

Parish Newsletter

OUR LADY OF RANSOM



9th March 2025 1st Sunday of Lent (C) Psalter Week 1

FASTING DURING LENT: Instead of the usual fasting during Lent, Pope Francis proposes 15 simple acts of charity;

1. Say hello. (always and everywhere)
2. Say thank you* (even if you "shouldn't" say it).
3. Remind others how much you love them. *
4. *Greeting joyfully* those people you see every day.
5. Listening to someone's *story*, without prejudice, *with love*.
6. Stopping to *help*. Being *attentive to those who need you. *
7. # Cheering up # someone.
8. * Celebrating* someone's *qualities* or *successes*.
9. *Select* what you don't use and *give* it to those who need it.
10. *Help when needed* to put someone else to rest.
11. *Correct with love* don't be silent out of fear.
12. *Have good details* with those who are *close to you *
13. *Clean what I use at home. *
14. *Help others overcome obstacles*
15. *Call your parents* if you are lucky enough to have them.

- *fast from offensive words* and convey kind words
- *fast from discontent* and fill yourself with gratitude
- *fast from anger* and fill yourself with meekness and patience
- *fast from pessimism* and fill yourself with hope and optimism
- *fast from worries* and fill yourself with trust in God
- *fast from complaining* and fill yourself with the simple things of life
- *fast from pressure* and fill yourself with prayer
- fast from sadness* and bitterness and fill your heart with joy
- *fast from selfishness* and fill yourself with compassion for others
- *fast from lack of forgiveness* and fill yourself with attitudes of reconciliation
- *fast from words* and fill yourself with silence and listening to others

If we all experience this form of fast, our daily lives will be filled by:

*PEACE

*TRUST

*JOY AND LIFE

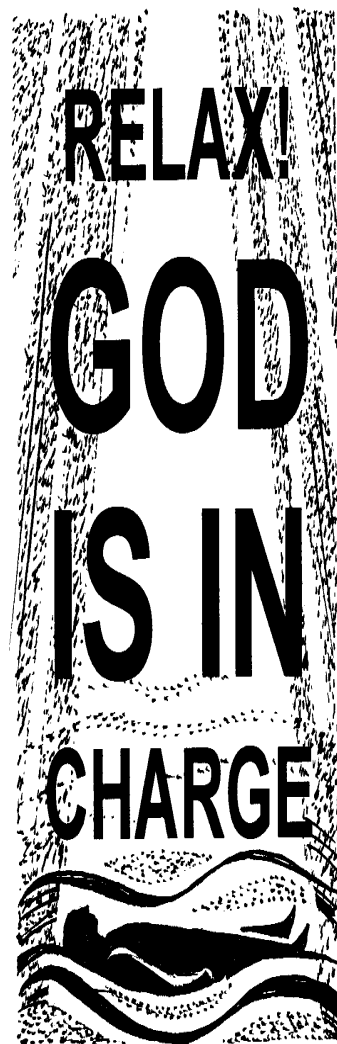
We of course keep Pope Francis in our prayer, that he experience a full recovery and fully know Our Lord's peace and strength. May he experience Our Lord's close presence always.

1st Reading: Deuteronomy 26: 4-10

Psalm: 91: 1-2. 10-11. 12-13. 14-15

2nd Reading: Romans 10:8-13

Gospel: Luke 4: 1-13



MASS INTENTIONS

Saturday 8th March

5.30pm Mass Silvio Anselmi RIP

Sunday 9th March 1st Sunday of Lent C

8.00am Mass Lena Strauss RIP
10.00am Mass Parish Community

Monday 10th March

9.30am Mass Mgr. Michael Corley RIP (Anniv)

Tuesday 11th March

9.30am Mass Fr. Maurice Roche RIP (Anniv)

Wednesday 12th March

9.30am Mass Chris Graham RIP (Anniv) – Melanie Graham

Thursday 13th March

9.30am Mass John McNamara RIP (Anniv) – Sally McNamara

Friday 14th March

9.30am Mass June Flude RIP – Mary and Tom Butterworth

Saturday 15th March

5.30pm Mass Barbara Williams RIP – Frances Williams

Sunday 16th March 2nd Sunday of Lent (C)

8.00am Mass Parish Community
10.00am Mass Joan Walsh (Ints) – Eithne Rennie

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

PARISH PRIEST

Father Paul Fox
50 London Hill, Rayleigh
Essex SS6 7HP
01268 38.24.99
www.olorchurch.org
email: rayleigh@brcdt.org

Public Mass times:

Saturdays 5.30pm
Sundays 8am & 10.00am
Mondays & Tuesdays 9.30am
Wednesdays 10.00am
Thursdays & Fridays 9.30am

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 - Joyce Harforth, John McNamara, Theresa Bird, Malvine Livigni,
Sheila Burton and Maureen McArthur.

† May they rest in Peace. †

NEWSLETTER ITEMS: Please ensure all items for the parish newsletter are submitted 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.

Holy Communion, when receiving, please 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.

Church Car Park: anyone who wishes to leave their car in the church car park overnight, or especially over several nights, must check with the Parish Office first. This is for reasons such as funeral guests having priority parking during funerals, other celebrations occurring requiring car park use, and possible ground and work maintenance being ongoing. Please respect this request. Thank you.

Printed Parish Newsletters – Reminder: printed newsletters are left outside the Presbytery for those who have NO ACCESS to electronic newsletters. In good conscience, please honour this request. Thank you.

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 March 12th after the 10.00am 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.



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.



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.

The Sacrament of Confirmation.

We are inviting all young people who wish to receive the Sacrament of Confirmation to come along on Monday June 9th to begin a series of sessions leading to the receiving of the Sacrament on Sunday November 16th from Bishop Alan. All sessions will begin at 7pm. The first few will be on a Monday evening, the rest will be on a Wednesday evening. Timetables will be given out on June 9th. You need to be in Year 9 or above (or in year 8 when we actually begin) in order to receive the Sacrament. Full commitment to these sessions is expected as is regular ongoing Practice of the Faith.

Please, in the first instance, well before June 9th, write a letter to Fr. Paul clearly stating the reasons why you wish to receive the Sacrament. Be sure to include contact details. Thank you.

Stations of the Cross: Sundays 12.30pm during Lent in the Church.

Lost Property has accumulated in our church porch. Umbrellas, gloves, children's toys and more. Whatever is not collected by the

end of March will either be donated to charitable causes or disposed of. Thank you.

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.

School children's education is being affected because parents can't afford hygiene products and are too embarrassed to send their children to school. Some children are also experiencing similar embarrassment because they ARE being sent to school but in unwashed uniform.

Please consider donating these items, washing powder/liquid or feminine hygiene items to the Food Bank collection in the porch of our church. Thank you.

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)

Walsingham House Team 25/26: applications are now open for the volunteer retreat team at Walsingham House. If you are in Yr13 or finishing university and enjoy working with young people then a year on the retreat team could be the perfect next step. Live and work as part of a young Catholic Christian community, sharing your faith and helping to run retreats for the young people of Brentwood diocese. For more information then please see the website: www.bcys.net/whabbotswick/be-on-team/ or email clairebailey@brcdt.org

Can you volunteer at the St John Bosco Children's Camp next summer? Applications are now open for anyone aged 17+ to volunteer for a week at the end of July 2025. From helping in the kitchen to running sports and other activities, your skills will mean that 100 children have a wonderful holiday. For most of the children, it is their only summer holiday. The Camp is a special work of Caritas Brentwood. More information - including training date and DBS requirements, along with volunteering FAQs - can all be found at www.boscocamp.co.uk. Applications for children to come to Camp will open in the spring.

Beginning Experience Weekend

Beginning Experience is a special residential weekend programme for widowed, separated and divorced people, which helps participants with natural feelings of grief and loss. The weekend is led by trained volunteers, who have experienced having to adjust to life as single people again. This next programme will be held on 4-6 April at the Sion Community, Essex; for further details please contact: Mary: 07730 884315, or email BeginningExperience.SoE@gmail.com.

HARP

We are very short of items that we give to people who use our services.

Here is the list:

Sleeping bags; Hand warmer; Foil blanket, take away cups; Ladies small underwear

Men's boxers small and medium; Leggings; Socks; Deodorants.

If you can help, please do let us know, we are happy to come and collect the items or you can donate to the Bradbury Centre 103-107 York Road, Southend-On-Sea, SS1 2DL.

Thank you for all your support.

Diocesan Pilgrimage to Lourdes 2025: Join Bishop Alan in Lourdes from Friday 18 to Friday 25 July. We can support those with medical needs. For further information, please 'phone Tangney Tours on 01732 886 666 or book online: [Brentwood Lourdes Pilgrimage - Tangney Tours](#)

Of course, you may wish to make your own travel and hotel arrangements for your parish. You are most welcome to do this and still participate fully in the program of the diocesan pilgrimage. If so, please tell me and I shall make sure you are able to join as much of the diocesan program as you would like..

Brentwood Cathedral Lenten Lectures.

12th March – Talk 1 by Brendan Thompson

19th March – Talk 2 by Fr. Philip Caldwell

26th March – Talk 3 by Bishop Alan Williams

2nd April – Talk 4 by Fr. Stephen Morrison

Further details on Brentwood cathedral Website www.cathedral-brentwood.org

VACANCY – St Peter’s Catholic Primary School, Billericay are seeking to appoint an enthusiastic and highly motivated Learning Support Assistant to join our team. For more information about the position and to apply, please visit

<https://www.essexschoolsjobs.co.uk/Vacancies/Details.aspx?VacancyId=108865>

Closing date is noon on Friday 14th March 2025. Visits are welcome and to arrange, or for further information, please contact the Office Manager, Mrs Foster by phone 01277 653770 or email on admin@st-peters-pri.essex.sch.uk

ST BERNARD’S HIGH SCHOOL

PART-TIME COVER SUPERVISOR/BANK SUPPLY TEACHER

Hours: Casual

Our school is looking to replenish the number of our Cover Supervisors/Bank Supply Teachers who can be contacted for either planned or last minute absence to supervise students in their lessons.

If you are happy to be contacted for occasional work, this role might appeal to you!

If you would like to apply, please complete the Teaching Application Form found on the Vacancies page on our website and email it to recruitment@stbernards.southend.sch.uk.

Fête at St Bernard’s High School on the 5th July 2025

We are excited to announce that our School Fête for the Year of Hope will be held on **Saturday, 5th July 2025**, and we would be very grateful for any contributions you can make.

How You Can Contribute:

- 1. Donate items for the Fête:**
We are seeking donations of gently used household items, adult and children’s clothes, toys, books, bric-a-brac, plants, tins and bottles, and books. Your generosity will help raise funds for our school’s ongoing programs and outreach.
- 2. Volunteer to Run a Stall:**
If you’re interested in running a stall, we’d love to hear from you! Whether you have a knack for crafts, games, or simply want to help out, there’s a place for you. Please contact Nicola Robinson at 01702 343583 or nmr@stbernards.southend.sch.uk to reserve your stall or find out more information.
- 3. Donations for our raffle:** If you have anything that could be a prize for our raffle including experiences such as a beauty voucher, sporting voucher, toiletries to name a few, we will be very grateful!

This is a great opportunity to gather with the community, have fun, and support our school. If you would like to donate, please let us know using the following email nmr@stbernards.southend.sch.uk, or alternatively,

please drop any donations into the school office after February half term. We look forward to your contributions and participation!

Thank you for your generosity and support and we hope as many of you as possible can join us on the 5th July! We will send more information about the various stalls and activities nearer the time.

Join CAFOD's Big Lent Walk in the Jubilee Year

You are invited to join CAFOD's Big Lent Walk and journey together with Catholics in England, Wales and Scotland as Pilgrims of Hope in this Jubilee Year - walking 200km over 40 days during Lent. Journey to one of the churches or shrines designated as places of pilgrimage in our diocese as part of your Big Lent Walk. Every £1 you raise will support communities like Lokho's in Kenya, experiencing the worst impact of the climate crisis, to rebuild their lives in hope.

Sign up here: <https://walk.cafod.org.uk/>

Knights of St Columba Pilgrimage to Aylesford Priory in Jubilee Year

Join us on Sunday 29th June at Aylesford Priory for an open-air Mass – Lunch (bring a pack lunch or use The Friars Restaurant) – in the afternoon join us on the Rosary Walk through The Friars beautiful grounds by the banks of The River Medway and finishing with Benediction. A coach will leave Sacred Heart Church at 8:30am and pick-up opposite Nazareth House at 8:40am, Our Lady of Lourdes at 8:50am and at Tarpots Corner at 9:10am. We depart Aylesford at approximately 4pm. The coach costs £20 per adult and children under 16 go free. Please book your place by contacting Sandy Rand 07470 820994. We look forward to welcoming you aboard.

St. Vincent's Centre Southend is holding various events to raise funds to help those in need. Afternoon teas, dinners, St. Patrick's Night, plus other events. Interested?

Please visit: Nesperm@svp.org.uk 07549128877 or 01702 592980. Thank you.

INTER FAITH DIALOGUE

An edited recording of the talk given by Cardinal Michael Fitzgerald at Gidea Park parish is now available on the website

www.whatgoodnews.org The Cardinal explained how the Second Vatican Council encourages dialogue with people of other faiths and described especially the contribution of Pope Francis to this work.

For text and commentary on all the Scripture Mass readings for Lent go to www.whatgoodnews.org

Click on Scripture Readings and then on Lent Readings.

THE LITURGY OF THE WORD

In the second talk in the series 'Proclaim the Word', entitled 'A richer table of God's word', Fr Adrian Graffy explains how after the Second Vatican Council readings from all parts of the Bible were arranged so that more

abundant provision of Sacred Scripture is available to all at Mass. The talk will be at 7 pm (tea and coffee from 6.30 pm) on Wednesday 2nd April at the Catholic Church of Christ the Eternal High

Priest, Gidea Park, RM2 6DH. The talk is also available via live stream on www.whatgoodnews.org. No need to book for this free event.

Care not Killing.

If you wish to sign the “Care not Killing” petition regarding the assisted suicide bill, advertised at the end of this newsletter, please use the QR code on the poster, alternatively, visit their website on <https://www.carenotkilling.org.uk>

Email: info@carenotkilling.org.uk

Or write to them: Care not Killing Alliance, 6, Marshalsea Road, London SE1 1HL.

They require your house number, postcode and email. (See poster at end of this newsletter). Please reply by March 24th. There is still time....

Jesuit Refugee Service. Interested in working with this great service? Or donating? All to help people who are trafficked and enslaved. People living in legal limbo, waiting to be released. Find out more: www.jrsuk.net/lent or uk.outreach@jrs.net

The *Life in the Spirit Seminars Registration* is now **OPEN**. Register by scanning the **QR Code** or **link below** and receive more information on this special Diocesan event taking place from Easter to Pentecost in Brentwood Cathedral Large Hall. The Seminars are being held over 6 Tuesday evenings from **29th April - 3rd June** inclusive and are open to all. You are warmly invited to come along to hear inspiring speakers, be filled with the Holy Spirit and travel through your own '*Holy Door*' as we celebrate this Jubilee Year as "*Pilgrims of Hope*". **Register here:** [Life in the Spirit Registration](#) or **Scan me:**



URGENT PETITION: Assisted Suicide Bill Threatens Vulnerable People

Care Not Killing (CNK) has launched a PETITION calling on MPs to reject proposals for an assisted suicide law in England and Wales.

In April (or possibly May), MPs will again vote on the **Terminally Ill Adults (End of Life) Bill**. Despite a disappointing initial vote of 330–275 in favour, there is now a realistic chance the Bill can be defeated.

The Independent newspaper reports that **142 MPs** who initially backed the Bill could withdraw their support (citing safeguarding concerns). NOW is the time for Catholics to make their voices heard.

If assisted suicide becomes law in England & Wales:

1. **Hospice** [and palliative care] provision will be undermined
2. **Suicide prevention efforts** will be weakened
3. **Elderly and disabled people** will feel pressure to take their own lives*



In the US state of Oregon, almost half of those who have died by assisted suicide cited fear of **being a burden on their families or carers as a reason for choosing to die.*

Only 1-in-3 people cite fear of pain.

The state ought to support the provision of care for those at the end of life, not their deliberate killing.

WAYS TO SIGN:

- ❖ petition sheet at your **Church**
- ❖ use this **QR code** on your phone

