

Subject: Good reasons to eat cake

Date: Friday, 29 April 2022 at 11:49:25 British Summer Time

From: St Edmund's livesimply group

To: Parish



Dear Parish,

Our twin parish in Zambia is Kasanka, where the [Ladywell Convent FMDM Sisters](#) have a mission at the St Francis of Assisi community school.

Last year the funds we raised with your help enabled the community to replace the water borehole pump and instal a solar water pump to provide access to clean water, and Sr Lucy wrote to us, "We at St. Francis community school are indeed grateful, and may God bless you abundantly."

We have now learnt that the community school lacks the basic range of equipment needed for pupils to access digital learning. The items required are listed below, and the Sisters have given us an estimate of the costs based on current prices in Lusaka:

Kasanka Shopping List

Laptops x 10	£3,410
Television	£580
Projector	£680
Printer	£205
Photocopier	£390
Materials/Posters	£450
Wireless router	£45
Total cost =	£5,760

We would really like to help facilitate the St Francis school's transition to digital learning, and although we may not manage to raise the full total of £5,760, we can certainly give it a try!

You can help by supporting our Cake Sale this weekend

We will be selling home-baked cakes after 6pm Mass tomorrow and after 8.45am and 10.30am Masses on Sunday 1st May.

- Bake cakes to donate
- Bring your money
- Be ready to buy and eat cakes after Mass!

We need the bakers amongst you to get baking! If you can help please contact Mary on 01483 428031. *NB – please label cakes for allergens (gluten, eggs, milk, peanuts, sesame, and nuts).*

You can help by supporting Pete's Plant Sale on 21st/22nd May

Held in memory of Pete Kelly RIP, over the weekend of May 21st and 22nd, at St Joseph's Church.

- Donate plants, fruit and veg seedlings
- Donate plant cuttings
- Please come to the Sale – there is plenty of parking at the church and the plants are on sale outside the church all through the weekend.

If you can help please contact Jo on 07920 180495.

Ways to donate £££ to the cake and plant sales

- Cash donation at the sale
- Contactless device at Mass
- Online donation [here](#)

Thank you for your support!

'we have to realize that a true ecological approach *always* becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear *both the cry of the earth and the cry of the poor.*'

Pope Francis, Laudate Si' 49



**Thank you for helping us raise
£2,179! AMAZING! Well done!**

Ten Step Guide to Living Simply

TEN STEPS TO LIVING SIMPLY

STEP 9

BE AN ECO-FRIENDLY SHOPPER

& always read the label



Don't forget that our purchasing decisions are a vote, and we need to be aware of who and what we are voting for! It's important to read labels, ask questions, and not be 'green washed'

Agreeing to pay a bit extra to account for eco-credentials is the equivalent of voting for Mother Earth. And that's worth every penny!

Our shopping 'checklist' could include the following considerations:

- **Who made it?** Have the people involved in the production been fairly paid and justly treated? Or am I supporting a company who is exploiting their workers and producers?
- **How has the environment been impacted?** What is it made from? Is it made from sustainable materials and is the packaging eco-friendly and recyclable?
- **Where will it end up?** Our goal should be zero waste not landfill
- **Do I need it?**

Buying an 'ethical coffee - This month's [Ethical Consumer magazine](#) rates coffee brands and coffee shops according to a number of ethical criteria, and it's worth a quick 'scan read'. Fairtrade continues to be the best way to ensure that the coffee you buy is ethical, guaranteeing a fair price for farmers and helping them withstand the effects of climate change, and is the highest industry standard.

GREENPEACE . EVERYDAY PLASTIC

THE BIG PLASTIC COUNT

16-22 MAY

Count your plastic for one week 16th-22nd May

We all do our bit to recycle, but somehow plastic is everywhere! The amount of plastic produced around the world is even set to double in the next 20 years.

Recycling alone isn't going to solve this problem as big companies are producing too much in the first place and our recycling systems can't cope. **The Big Plastic Count** is an initiative to gather evidence, because right now, nobody really knows how much plastic we're throwing away or what happens to it once it leaves our homes. The results of the count will enable campaigners to demand some big changes from the government, big brands and supermarkets.

This is a chance to do something simple and practical to force change for the better. All you have to do is count the plastic you use for a week in May. Are you up for the challenge? Click on the link and sign up [here](#)

Encouraging Pollinators

Re-wilding St Joseph's

We would like to bring some more colour to the front of St Joseph's church to cheer us all up, encourage pollinators and do our bit for the planet.





Can you help with planters?

We're looking for some 'handy people' to help make planters using recyclable pallets etc. If you can donate or lend a hand, please contact Jo Pomeroy: 07920 180495.

No Mow May

Let your grass grow a little longer this month as this can boost lawn flower production by as much as 2.5 times and allows grass to develop flower heads, which will attract bees. The longer grass will also improve moisture retention, which is beneficial to both the grass and the bees. And avoid any chemicals, pesticides and weed killers. And if you must have a neat lawn, consider leaving a dedicated area as a habitat to attract bees.

Grow bee-friendly flowers

Bees are dying - and we rely on bees to pollinate a third of all the food we eat, so we need to save them! Look out for special deals on wildflower seeds at the moment. For example [Just Bee Honey](#) are offering one free pack of a special mix of bee-friendly seeds with every order of honey, or 99p per pack plus postage. The seeds will flower from June until end of September.

Knitting squares for blankets

Are you a basic knitter, able to knit squares? We have offered to knit blankets for refugees, using acrylic yarn. If you can help please email: godalming@abdiocese.org.uk



Donations of items to Ukraine

There is a collection box at St Edmund's church until **Friday 6th May (10am)** for items listed below which are urgently needed. All donations will be delivered to the collection point at St John's Church in Merrow.



Donations for Ukraine 4th-6th May

Thank you so much for your amazing generosity in supporting the people of Ukraine.

The most urgent need is for food please:

Tinned food and tin openers

Pot noodles

Dried food, pasta, soups and snacks

Medical / first aid items / medicines

Sleeping bags

Torches with spare batteries, candles

Charged power banks

Toiletries

Nappies and baby toiletries

St John's Church, 222 Epsom Road, Merrow, Guildford GU4

7AA is open for donations:

Wednesday and Thursday 9.30-5pm

Friday 9.30-3pm

We are closed on Monday 2nd and Tuesday 3rd May

Sorry we can't accept any more bedding or clothes

Congratulations to St Edmund's Catholic Primary School

The school joined the global community by marking **Earth Day on April 22nd**, teaching the children about what people are doing to our planet, and how we can all help to tackle the problem of pollution.

They explored the theme of 'reduce, reuse and recycle' by undertaking a lot of fun activities. LUSH came in to make soap bubble bars with the children using natural ingredients. Year 5 learnt how to sort rubbish, and all the children used recycled material to make rosettes and sun catchers. Speaking about Earth

Day, Amelia from KS2 said:

"It was good, I liked making the rosettes out of recycled material. I enjoyed making the bubble bar. It made me think about plastic and I'm going to tell my grandma not to use it."

Our Diocesan website and A&B e-news reported on this event [in this week's news](#)

Cardinal Czerny also marked Earth Day with an interview with Vatican News **'Earth Day Demands Urgent Action'** which you can read [here](#)

Support CAFOD's campaign

It's time to Fix the Food System

There's enough food to feed everyone in the world, but millions still live in poverty. Our broken global food system can be changed to truly serve the needs of everyone, not just the powerful. Alternatives already exist, as small farmers and communities are leading the way, growing food in ways that are good for people and the planet.

Pope Francis has said, "Each of us has a role to play in transforming food systems for the benefit of people and the planet."

Take Action and send a message today to Lynne Truss, Foreign Secretary:

To send your message just click [here](#)

[Laudato Si' Week](#) - May 22nd-29th

24th May is the 7th anniversary of Pope Francis signing Laudato Si' - his landmark encyclical on creation care - and there will be many events to bring Catholics together to listen and respond to his call to care for our Common Home.

If you would like to read Pope Francis' Laudate Si' encyclical click [here](#)

PACT - Prison Advice and Care Trust

'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)

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 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.

Prayer for Ukraine

We continue to pray for peace in Ukraine, and share this prayer from the Catholic Bishops Conference of England & Wales –
www.cbcew.org.uk/pray-for-peace-in-ukraine.

Almighty and Great God, accept our gratitude for your boundless mercy towards us.

Hear the supplication of our afflicted hearts for the land and people of Ukraine,
as they confront foreign aggression and invasion.

Open the eyes of those who have been overtaken by a spirit of deception and violence,
that they be horrified by their works.

Grant victory over the powers of evil that have arisen,
and bless Ukraine with your gifts of liberty, peace, tranquillity and good fortune.

We implore you, O Merciful God, look with grace upon those who courageously defend their land.

Remember the mothers and fathers, the innocent children, widows and orphans,
the disabled and helpless, those seeking shelter and refuge,
who reach out to you and to their fellow human beings looking for mercy and compassion.

Bless the hearts of those who have already shown great generosity and solidarity,

and those who prepare to receive their Ukrainian brothers and sisters in Ukraine's greatest time of need.

Bring us together as your children, your creation, and instill in us your strength, wisdom and understanding.

May you be praised and glorified, now and forever, and to the ages of ages.

Amen

If you would like to join our next Live Simply meeting
on **Monday 9th May at 7.30pm**, please email Jo: jolewry@aol.com

Thank you for your support
The Live simply team



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