



LIVE SIMPLY AWARD

The Parish of English Martyrs is now officially a **Live Simply Parish**.

This means we have accepted the challenge to go for CAFOD's Live Simply Award, in response to Pope Francis' call.

In *Laudato Si*, Pope Francis says an essential part of our faith is to listen to the "cry of the Earth and the cry of the poor."

On the right is our Live Simply Plan.

Already we have made a start:

From our autumn 2021 Harvest Table and other plant sales, we have raised £400 for Reading refugees.

In October 2021, children began planting bulbs in the church garden, making a beautiful home for bees and other insects.

For more information on Live Simply, look at the board in the colonnade or on the Cafod website: cafod.org.uk

English Martyrs Parish

LIVE SIMPLY PLAN

ACTIONS TO LIVE SIMPLY

We are going to:

- Promote **waste reduction** at all levels, encouraging people to:
 - Recycle wherever possible
 - Compost food
 - Include a weekly tip or thought in the newsletter, making reference to *Laudato Si* wherever possible
- Encourage everyone to make a **Christmas Live Simply pledge**. This might include:
 - Buying presents from CAFOD
 - Using recycled wrapping paper
 - Shopping locally for Christmas food
- Try to **make Sunday carless** and walk to church if possible
- Show the **Global Healing video** to the parish community, giving everyone the chance to see it

ACTIONS TO LIVE SUSTAINABLY WITH CREATION

We are going to:

- Organise a **creation prayer walk** followed by a picnic, or refreshments in the hall
- Create a **wild flower garden** in the church grounds, **make bird boxes and plant bulbs**, celebrating the glory of God's creation!
- Hold a **plant exchange** in the summer

ACTIONS TO LIVE IN SOLIDARITY WITH THE POOR

We are going to:

- Donate Food and other items to the **Dee Caff Food Bank and community fridge** on Dee Road Estate
- Promote **fair trade**, especially **Kingdom Coffee**, a local business that supports Guatemalan street children
- Work to support **Reading refugees** throughout the year, depending on the needs that arise