



The Plastic Blitz

**Saturday,
24th September,
from 9.30am-2.30pm
Sonning**

**More details on the noticeboard at
the back of Church**



Thoughtful Living Newsletter - August/September 2022

In these difficult times of inflation, soaring energy costs and disturbing climate change, it is more important than ever to think about how we care for our planet and the marginalised in our society and the world.

Pope Francis is a great advocate for our common home and our Birmingham diocese is responding by encouraging as many parishes and schools as possible to sign up for Cafod's *livesimply* award.

What is the *livesimply* award? Well, it is an opportunity for Catholic communities like St Michael's to respond to Pope Francis' invitation in *Laudato Si'* to work with "*generosity and tenderness in protecting this world God has entrusted to us*".

Around 12 parishes in the diocese have already gained the award. They have shown that they have been:

Living simply

Living in solidarity with people in poverty

Living sustainably with creation.

So how can St Michael's apply for a *livesimply* award? The Thoughtful Living Group has undertaken to develop a simple action plan, based on current activities and new projects we would like to focus on. Over the course of a year, for example, we would keep a record of what is happening - through newsletters, photos, newspaper reports etc. Our noticeboard at the back of the church will keep you up to date with activities and ideas of what we can do.

So yes, what we really need is support from you! Your prayers, suggestions and participation in some of the activities can add to the fullness of our community life. An example of a past activity is the Cafod Walk against Hunger which took place in April - it was fun and inspiring, and raised funds for Cafod. In fact there is some more good news about that: Johnson Matthey, the employer of one of the walkers, has fund matched the sum we raised so a further £520 has been donated direct to Cafod - £1040 in total from our walk against hunger!

An activity that you might like to get involved with in the very near future is

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We have been invited by the Rotary Club of Loddon Vale to help clean up a nearby section of the river Thames.

We need a group of about 6 people to join many others in this activity, litter picking and clearing up between Sonning Bridge and Shiplake Lock.

Gloves and litter pickers will be provided at the briefing before the start of the activity and refreshments will be provided at the end of the session. This is a practical and cost-free way of improving our environment which will benefit the wildlife on this local stretch of the River Thames. Please check our notice board for details or have a chat with Mary Lewis, who could also offer you a lift to Sonning. There will be a sign up sheet in due course.

You can find out more about the *livesimply* award on the Cafod website.

<https://cafod.org.uk/Campaign/LiveSimply-award>

Your suggestions and input are important to us and please do look at our noticeboard !

Mary