

St James the Great, Petts Wood
CAFOD LiveSimply Parish Award Scheme

May 2013

Dear Parishioner

We are writing to keep you informed of a new initiative within our Parish of St James'. A group has been established to promote a CAFOD award scheme called "LiveSimply". The scheme is designed to encourage Catholics to "Live simply so that others may simply live".

The scheme encourages us to follow three Principles:

- Live Simply and take no more than we need;
- Live Sustainably to minimise our impact on the planet;
- Live in Solidarity with the poor.

Our aims are to do something constructive to address global poverty and climate change. We also want to strengthen the bonds of community in our parish as we work together to protect and enhance the local environment. That is why we have made this pack especially to inform those parishioners who are sick or housebound. It is also an invitation for you to become involved in any way you feel you can.

We have agreed with CAFOD to work through a series of practical actions over the next 12 months, involving as many groups in the parish as possible. For example, the LiveSimply Group is working with the parish finance committee and others to move towards "green" energy, to develop a wildlife garden which will be a place for quiet prayer and reflection, to organise a recycling project for church hall waste, to promote tree planting as a gift idea and to support our primary school in maintaining their "Forest School".

A parish group has started to design an area of the parish garden so it becomes a worship space and wildlife area. It will be somewhere to go for quiet contemplation and prayer, perhaps for a Rosary group to use, for outdoor Mass, or just somewhere peaceful to sit in nice weather. Children will be encouraged to visit the garden for tending bird feeders and look for butterflies. This is an example of *Living Simply*.

On 12th May we announced a scheme for parishioners who would like to plant a tree in one of our British woodlands. As well as helping our planet, planting a tree is an excellent way to mark a special occasion. A tree we plant now may still be growing in a hundred years time. So it is a fitting way to remember the birth of a child, a baptism or a first Holy Communion. It could be to remember a loved one no longer with us. Each tree comes with a certificate of planting and we have included sample certificates in the pack. This is an example of *Living Sustainably*.

Our Justice and Peace group came up with the idea of helping a community in Bangladesh. This will fulfil our aim to *Live in Solidarity with the poor*. This pack includes a leaflet we have written about the village in Bangladesh called Kainmari. We plan to hold some events to raise funds for CAFOD so they can increase their work of supporting Kainmari. The first of these took the form of a curry night on 21st April which was very successful and raised £850 for CAFOD. The Brownies had a bingo session and raised another £280.

If you would like to do something to support us, do please let us know and we will make arrangements for someone to contact you. We will keep you informed of our progress from

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time to time. But if you would like to know more, you should contact Linda Samuels on 01689 822123.

We realise that the sick and housebound are already living simply and know only too well what restrictions such life can bring. However, there is one thing you may like to do and that is to pray that our LiveSimply project will be successful. Included in this pack is a copy of the LiveSimply Prayer and we hope you will join us all in saying this from time to time.

This lovely banner was made by one of the ladies of our parish. It is made entirely of recycled materials. We process with the banner at certain Masses. The banner was blessed by Bishop Pat Lynch on 20th May 2012. This is an example of *Living Simply*.



There are other examples of how we are encouraged to *Live in Solidarity with the poor*. We collect non-perishable items of food which are taken to the Orpington Foodbank. So far over a ton of food has been donated by parishioners of St James' for use by families in difficult financial circumstances. Three times a year we collect food, clothing and toiletries for the Manna Society which gives support to homeless men and women. We are also encouraging parishioners to support producers in the developing world, by running a stall after Mass six times a year where only Fairtrade goods are sold. Our Brownie group has been studying Fairtrade and they helped us to sell 84 special chocolate eggs which actually promote the real story of Easter.

Other events we hope to run include a loaves and fishes picnic, an ecumenical nature walk and picnic, and a walk to Mass day. We also want to improve some environmental aspects of our church and its surroundings including the Social Centre. We are trying to involve as many different groups and individuals in our community. We hope you have enjoyed reading about LiveSimply and will be interested in the enclosed items.

With best wishes from the LiveSimply Group (Julian Arnold, Linda Samuels, Teresa Wells, Roger Wright, Victoria Simpson, Mary O'Mahony and Mary Ingledew).