



Dear Parish,

Welcome to the first *livesimply* e-newsletter of 2021.

Living in a first world country it's almost impossible to imagine what it would feel like to have to walk for hours every day to gather water, but that is the daily reality of millions of people - like Abdella, who lives in Afar, one of the hottest place in Ethiopia. Everyday he walks for 10 hours to collect water for his family.

The UN estimates that nearly one billion people don't have safe water to drink, aside from the millions who don't have access to basic sanitation. This water poverty is a direct result of the way we treat the earth today, and affects the poorest and most vulnerable in the world.

This Lent we invite you to help us to do something about water poverty by joining us on the **St Edmund Big Walk for Water** on Saturday 20th February.

There's no set distance so you can walk for as long as you want and whenever and wherever you want, but you must walk solo or in your bubble to observe the lockdown restrictions. Please sign up on the [just giving page](#)

And how about another challenge for Lent... **and commit to walking 10,000 steps every day throughout Lent?**

If you are a keen walker and up for a 40-day challenge this is for you! For sponsorship please set up your own just giving page by signing up here [Walk for Water | CAFOD](#) and then link your page to the St Edmund team page.

Either way, please let Jo Lewry know that you are taking part by emailing jolewry@aol.com Also, share your justgiving page on social media and encourage your friends and family to sponsor you.

What you can do now to prepare:

- Sign up using the [just giving page](#)
- Start training, and find a walking buddy
- Download a pedometer App on to your phone – there are plenty free options
- NB 10,000 steps is approx. five miles

Our actions matter, and together we can change people's lives. Thank you for your support!

How should our Diocese respond to the food poverty crisis?

The number of people experiencing food insecurity has increased dramatically during the Covid 19 crisis, with families in our diocese under increasing pressure. If you are interested in finding out what parishes can do to help please join the Justice & Peace Webinar this Saturday 16th January from 10 am to 12.30 pm. To book your place and receive the Zoom link email: rosie.read@abdiocese.org.uk

Some suggestions for new eco-habits in 2021

Reduce and reuse

Refill existing containers and move to environmentally friendly cleaning products.

The Yard Market can supply all the basics: washing-up liquid, cream cleaner, dishwasher cleaner, rinse aid, hand soap, body wash, shampoo and conditioner.

It's simple to move to this system: save your bottles (the more you bring along to refill the fewer trips out!) and bring them down to the

Recycle more

More food packaging can now be recycled

Check the logo and recycle packaging in the recycling bins at the entrance to the supermarket.

Did you know that **Cadbury's chocolate wrappers** can now be recycled? They're now made from sustainably sourced paper; overall 94% of their packaging is currently recyclable. Also, lookout for the Fairtrade logo on their chocolate

Yard Market, near the Pepperpot, off Godalming Hight St. It's open during lockdown between 11am and 4pm, Tuesday to Saturday.

Use a reusable face mask as disposable face masks are an environmental hazard, containing micro particles which end up in the oceans.

Adjust your diet

For a healthy and sustainable diet which has a lower climate impact the recommendation is to adopt a predominantly plant based diet, with a stronger emphasis on pulses, nuts and seeds, fruit and vegetables, whole-grain products and vegetable oils as well as lowering meat intake.

Become an ethical consumer

Review all your purchasing habits and decisions. Be aware of the carbon footprint of the items you buy, and the ethical and environmental credentials of the company who has produced them.

This website has lots of useful ideas:

<https://www.ethicalconsumer.org/>

products.

Put less in your black bin

The local Community Recycling Centre at Witley is open during lockdown from 8am to 4pm, Monday to Sunday, and you can dispose of a whole range of items such as: batteries, spectacles, electrical equipment, mobile phones, fluorescent tubes, videos and CDs.

Some Recycling Dos and Don'ts:

Jiffy bags and bubble wrap– these can't be recycled and should go into the black bin

Light Bulbs don't be tempted to recycle your light bulbs with your glass bottles and jars, as they're made from a different type of glass. If possible take them to the CRC but if putting them in to the black bin it's best to wrap them to prevent them breaking and causing harm to those who handle the waste.

NB: the recycling schemes at the Borough Offices eg to collect dental items and crisp packets aren't running during lockdown.

Eco-clear up after Christmas

Here are 4 ways to recycle your real Christmas tree:

- Take your tree to the Community Recycling Centre at Witley
- Plant it out in your garden
- If you subscribe to Waverley's Garden Waste Collection Service you can put your Christmas tree out with your other garden waste on a collection date before the end of January
- There are also 2 Christmas tree drop off points in Godalming:
Broadwater Park, GU7 1QD; & Holloway Hill Rec car park GU7 1QD

Enjoying Creation ...walk, cycle, run...

If you have some extra time and are looking for ideas for some local walks

visit the website: <http://fancyfreewalks.org/SurreyWest.html>

But remember: you should not travel outside your local area!

And the World Wildlife Fund has some ideas for family activities

<https://www.wwf.org.uk/get-involved/families>

Are you having a post-Christmas or lockdown clearout?

As charity shops are closed here are some ideas on how to recycle some items:

- **Unwanted household furniture**

Lions in Fleet

Urgently need more furniture, bedding and clothes and especially "white goods" (washing machines, fridges, fridge/freezers, electric cookers) and small electrical goods (toasters, kettles, microwaves). If you have an item contact them first by email, and check the [list of items they accept](#)

Besom Guildford

Accept good quality items, such as furniture, white goods, clothes, kitchen equipment and other household items. If you are offering items firstly send photos (including pics of fire labels for furnishings), confirm your location and provide a daytime contact number. Email: info@guildfordbesom.com
Website: <https://www.besom.com/>

Phyllis Tuckwell Furniture Showroom in Farnham i

This s currently closed but is a great outlet in usual times.

- **Donate unwanted clothes**

There are two local Salvation Army collection points: the Coop in Farncombe and Coop in Milford. NB if the clothes bank is already full the advice is not to eave donations beside, nor overfill.

- **Unwanted computer equipment**

Farnham Lions refurbish and re distribute to children in need: PC's, laptops, flat screen monitors, microphones and speakers that are in working order, as well as hard drives and cables. Email @farnhamlions.org.uk For more information: <https://www.farnhamlions.org.uk/communityit.html>

- **Send your used postage stamps to Royal Surrey County Hospital Charity**

Tear off or cut stamps from your envelopes, leaving no more than 1cm of envelope around each stamp and be careful not to trim stamps too close. British and foreign stamps accepted. Send to: Royal Surrey Hospital Stamp Appeal, 10 Chestnut Avenue, North Walsham, Norfolk NR28 9XH.

- **Godalming Freecycle**

This is still operating during lockdown

<https://groups.freecycle.org/group/godalmingUK>

Keeping Connected to the parish during lockdown

Sycamore is an informal course which gives you space to explore your Catholic faith, and has been produced by the very talented Fr Stephen Wang in London. Each session includes a short film and opportunities for discussion.

At the start of a new year and in the difficult circumstances of lockdown this is a good opportunity to join in some social and spiritual interaction with others in the parish. The five sessions are on Zoom on Tuesday evenings starting on Tues 19th Jan ;to register email Fr Jonathan: pp.godalming@abdiocese.org.uk

‘Love One Another Fellowship’

LOAF volunteers have been reaching out to parishioners through phone calls, cards, gifts and other small acts of kindness. They are willing to help in many practical ways, from shopping and picking up prescriptions to arranging regular befriender phone calls and delivering a copy of the weekly parish newsletter through the letterbox. It's important we all look out for each other and ensure those who are shielding, unwell and vulnerable do not become isolated, so if you know of anyone who may need a helping hand please let LOAF know by contacting Alan on 01483 420859

Putting nature, people and the planet first

Thousands of CAFOD supporters have successfully campaigned for the government to end support for fossil fuels overseas and in December 2020 Boris Johnson committed to ending support for new crude oil, natural gas and thermal coal projects overseas, except for "very limited exceptions" and in time for the COP26 climate summit in November.

The government also says it will support the transition from fossil fuels to low-carbon energy, which includes renewable energy such as electricity generated by solar panels and wind turbines.

Pope Francis has called for an urgent switch from fossil fuels and has held meetings at the Vatican with executives from the world's biggest oil and gas companies to encourage businesses to help with the move to renewable energy.

Pray without Ceasing for our Common Home

From now until the COP26 in November 2021, CAFOD along with Christian Aid

and Tearfund are promoting an online prayer chain action that you can sign up for to pray at a set time and date as a small group, family, school or parish. To sign up just pick the day and the time you want to pray and sign up below. More information can be found at: <https://cafod.org.uk/Pray/Prayer-without-ceasing>

*This prayer is from Pope Francis' new encyclical Fratelli Tutti,
which was published on 4 October 2020.*

Lord, Father of our human family,
you created all human beings equal in dignity:
pour forth into our hearts a fraternal spirit
and inspire in us a dream of renewed encounter,
dialogue, justice and peace.

Move us to create healthier societies
and a more dignified world,
a world without hunger, poverty, violence and war.

May our hearts be open
to all the peoples and nations of the earth.
May we recognise the goodness and beauty
that you have sown in each of us,
and thus forge bonds of unity, common projects,
and shared dreams.

Amen.

Thank you for your support and we hope you stay well

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