

A regular look at our notice board will offer some other ideas: why not consider buying someone a present from Cafod's World Gifts brochure - your gift could be anything from a keep clean kit, to chirpy chickens or trees for life, to a terrific toilet. We have some brochures at the back of the church near our notice board, please help yourself.

We would also like to hear your ideas too! Could you share a favourite vegetarian or vegan recipe with us? Email your recipe to the Church Office and we will print them to make them available to all.

A new study from the University of Cambridge's Department of Land Economy reveals the impact on carbon emissions by the Catholic Church in England and Wales's reintroduction of meat-free Fridays since September 2011.

One in four Catholics in England and Wales changed their eating habits after the Catholic bishops asked them to return to forgoing meat on Fridays, saving more than 55,000 tonnes of carbon a year,this is equivalent to 82,000 fewer people taking a return trip from London to New York over one year. Ruth Gledhill in November's The Tablet.

Again, the small step of forgoing meat on one day a week, a contribution to living simply, can have a huge impact.

Of course the greatest action is to pray: please pray for our common home. The Laudato Si' prayer from Pope Francis has been printed on card and is at the back of Church for you to take one home. We will also make sure there are some always available to pray any time you are in church.

Thank you for your continuing support.

Mary



In the last newsletter, our group announced plans to apply for Cafod's LiveSimply award. Well, our action plan has been submitted and while we await approval, we can share some of our ideas.

To achieve the LiveSimply award, we have to show commitment, as a parish, in three different areas:

- To live simply
- To live in solidarity with the poor
- To live sustainably with creation

Some of our actions are well established, for example buying gifts for those who are on their own or are in need, to place under the Christmas tree during Advent, organised by Shirley. We also have a team who volunteer with the Springwater food bank.

However, we do need to incorporate some new actions that manifest our commitment to, as Pope Francis calls it, our common home.

These new actions involve only small changes - *great acts are made up of small deeds.*

To start with, over the next couple of weeks, we will be selling raffle tickets to raise money for Churches in Reading Drop In Centre (CIRDIC). CIRDIC are planning to provide a Christmas lunch for up to 150 homeless people in Reading and the money we raise from the raffle will go towards buying the turkeys. We have some lovely prizes for you including a voucher for the Herb Farm and a luxury hamper and we hope you can bring a little change with you to the weekend Masses to buy a ticket- £1.