

Subject: Walk, pray and give

Date: Monday, 22 March 2021 at 18:51:49 Greenwich Mean Time

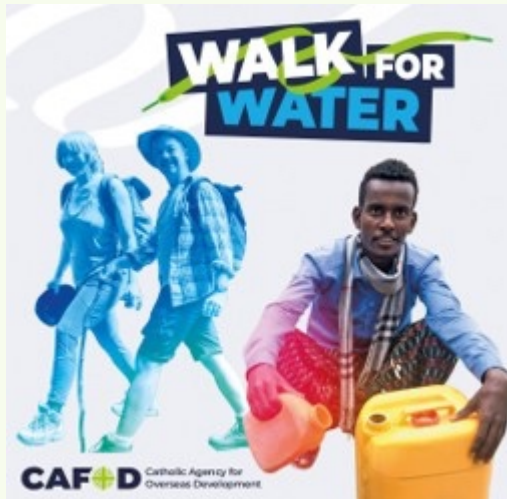
From: St Edmunds livesimply group

To: Parish



Dear Parish,

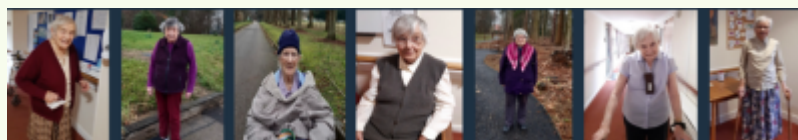
Welcome to the March *livesimply* newsletter.



CAFOD Lent Walk for Water Update

We're delighted to share with you that our 12 'Walk for Water' parish teams have so far raised **£2,325**, which is an amazing achievement! The walkers are clocking up a daily 10K steps and after 34 days of walking many have nearly reached the target of 400,000 steps. Well done to everyone involved.

Thank you to all who have sponsored our 'Walk for Water' teams so far in support of CAFOD's work. Please consider making a donation if you have not yet done so; it would be great if our parish were able to hit the £3K mark by Easter! You can sponsor our teams by clicking [here](#)



It's a special pleasure to share that the **FMDM Sisters at Ladywell Convent** have joined this Lent CAFOD challenge and last week A&B News covered their inspiring story, which you can read [here](#). Even though many of the Sisters are in their 80s they have clocked up 900K+ steps, and are still counting, and even those who are frail and use a zimmer frame are making a contribution.

Congratulations to them all for this wonderful effort!



Today is **#WorldWaterDay** - an annual United Nations observance day which encourages us to reflect on what water means to us, its true value and how we can better protect this vital resource.

It also reminds us of the need to pray for the work of CAFOD in bringing access to fresh water and sanitation for disadvantaged communities across

the world, and a better future for all those like Abdellah from Ethiopia who have to walk for ten hours every single day to obtain water for their families.

Praying for Creation this Lent – An Ecological Examen

The Jesuits have produced a tool for prayer, reflection and action to help convert our hearts, embrace ecological justice and respond more fully to Pope Francis' call to care for our common home.

Here are the six main steps:

1. I give thanks to God for creation and for being wonderfully made.

Where did I feel God's presence in creation today?

2. I ask for the grace to see creation as God does – in all its splendour and suffering.

Do I see the beauty of creation and hear the cries of the earth and the poor?

3. I ask for the grace to look closely to see how my life choices impact creation and the poor and vulnerable.

What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?

4. I ask for the grace of conversion towards ecological justice and reconciliation.

Where have I fallen short in caring for creation and my brothers and sisters? How do I ask for a conversion of heart?

5. I ask for the grace to reconcile my relationship with God, creation and humanity, and to stand in solidarity through my actions.

How can I repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?

6. I offer a closing prayer for the earth and the vulnerable in our society

The Examen is available in full at <http://www.ecologicaexamen.org/>

Laudato Si' Online Retreat in April

A virtual retreat from Boarbank Hall takes place on 16th to 19th April, with Archbishop Bernard Longley of Birmingham and Bishop Marcus Stock of Leeds. There are sessions throughout the weekend on living the message of Laudato Si' in and through your parish, with a wide range of enthusiastic speakers. Highly recommended. More information [here](#)

Re-use - Reduce - Recycle

Greener Godalming facebook group is a public group and is worth joining if you're interested in local green initiatives

Recycling crisp packets to help the homeless We have heard that crisp packets are being made into blankets for the homeless. We don't have contact details for the Surrey Crisp Packet Project yet but will pass them on as soon as we have them. Meanwhile, save your packets; wash away the grease/salt and cut them to form a neat rectangular shape. More information [here](#)

Don't put your shiny shop receipts into the recycling because the paper contains chemicals

Remove labels from plastic bottles and packaging before recycling, and remember to rinse clean

Brushd is an eco-friendly dental care brand offering a complete range of products that decrease our plastic pollution without compromising oral health. They can supply recyclable toothbrush heads for electric toothbrushes. More information [here](#)

Download the OLIO App which enables people to share information on food surplus and access it for free; it includes surplus food from supermarkets. If the App isn't for you perhaps think of someone who it

may be useful for?

Free water saving devices

Thames Water are offering some freebies for the shower, taps and loo.

Enter your postcode to see if you qualify:

<https://watersavingdevices.thameswater.co.uk/Product>



This new group is now up and running, with 10+ members, plus some Sisters at Ladywell who enjoy knitting. If you'd like to join the group please get in touch. Also, if you have any spare wool we'd be very glad to hear from you.



The group is knitting for two charities: the **Stella Maris** charity for seafarers - scarves, mittens and hats; and for the **Royal Surrey charity** - baby clothes and twiddle muffs. Thanks to Jan for this photo of her first knits: woollen hats for the dementia ward at the Royal Surrey.

Appeal for Catholic bibles for prisoners

Do you have a spare Catholic bible at home which you no longer use? Perhaps you could consider this might be a valuable gift to a prisoner, whose life may be transformed by it? We are collecting Catholic bibles at the request of the Catholic chaplain at HMP Downview, a prison for young offenders in Sutton. If you are able to donate please leave bibles at the back of church by 29th March so we can deliver the good news in time for Easter. Foreign language Catholic editions are also welcome but please note that we have been asked *specifically for Catholic Bibles*, as the prison receives bibles from the Gideon's.

Take Action

'Do not reduce reduce the overseas aid budget' There are suggestions that the Government is planning to reduce its commitment to giving 0.7% of GDP as overseas aid. We want to keep this foreign aid commitment, and maintain this country's proud record in helping the world's poor. Please sign the petition [here](#)

#CancelTheDebt

Please sign the petition to urge private banks to cancel the debt and stand in solidarity with communities looking to rebuild and recover from the pandemic. You can sign [here](#)

Reclaim Our Common Home - training to meet with our MP

We need to rebuild after the pandemic in a way that makes the world a fairer place and tackles some of the major global issues of our time from climate change to unjust debts. To help us do this CAFOD invites us to two training sessions to help us organise an online meeting with our local MP. If you would be interested in joining in this initiative please email Jo at jolewry@aol.com. The training dates are 25th March, 6.30-8pm / 10th April, 11-12.30pm. More information [here](#)

A Prayer for Our Earth from Laudato Si' n.246

All powerful God, you are present in the whole universe
and in the smallest of your creatures.

You embrace with your tenderness all that exists.
Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one.

O God of the poor, help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and
the earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognise that we are profoundly united with every creature as we journey towards your infinite light.

We thank you for being with us each day.
Encourage us, we pray, in our struggle for justice, love and peace.

Laudato Si', n. 246

Livesimply Award Update

Our parish *livesimply* group met with the award assessors from CAFOD on zoom earlier this month and we look forward to sharing the results with you.

Thank you for your support and we hope you stay well
The *livesimply* team



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St Edmund, King & Martyr Parish · St Edmund's RC Church · 19 Croft Road · Godalming, Surrey GU7 1DB · United Kingdom

