

## Parish Newsletter

# OUR LADY OF RANSOM



22<sup>nd</sup> September 2024    Twenty-Fifth Sunday of the Year

Psalter Week 1

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

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

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

One of the prime movements in the whole Bible is a basic critique of worldly power, such as today. Jesus reprimands his disciples for thirsting for power and self-importance, having not long explained the importance of 'servant-leadership'. So it's not just welcoming the child, but also the child within, the child within ourselves before any thirst for worldly self-importance begun. Do we, can we, welcome that child?

**1<sup>st</sup> Reading: Wisdom 2: 12, 17-20**

**Psalm: 53: 3-6, 8**

**2<sup>nd</sup> Reading: James 2: 16-4:3**

**Gospel: Mark 9: 30-37**



| <b>MASS INTENTIONS</b>                     |  |
|--|--|
| <b>Saturday 21<sup>st</sup> September</b>  | <b>St. Matthew</b>   |
| <b>5.30pm Mass</b>                         | John Morrill (Ints) – Jane and John Cook                   |
| <b>Sunday 22<sup>nd</sup> September</b>    | <b>25<sup>th</sup> Sunday of the Year</b>                  |
| <b>8.00am Mass</b>                         | Parish Community   |
| <b>10.00am Mass</b>                        | Mina Fox RIP (Fr. Paul's mum) – Susan and Damian Lucibello |
| <b>Monday 23<sup>rd</sup> September</b>    | <b>Padre Pio of Pietrelcina (St. Pius)</b>                 |
| <b><u>8.30am Mass</u></b>                  | Private Intention  |
| <b>Tuesday 24<sup>th</sup> September</b>   | <b>Our Lady of Walsingham</b>                              |
| <b>9.30am Mass</b>                         | Mgr. Christopher Creede RIP                                |
| <b>Wednesday 25<sup>th</sup> September</b> |  |
| <b>10.00am Mass</b>                        | Frances Galvin RIP – Pat and Mary Rickard                  |
| <b>Thursday 26<sup>th</sup> September</b>  |  |
| <b>9.30am Mass</b>                         | Fr. Tony McKentey RIP                                      |
| <b>Friday 27<sup>th</sup> September</b>    | <b>St. Vincent de Paul</b>                                 |
| <b>9.30am Mass</b>                         | St. Vincent de Paul Society (Ints) – Rayleigh Conference   |
| <b>Saturday 28<sup>th</sup> September</b>  |  |
| <b>5.30pm Mass</b>                         | John Amey RIP – Maria Amey                                 |
| <b>Sunday 29<sup>th</sup> September</b>    | <b>26<sup>th</sup> Sunday of the Year</b>                  |
| <b>8.00am Mass</b>                         | Lili de Cristofano RIP – Christine and Eddie Callis        |
| <b>10.00am Mass</b>                        | Parish Community   |

All 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

|   |  |
|---|--|
| <p><b>PARISH PRIEST</b><br/>           Father Paul Fox<br/>           50 London Hill, Rayleigh<br/>           Essex SS6 7HP<br/> <b>01268 38.24.99</b><br/> <a href="http://www.olorchurch.org">www.olorchurch.org</a><br/>           email: <a href="mailto:rayleigh@brcdt.org">rayleigh@brcdt.org</a></p> | <p><b><u>Public Mass times:</u></b><br/> <b>Saturdays 5.30pm</b><br/> <b>Sundays 8am &amp; 10.00am</b><br/> <b>Mondays &amp; Tuesdays 9.30am</b><br/> <b>Wednesdays 10.00am</b><br/> <b>Thursdays &amp; Fridays 9.30am</b></p> |
|---|--|

**The Sacrament of Reconciliation: 4.30pm – 5pm Saturday evenings (not in the confessional box)**

*Please be aware - Times and days of weekday Masses are subject to change. Our Parish is part of The Brentwood Diocesan Trust, Registered Charity Number 234092*



**ANNIVERSARIES** Kindly pray for all those whose anniversaries are at this time. Especially..... John Amey, Larry Gunning and Con Parker.

**May they rest in Peace. †**

**NEWSLETTER ITEMS:** Please ensure all items for the parish newsletter are Osubmitted to the parish office by **11am on Thursdays** at the latest. Thank you

**A copy of the newsletter is placed on the notice-board for quick reference. Please leave it attached to the notice-board for others to see. Thank you.**

**PLEASE: when receiving Holy Communion, consume the Sacred Host IMMEDIATELY. The Sacred Host should be consumed before receiving the Sacred Blood from the Chalice, if you do not receive from the Chalice, then consume the Sacred Host straight away in front of the Altar. Thank you.**

### **Rite of Christian Initiation of Adults Programme (RCIA)**

All are welcome to come along to our Rite of Christian Initiation of Adults programme and learn more about what it means to be a Catholic Christian. **Our Programme will be starting THIS Monday 23<sup>rd</sup> September 2024 at 8pm in the Bethany Room.**

Perhaps you are completely new to Christianity, or maybe you left the Church as a teenager and now want to return to the Catholic faith. Alternatively, you may just want to informally ask questions to deepen your understanding. Whatever your circumstances, you are welcome to come along and learn more about what it means to be a Catholic Christian.

**Please come along to find out more. You do not have to make any commitments at this point.**

However, 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 Catholic Church at Easter in April 2025.

**Special Collection Gift Aid Envelopes:** For those making their regular donation online/by bank transfer, and would like the Gift Aid envelopes for special collections only, they will be available to collect from the church porch.

### **Wednesday Coffee Morning**

Coffee Morning will take place on Wednesday **25<sup>th</sup> September 2024** after **10am Mass**.

If anyone is willing and able to volunteer to help once each month, please come along and make yourself known. We'd love to see you.



**ALSO... Coffee morning on September 29<sup>th</sup> after the 10am Sunday Mass in aid of the SVP.**

**If you are interested in running a coffee morning after the Sunday 10am Mass, for a Charity of your choice, please**

**inform the staff in the presbytery office. Thank you.**

### **CELEBRATING THE JUBILEE**

**2025 will be a Holy Year for the whole church. Pope Francis has invited us to promote the rights of refugees in the Jubilee Year and beyond. On Saturday 12<sup>th</sup> October from 11 am (coffee available from 10.30) Victoria Firth and Liam Allmark of the Jesuit Refugee Service UK will discuss how we can take up Pope Francis' invitation. The event will take place at the Catholic Church of Christ the Eternal High Priest in Gidea Park (RM2 6DH). Live participation is encouraged, but the day can also be followed live or accessed later on [www.whatgoodnews.org](http://www.whatgoodnews.org) For those attending, the church is a short walk from Gidea Park station (Elizabeth Line). Easy access from A12 Gallows Corner, and from M25. There is ample car parking space at the church. Refreshments available. Please bring a packed lunch.**

### **APPEAL TO ASPIRING YOUNGER PARISHIONERS FROM THE JMG TRUST**

Do you feel you would like to make a personal contribution towards the alleviation of poverty both locally and overseas? The "Trustees" are aiming to recruit like minded individuals to take on the work of this locally based charity with assets of £1M. We are looking in particular for younger members preferably with some Financial or IT experience, (but not necessarily qualified) to fill some administrative roles connected mainly with the distribution of grants to the "poor and needy". If you feel that this vocational work may suit your Christian ethos, please apply to Christopher Johnson on 07783326732. We meet only twice a year to discuss Trust business matters.



**Kids' Bulletin** A children's version of the gospel is available weekly. This can be accessed on the following website: [www.thekidsbulletin.com](http://www.thekidsbulletin.com) and is aimed at primary school children. It can be downloaded and printed out.

**Parish Pilgrimage to Fatima: Confirmed date: Monday 12th May – Friday 16th May 2025. The cost quoted is £635pp based on 20 people going. This does not include flights. If interested please contact Fr. Paul or Nicky (07710 126563) or [nicky.prideaux@outlook.com](mailto:nicky.prideaux@outlook.com). Thank you.**

**And/or**

### **Lourdes Pilgrimage 2025**

We are planning a pilgrimage to Lourdes next year. The proposed dates are Tuesday, 10<sup>th</sup> to Saturday, 14<sup>th</sup> June 2025.

The pilgrimage is being arranged through Tangney Tours. Flights will be via Ryanair from London Stansted and accommodation for 4-nights will be provided by Hotel Stella on a full-board basis.

Tangney have offered a provisional quotation of £598 per person, based on 2 or more sharing a room, and £718 for single room occupancy. These prices are subject to change reflecting Ryanair's pricing policy and early booking is strongly recommended. Optional Travel Insurance is available at extra cost.

The pilgrimage will have a spiritual leader.

If you are interested in joining the pilgrimage, or would like to know more, please contact Colin Griffin, Tel. 01268 772322, Mob. 07841 013606 or email [colingriffin@outlook.com](mailto:colingriffin@outlook.com).

### **Do you have the need of a Wheelchair/ Mobility Aid?**

***Over a period of time, a collection of Wheelchairs, Strollers, Walkers and other mobility aids have gathered in the Presbytery garage.***

***If you or a family member have the need for any of the above items, please contact Fr. Paul for more information.***

***Tel: 01268 382499***

***These can be very expensive items and there is no cost involved whatsoever.***

***They will be fully sanitised and delivered to wherever they are required in the area. Thank you.***

## **Homeless Shelter**

We have been asked if we would be able to put a team of volunteers together to run a homeless shelter this coming winter. The shelter is likely to run from December through to the end of March 2025. The shelter will be central and not at the Sacred Heart Church. If you would like to volunteer, please contact the Parish office by email in the first instance to record your interest.

[southend@brcdt.org](mailto:southend@brcdt.org)

As more information becomes available, we will of course share. Thank you.

Thank you for your help. God bless, Liam Rand

Catholic Parish of The Sacred Heart, Southend-on-Sea and St John Fisher,  
Prittlewell The Presbytery, 418 Southchurch Road, Southend-on-Sea, Essex SS1  
2QB Telephone (44) 01702 465720

## **Missio Red Boxes**

We are about three months away from the Missio Year End report submission for OLOR.

If you have a Red Box and it needs emptying and the contents banked into the Missio account, please speak with your local Missio Promoter **or** bring your Red Box to church and hand it to one of the Ushers who will leave it in the Presbytery for safe keeping.

It will be dealt with in good time and returned back to you.

Thank you

## **Our Lady of Ransom Theatre Club**

There are a few trips arranged that may be of interest . Most are local ( meet at theatre ) with just two in London . No coaches included but car share / travel companions can be arranged . £5 pp initial payment . All tickets can be paid in instalments.

The trips arranged are as follows :

October- 10th Lord of the dance (£36 pp)

(all above are at Cliffs Pavillion)

Oct 12th - Come from Away Musical in London at New Wimbledon Theatre £44.50

November 5th Grease The Musical 8pm- (£35.50)

November 30th - Jack and The Beanstalk Panto Towngate Basildon- £21pp

31st December Jack and The Beanstalk pantomime Cliffs Pavillion £32.50 ( all front stalls)

**2025** 'Paddy McGuinness - Nearly There..' - Feb 21st - 7:45 (£44.50 )

'& Juliet' May 7th 8pm

'Tina Turner Musical' August 27th - 7.30pm (£33.50)

To book please contact [clare\\_simon@hotmail.co.uk](mailto:clare_simon@hotmail.co.uk) or message 07757 138345

**Only Fools And Horses The Musical** Thurs 3rd Oct 2:30pm - Cliffs Pavilion £49.50

### **Come From Away**

Sat 10th Oct 2:30pm. New Wimbledon Theatre London - £44.50 (travel by train.)

7000 Stranded Passengers. One Small Town. A Remarkable True Story.

Winner of four Olivier Awards (including Best New Musical in London)

**Please contact Clare Mason 07757138345** for more details and for information on other shows later in the year and next year. All shows can be paid for in instalments.

**Open House Billericay: Saturday, 12<sup>th</sup> October 2024** On Saturday, 12<sup>th</sup> October the Most Holy Redeemer Church, Billericay will be hosting a day focusing on parish renewal with talks and workshops designed to help parishes transition from maintenance to mission. Bishop Alan will also be presiding at the Midday Mass.

Get inspired by priests and parishioners as they share stories of transformation. Hear what they are learning and dream about the change that could be possible in your own parish.

The day will last from 9.30am to 5pm and the cost is £20 per person. In order to attend you need to register in advance by following this link: <https://divinerenovation.org/events/>

### **PARISH CHOIR**

*Do you like to sing? You would be most welcome to join us in the Parish Choir. Just come up to the choir loft after 10am Mass on a Sunday when we are singing. We only sing twice a month, so the commitment is not great. We hold a choir practice on most Thursdays too at 7.30pm for an hour or so. For more details contact Isobel Kennedy (07795 821705)*

### **Youth Gather, Essex Outdoors, East Mersea, 26<sup>th</sup> – 27<sup>th</sup> October**

For anyone in year 9 and above, join us for a weekend of speakers, workshops, prayer and more, alongside the opportunity to try high ropes, archery or climbing at the amazing Essex Outdoors in East Mersea. **Applications are now open** and you can apply and find all information at [www.bcys.net/events/youth-gather-2024/](http://www.bcys.net/events/youth-gather-2024/)

**The Brentwood Ursuline Convent High School will be holding an Open Evening for prospective Year 7 students with their parents who wish to consider entry to the school in September 2025. For prospective Year 7 students the Open Evening will be on Thursday 26 September 2024 from 6.30pm - 9.00pm. The Headteacher will give a talk at 6.30pm and 7.30pm.**

**Please note that there are no on-site parking facilities available.**

**ST BERNARD'S HIGH SCHOOL YEAR 6 OPEN MORNINGS**

***Monday 30th September to Thursday 3rd October 2024 from 9.30am to 10.30am***

***Invitation by appointments only, please contact the school reception to book***

***Office@stbernards.southend.sch.uk***

***Tel: 01702 343583 www.stbernardswestcliff.org.uk***

**Art Exhibition:** The Most Holy Redeemer, Laindon Road, Billericay, CM12 9LL, will be holding an exhibition of art work by a parishioner, Terry Ludden, on Saturday 5<sup>th</sup> October, 2.30pm-5pm in the Canon Roche Hall (behind the Church). The paintings will be for sale, all proceeds will go to the Parkinsons Society and the local Foodbank. There will be light refreshments and live music. Feel free to pop along.

**ST. THOMAS MORE HIGH SCHOOL SIXTH FORM OPEN EVENING - THURSDAY 3<sup>rd</sup> October 6.00-8.00 P.M.**

***For families who have students – boys and girls - in year 11 of secondary school who are intending to begin sixth form studies in September 2025. Come and visit the school and meet the staff and current sixth form students. There will be tours of the sixth form building and the rest of the school.***

**The Knights of St. Columba will** be holding two social events; a Quiz Night on the 28<sup>th</sup> Sept. and a Bingo Night on the 26<sup>th</sup> Oct. to raise funds for the work of Sr. Joachim and her Mission of Hope. A “flier” will be handed out after weekend Masses with information on the excellent work carried out by Sr. Joachim whose mother resides in our parish. Please support these events. There will be an opportunity for those who cannot attend to donate – do take an envelope from a member of the Knights.

**The SVP Conference ,Rayleigh**

The Month of September is the Awareness Month for the SVP. The Feast Day of St Vincent de Paul is on Friday 27<sup>th</sup> September which we will celebrate with a Mass at 9.30.

The SVP will be hosting a Coffee Morning after the 10 o'clock Mass on Sunday 29<sup>th</sup> September.



Could I please draw your attention to the Food Bank donations Box in the Church entrance. The Food Bank is at present receiving a reduction in donations of surplus foods from Supermarkets and individuals mainly due to the economic climate. So if you can contribute in any way, no matter how small, this will help those families who are struggling to make ends meet.

You have always given the SVP great support and I am sure you will continue to do so. The members of the SVP Rayleigh will be wearing lanyards during the Month of September to make Parishioners aware of them and if you would like to learn more about the SVP work. Speak to them about any problems or concerns in strictest confidence.

I would ask you to keep the SVP in your Prayers so we can continue to carry on our work supporting those in need.

## **URGENT Furniture Appeal**

The SVP Conference ,Rayleigh

**We are appealing to you following a lady losing everything she owns in a House fire which happened some weeks ago. She is being housed in temporary accommodation in a Travelodge and is as you can imagine , desperate for support.**

**She has lost all her personal belongings, Clothing, family photos etc.**

**So I would ask, if you have any Furniture, no matter how old, which you may be thinking of renewing or discarding, kitchen utensils, towels, etc or anything that would help her set up home again, please contact myself or an SVP Member.**

**We can collect items which are available.**

Thank you all once again.

**Pat Rickard. President. SVP Conference Rayleigh**

**Tel: 01702 206842      Mobile: 07831 558242**

## Calais Light

*This weekend, Sept 20-22, Calais Light are taking their 29<sup>th</sup> convoy to help refugees in Northern France. Thirty volunteers from across the Diocese will be bringing essential food and medical supplies to continue helping refugees exposed to increasingly lethal risks, desperately trying to survive and seek sanctuary. 20 people have drowned in the last month alone. **Please sponsor the work of Calais Light, if you can.** Calais Light say, "Our volunteers are ordinary people spending their own weekend to help others. Each volunteer pays their own way, so all donations directly*

*benefit the hundreds of men, women and children stranded across Northern France who desperately need help.” For more information and to donate, visit <https://www.calaislight.com/>*

**Retreat Manager at Walsingham House:** Walsingham House is an integral part of the youth ministry in our diocese. They are seeking to appoint a Retreat Manager who can oversee the smooth running and delivery of retreats to our schools and parishes. It is essential that applicants have experience in youth ministry. This is an exciting role and a chance to help shape the future of retreats within our diocese. For more information please see their website <https://bcys.net/news/vacancies/> The closing date is midday on Tuesday 15<sup>th</sup> October.

## Class Teacher - Upper Key Stage 2

MPR/UPR ~ Full time ~ Required January 2025  
*This could be a fixed (two term) or permanent position*

Our Lady of Ransom Catholic School is looking to appoint an enthusiastic and highly-motivated class teacher to join our friendly and dedicated team.  
*(The successful applicant will teach one of our Year 5 classes, until the end of this academic year)*

Our Lady of Ransom was judged to be an an **OUTSTANDING** Catholic school (S48 Inspection, May 2022) and a **GOOD** school by Ofsted in January 2023

Our school provides a happy, calm atmosphere with delightful children, a wonderful learning environment and supportive colleagues, governors and parents.

The successful candidate will need to be a strong practitioner committed to achieving high standards of pupils' learning and capable of teaching imaginatively. They will be willing to be involved in all aspects of school life.

The post would suit an experienced teacher who is either a practising Catholic or willing to support the strong Catholic ethos of our school.

The Governing Body is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. The appointment is subject to satisfactory references, medical and enhanced DBS checks.

Visits to the school are welcomed and encouraged.  
For more details please contact Mr. Parascandolo (Head Teacher)

via the school office (01268 785741)

For an application form please visit the school website [www.olorcps.net](http://www.olorcps.net)

Closing date: Thursday 17th October 2024 (4pm)

Interview date: w/c 21st October 2024

We reserve the right to call for interview and appoint prior to the closing date.

Brentwood Catholic Children's Society (BCCS) has a number of Gold Bond Charity places for runners in the LONDON MARATHON taking place on Sunday 27th April 2025. If you are an experienced runner or someone who would value the opportunity to participate in this renowned event, please contact Damian Dillon for further details on 07912 308000 / [ddillon@bccs.org.uk](mailto:ddillon@bccs.org.uk). The closing date for completed applications is Friday 26<sup>th</sup> September and please note that there is a minimum sponsorship requirement of £1800 (excluding Gift Aid). If you have been lucky enough to secure your own running place through the ballot, BCCS would invite you to join them and run to support children's mental health. The London Marathon is a unique opportunity to raise much needed funds for the Diocesan Children's Society and perhaps achieve a lifetime ambition at the same time.

### **Bookkeeper– St John Payne, Greenstead**

St John Payne Parish in Greenstead, Colchester, is looking for a bookkeeper to provide finance/bookkeeping (as well as some admin) support to the parish. The candidate should have finance experience, hold good communication skills and be able to manage their own workload.

The post is for three hours per week and the rate of pay is the real living wage.

Closing date is 2 October 2024.

Full job description: [Book keeper – Greenstead](http://www.dioceseofbrentwood.net/diocese/working-for-us) please visit [www.dioceseofbrentwood.net/diocese/working-for-us](http://www.dioceseofbrentwood.net/diocese/working-for-us).

If you have any queries or if you would like to apply please send your CV and cover letter by email to Fr Alex at [greenstead@brcdt.org](mailto:greenstead@brcdt.org)

### ***Youth Gather, Essex Outdoors, East Mersea, 26<sup>th</sup> – 27<sup>th</sup> October***

*For anyone in year 9 and above, join us for a weekend of speakers, workshops, prayer, the chance to try archery or climbing, socialise with friends old and new, and all while sharing in and celebrating our Catholic faith.*

**Applications are now open** and you can apply and find all information at [www.bcys.net/events/youth-gather-2024/](http://www.bcys.net/events/youth-gather-2024/)

### ***Youth Mass, First Thursday of the Month, Brentwood Cathedral, from 6pm***

*Join the BCYS to celebrate Youth Mass each month with other young Catholics from all around the Diocese.*

*There will be pizza in the Parish Hall from 6pm, with a different input each month - speakers, workshops, prayer and worship, Reconciliation or more!*

*Youth Mass is then celebrated in the Cathedral at 7:30pm. Next date: Thursday 3<sup>rd</sup> October*

***“Made for a Purpose” – Year 13 Residential Retreat, Walsingham House at Abbotswick, Weds 9th – Friday 11th October.***

*Going into year 13, you may be about to make big or tough decisions about your future, wonder what God may have planned for you or where to go next.*

*This retreat is time to think, pray, chat with those in your year from across Essex and East London, and get a good focus for the future, right at the start of Year 13 and will take place in our beautiful retreat house Walsingham House at Abbotswick, just outside Brentwood,*

*For just £35, the cost will include meals, accommodation and youth-led formation. Visit [www.bcys.net/events/year13](http://www.bcys.net/events/year13) for more information and to apply.*

***Catechist Training and Resources Day, Brentwood Ursuline Convent School, Saturday 9<sup>th</sup> November, 10am-3pm***

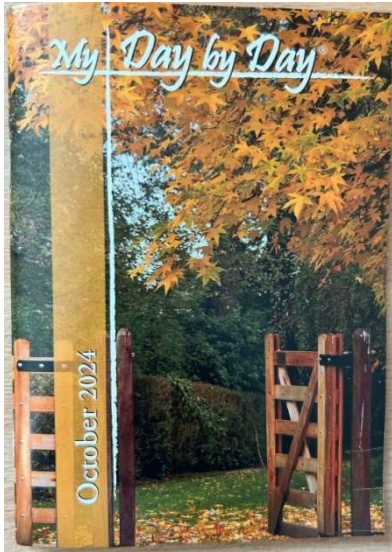
*With guest speakers, new workshops, exciting resources and fresh ideas.*

*Open to anyone working with young people in the Diocese of Brentwood, including First Holy Communion / Confirmation Catechists, Parish Partnership Youth Coordinators and Youth Leaders as well as those who look after the children’s liturgy, especially any young people (16+) who already are or may be interested in working as young leaders and catechists in the parish, and wish to develop their faith further post-confirmation. Please visit [www.bcys.net/events](http://www.bcys.net/events) for more information on how to reserve your **FREE** place.*

**‘We need to talk about gender: Christian Approaches to challenging questions for changing times’ – Tuesday Oct 8<sup>th</sup>**

**The Canonesses of the Holy Sepulchre are hosting a talk by Prof Tina Beattie at New Hall School. The talk, followed by discussion, starts at 7pm on Oct 8<sup>th</sup>. Refreshments will be served from 6.30pm. All are welcome but need to register via the following link:**

**<https://canonesses.co.uk/event/we-need-to-talk-about-gender/>**



Now available.

# WALK AND TALK

Meet other people in recovery local to you



TURN ME OVER TO FIND A WALK NEAR YOU

Are you in recovery and want to meet others local to you? Do you work for a drug and alcohol service and want to help build a bigger recovery community?

Join one of Essex Recovery Foundation's walks which happen every two weeks across Essex. Walks will be around an hour long and will finish with a coffee.

**CONTACT US ON:**

- 07356102692
- [essexrecoveryfoundation.org](http://essexrecoveryfoundation.org)



| DISTRICT      | DATE/TIME                      | LOCATION & MEETING POINT                                   |
|---------------|--------------------------------|--|
| CHELMSFORD    | 24th April 2024<br>10:30am     | Central Park. Meet at the cafe (CM1 1LQ)                   |
| HARLOW        | 8th May 2024<br>10:30am        | Town Park. Meet outside Spurriers House (CM20 2QQ)         |
| BRAINTREE     | 22nd May 2024<br>10:30am       | Braintree and Bocking Public Gardens (CM7 9AE)             |
| BASILDON      | 5th June 2024<br>10:30am       | Wat Tyler Park. Meet at visitors' centre (SS16 4JH)        |
| TENDRING      | 19th June 2024<br>10:30am      | Furze Hill. Meet at Mistley village hall (CO11 1HS)        |
| MALDON        | 3rd July 2024<br>10:30am       | Burnham Seaford. Meet at war memorial (CM0 8AG)            |
| UTTLESFORD    | 17th July 2024<br>10:30am      | Saffron Walden Common. Meet in car park (CB10 1FH)         |
| SOUTHEND      | 31st July 2024<br>10:30am      | Shoeburyness. Meet at the station (SS3 9AW)                |
| BRENTWOOD     | 14th August 2024<br>10:30am    | King George Playing Field. Meet at the pavilion (CM14 5AE) |
| THURROCK      | 28th August 2024<br>10:30am    | Thameside Nature Park. Meet in car park (SS17 0RN)         |
| CASTLE POINT  | 11th September 2024<br>10:30am | Canvey Island. Meet outside The Bay Café (SS8 0AY)         |
| EPPING FOREST | 25th September 2024<br>10:30am | Theydon Bois. Meet at the station. (CM16 7EU)              |
| ROCHFORD      | 9th October 2024<br>10:30am    | Hockley Woods. Meet in the car park (SS5 4RN)              |
| COLCHESTER    | 23rd October 2024<br>10:30am   | Castle Park. Meet in Leisureworld car park (CO1 1YH)       |

IF YOU HAVE ANY ACCESSIBILITY NEEDS TO PARTICIPATE IN OUR WALKS, PLEASE GET IN TOUCH WITH SALLY ON 07356102692.