

## The Catholic Parish of Godalming

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**From:** St Edmund's livesimply group <godalming@abdiocese.org.uk>  
**Sent:** 26 March 2024 16:01  
**To:** The Catholic Parish of Godalming  
**Subject:** Live Simply Easter Newsletter

 livesimply



Dear Parish,



Giver of life,  
From tiny seeds and parched earth  
your gentle hand grows richest fruit.  
Reveal to us, Creator God, the seeds within us;  
moisten the soil that our neglect has made dry.

For alone we lack the vision of your Kingdom.  
Alone, we fail to recognise the hungry in our midst.  
Alone, we lack the strength to fulfil your purpose.

With your inspiring love, Redeemer of all,

may the shoots of our potential break free and our hands,  
voices and spirits toil in communion  
so that your garden of plenty can be shared by all. Amen.  
*[Your garden of plenty, Anna Cronin-Nowakowska/CAFOD]*

## Live Simply Events in the Parish

### **CAFOD Big Lent Walk**

Our team of walkers has reached Monrovia in Liberia having walked a total of 7,796 km and raising £1,465. We just need a final push to reach our target of £2,000! This Lent Appeal focuses on the fishermen of Liberia who CAFOD are helping by supplying essentials such as lifejackets to keep them safe at sea and GPS fishfinders. If you are still thinking about your Lenten almsgiving [here is the link if you would like to donate](#) With one more week to go we hope to reach our target by Easter Sunday.

### **Kasanka Cake Sales**

We invite you to bake, donate and buy cakes after Mass on **Saturday 20th April & Sunday 21st April**, with the cake stall moving from St Edmund's on Saturday (6pm) to St John's (8.45am) to St Joseph's (10.30am) on Sunday. Last year we raised £400+, which benefited the FMDM Franciscan community school in Kasanka by funding an irrigation project to improve the efficiency of the farm providing food for the school. All offers of cakes and help to Mary Waight.

### **Pete's Plant Sale**

This year we hope to hold this sale at the outdoor Mass at Ladywell Convent on Corpus Christi on **Sunday 2nd June**. Last year the plant sale raised £700+ for the work of the FMDM Sisters in Kasanka so please grow, donate and buy plants and help us to support them again this year. If you are able to help with the sale please contact Jo Pomeroy.

### **Live Simply Shared Supper and Talk**

This takes place on **Saturday 29th June** at 7.30pm at St John's Hall, Farncombe. Our two speakers will share their experience of work on

sustainability projects and ecological conversion. You can sign up for this event via the parish calendar.

This event ties in with [Great Big Green Week](#) which celebrates taking action against climate change and protecting nature.

### Pray for the Care of Creation

Lord...Guide us, so that we may open paths  
where we can walk together  
and share the light you give us.

Help us to stop and listen, so that we may hear the gentle sound of the seed  
that grows in the soil  
without anyone being aware of it, except you,  
and becomes a seed of hope each day. Amen.

*[By Anne Doutriaux, abridged]*

### Living Sustainably and Fighting Climate Change

#### Reduce - Reuse - Recycle

**Avoid single use plastics** It takes a single use plastic water bottle around 450 years to decompose in a landfill.

**Refill empty containers** at [the Yard Market](#) (near to the Pepperpot on Godalming High St) instead of buying new; refills are available for the whole range of household products - from laundry detergent to washing up liquid and from shampoo to liquid soap.

**Avoid common mistakes with recycling** Wash dirty containers and packaging before recycling; make sure items are dry (no soggy cardboard boxes/newspapers or greasy pizza boxes); used paper towels can't be recycled; most disposable coffee cups can't be recycled (as they have a plastic liner) and even those that are 'compostable' can't go in food and garden organics bins; however the plastic lids can be recycled.

**Use the recycling checker tool [here](#)** if you're not sure how to recycle an item.

**Recycle soft plastics at supermarkets** (Sainsburys, Co-op, Tesco etc have bins at the entrance). This includes all plastics which don't scrunch like foil and paper (ie if it bounces back after scrunching it's a soft plastic) for example: crisp packets, most packaging (remove labels where possible), sweet wrappers, bubble wrap.

**Recycle used cosmetics and beauty products** Most hard-to-recycle products eg mascara, make-up palettes, toothpaste tubes, lotion pumps, can be recycled at Boots on Godalming High St.

**Recycle your glasses and contact lenses** at Specsavers.

**Use plant-based cleaning products** A wide range of eco brands are available in supermarkets. Standard bleaches etc contain chemicals which contribute to the runoff in rivers/seas, which destroy natural ecosystems. You can also buy eco alternative kitchen cloths.

**Avoid using chemical pesticides in your garden** There are lots of alternative approaches as suggested by [Surrey Wildlife Trust](#)

**Scrunch small bits of foil** (for example milk bottle tops or foil from your Easter eggs) together into a large ball, as small bits slip through the conveyor belt.

**Non-rechargeable batteries** can be recycled in many shops and supermarkets, and the Witley recycling centre.

**Use biodegradable packing tape** to replace Sellotape and other adhesive tapes (which contain plastics). Try [Peace with the Wild](#) online shop.

**Buy plastic free chewing gum** - also available from the [Peace with the Wild online shop](#).

**Recycle your food waste** in your green food waste caddy; it's recycled to

create bio-fertiliser and biogas, and used to generate electricity, heat and transport fuel.

**Repair broken items** to prevent waste and keep household items working for as long as possible. **The Repair Cafe** is at the Godalming Borough Hall every 4th Saturday from 10am to 12.30pm. Next open on 27 April. More info [here](#).

**Borrow items from Library of Things (LOT)** run by a local environmental charity [WhatNext](#) in partnership with the Godalming Library. LOT now has about 50 items ready for lending.

**Sell and buy books through WOB** Lots of paperbacks end in landfill (including many donated to charity shops). [WOB](#) reduces waste and rehomes books and is affordable and sustainable.

**Recycle your back copies of Bible Alive, Magnificat etc** The Catholic charity [Crown of Thorns](#) redistributes religious literature and devotional objects. Send ££ contribution with your package to help with the costs of onward distribution to hospitals, prisons and churches in the UK and abroad.

### Support our local foodbanks

If you have surplus fresh produce – fruit, veg, eggs, bread – you can leave it on the open shelves by the door at the [Godalming Community Store](#) in Farncombe (in the grounds of Farncombe Cricket Club, Summers Rd, GU7 3BE).

Donations are also needed of a wide range of food and household products and there are collection points at local supermarkets. The list of urgently needed items is [here](#) and includes items for children over the Easter break who would normally receive free school meals. And Easter eggs are also welcome! See also the list of needs from [St Mark's foodbank](#)

### Final words from Pope Francis' *Laudate Deum*

*69 I ask everyone to accompany this pilgrimage of reconciliation with the world that is our home and to help make it more beautiful, because that commitment has to do with our personal dignity and highest values. At the same time, I cannot deny that it is necessary to be honest and recognize that the most effective solutions will not come from individual efforts alone, but above all from major political decisions on the national and international level.*

*70 Nonetheless, every little bit helps, and avoiding an increase of a tenth of a degree in the global temperature would already suffice to alleviate some suffering for many people. Yet what is important is something less quantitative: the need to realize that there are no lasting changes without cultural changes, without a maturing of lifestyles and convictions within societies, and there are no cultural changes without personal changes.*

*71. Efforts by households to reduce pollution and waste, and to consume with prudence, are creating a new culture. The mere fact that personal, family and community habits are changing is contributing to greater concern about the unfulfilled responsibilities of the political sectors and indignation at the lack of interest shown by the powerful. Let us realize, then, that even though this does not immediately produce a notable effect from the quantitative standpoint, we are helping to bring about large processes of transformation rising from deep within society.*

You can read the full text of Laudate Duem [here](#)

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If you would like to join our Live Simply group  
please email Jo: [jolewry@aol.com](mailto:jolewry@aol.com)

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



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