

Advent update on our Live Simply Award

How are we Living Simply, in Solidarity with People in Poverty, and Sustainably with Creation?
We asked for your thoughts from young and old throughout the parish community.

A big Thank You to you all who responded! Our efforts to date include.....



- Solar panels are installed on the church roof. They are making a big difference to the electricity bill!
- We have a long-established parish Cafod group, new members always welcome!
- Bidding prayers are regularly included for Cafod, SVP and other outreach programmes in the parish.
- The Parish is part of the Diocese energy consortium for provision of electricity.
- Lighting in the church has been updated with LED low energy bulbs.

Your suggestions for on-going efforts.....

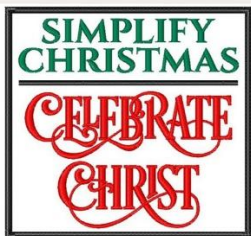
- Clothing – buying from and donating to Charity shops (SVP), Vinted, eBay etc. Re-purposing old clothes..... if you can dressmake! (The UK throws out more clothing for landfill than anywhere else in Europe :)
- Thinking carefully around our food buying and consumption. Buy from local or FairTrade producers to respect the growers and cultivators. Make an extra meal once a week, freeze it and bring it to the hall for distribution on Sundays.
- Home-made cakes/biscuits for Sunday coffee rather than supermarket-bought goods
- Set up a parish gardening group. Establish a veggie patch in the grounds.
- Support/subscribe to The Woodland Trust
- The proposed new toilets in the hall to run on rainwater.
- To follow the adage 'If its yellow, let it mellow. If it's brown flush it down' to conserve water.
- Contribute to 'Candlelight' fund. (Cafod's on-line memorial candle project) Invite a speaker? See <https://cafod.org.uk/fundraise/candlelight-funds> for further information
- A parish 'Library of Things' running something like 'Freecycle'/'Nextdoor' etc

These are wonderful suggestions. Would those who contributed their ideas please speak to Fr Gerard, Deacon David or Maggie Atkinson to see about taking them forward?

During their own Liturgy time,
our children gave us these
suggestions for further
actions we might take.

See their board in the church.

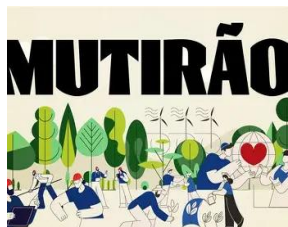




A Live Simply Christmas

We all feel under pressure to spend too much on gifts, to eat and drink too much, to binge in so many ways in order to 'properly' celebrate Christmas. But with a bit of imaginative thinking, we can release ourselves from these expectations and avoid some of the waste and excess we associate (and later regret) with the season. Instead, we can give...

- The Gift of Time – invite someone living on their own to share a meal, offer to babysit for a busy young family, do some shopping or cooking for an elderly relative/neighbour.
- The Gift of Life – buy virtual gifts from the Cafod (or other charity's) World Gift catalogue. Help to improve the lives of our brothers and sisters around the world and share our good fortune with them. <https://worldgifts.cafod.org.uk/collections/christmas-collection> Catalogues at the back of the church.
- The Gift of Creativity – make home-made gifts and decorations with the children. Wrap presents in recyclable paper and tie with a pretty ribbon that can be used again. Decorate the house with natural greenery as our grandparents used to do.
- The Gift of Celebration – could we form a choir to sing carols in our local hospices and Care Homes?



'MUTIRAO' - our collective existence - is the rallying cry for COP 30 in Brazil. If each household made just one change, what a difference our parish community could make! The result would bring many blessings to ourselves, to others in our unequal world and to our environment!

Prayers around the crib.

The crib reminds us that God became man-with-us to show us how to Live Simply, Live Compassionately and walk humbly with our God. Praying around the crib can be an enjoyable way to engage the whole family in the true meaning of Christmas.



- **Prayer of Mary and Joseph:** Honour their difficult journey to Bethlehem and today's parents who strive to do their best for their children under difficult circumstances.
- **Prayer of the Inn keeper.** Reflect on the humble stable offered to the King of all creation. Pray for all those who generously open their doors with hospitality and care for struggling families. Remember all those without a proper home or shelter.
- **Prayer of the Angels.** The angels sang their 'Gloria!' to praise God. Sing a hymn to celebrate the joy music brings to our lives.
- **Prayer of the Animals:** The donkey, the oxen and the lambs played significant roles in the nativity. Consider the place that all animals have in creation and the value they bring to our lives. Thank God for them all.
- **Prayer of the Kings.** Map the long and dangerous route the Kings followed to honour the new-born King. Pray for today's kings and presidents and all people who hold great power to change the lives of many. Pray that they use their power with courage, justice and compassion.