

**Subject:** Reach out in solidarity

**Date:** Monday, 28 February 2022 at 17:03:34 Greenwich Mean Time

**From:** St Edmund's livesimply group

**To:** Parish



Dear Parish,

## A prayer for Ukraine

Loving God,

We pray for the people of Ukraine,

for all those suffering or afraid,

that you will be close to them and protect them.

We pray for world leaders,  
for compassion, strength and wisdom to guide their choices.

We pray for the world  
that in this moment of crisis,  
we may reach out in solidarity  
to our brothers and sisters in need.

May we walk in your ways  
so that peace and justice  
become a reality for the people of Ukraine  
and for all the world.

Amen

[Prayer from CAFOD]

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**Sign up to Walk Against Hunger this Lent**



Thank you to everyone who has signed up so far to join our team of walkers. We will be setting off (virtually) on our walk to Sierra Leone - about 3,900 miles or 6,300 km! - on Wednesday. We are aiming to walk 5K each day for the 40 days of Lent and by adding all our miles together we can reach Freetown, the capital of Sierra Leone, by Easter Sunday.

There's still time to sign up! And even if you can't make 5K each day your contribution will be welcome. To take part please email Jo: [jolewry@aol.com](mailto:jolewry@aol.com)

If you'd like to support us here is our [JustGiving page](#) and please share this link your friends and family.

To help us track our progress on our [parish facebook page](#) as well as our JustGiving page send us your weekly mileage and photos of you walking. Thank you for your support as we '**step up to help stamp out hunger**'.

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### Poverty in Sierra Leone

CAFOD and other agencies working in Sierra Leone have helped improve water and sanitation infrastructures as well as food security and the economic empowerment of women, but the problems are many and widespread:

- Almost three-quarters of the 8 million population live below the poverty line – that's approx. 6 million people – and Sierra Leone is one of the lowest-ranking countries in the world for life expectancy, access to education and standard of living.
- In addition to high levels of poverty, literacy levels are low and there are high levels of teenage pregnancy, and dropouts from schools. At the clinic where services are provided most have no money to pay
- The bitter and vicious civil war, which lasted from 1991 to 2002, has forced many to flee to safer areas where they start from zero, and this has disrupted the traditional process of passing on knowledge and skills to grow food and provide healthy nutrients to children. Malnutrition amongst children, pregnant women and lactating mothers, is partly due to ignorance about what's required to improve their condition.

**Webinar on the effects of an unjust food system and climate change  
in West Africa**  
**Tuesday 15th March, 7pm**

This is a special evening of conversation with Kayode Akintola, CAFOD Country Representative for Sierra Leone and Liberia. Kayode will share his experiences of the effects of an unjust food system and climate change on families in West Africa and his hopes for the future.

To register to join: <https://www.bigmarker.com/cafod/walking-against-hunger>

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*'Let us not only keep the poor of the future in mind, but also today's poor, whose life on this earth is brief and who cannot keep on waiting'.*

Pope Francis, Laudate Si 162

**Family Fast Day – Friday 11<sup>th</sup> March**

*'There's enough food in the world to feed everybody. But it isn't shared out fairly. Thankfully small acts of love really do make things happen'*

Watch this short [YouTube film clip](#) from CAFOD which tells the touching story of Lombeh, who was a week old baby suffering from malnutrition with little chance of survival, but thanks to the help she received, is now a lively and healthy five year old.

By eating simply and giving what you save, you'll be making a place at your table for children like Lombeh this Lent.

To donate you can pick up an envelope when you're at Mass, or use the contactless device, or go [online](#). Thank you!

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**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.

## TEN STEPS TO LIVING SIMPLY

### STEP 7

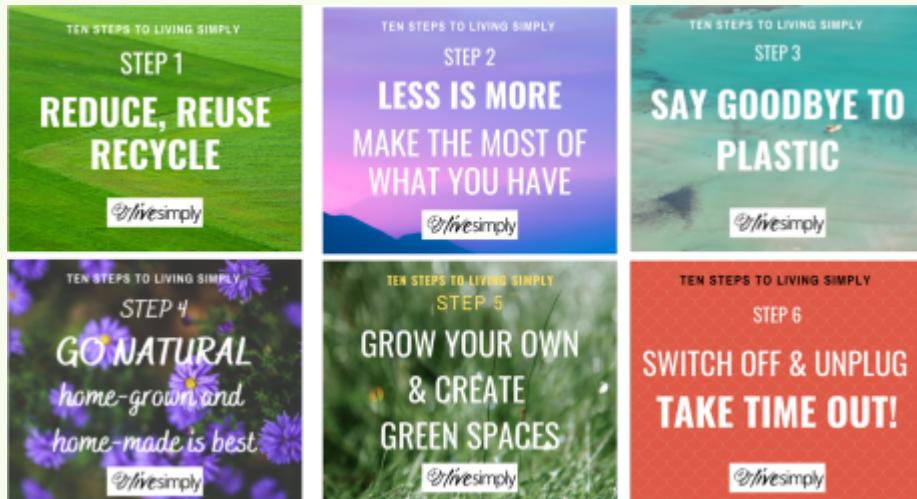
# WALK & BIKE MORE

## Drive Less

WHENEVER YOU CAN

@livesimply

PS: and if you're thinking of walking more why not join our Walk for Hunger?



### Living Simply - Reduce, Reuse and Recycle

Reminders for your blue Recycling bin (in the Waverley area)

- Lids from glass jars and bottles should be removed and recycled separately
- Don't add damp/moist/wet paper or card or tissues or wipes
- Don't add coffee cups, greasy pizza boxes or crisp packets

- Small items need careful recycling: put lids inside tins, collect pieces of foil to make a large ball of foil

**Don't forget the Yard Market 'Refill station' on Godalming High Street.**  
Take along your own containers and refill them – it's cheaper and avoids single-use plastics.

### **Recyclable v biodegradable v compostable: are you confused?**

Much more packaging is being made from 'compostable' or 'biodegradable' materials, for example coffee cups, takeaway food or magazine wrappers. However, it's mostly not suitable for either your garden waste or recycling bin and on the whole should go into the black general waste. Nor should compostable and biodegradable bags go into the soft plastics recycling schemes at supermarkets.

**Stop buying bags for life!** A recent Co-op report shows we're all buying 57 'Bags for Life' a year leading to a 440 per cent increase in the weight of plastic used as a result.

**Toothpaste tubes and dental products** – recycle these at the Borough Hall collection point.

**Inhalers** – even after the inhaler has been used up significant amounts of environmentally damaging gases remain in the canister, and if they are sent to landfill the gases are released into the atmosphere. Inhalers should be returned to pharmacies for safe disposal with other medicine waste, and are treated thermally to destroy the greenhouse gases.

If all used inhalers in the UK were returned for safe disposal, this could save 512,330 tonnes of CO<sub>2</sub> annually!

**Pill blister packs** – take these to Superdrug in Guildford.



### **Recycling Soft plastics at supermarkets**

The range of soft plastics which can now be disposed of at supermarket points is huge. Check the list below as you may be surprised!

As a sign of your progress towards Zero Waste you should now be finding that your general rubbish bin



barely needs emptying, and that you need a 'soft plastics' bin at home.

### Disposable soft plastics include:

*Bubble wrap, carrier bags, bread bags, cereal bags, wrapping used for fruit, veg and flowers (including fruit and veg nets), biscuit and cake wrappers, toilet roll and kitchen roll wrapping, frozen food bags, dry food wrappers, pouches for pet food, microwave and baby food, crisp packets, nut and snack packets, thin film from meat, fish, veg & poultry meals, magazine and newspaper wrappers, chocolate wrappers and other confectionary wrappers, non-PVC cling film, tea/coffee wrappers, gift card wrapping.*

Make sure items are clean and all sticky labels removed where possible.

### The simple test for a soft plastic

If the material pings back after you have scrunched it then it's a soft plastic - and locally can be recycled at Sainsburys or the Co-op.

### Lists of soft plastics recycling:

Co-op list is [here](#)

Sainsbury's list is [here](#)

### Labelling of soft plastics

Packaging recycling information hasn't yet caught up; you can ignore the standard 'Not yet recycled' or 'do not recycle' labelling if you are disposing of the item at a soft plastic collection point.



### Fairtrade Fortnight

Fairtrade Fortnight runs until Sunday 6th March. By selecting products with the Fairtrade mark you have the power to drive long-term change and bring greater social, economic and environmental justice.

[Ethical Superstore](#) are running a [20% promotion](#) on Fairtrade products during the Fortnight.



## Fundraising for Kasanka Dates for your diary

**Cake Sale** – May 1st weekend  
**Pete's Plant Sale** May 21st/22nd  
Please start thinking about sowing seeds and plant cuttings NOW!  
Contact Jo Pomeroy if you can help:  
07920 180495.

## Retreat day on Laudato Si' The Cry of the Earth and The Cry of the Poor Saturday 2nd April, led by Fr Rob Esdaile

An opportunity to re-read Pope Francis' letter *Laudato Si'*, on 'Caring for Our Common Home', in the wake of the COP26 conference, with time to reconnect with our place in the beauty of Creation and to discern paths of hope for ourselves as individuals, for the Church and for the global community.  
This Retreat day takes place at the House of Prayer, in East Molesley; it's also possible to participate via Zoom. More information at: [www.christian-retreat.org](http://www.christian-retreat.org)



### EdsKnitters

Thanks to Sue we have a batch of puppet families to despatch to Knit-for-Knowt, a charity which supplies knitted puppets to social workers for therapy with children who have suffered from abuse.



If you are keen on knitting or crochet please get in touch as you would be welcomed by the group! Contact: [godalming@abdiocese.org.uk](mailto:godalming@abdiocese.org.uk)

## **Peaceful Vigil outside Parliament to stop our government from pouring money into fossil fuels**

***'We will sit together in silent witness for our Earth, with our love and our grief, and help to create a different future - especially for those already suffering in the Global South. We really hope that you'll join us.'***

This peaceful Vigil takes place from March 6th to 20th, 24 hours a day, 7 days a week. It will be legal and gentle, and they're especially hoping to welcome anyone who hasn't done anything like this before - maybe because of appropriate concerns about policing, or a lack of time, or feelings of despair, or not wanting to be associated with various activist groups etc...

If you can't join them perhaps you can commit to support them through prayer? For more information visit [www.beyondfossilfuelstogether.info/](http://www.beyondfossilfuelstogether.info/)

Congratulations to St Edmund's Primary School

With the enthusiasm of the pupils and the encouragement of staff, the school is now registered and starting its Live Simply journey! We hope to partner them in many ventures and send them our best wishes

### **Praised Be**

*A prayer inspired by the papal encyclical 'Laudato Si'*

Living God,  
have mercy on us,  
for the times we forget  
that we belong to each other.  
You call us to be still,  
to hear the whisper of our Sister Wind,  
to feel the radiance of our Brother Sun,  
and to be nourished by our Mother Earth.  
Renew us in your healing love.  
Inspire us to water the earth,  
and nurture one another, so all may flourish.  
Together, as one family, may we always sing your praise.  
Through Christ our Lord, Amen.

*Rachel McCarthy/CAFOD*

If you would like to join our next Live Simply meeting  
on **Monday 7th March at 7.30pm** on zoom, please email Jo: [jolewry@aol.com](mailto:jolewry@aol.com)

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



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