf

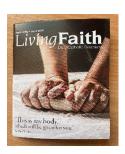
Poverty Challenge

Following the pandemic, many households now also face new hardships as prices rise. Caritas Social Action Network (CSAN), the Catholic agency addressing poverty and injustice in England and Wales, has released a free new booklet to increase awareness of Catholic Social Teaching on poverty, and to inform local responses. Please take a moment to read and encourage groups and individuals to engage with it. Download from www.csan.org.uk



My Day by Day and Living Faith Books

New Day by Day Easter books and Living Faith for April, May and June are available at the back of the church from this weekend. £1 each. Please put the funds in the pot beside the books. Many thanks.



Job Vacancies....

Assistant Manager, Walsingham House at Abbotswick

Walsingham House are seeking to appoint an Assistant Manager at Walsingham House at Abbotswick to begin in late summer. This is a residential role and involves working alongside the existing staff team help to form the volunteer team and lead retreats for schools and parishes across the diocese. All information can be found on the website https://bcys.net/news/vacancies/ The closing date for applications is midday on Friday 22nd April 2022.

Class Teacher Vacancy – St Helen's Catholic Primary School

St. Helen's Catholic Primary School are seeking to appoint a class teacher with energy and vision to join our dedicated and skilled teaching team. ECT's are welcome to apply. Closing date: Midday, 25.4.22. Please see our website for details https://st-helens.southend.sch.uk/about-us/our-school/staff-vacancies or contact Mrs Sears on 01702 343823.

Headteacher - St Joseph's Catholic Primary School, Upminster

Required from 1st September 2022. Group 3: L18-24a (Outer London). NOR: 420 (2 form entry).

The governors of St Joseph's Catholic Primary School, Upminster, are seeking to appoint an inspirational and dedicated Head Teacher due to the retirement of the current Head Teacher. St Joseph's is a nurturing and welcoming community with Christ at the centre. Our new Head Teacher will work with supportive governors to shape the strategic direction of the school, and will be responsible for the day-to-day leadership and management of St Joseph's.

Deadline for applications: 5:00 pm on Friday 29th April 2022. We warmly welcome and encourage applicants to visit our school. Please contact the school office on office@st-josephs.havering.sch.uk to arrange. Further information and an application pack are available from the school website: www.st-josephs-upminster.net

St Benedict's Catholic College - Lay Chaplain

The pay band for the role is Scale 7 (scp 19 to 24), which is £24,927 to £29,174.15 hours per week, Monday to Friday
Applications will only be accepted on the college application form (which can be downloaded from our Website) and should be emailed to Mrs Angela Jones HR Administrator at a.jones@stbenedicts.essex.sch.uk. CVs will not be accepted.
For further details about the role, please contact Mrs Jo Santinelli, Principal on 01206 549222 and for further details about the college, please go to our website www.stbenedicts.essex.sch.uk.

The closing date for applications is midday on Friday 29^{th} April and interviews will be held w/b 16^{th} May 2022.

St Benedict's Catholic College - Chaplaincy Apprentice/"Gap Year" Lay Chaplain Fixed term for 2 years (linked to duration of study)

37 hours per week, Monday to Friday and this will be required term time, plus five staff training days, plus 37 hours to be used flexibly during the year to support extra-curricular events and other key duties. The pay band for the role is Scale 3 (scp 4 to 5),

The actual salary for the role is £16.847.69 to £17.185.27 (under 5 years' service) or

The actual salary for the role is £16,847.69 to £17,185.27 (under 5 years' service) or £17,069.37 to £17,411.39 (over 5 years' service).

Applications will only be accepted on the college application form (which can be downloaded from our Website) and should be emailed to Mrs Angela Jones HR Administrator at a.jones@stbenedicts.essex.sch.uk. CVs will not be accepted. For further details about the role, please contact Mrs Jo Santinelli, Principal on 01206 549222 and for further details about the college, please go to our website www.stbenedicts.essex.sch.uk.

The closing date for applications is midday on Friday 29th April and interviews will be held w/c 16th May 2022.

Catholic Schools Leadership Positions:

Headteacher St Alban's Primary, Elm Park
Headteacher St Joseph's Primary, Upminster
Headteacher Holy Family Secondary School, Walthamstow
Deputy Headteacher St Mary's, Tilbury
Deputy Headteacher St Alban's, Elm Park.
Deputy Headteacher, St Joseph's Primary School, Harwich

Details of all positions can be found at the following link https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/

Our Lady of Ransom School - Cleaning Vacancies

We currently have two cleaning positions available

Position 1 - to work 12.5 hours per week (2.5 hours every evening)

Position 2 - to work 7.5 hours per week (2.5 hours on Mon, Tues & Weds)

Both positions to be paid on Band 1 Point 1-3 (approx £9.50 per hour),

term time only (plus additional hours in the school holiday).

Please complete an application form which can be found below and return to

Mrs Pink, School Office Manager office@olorcps.net

Closing date for applications: Friday 15th April, 2022

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

Our Lady of Ransom School - Midday Assistant Vacancies

We currently have two Midday Assistant positions available

Both positions are to work 1. 75 hours per day (11:30am - 1:15pm)

To be paid on Scale 2 Point 2 (appr006Fx £9.60 per hour), term time only.

Please complete an application form which can be found on the school website and return toMrs Pink, School Office Manager office@olorcps.net

Closing date for applications: Friday 15th April, 2022

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

Housekeeper - Our Lady & All Saints, Basildon

A vacancy has arisen for a part time Housekeeper in Holy Trinity Presbytery and Hall, St Therese Hall and occasionally in St Basils Presbytery in Basildon Parish.

The post will be part-time (approximately 15 hours per week – Tuesday, Wednesday and Thursday).

Application forms can be obtained by contacting Father Sabu via the Parish email address: basildon@dioceseofbrentwood.org

Closing Date for Applications: 22nd April 2022.

FACE COVERINGS:

Although the legal requirement to wear a face covering no longer applies, the government suggests you continue to wear a face covering in crowded and enclosed spaces. We strongly encourage parishioners to continue wearing a face covering/mask while moving around the Church. While you are in your place in Church, please feel free to remove your face covering if you so wish.

Beginning Experience Weekend:

If you are single again following divorce, separation or the death of your partner, a residential weekend to help you to heal will be held from 8th to 10th April 2022 at the Sion Community, Brentwood, Essex. If you would like more details, please ring Freda 01322-838415 or Maura 07795-498445 or email besouthofengland@gmail.com

PUBLIC MASSES

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 Welcomers.

Holy Communion only to be received on the hand for added protection.

The church will continue to be both cleansed and sanitised regularly



Please ensure all items for the parish newsletter are submitted to the office by midday on Thursdays.

PLEASE SAVE YOUR USED STAMPS....

Please continue to save your used stamps and leave them in the container in the Porch.

Ruth Fitzgerald would like to thank everyone who has donated used stamps – these have been passed on to the MS charity.

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. If you are a taxpayer and donate to the parish online, 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.

GIFT AID ENVELOPES FOR NEW TAX YEAR

We want to encourage everyone to pay online, so envelopes will need to be requested. There will be no Special Collection envelopes for those paying by Standing Order. Please use either the charity's own Special Collection envelope, or pay online using your Surname, Gift Aid No. and Charity Name or use a blank/yellow envelope with your details printed on the front.

Hosting a Refugee.

Food, admin, their own TV — how to make a refugee feel welcome



Displaced women and children like Olga and her son David are in need of help

In the midst of a dreadful news cycle, it was heartening to hear last week that within days of the launch of the government's <u>Homes for Ukraine</u> scheme, more than

130,000 people applied to host refugees. In order to be accepted, a host is expected to provide a room rent-free for a minimum of six months (they will be offered £350 a month to help with expenses). Most volunteers will have no experience of taking in a displaced person, so if your application goes through, how can you make your newly extended household a happy one for everyone in it?

Mike Levy, a researcher for the US Holocaust Memorial Museum, says we can learn from history. His book *Get the Children Out!* focuses on the Kindertransport — a rescue effort in the months before the Second World War that brought children to the UK from Nazicontrolled countries.

"Many of those young refugees arrived traumatised," he explains. "Bed-wetting, nightmares and morose behaviour, often cruelly interpreted by foster parents as ungrateful attitudes, were not uncommon. And often foster parents were not aware of dietary restrictions. They might serve a 'good English breakfast' of pork sausage and bacon to an Orthodox Jewish child."

Hosting can present unexpected challenges and there is a lot to be considered before your new housemates arrive.

Preparing to host

At the moment it is possible to sponsor only a named Ukrainian — that is, someone you know personally — but charities are stepping in to make introductions. Though the government has yet to clarify many of the logistics, it has confirmed that hosts and guests alike will be subject to security checks.

Daisy Garnett, a journalist, and her family hosted a Syrian man, Ali, for three weeks earlier this year. The stay was organised by the charity Refugees at Home. Ali had been in the UK for

some years but needed short-term accommodation in London in order to sit dentistry exams.

The checks, Garnett says, were straightforward: she showed the charity the house and supplied two references, then cleared space for Ali in her stepdaughter's room (she was away at university). "The charity gave us a full description of him, his age, what he does, his hobbies and his temperament," Garnett says. They were also provided with information about his dietary requirements: "We bought halal meat."



Ukrainians take refuge in an underground station in Kharkiv, which has been heavily damaged by Russian forces

Providing a thoughtful welcome to your

guests can get you off on the right foot. "I think what's really important is the little touches that make the place feel nice," says Gabriella Brent, head of programmes at the charity Refugee Trauma Initiative. "Often an effort makes somebody feel cared for — whether leaving flowers in their room or inviting them to a welcome meal."

While they're with you

The government says hosts will not be responsible for helping refugees access benefits, register with a GP or get children into school — other organisations will offer this support. That said, extra help may be needed. In 2016, Emily and her husband hosted a 22-year-old Syrian refugee, Malva (not their real names), for six months. "I was quite naive about what it would involve in terms of her dependence on us," says Emily. "The bureaucratic machine a refugee gets thrown into is unbelievably complicated."

Essa El Hajy discovered this when he arrived in the UK from Syria as a refugee in 2016, aged 21. He says the practical support his hosts offered was invaluable. "I didn't know anybody in the UK and I only knew a few English words," he says. "As soon as I arrived, they said to me, 'Don't worry, we're here to help you'. They taught me a lot about the systems and routines in this country, and how to treat people here. They did a language lesson with me every day and helped me study. I needed them — on my own I couldn't have done it. I would have been lost." El Hajy now works in construction but still sees his host family frequently. Steve Louis helped establish schemes for two refugee families in his town in Buckinghamshire — the families, who come from Syria and Afghanistan, are housed independently but get structured support from the community.

"The key thing I've learnt is the importance of social capital," he says. "Money and housing are important, but what is easy to overlook is that we all know how to go about trying to get a job here, or how the school system works. If you're arriving from overseas, you don't know any of that stuff, and that's how communities can really help."



Thousands of Jewish children were evacuated from Germany and Austria before the outbreak of WW2

He recommends hosts set up their own informal community: "It would be very useful to have a

group of mates who could share the load. Maybe one friend is helping with education, or

another with getting a driving licence, and someone else will take them to the doctor if there are medical issues."

Try to let go of any expectations about how a refugee should behave. "There is an awful stereotype that they should be constantly grateful, and immediately be really industrious and find a job," says Emily. "As a host you're just there to provide a space. Don't expect too much, and don't project any ideas about how a refugee should be operating."

Bear in mind that your guest may feel overwhelmed. "Don't expect constant signs of gratitude for your kindness — remember what the families have been through," counsels Levy.

Psychological support

Trauma can present itself in different ways. "Some people can go into shock and be disassociated from feelings," says Brent. "Others can be in a practical, go-go-go mode, or in a very agitated, anxious state. What is important is that hosts learn about trauma-informed care." She recommends the charity's free online course, Introduction to Setting up Safe Spaces (refugeetrauma.org/intro-training). Citizens UK and Reset also provide training in supporting refugee families.

In terms of discussing traumatic events, be led by your guest. "It's not always helpful to ask direct questions," says Brent. "Good questions might be: 'How did you sleep?', 'How are you doing today?'. Usually somebody will open up if they need to.'



The German president Frank-Walter Steinmeier meets refugees from Ukraine

Sharing a space

El Hajy appreciated his hosts explaining some basic rules early on. "They told me I wasn't allowed to smoke inside the house, so I didn't. They said, 'Please don't come home late and make noise'. It's best just to be clear — because a refugee may not know what you expect, as they come from a different culture. It's better to know upfront rather than make mistakes and upset each other."

If there are things your guest needs to know about your home and the housework, it's a good idea to let them settle in first. "What isn't very nice as soon as you arrive in a different country is to have a bunch of rules given to you," says Brent. "That can feel very ungenerous and insensitive."

It is also helpful to make sure there's enough personal space, not only in their bedroom but in shared parts of your home, Brent says. Extend invitations but don't assume your guests will always say yes — and be patient, she advises.

The Garnetts decided as a family that they would like Ali to eat dinner with them. They discussed it with him and he agreed. They usually prepared vegetarian food. El Hajy joined his hosts for dinner as well, and enjoyed preparing Syrian meals for them.

When it came to chores, the Garnetts didn't ask Ali to muck in, but they showed him where the products were in case he wanted to clean his bedroom. "I didn't go into his room — I tried to keep that private," says Garnett. "I told him, 'I'm very happy for you to put your laundry in the basket and we'll do it, but if you'd rather do your own, I can show you how to use the machine'."

There may be a language barrier but that doesn't mean you can't connect. "If you're confident that your guest wants that connection, you can go for walks together, play sports, listen to music or be creative," says Brent.

The likelihood is that you won't cohabit forever. "Make it clear what your hard stop is in terms of the time that you can offer, but also work out practical things that you can do towards the end of that period, to help them prepare for leaving," advises Emily. "Most people do want to get their own space as quickly as possible." That said, your relationship won't necessarily end. "In our case it absolutely didn't — Malva is still in our lives, and I still help her out.'

Beyond Ukraine

While Garnett's family is in the process of arranging to host a Ukrainian mother and child, she makes the point that there are many refugees here from other countries who still need a home, even if they're not new arrivals. It's not simply that hosting is a kind thing to do, she adds: "It's interesting and broadens your horizons. We like having people in our house — it makes us all behave better."

Links are below.

https://cuk.zoom.us/meeting/register/tJluc-

CtqzojGNygZpMb LytJZk3nYA3MGfe?link id=0&can id=216314e46591144378a3f50cdbb09 403&source=email-welcoming-ukrainians-join-our-webinar-on-

monday&email referrer=email 1477979&email subject=welcoming-ukrainians-join-our-webinar-on-monday

https://www.caritasbrentwood.org/ukraine/

<u>Homes for Ukraine – a British welcome for refugees from Ukraine</u>

https://www.thetablet.co.uk/blogs/1/2024/homes-for-ukraine-a-british-welcome-for-refugees-from-ukraine