## THOUGHTFUL LIVING NEWSLETTER DECEMBER 2023



The Thoughtful Living Group (TLG) is very pleased to announce that our parishioners have raised over £600 for CIRDIC through the sale of produce at the Parish weekend at the beginning of October and through the Christmas Card exchange in November.

When the group started their action plan for the Live Simply Award, which was created in response to Pope Francis's call to care for creation and those who are marginalised, it included the action *"to live in solidarity with the poor."* To this end the TL Group undertook to support CIRDIC (Churches in Reading Drop in Centre) and with your help £600 was raised which will be used by the drop in centre for their Christmas Event.

The monies raised will in the next couple of weeks be used to buy turkeys, vegetables and potatoes for the Drop In centre's Christmas dinner. In addition, the TLgroup members will be getting together next week to wrap 50 gift packs containing warm clothing items and sweet treats which will be given out at the Christmas event to those in need.

We have also supplied CIRDIC with 6 homemade Christmas puddings funded and made by parishioners at the parish Christmas Pudding making evening.

The TLGroup also continues to look at ways to live more simply and sustainably and part of our Mission is to encourage our parishioners to do the same. There was a lot of interest in the Thoughtful Christmas display exhibited in Church over the last two weeks and for those who may not have seen it we include some ideas of how to have a more Thoughtful Christmas on the back of this newsletter.

## **IDEAS FOR A MORE THOUGHTFUL CHRISTMAS**



Buy sweet gifts from Oxfam and similar charities that sell festive chocolate coins, fudge, honeys, condiments, nuts, teas and coffees and even breadmaking kits.

If you are giving a gift of wine or a bottle of something else - why not pop into your local charity shop for a bottle bag—they always have them.





Tired of your Christmas decorations or maybe you have too many — why not visit your local charity shop to donate your old ones and see what they have on offer as a change

Filling a stocking this Christmas?—why not check out your local Charity shop first for gift ideas —they have small items such as puzzles, card games, snowglobes, hats and festive socks as well as the sweet treats and the best thing about it is the money you pay for the gift goes to charity.





Make your own crackers—many charity shops have kits so you can make your own - and why not pick up a treat or two to go inside at the charity shop too.

Why not choose fairtrade foods to fill your hamper - Oxfam stock a wide range





Want a gift with a difference that — why not take a copy of the CAFOD gift brochure avail able at the back of Church and chose a gift that will also make a difference

We hope we have inspired you to try something different this Christmas and we Thank You All for your continuing support and wish you all a very Happy Christmas From the Thoughtful Living Group