

Subject: Walking in His ways

Date: Wednesday, 30 March 2022 at 17:39:30 British Summer Time

From: St Edmund's livesimply group

To: Parish



Dear Parish,

'We need to strengthen the conviction that we are one single human family. There are no frontiers or barriers, political or social, behind which we can hide, still less is there room for the globalization of indifference.'

Pope Francis, Laudate Si' 52

Walking Against Hunger this Lent

'Lord, may we walk in your ways'



Our parish team of walkers have each been walking 5km daily and cumulatively have covered 5,539km of the 6,300 km virtual distance to Sierra Leone. Fortunately, at this rate it looks as if we will manage to do the return walk back to Godalming!

So far, a fantastic **£1,194** has been raised towards the goal of alleviating global hunger - which is a daily reality for millions of people. If you would like to support our walk by making a donation towards CAFOD's work to reduce poverty here is the link to our [JustGiving page](#) Thank you for your support as we **'step up to help stamp out hunger'**.

Below are photos of some of the team, taken at Hector's on the River.



‘...we know that approximately a third of all food produced is discarded, and “whenever food is thrown out it is as if it were stolen from the table of the poor”’.
Pope Francis, Laudate Si’ 50

If you would like to read – or re-read – Pope Francis’ Laudate Si’ encyclical click [here](#)

Ten Step Guide to Living Simply



‘Greening’ our parish – setting an example!

We are mindful of the need to ensure that our parish activities reflect our commitment to living sustainably, and below are some of our actions to reduce our parish carbon footprint:



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Using renewable gas and electricity Energy supplied to our parish is ‘green’ fuel; the electricity comes from renewables, and the gas is supplied to the grid from a non-fossil fuel source (generated as a bi-product at Hendrick’s Gin distillery!). This arrangement has been brokered by our Diocese signing up to the IPFM agreement, which covers the majority of Catholic dioceses in England and Wales.

Buying eco-friendly cleaning products Our cleaning products - ranging from floor cleaner to washing up liquid, and from hand soap to furniture spray – are environmentally friendly, plant-based and neither abrasive nor harmful to the environment. Our use of chemical products is minimal. We also purchase eco-options for **loo paper/paper towels** made from recycled paper; as **paper towels** can’t be recycled we aim to reduce our use.

Increasing our recycling We now have a wider range of recycling bins at St Joseph’s and St Edmund’s, all clearly labelled. There are two standard bins for Recyclables and General Waste, with new additions for: soft plastics and one for used candles (including votive candles and leftover wax candles). Overall, we aim for Zero Waste.

Compost bin at St Joseph’s Leaves and garden waste at St Joseph’s are cleared into the compost heap in the car park and parishioners are free to help themselves to the compost.

Going Digital Many more parishioners are reading the weekly parish newsletter online (approx. 70+ views each week) and our print run has halved from pre-Covid. Fewer trees lost! Fr Jonathan’s mailchimp is also digital. Also our **photocopier toner cartridges** are now returned to the supplier for recycling, as these are classed as ‘hazardous waste’ and otherwise end up in general waste.

Buying Fairtrade products We are a Fairtrade parish and we aim to buy Fairtrade products for parish events - coffee, tea, biscuits, and chocolate and wine!

Reducing our use of heating, lighting and hot water Covid required windows to be wide open at Mass whilst the heating was on but aside from this our thermostats are set on timers, we use energy saving light bulbs where possible, have our outside lights on timer-switches, and switch off inside lights as much as possible. We continue to explore other ways to reduce heat loss and improve our parish carbon footprint.

Living Simply - Reduce, Reuse and Recycle

Some local tips

Recycle your contact lenses

Boots Opticians on Godalming High Street have a collection point

Recycle your used candles

Unwanted candle stubs, wax and used tea lights usually end up in landfill. However, there is a UK company [The Recycled Candle Company](#) which makes their luxury, hand-poured candles entirely from recycled candle wax, saving 40 tonnes of wax from landfill every year. You can send your unwanted candles in the post and they will be delighted to receive them!

Godalming Climate Forum

The [Godalming Climate Forum](#) brings together local groups with an environmental interest, to share ideas, expertise and resources across local groups and help everyone work together. There are lots of links to local initiatives which may be of interest.



Recycling Soft plastics at supermarkets

The range of soft plastics which can now be disposed of at supermarket points is vast. If you're collecting these in a separate bin you should now be finding that your general rubbish bin barely needs emptying.

Re-wilding St Joseph's

With this project we're hoping to attract and increase pollinators to give our planet a helping hand and cheer us all up! Some simple meadow flowers and more planters will also bring some colour to the front of the church.

In line with our values of recycling, reducing and re-using we are looking for offers of unwanted planters, water butts, and any other useful gardening items.

Pete's Plant Sale

Weekend May 21st/22nd

If you have started to think about sowing seeds, please consider growing some extra to donate to the Sale, and plant cuttings too. Now is the time to get going...

Jo Pomeroy would be very grateful to hear from any 'green fingered' parishioners with offers for the re-wilding or the plant sale: 07920 180495.

'For all our limitations, gestures of generosity, solidarity and care cannot but well up within us, since we were made for love'.

Pope Francis Laudate Si' 58

To pray the joyful mysteries of the rosary for the Care of Creation

You can download the mysteries or listen to the podcast [here](#):

EdsKnitters

We have delivered another batch of knits to the Royal Surrey Charity – knee blankets, baby clothes and teddy bears.

'Thank you so much for dropping off the fabulous knits, they really are lovely and will definitely be put to good use, I especially like the knitted teddies!!'

If you are keen on knitting or crochet please get in touch as you would be welcomed to the group! Contact: godalming@abdiocese.org.uk





Earth Day – April 22nd

St Edmund's School are holding a one-day event on Earth Day, with fun workshops, talks and activities all on the theme of protecting the environment, to encourage positive habits and learn how to live sustainably. And it also forms part of their Live Simply action plan.

FYI - as part of the school's efforts to reduce micro plastics, the school is now a glitter-free zone! They make a natural alternative, and use it with sand art.

To find out more about how to participate in Earth Day click [here](#)

Volunteering with PACT

'Jesus asks us to be present to those in need of help, regardless of whether or not they belong to our social group.' (Fratelli Tutti 81)

Would you like to put your faith into action by reaching out in a practical way to prisoners, who are some of the most socially disadvantaged people in our community?

PACT [Prison Advice and Care Trust](#) are holding a workshop on **Saturday 7th May, 10am-4pm**, at St Dunstan's Woking (and online) for anyone who would like to find out more about volunteering to support prisoners. It offers an opportunity to reflect upon Scripture, Church Teaching and Catholic Social Teaching through the lens of people affected by imprisonment.

To find out more email: marie.norbury@prisonadvice.org.uk or call Marie on 07581 194907.

CAFOD campaign

for a NEW Business, Human Rights and Environment Act

So far, 518 MPs out of a total of 650 have been contacted by more than a thousand CAFOD supporters to call for a new Business, Human Rights and Environment Act which would compel UK companies to prevent abuses all around the world, which is a great start.

But to ensure that our Catholic voice is fully heard thousands more people need to contact their MPs - who have a stronger mandate to act on something if several constituents get in touch. There's an easy to complete template email, which you can send to your MP in one click available [here](#). Please take the time to sign!

A prayer for our earth

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 recognize 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.

From Pope Francis' encyclical, **Laudato Si'**

If you would like to join our next Live Simply meeting
on **Monday 4th April at 7.30pm** on zoom, please email Jo: jolewry@aol.com

Thank you for your support
The Live simply team



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