

## What is CAFOD?

The Catholic Agency for Overseas Development is the official aid agency for the Catholic Church in England and Wales. With the purpose of reaching out to people living in hard-to-reach places, in war zones and those who are discriminated against.

With the belief that if one of us is hurt, hungry or abandoned, we all are hurt, hungry and abandoned. No one should be beyond the love and support they need to live a dignified life.

CAFOD are part of one of the largest aid networks in the world and a member of a global Church network with a presence in 165 countries. The local Church is trusted even in the most dangerous countries, regions and communities regardless of religion. This means that your support will help those who are truly in need. The local experts help some of the most difficult-to-reach people in Africa, Asia, Latin America and the Middle East. They help anyone regardless of faith, gender and ethnicity.

Through a local priest, a midwife or a water engineer – the global reach is present in the lived experience of local communities. These skilled women and men understand what people need because they are part of the communities they work in. Their commitment, passion and knowledge reach people other organisations cannot.

*Your donations support this essential work.*

## Livesimply Prayer

Compassionate and loving God,  
you created the world for us to share,  
a world of beauty and plenty.  
Create in us a desire to live simply,  
so that our lives may reflect your  
generosity.

Creator God,  
you gave us responsibility for the earth,  
a world of riches and delight.  
Create in us a desire to live sustainably,  
so that those who follow us  
may enjoy the fruits of your creation.

God of peace and justice,  
you give us the capacity to change,  
to bring about a world that mirrors your  
wisdom.

Create in us a desire to act in solidarity,  
so that the pillars of injustice crumble  
and those now crushed are set free,  
Amen.

*@Linda Jones/CAFOD*



*Art work by Patty Callaghan*

*If you want to find out more contact:  
Bernadette Bailey—justiceandpeacemacc@gmail.com*

## Actions and Reflection Suggestions for a Livesimply

### Lent 2024



Livesimply challenges us to respond to God's call to live simply, sustainably and in solidarity with the poor.

St. Alban's Justice and Peace Group invite you to use this calendar to help you live more simply each day during Lent.



# Livesimply Actions and Reflections Lent 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Use this calendar to help you Livesimply each day during Lent</p> <p><b>Livesimply</b> challenges us to respond to God's call to live simply, sustainably and in solidarity with the poor.</p> <p>Decide what you will do for Lent. How might you <i>Livesimply</i> this Lent in how you act, give and pray?</p> <p>Who comes to mind when you hear the word poor? Is your road a good place to live? What makes it so? What is life like on the other side of town?</p>	<p>Remember to say Grace before eating your meals today, and throughout Lent thanking God for creating the food and people struggling with debt, unemployment, homelessness. Write to your MP about a local issue that you feel strongly about, e.g. words: Aspire not to have more but to be more. (If you can) who are struggling with debt, homelessness, unemployment, what more can you do to Livesimply, doing more for others and God's creation?</p>	<p>Reflect on St. Oscar Romero's name, if you can) who are pray for your neighbours (by Give up a treat or a meal today, CAFOD Lent Fast Day <b>23</b> CAFOD Lent Fast Day <b>24</b> Sustainability Reduce the impact of your clothes by buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. you no longer need at the One Project Find it at: <a href="https://stalbannac.org.uk/parish-live-simply-commitment/">https://stalbannac.org.uk/parish-live-simply-commitment/</a></p>	<p>Attend <b>Mass at 12 noon followed by a Soup Lunch</b> in the Parish Centre with savings to be donated to CAFOD and a local charity. These take place each Friday during Lent.</p>	<p>Join in the <b>CAFOD Big Lent Walk or sponsor a parishioner</b>. Find out more at: <a href="https://walk.cafod.org.uk/">https://walk.cafod.org.uk/</a> instead. TV today and spend it with God</p>	<p>Join in the <b>CAFOD Big Lent Walk or sponsor a parishioner</b>. Find out more at: <a href="https://walk.cafod.org.uk/">https://walk.cafod.org.uk/</a> instead. TV today and spend it with God</p>	<p>Join the <b>Way of the Cross at 4pm</b> each Sunday during Lent.</p>
<p><b>19</b> Solidarity Remember to say Grace before eating your meals today, and throughout Lent thanking God for creating the food and people who have helped produce it.</p> <p><b>20</b> Solidarity Write to your MP about a local issue that you feel strongly about, e.g. words: Aspire not to have more but to be more. (If you can) who are struggling with debt, homelessness, unemployment, what more can you do to Livesimply, doing more for others and God's creation?</p>	<p><b>21</b> Livesimply Reflect on St. Oscar Romero's name, if you can) who are pray for your neighbours (by Give up a treat or a meal today, CAFOD Lent Fast Day <b>23</b> CAFOD Lent Fast Day <b>24</b> Sustainability Reduce the impact of your clothes by buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. you no longer need at the One Project Find it at: <a href="https://stalbannac.org.uk/parish-live-simply-commitment/">https://stalbannac.org.uk/parish-live-simply-commitment/</a></p>	<p><b>22</b> Solidarity Play for your neighbours (by Give up a treat or a meal today, CAFOD Lent Fast Day <b>23</b> CAFOD Lent Fast Day <b>24</b> Sustainability Reduce the impact of your clothes by buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. you no longer need at the One Project Find it at: <a href="https://stalbannac.org.uk/parish-live-simply-commitment/">https://stalbannac.org.uk/parish-live-simply-commitment/</a></p>	<p><b>29</b> Sustainability Shop more locally at green grocers, butchers, and bakers to reduce the food miles and plastic packaging. You could join <b>Scope</b> and Scales, at the Old Sunday School (Heritage Centre), Roe Street, SK11 6UT.</p>	<p><b>1</b> March Sustainability Join in <b>Foodie Friday</b> with a 3 course meal made from surplus food where you pay-as-you-feel. 6.00pm for 6.30pm start at St. Michael's Church. Book with <b>Angel at my Table</b> on 01625 426110.</p>	<p>Join in the <b>Way of the Cross</b> at 4pm at St. Alban's Church.</p>	<p>Join the <b>Way of the Cross</b> at 4pm at St. Alban's Church.</p>
<p><b>26</b> Solidarity Look for a place to buy Fairtrade Easter eggs, e.g. Co-op, Aldi, Sainsbury's.</p> <p><b>27</b> Livesimply As energy prices continue to go up consider reducing how much you use by turning your heating down and wearing more clothes, washing in cold water, unplugging items not in use or on standby.</p>	<p><b>5</b> Sustainability Learn why St Alban's is a Fairtrade church and how it ensures producers get a fair wage at: <a href="https://www.fairtrade.org.uk/get-involved/get-involved-in-your-community/">https://www.fairtrade.org.uk/get-involved/get-involved-in-your-community/</a></p> <p><b>6</b> Solidarity Buy something extra each time you shop and place it in the food bank collection box at local supermarkets or in the blue bin donated from retailers at the <b>One Project</b> and at <b>Cre8 Surplus Food Grocery</b>, <a href="https://www.theoneproject.co.uk/">https://www.theoneproject.co.uk/</a> and <a href="https://www.cre8macclesfield.org/grocery.html">https://www.cre8macclesfield.org/grocery.html</a></p>	<p><b>7</b> Livesimply Repair clothes or household items rather than throwing them away and buying new ones. You could take any items you cannot repair yourself to the <b>Repair Cafe</b> on 9th March in the Senior Citizens Hall.</p>	<p><b>8</b> Solidarity <b>International Women's Day</b> Prepared by saying thank you to one of the women who has helped you in your life and pray for women around the world.</p>	<p>Visit the <b>Repair Cafe</b> from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>Join the <b>Way of the Cross</b> lead by the Justice &amp; Peace Group at 4pm at St. Alban's Church.</p>	<p>Join the <b>Way of the Cross</b> lead by the Justice &amp; Peace Group at 4pm at St. Alban's Church.</p>
<p><b>11</b> Solidarity As we uphold the human right to food, clean drinking water and safe sanitation for all. Pray today for the people in the world who don't have access to these.</p> <p><b>12</b> Sustainability One of the biggest changes we can make to support climate change is to swap for Fairtrade in future, like tea, coffee, sugar, bananas, chocolate.</p>	<p><b>11</b> Solidarity Clean drinking water and safe sanitation for all. Pray today for the people in the world who don't have access to these.</p> <p><b>12</b> Sustainability One of the biggest changes we can make to support climate change is to swap for Fairtrade in future, like tea, coffee, sugar, bananas, chocolate.</p>	<p><b>13</b> Solidarity Find something at home that you could swap for Fairtrade in future, like tea, coffee, sugar, bananas, chocolate.</p>	<p><b>14</b> Solidarity Pray for workers in the UK and around the world who are not paid a fair wage.</p>	<p>What more could you do? Could you do this more often during the Lent?</p>	<p>Take time to listen to the cry of the poor with your heart. Pray for those "Forgotten People" who share our common home, e.g. those who are living in poverty, homeless, refugees, migrants.</p>	<p>Take time to listen to the cry of the poor with your heart. Pray for those "Forgotten People" who share our common home, e.g. those who are living in poverty, homeless, refugees, migrants.</p>
<p><b>18</b> Sustainability Buy items without plastic and recycle as much as possible. You can bring medicine blister packs to the Parish Centre for recycling or take them to the One Project in the Indoor Market.</p> <p><b>19</b> Sustainability Take responsibility for your neighbourhood and pick up litter on your own or get family, neighbours or friends to help.</p>	<p><b>18</b> Sustainability Buy items without plastic and recycle as much as possible. You can bring medicine blister packs to the Parish Centre for recycling or take them to the One Project in the Indoor Market.</p> <p><b>19</b> Sustainability Take responsibility for your neighbourhood and pick up litter on your own or get family, neighbours or friends to help.</p>	<p><b>20</b> Sustainability Look at the labels on your clothes. Where were they made? Why were they made there? Who made them and did they get a fair wage?</p>	<p><b>21</b> Solidarity Pray for those affected by natural disasters. Consider whether you can donate to support any relief efforts.</p>	<p><b>22</b> World Water Day Save water—turn the tap off while you brush your teeth, take a shorter shower or a shower instead of a bath, and pray for communities who do not have clean water. Find out more at: <a href="https://www.un.org/observances/water-day">https://www.un.org/observances/water-day</a></p>	<p>Celebrate your faith journey, those who have journeyed with you and spend time with the Lord.</p>	<p>Celebrate your faith journey, those who have journeyed with you and spend time with the Lord.</p>
<p><b>25</b> Livesimply Take a break from consuming and buy nothing today.</p> <p><b>26</b> Solidarity Send an Easter card or message to thank someone who has helped you this Lent.</p>	<p><b>25</b> Livesimply Take a break from consuming and buy nothing today.</p> <p><b>26</b> Solidarity Send an Easter card or message to thank someone who has helped you this Lent.</p>	<p><b>27</b> Livesimply Have a quiet and reflective day. Give up some TV, phone or computer time.</p>	<p><b>28</b> Maundy Thursday Jesus washed his friends' feet. How can you serve others today?</p>	<p><b>29</b> Good Friday As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.</p>	<p>Happy Easter! Alleluia! Take time to reflect on where you have you found Jesus this Lent?</p>	<p>Happy Easter! Alleluia! Take time to reflect on where you have you found Jesus this Lent?</p>