

Subject: Brace yourself for action

Date: Monday, 31 January 2022 at 16:21:21 Greenwich Mean Time

From: St Edmund's livesimply group

To: Parish



Dear Parish,

As we brace ourselves for another year of action to care for our common home, we recommit ourselves to our goals to:

**Live Simply - Sustainably - and
in Solidarity with all who live in poverty**

We pray that our action may not be empty activism but the fruit of our inner personal ecological conversion.

**God of love, show us our place in this world
as channels of love for all the creatures of this earth,
for not one of them is forgotten in your sight.**

**Enlighten those who possess power and money
that they may love the common good, advance the weak,
and care for this world in which we live.
The poor and the earth are crying out.**

**O Lord, seize us with your power and light,
help us to protect all life, to prepare for a better future,
for the coming of your Kingdom of justice, peace, love and beauty.**

Praise be to you!

Amen

Sign up to Walk Against Hunger this Lent



This Lent we have set ourselves the challenge of walking (virtually) from St Edmund's to Freetown in Sierra Leone - about 3,900 miles or 6300 km! With a team of at least 30 walkers, and by adding all our miles together, we can reach Sierra Leone, where many children suffer from malnutrition and families don't have enough to eat.

We hope lots of you will join us on this journey. We have had some fun times with our walking over the last two years: in 2020 we walked virtually to Bury St Edmund's and raised £2,897 for CAFOD and last year we raised £3,360 on our CAFOD Walk for Water to alleviate water poverty in Ethiopia. So let's keep it up!

If you'd like to take part in this challenge please email Jo: jolewry@aol.com and share the link to our [JustGiving page](#) with your friends and family. Thank you.

'...We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile'.

Pope Francis, Laudate Si 212

Thank you from the Kasanka Community

We were delighted to receive a lovely letter of thanks from Sister Lucy Chimezie, FMDM, of the St Francis of Assisi Community School in Kasanka, Zambia:

Sr Lucy writes, "I want to start by saying thank you to St Edmund's parish for your kindheartedness and support to us here at St. Francis of Assisi community school Kasanka. We are really grateful... Before now we have always had to fetch water from two taps for the whole school. This meant when all the classes

needed water, they had to queue in order to fetch water for drinking, washing hands, or even for watering our school garden...with your help, we now have the solar water pump and have a 5000 litre tank which when filled daily we are sure of running water for the school use, and this has definitely increased the quality of sanitation in our school and improved the cleanliness of our pupils. You may not be aware that 98% of these learners come from homes which have very little source of water and with no running water at all.

"We at St. Francis community school are indeed grateful and may God bless you abundantly."

Sr. Lucy's words, along with the photos below, convey what a difference this regular and readily accessible water supply has made to the pupils, staff, and sisters, at the school. Thank you to everyone who contributed to this Appeal.



Solar panel installation and water tank



The photo at the top shows the work to instal the solar panels, and the bottom photo shows the solar panels and water tank installed, to the right of the school gates.



You can see the water tank and solar panels to power the pump in these photos.

Thank you from HMP Send



At Christmas we were able to provide some items for the Christmas gift goody bags for the women prisoners at Send on Christmas day.

The chaplains have written to us:

‘HUGE thanks. The women were absolutely delighted with the gifts.’

‘Thank you for all your efforts...your gifts are hugely appreciated... please do pass on our thanks and those of our residents...’

Thank you for your generosity, which also enabled us to donate £359 to [The Nazareth Way](#) charity for ongoing support of prisoners and their families.

Ten Steps to Living Simply

Our Live Simply group has compiled a **Ten-Step Guide to Living Simply**, to help us focus our actions, inspire us and remind us of the different ways in which we can have an impact by making simple changes.

This month is Step 6

Switch off & unplug - Take time out!



'The universe unfolds in God, who



'Nature is filled with words of love,

fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face'.

Pope Francis, Laudate Si 223

but how can we listen to them amid constant noise, interminable and nerve-wracking distractions, or the cult of appearances'

Pope Francis, Laudate Si 225



Take Action

Support CAFOD's petition – send an email to your MP

CAFOD are calling on the UK government to introduce a new **Business, Human Rights and Environment Act** to hold business to account when it fails to prevent human rights abuses and environmental harm.

While the UK has made some progress in introducing legislation, such as the Modern Slavery Act to ensure more transparency in supply chains, it's clear that more needs to be done to cover many of the destructive impacts business activities have on the environment and communities CAFOD works with.

For more information on how to support their campaign by emailing your MP visit: <https://cafod.org.uk/Campaign/Human-rights>

Recycling / Zero Waste / Avoiding landfill

Some top tips for recycling

Small electrical items, equipment and textiles – Waverley BC has just launched a new scheme to collect these items from your doorstep. All items need to fit into a standard size carrier bag. Textiles and electricals need to be bagged up separately.

Collections need to be booked either online or by phoning 01252 724157.

More information [here](#)

Wondering what to do with old socks, holey tights, pants and bras? Don't be tempted to throw worn-out underwear into a black bin bag, from where it ends up in landfill. Old underwear can be dropped off to the textile banks at the recycling centre at Witley; items will be shredded and transformed into insulation or packaging. Or arrange a kerbside collection (see above).

[Againstbreastcancer charity](#) recycles bras and helps raise vital funds for pioneering breast cancer research.

Recycled Puffa Coat – take a look at this on-trend recycled puffa coat from [Ethical Superstore](#). It's made entirely from 150 recycled plastic bottles!

Repair Café Godalming – Opening soon

The Godalming Rotary Club plans to open a Repair Café in Godalming where household items can be fixed - such as computers, small appliances, bicycles, clothing repair etc.



Fairtrade Fortnight is coming up

21st February to 6th March

Our shopping choices have the power to drive long-term change, so show your support for the farmers behind our food on the front line of the climate crisis and look for the Fairtrade mark when you shop.

There are over 6,000 [Fairtrade](#) products from coffee and tea to

flowers and clothes.



Shopping and Eating Seasonally

Have you thought of ordering a weekly fruit/veg box? Suppliers deliver direct to your door. You can select: British only produce, organic only, seasonal produce; and it's possible to check the contents of your weekly box in advance online, and also see where the items come from.

Deliveries to the door use less packaging compared with supermarket shopping, and with the focus on UK there are fewer food miles.

Here are links to two suppliers: [Abel & Cole](#) and [Riverford Organic](#)

[LoveBritishFood](#) has a listing of seasonal fruit and vege.



We've received a letter of thanks from the **Royal Surrey Hospital Charity:**

'On behalf of the Royal Surrey Charity thank you and members of the St Edmund's Parish Knitting group for making the most beautiful baby/toddler matching cardigans and hats for us. The smaller ones have been taken to the

Maternity wards for parents to buy/have and the larger ones we will sell at one of our in-house sales hopefully in the near future. We are so grateful to you all for your continued support, it really does make a difference to our patients.'

And a thank you from the **Stella Maris** charity:

'They look splendid! Please thank your knitter(s) and I can assure you they will be most welcome and that we will always be happy to receive such lovely gifts in the future. I find that even the cook in the galley is often proud to wear a woolly bonnet. They are in great demand and make a lovely addition to the welfare packages we deliver to every ship we visit, these get through even if we cannot go on board...'

If you're able to knit/crochet you would be welcomed by the group! Please email the parish office: godalming@abdiocese.org.uk

**Come, Holy Spirit, show us your beauty,
reflected in all the peoples of the earth,
so that we may discover anew
that all are important and all are necessary,
different faces of the one humanity
that God so loves.
Amen**

Pope Francis, taken from his encyclical letter *Fratelli Tutti*

If you would like to join our next Live Simply meeting
on **Thursday 3rd February at 7.30pm** on zoom, please email Jo:
jolewry@aol.com

**Thank you for your support
The Live simply team**



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