



Justice and Peace

Spring 2023

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- NB If you have material for the Summer Mouthpeace please send it to the Editor by May 14th 2023**



This Icon, made in the Monastery of St John in the Desert, near Jerusalem, was gifted to Pax Christi International in 1999. The people and stories depicted on the ICON, from Eastern and Western Christian traditions and from scripture, open our eyes to forgiveness and reconciliation as part of making peace. It is a most powerful resource and Pax Christi is delighted to make it available to our members and supporters around the country.

We had a memorable Churches Together evening when it came to our church in Marple several years ago.

This year in Lent, Pax Christi is offering online meditations focusing on the icon. See Page 2.

Many of us have got to know Ukrainian families during this past year and may have learnt how they use icons in their worship. When Spring Mouthpeace last year went out, the Russian invasion had just started. Now a year later we know much more about Ukraine than we did then. Our organist at church found this prayer for Ukraine and plays it just before Mass starts to remind us to keep praying. The Ukrainian mother near us showed us a video on her phone of the children singing it at school before they had to flee. <https://www.youtube.com/watch?v=z17b8Y9J78A> Click see more for the prayer in English.

Archdiocese of Liverpool J & P Commission

Chair: Justine Silcock email: j-p@rcaolp.co.uk



<https://www.facebook.com/jpliverpooljp>



www.twitter.com/@liverpooljandp

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The articles in MouthPeace are the views of the individual contributors or organisations concerned and do not necessarily reflect those of the Justice and Peace Commissions of the Dioceses of Lancaster and Liverpool .

www.lancasterfaithandjustice.co.uk

<https://jp.liverpoolcatholic.org.uk/>

www.jp-shrewsburydiocese.org.uk

SUGGESTIONS FOR LENT 2023

TO DO AT HOME

PAX CHRISTI ONLINE MEDITATIONS focusing on the **Icon of Peace** on Wednesdays March 1, 8,15,22,29. 7.00 – 7.45 pm - each will include a reflection on a story from the Icon for Peace and prayers for a particular conflict or war. Register <https://us02web.zoom.us/meeting/register> see more Pax Christi news page 3 below

A JOURNEY FROM LENT TO EASTER Pages 16-18 **STATIONS OF THE CROSS HEALING THROUGH THE LIFE, DEATH AND RESURRECTION OF CHRIST** Pages 13-15 Both compiled by Anne O'Connor for NJPN

LIVE SIMPLY ACTIONS AND REFLECTIONS produced by St Alban's J & P group, Macclesfield, offer a suggestion for each day during Lent. Some are more relevant if you live in the Macclesfield area but others are of more general interest. See page 20 **CAFOD LENT CALENDAR** has information and a prayer for everyday in Lent <https://cafod.org.uk/pray/lent-calendar>

INVOLVES TRAVEL

LENTEN TALKS AT THE IRENAEUS CENTRE LIVERPOOL Tuesdays 7, 14, 21,28 March 7-9 pm Irenaeus Centre Great Georges St Liverpool L221RD To book email Jenny: jenny@irenaeus.co.uk 0151 949 1199

WHY and HOW should the church respond to Climate Change? Lent Eco Bible Study - A zoom group organised by the United Reformed Church NW Synod Tuesdays 7 pm 28/2 Beauty 7/3 Truth 14/3 Justice 23/3 Lament 28/3 Action 4/4 Hope Register by email... office@nwsynod.org.uk

CHRISTIAN AID LUNCHEAS IN CHESTER 12 noon to 1:30pm

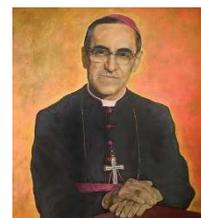
- Thursday 02 March at Hoole URC, Hoole Road, Chester CH2 3NT
- Monday 06 March at Caldley Valley Neighbourhood Church on Caldley Valley Road
- Monday 13 March at the Wesley Church Centre, St. John Street – St. Werburgh's and the City Road Presbyterian Church will be providing the meal
- Monday 20 March at the Wesley Church Centre – Chester Cathedral will be providing the meal
- Thursday 30 March at St Mary's Without the Walls Church, Handbridge

43rd Anniversary of the martyrdom of St Oscar Romero

Thursday 23 March 7pm Annual Romero Memorial Mass, Parish of St Oscar Romero, Liverpool (in St Edmund's Church, Waterloo), followed by a talk by Peggy Healy 'Responding to the Cry of the Poor Today: The inspiration of St Oscar Romero and the Martyrs of El Salvador'



There could be few better qualified people than Peggy Healy to speak about St Oscar and the El Salvador martyrs and how they inspire us to respond to the cry of the poor in the world of today. Peggy has deep and broad experience of community service, of advocacy and policy work on human rights in Latin America and globally.

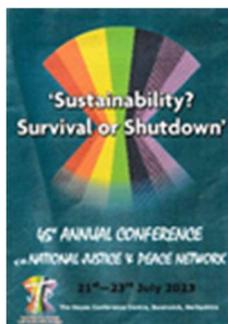


For more than two decades, Peggy worked as a Maryknoll missionary sister in the United States and in Central America, where she was a close colleague and friend of the members of her congregation who were martyred in El Salvador. After working as a specialist paediatric nurse practitioner among poor, marginalised communities in Nicaragua throughout the repression and civil conflicts which raged across Central America, Peggy returned to health work in the South Bronx.

Saturday 25 March 11am at St Martin-in-the-Fields, Trafalgar Square, London, National ecumenical service to mark the 43rd anniversary of the martyrdom of Archbishop Romero. Speaker: Maria Exall.

ANOTHER PILGRIMAGE ?

Since 2010 the Romero Trust has organised four pilgrimage tours to El Salvador, each with some thirty participants. Each visit has been a unique and unforgettable experience for all pilgrims. We are often asked when we might organise a further pilgrimage. Indeed for us it has been more a question of 'if' rather than 'when', particularly in post COVID times and now that life has become even more expensive. But we feel that if there was an interest we may be able to organise a further visit to this most beautiful and inspiring land, and meet the people for whom St Oscar Romero and so many martyrs offered their lives. If you think you would be interested in joining a pilgrimage to the land of Romero please let us know romerotrust@gmail.com



The NJPN Swanwick conference this July 21st – 23rd will address issues crucial to the common good and the well-being of creation.

Echoing the words of Pope Francis, all issues are interconnected. As well as the environment and especially the impact of climate change, we must consider the need for just and peaceful conflict resolution, economic justice and stability.

More details and booking form to download <https://www.justice-and-peace.org.uk/conference/>

NB Bookings made after Friday May 19th incur a booking surcharge

Welcoming the New Chief Executive

In early January, we welcomed Andrew Jackson as Pax Christi's new Chief Executive. Andrew joins us from CHIPS (Christian International Peace Service) where he was Director. He has a legal background and long-standing involvement in social justice.

Peace Sunday

We were delighted that this year a special Mass for peace was celebrated in 5 cathedrals: Birmingham, Lancaster, Liverpool, Middlesbrough and Southwark. All parishes in England & Wales received emails promoting Pope Francis' Message for World Peace Day which is: "No one can be saved alone. Combatting Covid-19 together, embarking together on paths of peace" You can find the full text to download here <https://paxchristi.org.uk/peace-sunday-2023/>

Defence and Security Equipment International (DSEI), one the world's largest arms fair, is scheduled to return to London this September. At the event, global arms companies will market their weapons and deadly technology to representatives of a range of human rights abusing states, including apartheid Israel. London Mayor Sadiq Khan has previously pledged to do everything in his power to stop the event. But DSEI 2023 is still scheduled to go ahead.



Arms fairs like DSEI are key to the smooth running of the UK-Israel arms trade. They allow global arms companies to market their products to the Israeli military. DSEI enables the flow of arms to the Israeli state, facilitating Israel's brutal violence against Palestinians. Exhibitors, like the Israeli arms companies Elbit Systems and Rafael, will use the fair to advertise their weaponry as "battle-tested" and "combat-proven" due to its use in Israel's attacks on Palestinians. Palestinian civil society has called on us to work to halt the trade in weapons and military technology between the UK and Israel, as a key way to end the British state's complicity in Israeli apartheid. As Israel continues its brutal military invasions and assassinations in cities across Palestine it's vital we escalate our work to end the arms trade with Israel. Let's amplify the Palestinian call, and take action to stop the DSEI arms fair.

Palestinian Solidarity Campaign invites us to email Sadiq Khan to urge he acts to stop DSEI?

<https://palestinecampaign.eaction.online/mayordsei>



INCE BENET: NEW PRAYER AND RETREAT CENTRE ON MERSEYSIDE

Ince Benet are pleased to announce an open day has been arranged for **Saturday May 27th 2023. Doors will be open between 11:00am to 4:00pm.**

Ince Benet is a new prayer/retreat centre near Liverpool set in acres of beautiful woodland. This marks a new chapter in the life of the monastery built by Fr Tom Cullinan in 1980, through the generosity and support of the Augustinian sisters at Ince Blundell Hall. Over the next forty years Fr. Tom lived the monastic life of a Benedictine monk, putting Ince Benet at the service of the local and wider community, offering hospitality and an atmosphere of prayer, study, conversation and guidance to many people of all faiths and none.

As an evolution of Fr Tom's life and work, Ince Benet has been renovated, thanks to the continued generosity of the Augustinian sisters and is now available to individuals, couples and groups of all faiths or none as a place of prayer, reflection and renewal. It offers a place for relaxing and recharging, prayer and planning.

Half an hour from Liverpool and 10 minutes from the M57 & M58 motorways, it is ideal for those looking for somewhere that is easy to reach, yet has an 'away from it all' feel from the moment you enter the woods. The chapel, bedrooms and communal areas have been designed not just to be set in the beautiful surroundings, but to be part of them, allowing visitors to blend contemplation and conversation according to their needs. Ince Benet is ideal for retreats for individuals and for groups. We welcome people of all faiths and none.

Since opening, it has been used by individuals, small groups and groups of 15-20:

- Clergy: groups of priests both for planning days and for overnight stays
- Parish groups: retreat days
- Schools: Inset days for staff
- Individuals: both for quiet days and short stays of quiet, rest and prayer
- small groups: using the meeting room for planning days.

Read more about Ince Benet here: <https://incebenet.co.uk/>

Find out more about Fr Tom Cullinan and his work (articles and audios), along with the work of two other well-known

Liverpool priests, Fr Austin Smith and Fr Kevin Kelly on: www.fr-tom-cullinan.co.uk



LIVING LAUDATO SI' - YOUR PARISH AND YOUR PLANET Zoom weekends hosted by Sr Margaret Atkins of Boarbank Hall.



Sue Gubric writes:

On January 13th-15th January Sr Margaret in conjunction with John Paul De Quay from the Ecological Conversion Group hosted a return Zoom weekend for past participants on our Living Laudato Si': Your Planet and Your Parish retreats.

The weekend was begun by Bishop Terry Draine of Middlesborough, who reminded us starkly that change begins with each one of us. Bishop David Oakley, who introduced our final session, set the issue of climate change in the context of responding to the 'Signs of the Times', as encouraged by the Second Vatican Council, in particular its pastoral constitution *Gaudium et Spes*. John Paul de Quay of the ECG used the Lord of the Rings as a way to reflect on 'folly and fellowship', encouraging every ordinary 'hobbit' to step up to their task of defeating the power of the Ring. Sr Margaret Atkins used Pope Benedict XVI's *Spe Salvi* to explore the way in which the great Hope proclaimed by Christianity can sustain and inspire the small hopes that lead us to act.



The main sessions, however, belonged to the participants, who came to share their achievements and challenges of the past two years, to discuss challenges and possible solutions, and to name their hopes and plans for continuing on their journey of 'Care for our Common Home'.

The very inspiring session on 'achievements' included presentations from Brownedge School in Preston (not quite in our diocese!) which is well on the way with plans to divide their outside into spaces for Wilderness (200 trees planted), Wildlife, Work (growing food), Wellbeing and Worship. The school is also decorated with lovely murals which share the key ideas of the faith, not least from *Laudato Si'*. The children are fully involved in all the plans. A parishioner from Wales spoke movingly about guidance from Our Lady after a visit to Medjugorje, which inspired him just to start growing vegetables at the Church. This has brought people together, created warm and friendly spaces for the cold, lonely and marginalised, and produced food for those in need. Above all, it has given new life and prayerfulness to the parish.

Another parish, this time in Yorkshire, has tackled their CAFOD LiveSimply award with amazing enthusiasm and energy. Their initiatives include a Tree of Life for suggestions; planting pollinators, wildflowers, herbs and fruit trees; bird and bat boxes, a bug house and a hedgehog hotel; a huge overhaul of their energy efficiency and recycling; fundraising, especially through sponsored runs, for a parish link with Mali, as well as for CAFOD and Mary's meals; and collecting food and warm clothes for local charities to distribute. They celebrated the Season of Creation with prayer, activities and discussions and threw a parish party to celebrate the award, along with first sacraments for the children and the p.p.s Golden Jubilee. Did anyone say that social justice is boring?

There has been a great deal of recent movement also on the diocesan level. The Middlesborough Diocese have engaged a surveyor, who is working his way through their rented properties and churches and providing detailed advice on energy saving, including for private homes. Two dioceses in the south of England, Brentwood and Westminster, have meanwhile committed themselves, with careful costing and planning, to go the World Youth Day in Lisbon this summer by coach. One participant pointed out a benefit of this courageous choice: the pilgrimage begins when you leave home, not just when you arrive. The dioceses are indeed making the most of the journey by visiting Tours, Valladolid and Porto en route. The Challenges raised included communication, especially with those who seem suspicious or scared of new initiatives; widening the circle of participation in the parish, both in numbers and diversity; and the sheer scale of the changes we need to make to our energy provision. Solutions included a quick tour by John Paul of the resources on the Journey to 2030 website, especially the new packs for parishes, which offer a framework for working together to take stock and move forward. The Guardians of Creation project are preparing a range of practical resources, which will be launched in early March.

Finally, hopes for the future. Some parishes are using film and discussion sessions to get the ball rolling. Some people are hoping to bring their faith into their working environment by joining ecological initiatives there. Others are hoping to begin, renew or take further the parishes work for the LiveSimply award. One inspiring plan came from David Ko, who runs the visionary Rethinking Choices with Richard Busselato. They want to make a 'crowd-produced' film called 'The Things that Give us Joy' to help people focus on what really matters. If you are interested in contributing, email them on infor@rethinkingchoices.com.

An additional Zoom weekend for 'Living Laudato Si': Your Parish and Your Planet, was held on February 17th-20th.

Karen Sutton is a Laudato Si Animator, Shrewsbury Diocese. She is also an RE teacher in a Catholic School in Macclesfield and has the privilege of being the teacher-contact of a thriving Eco Council there. See pages 10 & 11 She writes:

Having attended the virtual retreat at Boarbank Hall in February I certainly gained a lot. It was encouraging to hear that so many steps are being made in the right direction. What saddened me was to hear that there was so many of the same stories of reluctance in parishes (e.g. to get support from parish Priests to be proactive and, the usual observation, that it was the same people who would get involved each time). I took some comfort in thinking I wasn't alone.

I also recognised that others too are aware of the great opportunity that our schools afford. I see my role as such a privilege even more so than I did before. I anticipate this will help to spur me on when I am short of time and energy (knowing there is a great need and a willingness in the young people). John Paul quoted Bishop Barron quoting Darren Hardy "The definition of commitment is doing the thing you said you were going to do long after the mood left you when you were in the mood to do it." I knew exactly what he meant!

On our first evening we heard from Bishop Patrick McKinney of Nottingham Diocese who talked of Fast Fashion and the demands this has on so many aspects of the environment and injustice. However, my takeaway from this was how less than 1% of fashion is recycled/upcycled and costs £82million to dispose of in the UK. Certainly, one to help focus the mind as we approach a spring clean!

Trish Sandbach (of Live Simply and CAFOD in Leeds Diocese) helped us to realise the benefit of having a sympathetic MP. She gave tips on how to be persistent in approaching our own MPs; not with venomous attacks but rather to start small and build a relationship that they see you as a sensible friend (even if you are politically opposed), showing the direction you are working towards and keep on talking to each other. She helped to point out that it is important to reach the ears of the power and decision makers. As Trish spoke of the Live Simply Award she also helped us to consider our role in Creation; asking are we Human Doings rather than human beings? Can we try to just "be" in Creation and see things differently. As we see things differently and act differently there will be a different result. So, as we are going about our everyday activities, stop and think. For example, when shopping, asking "how did these things get here?" "Were they well paid?" "What did they have to do for this to be here for me to buy?"

Sr Margaret Atkins helped us to understand Laudato Si so we would be better placed to help others learn of Laudato Si. She pointed us to paragraphs 15 & 16 which could summarise the whole of the message. She pointed out that the message is not a new one and identified previous Popes who have given us the same message – to act for the planet.... Sr Margaret gave us so many messages and guidance through her talk; speaking with real depth of knowledge and keen awareness. Some of the takeaways from my perspective was on Chapter 4 on Integral Ecology and helping us to see this in its wider context, a comment that resonated "the emptier your heart, the more you have to buy things to fill it" – I am sure I am not alone in thinking of those this relates to and I felt compelled to pray for these individuals in my own circle, as well as the wider world, but also to continue to be an example. She also helped us to see that the ecological change needed is a community thing.

Stephen Garsed from the Lancaster Diocese was enlightening in his talk about Fracking which was on his doorstep and seeing the response to this from the community as a whole; principally the anger they felt but to see how the Church (although some were sceptical) helped to frame all their thoughts and dispute against fracking. He spoke again to the fracking companies and referred to the god of money and the plunder nature. Asking are the planet's resources treasured or exploited? He pointed out how Pope Francis had managed to encapsulate all of this in Laudato Si. He saw how the protesters became protectors. Finally, pointing out that who controls the language, controls the argument. See Stephen's article pages 7 & 8

Asking, what language are we using? Can we use the language of justice? John Paul de Quay of the Ecological Conversion Group helped us to see that people get scared of change. Pope Francis' book: "Let us dream" talks of "so what ism". Identifying that we are removed from reality currently, we become indifferent. In helping us to deal with others he suggested for us not to waste our time and energy on negative people, or those who deny, but instead go where there is energy and meet the people who are willing to get involved, to help, to change. He spoke of the Ecological Conversion i.e., Putting God at the centre, not me, not nature, not the planet, etc. but instead, God, and this ensures the right relationship is at the centre of all we do. When faced with those who are draining your energy etc. he simply suggested to turn this around and ask those: "what would your kids want?" he suggested this is a way to encourage others to get involved. John Paul left us with a task of dreaming, what we would like to see in a parish where Laudato Si had been embraced. Those who shared theirs the following day were inspirational.

The panel on Saturday evening gave stories of those who are making real strides in their own parishes. It was heartening to hear but did shine an embarrassing spotlight on those who are in parishes where they feel they face a brick wall. There was a suggestion of seeing what you can do e.g. to offer to add bidding prayers which include reference to the teachings of Laudato Si. We need to be sharing the news of all that is happening and find a way to share this within the parish e.g. via the Laudato Si Action Platform but also find ways of using noticeboards, photos, etc. to encourage and harness enthusiastic people who might not know where to turn.

John Paul and his brother Edward gave news of a fantastic resources via the Ecological Conversion Group with resources for parishes and schools as well as those at St Mary's RC University, Guardians of Creation Project, The Journey to 2030 and Campion Hall Research Institute.

The panel on the Sunday evening & Bishop Ralph Heskett on Monday again confirmed the amazing things that so many are doing, inspiring us along the way & leaving me with a good "to do" list of research & commitment to share (and finding the positive energy to keep on going).

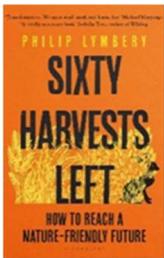
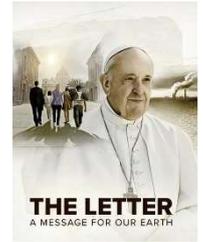
Editor: For books and other resources suggested see page 6



'THE JOURNEY TO 2030' is a lay run campaign that aims to support the Catholic Church and it's community to progress towards this 'long path to renewal', by providing the necessary resources to parishes and individuals in order to engage with the urgent challenge of our ecological crisis. <https://journeyto2030.org/>

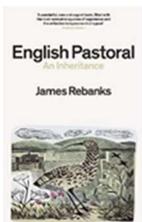
If you are new to the project a useful introduction can be found <https://journeyto2030.org/wp-content/uploads/2021/09/YEAR-OF-THE-COCKEREL-second-edition-march-2020-web.pdf>

The site offers a range of video resources which could be helpful introductions to group discussions at home or in your parish including a Youtube version of The Letter for those who have not yet managed to see this film <https://journeyto2030.org/community-film-night/>



SIXTY HARVESTS LEFT... OR A FUTURE-PROOF PLANET AND FOOD SYSTEM? Our world is at a critical crossroads. And the choices are ours to make – only 60 more harvests? Or a future-proof food system and planet? The global food system – largely based on factory farming and our insatiable demand for meat – is killing our world. But transforming this devastating system is possible. And 'Sixty Harvests Left: How to Reach a Nature-Friendly Future' points the way. This book by Philip Lymbery, published in August 2022 reveals that factory farming is as big a threat to humanity as climate change. Using detailed research, compelling stories and insightful analysis, Philip paints a vivid picture of the climate, nature and health emergencies that humankind faces. The solutions he presents have the regenerative, nature-positive farming focus on soil and the interconnectedness of all life on our planet.

'The warnings are coming thick and fast now and Lymbery's are clear, concise and truly frightening ... But we have solutions that we must implement now.' Chris Packham



ENGLISH PASTORAL – AN INHERITANCE September 2021

On his Cumbrian farm, in the Eden Valley, James Rebanks looks back with nostalgia to early memories, sitting on the back of his grandfathers' tractor, plowing fields in the old traditional (but nowadays considered less efficient) way, the gulls giving chase, their excited screeches filling the air, and then, their work done, heading homewards beneath a blue black sky filled with a million glittering stars. His grandfather cared deeply for the land, and it's difficult not to feel a deep sadness for him, defiant in his determination to carry on with the traditional way of farming, and he did so right up until his death. But eventually there comes a time when change has to be embraced, to modernise in order to survive, but what about the cost to families, and rural communities, animals and nature?

James's grandfather was such an important part of his life, teaching him everything he needed to know about farming the land, in a manner that didn't compromise the quality of the yield or destroy the environment. His grandmother too is remembered with fondness, as she toiled in the kitchen, looking after the menfolk, forever cooking, baking, making jams and chutneys, This is an extremely informative and absorbing memoir about the changes in agriculture across three generations. James shares some serious issues and concerns, and he relates where he believes things went wrong, and what he's doing on his own farm to ensure a sustainable future, both financially and ecologically for his own children.



WHO CONTROLS THE SEEDS?

The next phase of CAFOD's 'Fix the Food System' campaign is focusing seed sovereignty, that is the farmers' rights to chose their own seeds. At the heart of the global food crisis is a struggle for control over the world's seeds. For generations, small-scale farmers have freely swapped and shared a wide variety of seeds.

However, the freedom of farmers to choose what seeds they use is under threat as the World Bank supports new laws which push farmers towards using seeds sold by big agribusiness. This puts control of the world's seeds into the hands of a few giant corporations. If we want a sustainable food system,

then we must stand with small farmers across the world as they fight for control over their seeds. Read more about the campaign and sign the petition to the world bank <https://cafod.org.uk/campaign/fix-the-food-system>



FAIRTRADE FORTNIGHT 27th February – 12th March

Join one of our seven Big Fairtrade Get Togethers on line to hear about the danger climate change and unfair trade pose for the future of our favourite food. We'll hear from a range of experts - including Fairtrade farmers - on how to build a fairer, greener and more sustainable future for food.

Got questions about climate change, Fairtrade and the future of food? Submit them when you sign up and we'll put a selection to our expert guest speakers. Each free online session features a special expert guest. Select the Get Togethers you'd like to join and then add your details at the end of the form to sign-up.

<https://action.fairtrade.org.uk/page/122675/petition/1?>

THE LANGUAGE OF POPE FRANCIS

Stephen Garsed, Environmental Lead Diocese of Lancaster writes:

Laudato Si is a prophetic document. Like the prophets of old, Pope Francis calls out where we have gone astray and shows us what we need to do to get back to a right relationship with God and Nature.

But there is something more. He has given us a vocabulary of Love, Hope, Joy and Justice which brings a valuable and constructive new dimension to people both of faith and of no faith. I will explore this in the context of what I learned during the anti-fracking campaign in Preston.

The initial response to the news of fracking in Lancashire was one of anger. Understandably, the language was negative and was actually a barrier to constructive thinking. All people could talk of was “demos” and “protests”. I was asked to speak on behalf of the Lancashire churches at a public meeting called by Friends of the Earth. There were about 100 people there and I had the sense that some people thought that the churches could bring nothing to the debate.

I began as follows: “Our beliefs are founded on the Love of God and Love of Neighbour. Implicit in love of God is love of his creation - a love exercised by careful stewardship of the planet and its resources. Love of neighbour is exercised through social justice - recognising that every one of our brothers and sisters has an equal entitlement to God’s bounty. Justice requires honesty and truth. It is in the contexts of environmental stewardship and social justice that we have approached the issue of fracking.”

The talk received a lot of applause. After it someone came up and said that I had helped provide a context for all their previously unfocused thoughts. It was my first inkling of how our Christian language can resonate with people of no faith.

Shortly afterwards there was an appeal by the fracking company against refusal of planning permission by Lancashire County Council, LCC. There was huge and unsubtle government pressure to allow the appeal. I was again invited to speak. I concluded my address with the following, pre-Laudato Si, quote from Pope Francis

“An economic system centred on the god of money also needs to plunder nature to sustain the frenetic rhythm of consumption that is inherent to it.

Brothers and sisters: creation is not a property, which we can dispose of at will; much less so is it the property of some, of a few: creation is a gift, it is a present, a wonderful gift that God has given us to take care of and to use for the benefit of all, always with respect and gratitude”

In six lines, Pope Francis encapsulated the whole polarised difference of those who believe resources are to be treasured and those who believe that they are to be exploited. Look at those words which are almost alien to those who would plunder the earth: “gift”, “present” “gratitude”. The Planning Committee rejected the appeal - to the fury of the Government.

A couple of years later, following a public inquiry, the company got its planning permission and began developing the site. There were protests and demonstrations and angry hotheads often from outside the area climbing on vehicles and disrupting the traffic. That annoyed the locals no end. But then other voices were heard. People at the site no longer called themselves “protestors” but “protectors”. A Quaker-led group calling themselves “No Faith in Fracking held silent vigils every Friday. The effect was transformative. The community began to realise that these were not an angry “rent a mob” but people fighting for their local community and for justice against a predatory corporation. The presence of many Christian groups including our own Diocesan Environment Group gained respect from the non-Christian folk present because we spoke a language of love that resonated with them.

I want to make a very important point here: Whoever controls the language controls the argument. If we accept corporate-speak, it is much easier to accept corporate behaviours. How about this classic of corporate speech “We are seeing sustained growth in emerging markets” What a wonderfully affirming statement, but let’s translate it into the language of justice. “We are making even more money from the poor overseas than we were last year”. At the other end of the spectrum shouting “Smash the Tories” does not give us a plausible route to progress.

Jesus said “do not be afraid” for he knew the power of fear. So do the tabloids. Fear sells newspapers. That is why they are so full of bogeyman stories to scare their complacent readers. And who are these bogeymen? Lefties, migrants, greenies, the great unwashed, tree huggers, doom mongers. etc etc. They are all negative stereotypes used to label and demean anyone who does not share the views of the paper’s billionaire proprietors.

Stereotyping is contrary to the teaching of Jesus that each of us is uniquely valuable. Negative stereotyping is particularly wicked. It is calumny at the population level. Just as people parrot corporate speak, they also parrot tabloid-speak and thus spread these evil stereotypes. Just as we must challenge corporate speak, we must also challenge negative stereotyping. A few years ago, I saw a person wearing a t-shirt which said “I’m the one the Daily Mail warned you about” Wonderful!

To find the truth we should take the opposite view from the tabloids and see if that position stands up. To take an example from fracking. The tabloids labelled us “rent-a-mob”. Not true. These were local people defending their community at their own expense. But it did prompt us to ask who is the real rent-a-mob? Is it not the PAID lobbyists cruising the corridors of power with access to ministers that we can only dream of - and the only way we can have our voices heard is on the streets where we are vulnerable to the slander of the tabloids?

Similarly, Jacob Rees-Mogg recently called us Luddites - getting in the way of progress. Are not the energy companies the real people getting in the way of progress?

I just want to return to that wonderful quote of Pope Francis and pick out one word – “Gratitude”. Gratitude is born out of humility and is the antithesis of the arrogance of entitlement. It is sadly missing in our world of consumerism and gratification. What better starting point for our journey to a better world than giving thanks for God’s incredible generosity.

To conclude, if we want our authentic voices to be heard, we must always speak the positive language of Pope Francis, and we must consistently challenge the slimy euphemisms of the corporations and the destructive stereotyping and calumnies of those parts of the media that promote personal profit at the expense of people and planet.



CHRISTIANS PROTEST WEST CUMBRIA COAL MINE

On Ash Wednesday, February 22, vicars and other Christians protested outside the Leeds, Manchester and Newcastle offices of Ward Hadaway, lawyers for West Cumbria Mining Limited, and the London headquarters of Javelin Global Commodities, which has an exclusive marketing and offtake agreement with West Cumbria Mining.

They are calling on both companies to “cut the ties” with the proposed new coal mine in Cumbria. The protesters held banners with the message ‘Coal is killing humanity’ and delivered letters asking the organisations to end their involvement with West Cumbria Mining. <https://christianclimateaction.org/2023/02/22/christians-protest-west-cumbria-coal-mine/>

For Divestment from fossil fuels see page 9



In the climate emergency, beyond hope and despair, lies a time between worlds: level ground to live and act with courage, love and equanimity. Together let us go there.

Borrowed Time is a Green Christian project that helps people to support each other as they acknowledge their grief and fear over environmental collapse. As we navigate the difficult journey that awaits us

together we can release the honesty and energy these times require.

The next programme ‘Cloud and Fire’ starts in March. Through the model of a retreat in daily life, participants will accompany each other for the journey into environmental breakdown.

<https://borrowedtime.earth/programmes-of-mutual-support/the-cloud-and-fire-programme/>



COUNTING THE COST This new **Christian Aid** study identifies the year’s 10 costliest extreme events influenced by the climate crisis - each caused more than \$3 billion in damage. The Report also examines 10 other extreme events that caused massive human and environmental damage, mostly in the poorest countries.

The ten most financially costly events all had an impact of \$3 billion or more. Most of these estimates are based only on insured losses, meaning the true financial costs are likely to be even higher, while the human costs are often uncounted. In this report, you'll find: The 10 costliest extreme events influenced by the climate crisis in 2022 - which each caused more than \$3 billion in damage. 10 other extreme events that caused massive human and environmental damage, mostly in the poorest countries

Christian Aid calling on world leaders to decide how the loss and damage fund agreed at COP27 will be managed, and how to get money flowing into it.

While this report focuses on financial costs, which are usually higher in richer countries because they have higher property values and can afford insurance, some of the most devastating extreme weather events in 2022 hit poorer nations, which have contributed little to causing the climate crisis and have the fewest buffers with which to withstand shocks.

Download the full report <https://www.christianaid.org.uk/sites/default/files/2022-12/counting-the-cost-2022.pdf>



14 APRIL CLIMATE JUSTICE EVENING St. Mary’s Centre, Handbridge, 7-9pm. Organised by Helen Pritchard, the representative at St Mary’s and now a member of the Chester Christian Aid Group, with help from Katy Rowe and a CA staff member. Dr Richard Baker, an expert on climate science and climate justice and a Christian Aid volunteer speaker, will give a talk, followed by a group discussion. Refreshments provided. Christian Aid has

been campaigning with others for some time on the issue of climate justice, and with some success - though it remains to be seen whether all the funds pledged by the richer countries at the recent COP27 meeting will be handed over to those poorer countries so hard hit by climate change.



The Crisis Event 23 April



Marple Hall School, Hilltop Drive 12 noon - 5.00 pm

Tell us you’re coming at: climateactionmarple.org.uk/event



1 pm. Key note speaker Dr Amanda Maycock (Associate Professor in Climate Dynamics) from the Priestly International Centre for Climate Leeds University.

Also Nick Leslie from Stockport Council Climate Action Group ...Jonathan Atkinson from The Carbon COOP on retrofitting homes.

Presentations from local school pupils ... Panel of CAM members answer our questions

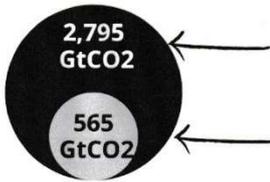
Plus stalls and art and writing competitions for school children. More details from marian37et@gmail.com

STOP INVESTING IN FOSSIL FUELS. INVEST IN A SUSTAINABLE FUTURE

'We know that technology based on the use of highly polluting fossil fuels – especially coal, but also oil and, to a lesser degree, gas – needs to be progressively replaced without delay..... Politics and business have been slow to react in a way commensurate with the urgency of the challenges facing our world' Pope Francis *Laudato Si'* 165



In *Laudato Si'*, Catholics are called to hear the 'Cry of the Earth'. Climate Change and its effects are becoming very clear to everyone. Heat waves, droughts and fires are all happening more frequently. Fossil fuel combustion accounts for nearly 90% of greenhouse gas emissions. That is why a genuine ecological conversion entails the rapid phasing-out of all fossil fuels, both as users and as funders.



These are the known reserves of oil, gas and coal we could extract and burn.

But this is the quantity we can still allow to burn whilst remaining on a liveable planet (limiting warming to 2°C).

The fossil fuel industry, like BP or Shell, keeps on planning new fossil fuel projects and infrastructure, condemning humankind to a bleak future. Five years after *Laudato Si'*, the Vatican called Catholics across the globe to promote social and environmentally responsible investment, for example by evaluating the progressive divestment from the fossil fuel sector.

Since 2016, more than 350 Catholic institutions have **publicly committed not to invest in the fossil fuel industry now or in future**. They have a big impact on a global scale, both economically and politically. You can find out more <https://laudatosimovement.org/divestment/>. Some Dioceses but by no means all have already done this. If you would like your diocese to join them Sample divestment letter to send to your Bishop <https://laudatosimovement.org/download/sample-divestment-letter/>

CATHOLIC DIVESTMENT BY DIOCESES ENGLAND AND WALES

13 DIOCESES YET TO MAKE FOSSIL FUEL DIVESTMENT COMMITMENT:

9 FULL DIVESTMENT COMMITMENTS:	Westminster	Northampton
Birmingham	Cardiff	Nottingham
Southwark	Liverpool	Plymouth
Arundel & Brighton	Clifton	Salford
Brentwood	Hallam	Shrewsbury
Middlesbrough	Leeds	Menevia
Leeds	Lancaster	Hexham & Newcastle
Portsmouth		

Logos for ORIGIN OF FAITH, NOAH, World Council of Churches, Green Anglicans, greenfaith.



To encourage Dioceses and others to make a commitment on April 20 Christian Climate Action are arranging a **Church Divestment Day of Action on March 5th**.

At Shrewsbury Cathedral from 10.30 am a small group will stand outside the cathedral in witness to the Catholic church's slowness to divest from fossil fuels. We will be holding placards with simple messages, whilst leafleting and engaging with the parishioners and public. If you can join contact cooperpc@gmx.co.uk. Events are also planned at Liverpool, Salford and Wrexham

cathedrals. Find out more

<https://christianclimateaction.org/2023/01/14/church-divestment-day-of-action-sunday-5th-march-2023/>

Friday March 24th Day of Action

As households freeze and the climate emergency worsens, our local councils continue to back the fossil fuel giants driving the crisis. Join people across the UK will be taking to the streets to demand their local authority stops funding crisis. To find if there is an action near you or arrange one yourself see <https://www.divest.org.uk/divest-from-crisis/>

THE BIG ONE The biggest climate protest yet in London is taking place from 21st April – 24th April.

Politicians would rather take fossil fuel donations than prevent climate chaos. It's time for us to let them know how we feel about this and that 2023 is the year for drastic climate action. In April in Westminster, thousands of people will gather peacefully around the House of Parliament to tell the Government that we can't afford this anymore.

On Friday 21st April we are gathering at St John's Church, Waterloo at 11am for worship at noon led together with Christian NGO's such as Green Christian and Operation Noah. This will be followed by a walk of pilgrimage to the protest outside Parliament.

On Saturday 22nd April, we are gathering at the protest at Parliament at 11am for worship at noon focused on racial and climate justice, led by our friends from Black Majority Churches. There will also be a Catholic mass at 3pm.

On Sunday 23rd April we are gathering at the protest at Parliament at 11am for worship at noon led by young people whose future is in the balance. There will also be an Anglican Eucharist at 3pm.

On Monday 24th April we are gathering at the protest at Parliament at 11am for worship at noon led by Christian Climate Action looking to the future.

Each day there will be community and creativity, prayer and song and care for Creation.

Thousands have already gathered at picket lines and demonstrations this year to demand fairer working conditions. Multiple world crises all linked by the crisis in governance. There are no fair conditions on a planet wrecked by climate and ecological disasters. It's time to demand an end to the fossil fuel era and for a citizen-led transformation towards a fair society that includes reparations. <https://christianclimateaction.org/2022/10/22/the-big-one/>



The East African Crude Oil Pipeline (EACOP) is bad news. If you are not sure why please look at this <https://www.youtube.com/watch?v=NVe6ArLt2rM>

It will displace thousands of people living in Uganda and Tanzania, and cause irreversible damage to the environment.

But we still have a chance to stop it.

TotalEnergies - the oil company behind EACOP - still needs money to fund the pipeline.

They're asking for support from Standard Bank and Sumitomo Mitsui Banking Corporation (SMBC).

On Ash Wednesday, climate activists in 10 cities across the world took action on the streets and at bank offices. From Amsterdam to Johannesburg, pressure was put on Total's main financial backers to drop EACOP, and choose the right side of history. To support the on-the-ground mobilisation, we want to add thousands more online voices. Please sign the petition

[https://act.350.org/sign/stop-east-africa-crude-oil-pipeline/?](https://act.350.org/sign/stop-east-africa-crude-oil-pipeline/)

We need to make sure the banks know about EACOP's devastating impacts, and understand that funding the pipeline will cause huge damage to their reputation. Without funding, EACOP cannot go ahead.

More than 24 major financial institutions and banks have already pulled out of EACOP because of public pressure. We already have 33,000 signatures asking banks to drop EACOP. Anne, the movement to #StopEACOP is growing every day. We've done it before and I know we can do it again. Can we count on you to send a strong message to Standard Bank and SMBC, asking them to drop EACOP?

Editor: Thank you to Anne Litherland who provided me with the information about Divesting in Fossil Fuel and the various links

The work of the Eco Council at All Hallows Catholic College, Macclesfield

Karen Sutton RE teacher at All Hallows writes:

In October 2022 we wrote that currently, the Eco Council is made up of 45 members but is growing; particularly as there are some initiatives which are forthcoming which will help to further raise the profile of the Eco Council still further. These members do not always attend each and every meeting but there is a substantial "hard core" of members that contribute to everything and give a lot to Green issues. Our main student lead (yr13) has been involved for many years (and all through the Covid years!).

Recently, our biggest achievement is that we have been accredited with our Green Flag Award for the College once again. This has been a great accomplishment and more fully recognises the entire approach that the College make towards green issues.

Many of our College community clearly care about the environment but can't contribute totally to the Eco Council meetings. This is reflected in the proactive way that we have been able to resume recycling paper and card more effectively; especially reflected in the numbers of departments involved and wanting to be involved. Ideas are shared on an ad hoc basis sometimes e.g. passing in the corridor or an email which shows the commitment and awareness of the College as a whole too. Many ideas become real initiatives that are followed through. For example, we are able to more fully encourage the "seconds" uniforms heavily via assemblies and raising awareness of Sustainable Fashion as a whole; many people, including staff, will share when something is from a pre-loved collection. This is an area which is growing all the time. Initially, it was reflected through our student-lead securing second place in the Catenian Public Speaking Competition with Sustainable Fashion as the theme of her talk (and her winnings were donated to the work of the Eco Council). She then led Eco Council talks on the subject to a very wide audience, but this grew wider through whole school assemblies. It is an initiative continued through our College supporting Oxfam's Second Hand September initiative and details of this are shared through our College.

We litter pick as an entire College. This is extended outside the College grounds now, using our Sixth Form. This means that we can help to ensure our local area is also litter free – as often as we can. The Eco Noticeboard has recently been moved to a more prominent site which means it is updated more regularly too. News of the Eco Council work is shared here and through the newsletter primarily but also through social media posts. There is also an Environmentally Friendly Achievement Point which helps to encourage the students to get involved when they may otherwise be reluctant. This was particularly evident when at the Staff vs. Sixth Form football match when we were litter picking and volunteers got involved too.

We work closely with Geography and Science (in the main); identifying opportunities that are very closely involved with them as a Subject. For instance, we were working on securing a Water Aid Speaker which was initially targeted for these subjects. However, this was broadened and incorporated as part of a PSHCE day to enable all our College community benefit from resources (sadly no speaker was free for us).

In addition, there has been tree planting as part of Science. This included receiving donated saplings and planting them around our College site. We are also trying to raise awareness of the harm of balloons and glitter to marine life. This is something we have raised with Science to tackle together. We are working on a monitor system for lights and SMARTboards to be turned off – in the meantime an encouraging message is sent by IT – simple but effective. This is a work in progress. However, we always will take part in the Switch Off Fortnight initiative too. We also share graphs of the usage of electricity and gas; by use and cost. These are evident on the noticeboard and make bleak reading.

Although as part of a College-wide initiative we are also keen on raising awareness of Fairtrade products. This has been run via Chaplaincy (in the main) with the Fairtrade Fortnight. This continues this year for a couple of days. Our student-lead is currently in the process of raising awareness of how supportive our canteen facility, are in supporting Eco initiatives too. These include, our starting a meat free menu one day a week. This currently coincides with the Catholic practice of abstaining from meat on a Friday. There is a hope that this will be extended to a Monday; which is common throughout other communities. It is an area which is gaining support across our younger students especially.

In addition, we and canteen are working on making our canteen plastic free. With this in mind, in the past, we have campaigned for reusable bottles and competitions over the summer holidays to reduce plastic. This was both fun and engaging the students' households in changing their buying practices. This is an initiative which has also been carried out this summer and we await news of the most "green" form (or student).

The farm offers a great opportunity to raise awareness of the implications of Caring for our Common Home too; the teaching from Pope Francis encyclical, Laudato Si. This is also something the canteen have identified as an area they can support as some of the fruit "waste" to our reptiles. In respect of Laudato Si, a movement is under way which is training people (like me) to become Laudato Si Animators; bringing to life the teachings and sharing these through actions. This is a 4-module course which leads to commitments to a personal ecological conversion. The resources that are already forthcoming from these are very powerful and already being shared.

Across our wider community, over the past years, we have also been proactive in trying to encourage cycle lanes. This has involved working with the local MPs. This hasn't come to anything....yet! but is an initiative we pursue regularly. We are also, generally, seeking to reduce the number of car journeys made by turning to public transport, bike, etc. this is an ongoing initiative working with other environmental groups locally to help get this moving more effectively. However, from a staff perspective, we are currently identifying areas we can reduce single person car journeys and canvassing opinion of a Car Share.

In addition, before Covid we met the Macctastic group of students each month – known as Eco Youth. Although this took a hit due to Covid there were TEAMS meetings which continued during lockdown but since returning have not been picked up again due to

the Eco Youth key players leaving for new futures but sadly not having the ability to support new, young students at that time. However, the contacts with Macctastic remain and initiatives are still being shared. These include, for instance, the Bic pen recycling scheme; operated from Tytherington School. Money raised across Macclesfield from broken pens and related stationery are collected and recycled. Bic pay money for these and Tytherington use these funds to donate to the Sepilok Orangutan Sanctuary in Borneo.



We also support the appeal for 20s Plenty in our local area. Most recently the Dane Moss petition has also been shared across the College community to influence decision makers to not build across a valuable peat site. In addition, a guest-speaker is being scheduled to help us cut down on packaging from a local business, Scoop and Scales.

Exciting opportunities for students to be involved in an Eco-Art Competition are also coming up; helping to share "green" ideas by designing our tired containers. This is being supported by Astra Zeneca and will be rolled out in September and October. We have supported school strikes for climate action in the past and continue to be active with using our voice for the commitments of COP26 to be met as we approach COP27. This means we will be participating in the Walk2COP27; miles walked, cycled, ran will be recorded and for every kilometre a tree is planted. The Eco Council is a dynamic and driven group; we pray it is enough!



Finally, our Eco Code for this year was an acronym of SHINE (key to our College) and produced as part of a competition won by (then) year 8 student.

- S - single use plastic doesn't need to be used**
- H - help clean up litter**
- I – it's important to reuse**
- N - need to recycle**
- E - everyone needs to help make the earth a better place**

Updated Half term February 2023



Lancashire Church Leaders meet the Chief Constable

Revd Anton Muller writes: Bishop Paul Swarbrick attended a Church Leaders, Ecumenical Officers and Network Partners across the County of Lancashire met with the Chief Constable for Lancashire, Chris Rowley.

For the first time, a head of the Lancashire Constabulary has met with an inclusive group of Church Leaders, Ecumenical Officers and a host of Churches Together in Lancashire's Network Partners. The event was organised by Lancashire County Ecumenical Officer, The Revd Anton Müller and Canon Andy Pratt, Lay Canon in the Diocese of Blackburn, Deputy Police and Crime Commissioner and Diocesan Interfaith Adviser. (19th January 2023).

The Chief Constable, Chris Rowley, spoke of his own connections with church (Catholic) over the years and spoke of his deep desire to build a strong relationship with the churches and other faith groups across the County.

First and foremost, Chris recognises that he is in the business of fighting crime whilst fully recognising the vulnerability and many social issues facing our communities. So much so that 80% of all calls to Lancashire Police relate to vulnerable people. The primary issues relate to domestic violence, drug addiction, mental health, exploitation, and abuse. Chris said:

Chris asked the question: “How can we work together within your communities so that my people can signpost to your people?”

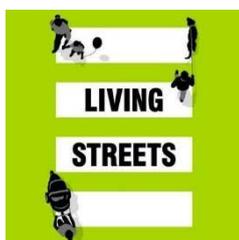
Chris goes on to say: “We value anything that you can do that can help us to support and serve communities. We are desperate to deliver a better service. This is my ‘sermon on the Mount’ to my officers ‘you are the servants of the community’”.

The Chief Constable stressed the importance of visiting religious organisations, churches, mosques, temples, synagogues. He recognised that by reaching out to the religious community we are reaching a wider audience.

As more and more social issues arise the officers can become frustrated when they are not able to engage with policing and crime issues. We need to be able to signpost to those who can help. It makes a big difference to their wellbeing and morale when they can direct people in need to real help.

A growing area of need relates to those struggling with mental health. With so many discharged into the community with minimal or no support, they may become distressed and unable to cope with some becoming violent and all too many are vulnerable to exploitation and abuse. There is a vital role here for churches, faith based and other social prescribers which can be such a help in partnership with local policing.

CTIL is hoping to do a similar event focusing on how churches and faith groups can support prison ministry. In the meantime I hope very much that this event will provide some impetus across the churches for building relationships locally with the police and supporting the work of the Police Chaplains <https://www.policechaplaincy.uk/> and the Christian Police Association. <https://www.cpauk.net/>



LIVING STREETS, THE UK CHARITY FOR EVERYDAY WALKING

We want a nation where walking is the natural choice for everyday local journeys. Do you walk to school or work? Walk to the shops or with neighbours? Walk for exercise and wellbeing? Our mission is to achieve a better walking environment and inspire people to walk more. Progress starts here: one street, one school, one step at a time. Read our three year strategy to find out more about our vision, mission and values. <https://www.livingstreets.org.uk/>

RETHINKING WALKING – DELIVERING TARGETS AND TRANSFORMING PLACES FOR ALL Thursday 23rd March Living Streets' National Walking Summit 2023 in person in Leeds and online

<https://www.livingstreets.org.uk/get-involved/national-walking-summit>

Keynote address: Professor Chris Whitty, Chief Medical Officer for England, Public health and opportunities for active travel

Keynote address: Danny Williams, CEO, Active Travel England, How do we deliver our national walking targets?

Morning plenary panel: Delivering walking targets - examples from across the UK:

Danny Williams, CEO, Active Travel England, Cllr Peter Carlill, Leeds City Council, Daisy Narayanan, Edinburgh City Council, Saira Ali, Bradford City Council, Cllr Sara Burch, Monmouthshire Council

12.30 Lunch 13.15 Afternoon session Guided 'walkshops' in and round Leeds. Online workshop for virtual attendees.

Afternoon plenary panel: Placemaking for all to encourage active travel: Charles Brown, CEO Equitable Cities: planning and minority representation, Caroline Stickland, Transport For All: placemaking for disabled people,

Dr Amit Patel, author and disability rights campaigner,

4.30 Close Our National Walking Summit will be chaired by Living Streets Vice President, Susan Claris of Arup.



April 26th U N Chernobyl Day

Since the Chernobyl nuclear plant accident on 26 April 1986, the United Nations, along with the Governments of Belarus, the Russian Federation and Ukraine, has been leading the recovery and development efforts to support the affected regions. While extensive humanitarian work was conducted immediately after the accident, additional recovery and rehabilitation activities were conducted in the following years to secure the area, limit the exposure of the population, provide medical follow-up to those affected and study the health consequences of the incident.

On 8 December 2016 the United Nations General Assembly adopted a resolution designating 26 April as International Chernobyl Disaster Remembrance Day. In its resolution, the General Assembly recognized that three decades after the disaster there remains persistent serious long-term consequences and that the affected communities and territories are experiencing continuing related needs. The General Assembly invites all Member States, relevant agencies of the United Nations system and other international organizations, as well as civil society, to observe the day.

<https://www.un.org/en/observances/chernobyl-remembrance-day>

DIARY SPRING 2023

February 27 – 12 March Fairtrade Fortnight see page 6

March

2 Lent Lunch from 12 noon to 1:30pm at Hoole URC, Hoole Road, Chester CH2 3NT

3 CAFOD Lent Fast Day <https://cafod.org.uk/fundraise/family-fast-day>

3 World Day of Prayer 'I have heard about your faith' prepared by the women of Taiwan. <https://www.wwdp.org.uk/>

3 " Walking on Thin Ice" the film of the Camino to Cop 26 at 7 p.m. St Michaels in the Hamlet Church, Liverpool near to St Michael's station There will be a Q & A afterwards with Helen Locke who was the Walking Master in 2021. Tickets for the film are free and on Eventbrite. <https://www.eventbrite.co.uk/e/screening-of-walking-on-thin-ice-a-500-mile-climate-pilgrimage-tickets-552559198437>

4 Changemakers Conference: Real People, Real Change Join Christian Aid's virtual supporter conference: 10am-4pm, on Zoom <https://www.christianaid.org.uk/get-involved/events/changemakers-conference>

4 Fair Trade Coffee Morning from 10 to 12 noon at Our Lady's Parish Hall, Enfield Road, Ellesmere Port CH65 8BY. There will be a variety of stalls supporting Fair Trade and local charities including Chifundo selling Chanasa Products from Malawi, a Cake Stall, and a Raffle. Parking on site. For more info, contact: Eileen Brennan 07432 782 877.

4 Fairtrade Activities Day from 10am to 2pm in the Wesley Church Centre, St. John Street, Chester. Craft activities, Fairtrade board games, a "selfie board", and opportunities to find out about Fairtrade bananas and chocolate.

5 Church Divestment Day of Action vigil outside Shrewsbury Cathedral page 9

8 International Women's Day #EmbraceEquity <https://www.internationalwomensday.com/2023Theme>

10 CAFOD Quiz in Our Lady's Parish Centre Ellesmere Port starting at 7.30pm. As usual there will be a raffle with good prizes and entry is still only £3 - contact Tony Walsh 0151 355 6419

12 Fairtrade Coffee Morning after Masses in the St Alban's Parish Centre Chester Road Macclesfield SK11 8DJ

4 pm **The Way of the Cross** led by St Alban's J&P Group in church. See leaflet page 20

14 CWDF Forum meeting, 7pm at The Unity Centre. The Unity Centre Cuppin Street Chester, CH1 2BN Talk on "Current Trends and Challenges in the Global Fashion Industry". Dr Rebecca Collins, Senior Lecturer in Human Geography, University of Chester,

15 Green Christian Joy in Enough online workshop 7pm. Mark Dick will be talking about global democracy. More info:

<https://joyinenough.org/2021/10/28/upcoming-events-and-talks/>

21 International Day for Elimination of Racial Discrimination <https://www.un.org/en/observances/end-racism-day>

22 World Water Day <https://www.worldwaterday.org/>

23 Living Street' National Walking Summit in Leeds or online 10am -4.30 pm see page 10

23 Annual Romero Memorial Mass, Parish of St Oscar Romero, Liverpool (in St Edmund's Church, Waterloo) 7 pm followed by talk by Peggy Healy see page 2

24 43rd Anniversary of death of St Oscar Romero <http://www.romerotrue.org.uk/>

April

9 Easter Sunday

14 Climate Justice Evening St. Mary's Centre, Handbridge, 7-9pm. Organised by Helen Pritchard, the representative at St Mary's and now a member of the Chester Christian Aid Group, with help from Katy Rowe and a CA staff member. Dr Richard Baker, an expert on climate science and climate justice and a Christian Aid volunteer speaker, will give a talk, followed by a group discussion. Refreshments provided

20 Earth Day <https://www.earthday.org/earth-day-2023/> Next Global Divestment Announcement Page 9

22 A 'Sustainability Fair' at The Carriage Shed, City Place, City Road, Chester CH1 3DR (next to Chester railway station).

23 Climate Crisis Event Marple Hall School Hill Top Drive Hilltop Drive, Marple Stockport, SK6 6LB 1 - 5 pm page 8

26 Chenobyl Day Page 12

May

9 CWDF AGM, 7pm at The Unity Centre. Steve Hughes, the Chair of Chester Sustainability Forum, will give us an overview of the initiatives, campaigns and events currently happening or being developed by members of CSF.

13 NJPN Networking Day at CAFOD Romero House 55 Westminster Bridge Road London SE1 7JB

15 Conscientious Objectors Day

15 -21 Christian Aid Week

21 -28 Laudato Si' week <https://www.laudatosi.org/laudato-si/laudato-si-movement/>

The Letter <https://youtu.be/Rps9bs85BII>

27 Ince Benet Open Day. Doors will be open between 11:00am to 4:00pm. See page 3

Advance notice

June 5 World Environment Day <https://www.un.org/en/observances/environment-day>

only one earth <https://www.worldenvironmentday.global/get-involved/practical-guide>

July 21st -23rd NJPN Conference at Swanwick see page 2

EDITOR - THANK YOU TO THE FOLLOWING HELPFUL WEBSITES:

ICN Independent Catholic News <https://www.indcatholicnews.com/>

National Justice and Peace Network <https://www.justice-and-peace.org.uk/>

NW NJPN Bulletin produced by Anne O'Connor <https://www.justice-and-peace.org.uk/category/njpn-north-west/>

STATIONS OF THE CROSS
HEALING THROUGH THE LIFE, DEATH AND RESURRECTION OF CHRIST



1. Jesus is condemned

Pilate went back to the Praetorium and called Jesus to him. 'Are you the king of the Jews?' Jesus replied, 'Do you ask this of your own accord or have others said it to you about me?' Pilate answered, 'Am I a Jew? It is your own people and the chief priests who have handed you over to me; what have you done?' (Jn. 18:33-35)

The Gospel is about learning to live and also to die in and with God.

'God comes to you disguised as your life... Authentic Christianity is not so much a belief system as a life-and-death system that shows you how to give away your life, how to give away your love, and eventually how to give away your death.' (Rohr, *The Universal Christ*, p.212-213)

Response: Heal us, risen Lord, you are the Saviour of the world.

2. Jesus carries the cross

Peter said to him, 'Even if all desert you, I will never desert you.' Jesus answered him, 'In truth, I tell you, this very night, before the cock crows, you will have disowned me three times. (Mt. 26: 33-34)

Human love is the necessary school for any encounter with divine love. Human love includes sacrifice, forgiveness and generosity, which all help us access, imagine and experience divine love. When we forgive, we release the offending party from any need for punishment or recrimination. In so doing, we bear witness to the Ever Risen and Always Loving Christ, who is always 'going ahead of you into Galilee.'

Response: Heal us, risen Lord, you are the Saviour of the world.

3. Jesus falls for the first time

Remember, O Lord, how your servant is taunted; how I bear in my bosom the insults of the peoples, with which your enemies taunt, O Lord, with which they taunted the footsteps of your anointed. (Ps. 89:50, 51)

The focus of Christian healing is an invitation to go on a journey into wholeness with God. The essential component of human wellbeing is the healing of our relationship with God. A key part of healing is therefore the ability to recognize and forgive our own shadow side.

The full journey towards wholeness must always include the negative experiences (the cross) that we usually reject.

Response: Heal us, risen Lord, you are the Saviour of the world.

4. Jesus comes face to face with his mother

Simeon blessed them and said to Mary his mother, 'Look, he is destined for the fall and the rise of many in Israel, destined to be the sign that is opposed – and a sword will pierce your soul too – so that the secret thoughts of many may be laid bare.' (Lk. 2:34-35)

As Luke's Gospel opens, it is interesting to observe something that is often lost in translation. The word translated as 'Saviour' in the song of Mary (Lk. 1:47), and in the announcement of the nativity to the shepherds (Lk. 2:11), may also be translated as 'deliverer' or 'healer'.

The cross is the ultimate act of love that destroys death and does away with sin.

Response: Heal us, risen Lord, you are the Saviour of the world.

5. Simon of Cyrene helps carry the cross

On their way out, they came across a man from Cyrene called Simon, and enlisted him to carry his Cross. (Mt. 27:32)

The healing ministry of Jesus is fully understood only in the context of the saving death of Jesus. Matthew's Gospel sees the healings of Jesus' public ministry as fulfilling the Suffering Servant prophecy – 'he cast out the spirits with a word, and cured all who were sick. This was to fulfill what had been spoken through the prophet Isaiah, "He took our infirmities and bore our diseases.'" (Mt. 8:16-17)

For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. (1 Cor.1:22-24)

Response: Heal us, risen Lord, you are the Saviour of the world.

6. Veronica wipes the face of Jesus

All who see me mock me; they hurl insults, shaking their heads. (Ps. 22:7)

Unforgiveness lives in a repetitive past, which it cannot let go of. But forgiveness is a largeness of soul, without which there is no future or creative action. We see no small-mindedness in the Risen Christ after his own rejection, betrayal and cruel death. So, there is forgiveness in the death and also in the resurrection. And it is impossible to love anyone fully and at the same time to resent someone else. You cannot give total love when your heart is divided – and a bitter heart is a divided heart. Instead of rehearsing hurts over and over, release them.

Response: Heal us, risen Lord, you are the Saviour of the world.

7. Jesus falls for the second time

Will no one hear my prayer, will not God himself grant my hope? May it please God to crush me, to give his hand free play and to do away with sin. This insight, at least, would give me comfort – a thrill of joy in unrelenting pain, that I never rebelled against the Holy One's decrees. (Job 6:8-10)

Jesus sets his face to Jerusalem. He disregards the shame of the cross and steadfastly goes through suffering, not around it. Likewise, God seems to send us on the path towards our own wholeness not by eliminating the obstacles, but by making use of them. Going somewhere good means having to go through and with the bad. The best way out is if we have first gone in – into great suffering and great love.

Response: Heal us, risen Lord, you are the Saviour of the world.

8. The women of Jerusalem weep for Jesus

Large numbers of people followed him, and women too, who mourned and lamented for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me; weep rather for yourselves and for your children.' (Lk. 23:27-28)

Jesus foresaw and even predicted his own suffering and death. He accepted it with his eyes open, not denying to himself or to others what the future held.

The Suffering Servant heals. Healing is a consequence of his suffering.

Response: Heal us, risen Lord, you are the Saviour of the world.

9. Jesus falls for the third time

He had no form or charm to attract us, no beauty to win our hearts; he was despised, the lowest of men, a man of sorrows, familiar with suffering. (Is. 53:2-3)

Suffering, death and resurrection are how Jesus walked humanity back to God. Jesus' death brings reconciliation. [Pilate and Herod were reconciled that same day. The crowd were baying for blood, but they go away beating their breasts].

'The crucified and risen Christ uses the mistakes of the past to create a positive future, a future of redemption instead of retribution. He does not eliminate or punish the mistakes. He uses them for transformative purposes.' (Rohr, The Universal Christ, p.72).

Response: Heal us, risen Lord, you are the Saviour of the world.

10. Jesus is stripped of his clothes

When they had finished crucifying him they shared out his clothing by casting lots. (Mt. 25:35)

Salvation and healing come in the person of Christ – that is, in the life of Christ. Even before Jesus' death and resurrection, Luke uses the language of salvation. The people who encounter Jesus are saved through his healing presence.

Response: Heal us, risen Lord, you are the Saviour of the world.

11. Jesus is nailed to the cross

And yet ours were the sufferings he bore, ours the sorrows he carried. But we, we thought of him as someone punished, struck by God, and brought low. Yet he was pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed. (Is. 53: 4-5)

The cross is the measure of Christ's love for us. This love has the power to heal and save. The cross is an act of love, both on the part of the Father who sent his only son to save us, and on Jesus' part, who lays down his life for love.

Response: Heal us, risen Lord, you are the Saviour of the world.

12. Jesus dies

The soldiers came and broke the legs of the first man who had been crucified with him and then the other. When they came to Jesus, they saw he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water. (Jn. 19:32-37)

God's power is made perfect in the weakness of Jesus crucified. It is through the power of the cross that the Father has chosen to reconcile all things to himself in Christ (Eph 2:16; Col. 1:20). Thus, Paul proclaims the cross (not just the resurrection) as the power of God. The cross has the power to save – and so 'it is finished.'

Response: Heal us, risen Lord, you are the Saviour of the world.

13. Jesus is taken down from the cross

The centurion, who was standing in front of him, had seen how he had died, and he said, 'In truth, this man was the Son of God.' (Mk. 15:39)

The fruit of Jesus' suffering is a compassion so great as to be nearly unbelievable. Jesus' first act after his agony in the garden is to heal the ear of the high priest's slave (Lk. 22:51). Nailed to the cross, he forgives (Lk. 23:34).

We can be healed simply by looking at Jesus, by looking on him whom they have pierced, just as the Hebrews looked at the bronze serpent when they were bitten and they were healed (Numbers 21:5-7).

Response: Heal us, risen Lord, you are the Saviour of the world.

14. Jesus is placed in the tomb

When it was evening, there came a rich man of Arimathea, called Joseph, who had himself become a disciple of Jesus. This man went to Pilate and asked for the body of Jesus. Then Pilate ordered that it be handed over. (Mt. 27:57-58)

The sharp points on my journey are the growth points. Only great love and great suffering are strong enough to take away our ego's protections and open us to authentic experience of God. Jesus' life, death and resurrection reveal a clear message about universal love and necessary suffering as the divine pattern... Divine perfection is precisely the ability to include what seems like imperfection.

Response: Heal us, risen Lord, you are the Saviour of the world.

15. The Resurrection

All I want to know is Christ and the power of his resurrection and to share his sufferings by reproducing the pattern of his death. That is the way I can hope to take my place in the resurrection of the dead. (Phil. 3: 7-11)

Resurrection is the ultimate healing of our humanity. It restores humanity to its fullness. Salvation might best be described as restoration. Resurrection must be preceded by death. We cannot bypass the death and move straight to the resurrection. Try to picture the resurrection as beams of light extending in all directions – he burst the grave! He destroyed death!

Response: Heal us, risen Lord, you are the Saviour of the world.

Reflections adapted by Anne O'Connor 9 February 2023 from 'HEALING THROUGH THE LIFE, DEATH AND RESURRECTION OF CHRIST,' an essay by Annie O'Connor 15 April 2019

A JOURNEY FROM LENT TO EASTER 2023



“In life’s journey, as in every journey, what really matters is not to lose sight of the goal. We should ask ourselves:

On the journey of life, do I seek the way forward? Return to me, says the Lord. To me. The Lord is the goal of our journey in this world. The direction must lead to him.”

Pope Francis, Homily March 2019

Lent is an opportunity to prepare, to take time out and quieten ourselves, to listen to God, to examine our lives and reassess our priorities. For Lent 2021 and 2022 I shared daily readings based on the writings of my elder daughter Annie, a scripture scholar, teacher and evangelist who died of natural causes in June 2020. This year I’m using Annie’s words once again as an aid to prayer and reflection.

NOTE: Scripture verses are from the daily readings of the Liturgy Office for England and Wales 2023, the reflections from Annie’s writings.

“In this time of prayer, as we searched in the silence, we put aside all distractions to seek God’s face.” Annie O’Connor, Holy Island Retreat

ASH WEDNESDAY 22 FEBRUARY

Come back to me with all your heart ... turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent.” Joel 2:12-18

“The journey with the Lord is a journey into love.”

THURSDAY 23 FEBRUARY

Anyone who loses his life for my sake will save it. Lk 9:22-25

“You have made us for yourself, O God, and our hearts are restless until they find rest in you.”

FRIDAY 24 FEBRUARY

A humbled, contrite heart, O God, you will not spurn. Ps 50:3-6. 18-19

“Before entering a place of prayer, a room or before beginning the day pause at the threshold for the length of an ‘Our Father’ and become aware of God gazing on you in love”

SATURDAY 25 FEBRUARY

Show me, Lord, your way so that I may walk in your truth. Ps 85: 1-6

“Lord, may your spirit reveal to me the right path and give me the strength, consolation and determination to walk it.”

SUNDAY 26 FEBRUARY LENT 1

Give me again the joy of your help, with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. Ps 50:3-6, 12-14, 17 “Ask the Holy Spirit to help you be invaded by God’s love so that you can give it to others.”

MONDAY 27 FEBRUARY

Your words are spirit, Lord, and they are life. Ps 18: 8-10, 15 r. Jn 6:64 “God speaks in all sorts of ways – through scripture, through nature, through other people. However, unless we slow down and listen, we miss his promptings and his voice.”

TUESDAY 28 FEBRUARY

The Lord rescues the just in all their distress. Ps 33: 4-7, 16-19

“Kindness always starts with noticing the needs of others. Everyone needs kindness – everyone is hurting somewhere.”

WEDNESDAY 1 MARCH

Now, now, it is the Lord who speaks - come back to me with all your heart, for I am all tenderness and compassion. Joel 2:12-13 “Don’t wait to show a kindness. Do it while you have the opportunity. Do it now.”

THURSDAY 2 MARCH

On the day I called, you answered me, O Lord. Ps 137: 1-3, 7-8

“In telling our own stories we were able to invite God into our lives anew and to recognise his powerful presence among us.”

FRIDAY 3 MARCH

Go and be reconciled with your brother first. Mt 5: 20-26

“It is impossible to love anyone fully and at the same time to resent someone else. You cannot give total love when your heart is divided”

SATURDAY 4 MARCH

They are happy who follow God’s law! Ps 118

“We are called as the people of God to serve the communities in whose lives we share and to be people of vision.”

SUNDAY 5 MARCH LENT 2

I will walk in the presence of the Lord in the land of the living. Ps 115:10. 15-19

“By slowing down, and being more present to each moment, all sorts of lessons are learned. For me, it is an invitation to a whole way of being – one that recognises that God is not ‘out there’ to be sought, but already ‘in here’ to be found.”

MONDAY 6 MARCH

Be compassionate just as your Father is compassionate. Lk 6: 36-38

“Sometimes a touch on the shoulder, a tear, a hug, a grasp of the hand is all a hurting person needs.”

TUESDAY 7 MARCH

Learn to do good, search for justice. Isaiah 1:10, 16-20

“The letter of St. James teaches us that genuine faith must be expressed in action. We must use our riches to serve others.”

WEDNESDAY 8 MARCH

They will condemn him to death and will hand him over to the gentiles to be mocked and scourged and crucified; and on the third day he will be raised up again. Mt 20: 17-28

"I thought about the things in my backpack that I didn't really need for the journey that were weighing me down and restricting my movement. I thought about things in my life that need to move. I thought about things in my heart that need to move."

THURSDAY 9 MARCH

Blessed are those who, with a noble and generous heart, take the word of God to themselves and yield a harvest through their perseverance. Lk 8:15

"I believe that true evangelisation is born of love and desire: a love for people and a desire that everyone on earth come to know the love of Christ and the blessings of living in his kingdom."

FRIDAY 10 MARCH

Remember the wonders the Lord has done. Ps 104:16-21

"When the going is heavy and all uphill, God sends me his breeze; when the going is easy, he warms me with his sun."

SATURDAY 11 MARCH

The Lord is compassion and love. Ps 102: 1-4, 6-8, 11

"The best use of life is love; the best expression of love is time; the best time to love is now."

SUNDAY 12 MARCH LENT 3

The love of God has been poured into our hearts by the Holy Spirit which has been given us. Rom 5:1-2, 5-8

"Before we can love others, we must feel and understand how deeply God loves us. We need to feel God's love – unloved people are unloving people."

MONDAY 13 MARCH

My soul is thirsting for the Lord, the Lord of my life. When shall I see the face of God? Ps 41: 2-3, 42: 3-4

"As we sought the face of the Lord we were filled with light, joy, peace and love."

TUESDAY, MARCH 14

Your Father will not forgive you unless you each forgive your brother from your heart. Mt 18: 21-35

Ask the Holy Spirit to help you be invaded by God's love so that you can give it to others.

WEDNESDAY 15 MARCH

O praise the Lord, Jerusalem! Ps 147: 12-13, 15-16

"We are all called to speak, live and act in ways that bring the good news of God-with-us to those we meet."

THURSDAY 16 MARCH

Anyone who is not with me is against me. Lk 11: 14-23

"Sometimes my path is blocked and I cannot go the way I choose."

FRIDAY 17 MARCH

Repent, says the Lord, for the kingdom of heaven is close at hand. Mk 12:28-34

"Walking long distances forces me to slow down. It helps me to be still and to practice being fully present to each particular moment."

SATURDAY 18 MARCH

What I want is love, not sacrifice. Hos 5:15 - 6:6

"We need to build people up rather than tear them down."

SUNDAY 19 MARCH LENT 4

I am the light of the world, says the Lord; anyone who believes in me will have the light of life. Gospel Accl. Jn 8:12

"Without God, there is no life, no movement, no change."

MONDAY 20 MARCH

No more will the sound of weeping or the sound of cries be heard. Is 65:17-21 "Sometimes the days are all uphill - sometimes I can't see round the next corner, but I have to trust that the path is still there."

TUESDAY 21 MARCH

The man was cured at once. John 5:1-3, 5-16

"Don't just live the length of life: live the breadth of it as well."

WEDNESDAY 22 MARCH

The Lord is kind and full of compassion. Ps 144:8-9, 13-14, 17-18

"Kindness is love in action – a practical expression of love. It is visible and active."

THURSDAY 23 MARCH

O Lord, remember me out of the love you have for your people. Ps 105: 19-23 r.4

"Giving ourselves to others in love takes courage. We can only do this knowing that we possess God's indestructible love."

FRIDAY 24 MARCH

The Lord is close to the broken-hearted Ps 33: 16, 18-21, 23

"When someone is grieving, just being there is an expression of kindness – we don't need to know what to say."

SATURDAY 25 MARCH

Lord God, I take refuge in you Ps 7: 2-3, 9-12

"Remember to seek moments of peace and tranquility."

SUNDAY 26 MARCH LENT 5

With the Lord there is mercy and fullness of redemption. Ps 129

“To experience God’s presence is to experience the light in God’s shining face.”

MONDAY 27 MARCH

If there is one of you who has not sinned, let him be the first to throw a stone at her. Jn 8:1-11

“It’s easy to love people who are kind and lovely, but if God is going to teach us to love, he will bring some hard- to-love people into our lives.”

TUESDAY 28 MARCH

O Lord, listen to my prayer and let my cry for help reach you. Ps 101:2-3, 16-21

“The sharp points on my journey are the growth points.”

WEDNESDAY 29 MARCH

He has sent his angel to rescue his servants. Dan 3:14-20, 24-25, 28

“The message of the angels is nothing less than the infinite God of love come down, God-with-us, reconciliation, new life.”

THURSDAY 30 MARCH

“Prayer is just being with God, being before God, trying just to sit with God. It’s about the journey from the head to the heart.”

FRIDAY 31 MARCH

In my anguish I called to the Lord and he heard my voice. Ps 17: 2-7

“So often we hurry through life, rushing from one task to the next, barely pausing to reflect or listen to the voice of the Lord.”

SATURDAY 1 APRIL

I will make them into one nation. Ezek 37:21-28

“Our mission to serve cannot be restricted in terms of nationality, social group or religious affiliation.”

PALM SUNDAY, 2 APRIL HOLY WEEK

My God, my God, why have you forsaken me? Ps 21: 8-9,17-20,23-24

“Sometimes we have to suffer pain and bereavement.”

MONDAY 3 APRIL

He does not cry or shout aloud. Is 42:1-7

“In our busy stressful world we have to consciously find silence.”

TUESDAY 4 APRIL

My lips will tell of your help. Ps 70: 1-6, 15, 17 r.15

“We sat by the fire and shared laughter and companionship.”

WEDNESDAY 5 APRIL

I did not cover my face against insult and spittle. Is 50:4-9 “Instead of rehearsing hurts over and over, release them.”

HOLY THURSDAY 6 APRIL

If I, then, the Lord and Master, have washed your feet, you should wash each other’s feet. Jn 13: 1-15

“We can choose to put on love. If it were a feeling, we couldn’t control or command it, but it’s not a feeling – it’s a choice.”

GOOD FRIDAY 7 APRIL

After Jesus had taken the vinegar he said, “It is accomplished,” and bowing his head he gave up his spirit. Jn 18: 1-19.42

“God’s love for us and the kind of love we are to have for him and for others is agape – unconditional, giving, sacrificial love.”

HOLY SATURDAY 8 APRIL

“What does it mean to think loving thoughts? It means to begin to focus on other people’s needs, hurts, problems, desires and goals, not just our own.”

EASTER SUNDAY 9 APRIL

We are witness: that all who believe in Jesus will have their sins forgiven through his name. Acts 10: 34, 37-43

“We are called to live out our baptismal anointing: to be a light in the world, to bring joy to others through the message we proclaim.”

© Compiled by Anne O’Connor, February 2023

Livesimply Actions and Reflections Lent 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>27 Fairtrade Fortnight Learn why St Alban's is a Fairtrade church and how it ensures producers get a fair wage at: Faith groups - Fairtrade Foundation</p>	<p>28 Solidarity Write to your MP about a local issue that you feel strongly about, e.g. people struggling with debt, unemployment, homelessness.....</p>	<p>1 March Solidarity Pray for your neighbours (by name, if you can) who are struggling with debt, homelessness, unemployment.....</p>	<p>23 Solidarity 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>44 Solidarity Attend Mass at 12 noon followed by a Soup Lunch in the Parish Centre with savings to be donated to CAFOD and a local charity. These take place each Friday during Lent.</p>	<p>25 Solidarity Join in the CAFOD Big Lent Walk or sponsor a parishioner. Find out more at: About the walk - The Big Lent Walk - Cafod or Justicetandpeace@cc@gmail.com</p>	<p>26 1st Sunday of Lent Fast from technology. Take some time off the internet or TV today and spend it with God instead. Join in the Way of the Cross each Sunday at 4pm.</p>
<p>6 Sustainably Look for a place to buy Fairtrade Easter eggs, e.g. Co-op, Aldi, Sainsbury's.</p>	<p>7 Sustainably Reduce food waste by planning your meals and buying just what you need. You could buy surplus food donated from retailers from the Cre8 Surplus Food Grocery. Find out more at: Grocery - Cre8 (cre8macresfield.org)</p>	<p>8 Solidarity International Women's Day Prepare by saying thank you to one of the women who has helped you in your life and pray for women around the world. Find our more at: International Women's Day 2023 (internationalewomensday.com)</p>	<p>9 Sustainably Shop more locally, e.g. green grocers, butchers, bakers to reduce the food miles and plastic packaging. You could join Scoop and Scales, at The Old Sunday School (Heritage Centre), Roe Street, SK11 6UT - find out more Scoop and Scales - Plastic-free shopping in Macresfield</p>	<p>10 Sustainably Have a meatless or vegan meal, if possible shared with others. Meat and cheese both have a large carbon footprint. Could you do this more often during the Lent?</p>	<p>11 Sustainably Think about how you travel each day during the Lent. Could any of your journeys be walked, cycled or by bus to reduce the use of our cars?</p>	<p>12 3rd Sunday of Lent Come to the Fairtrade Coffee Morning after Masses in the Parish Centre. Also join the Way of the Cross led by the J&P Group at 4pm at St. Alban's Church.</p>
<p>13 Solidarity Remember to say Grace before eating your meals today, and throughout Lent thanking God for creating the food and for the people who have helped produce it.</p>	<p>14 Livesimply Drink only water today - no tea, coffee or soft drinks - and thank God for such a wonderful gift.</p>	<p>15 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 collection point at St. Alban's for local young people who would otherwise go hungry.</p>	<p>16 Solidarity Pray for workers in the UK and around the world who are not paid a fair wage.</p>	<p>17 Livesimply As energy prices soar consider reducing how much you use by wearing more clothes, washing in cold water, unplugging items not in use or on standby.</p>	<p>18 Livesimply Take stock of what you've done so far in Lent to Livesimply. How are you getting on with responding to the cry of the earth and the cry of the poor? What more could you do?</p>	<p>19 4th Sunday of Lent Mother's Day Pray for all the mothers in the world. Do something kind for your mum or another special woman.</p>
<p>20 Livesimply Take a break from consuming and buy nothing today.</p>	<p>21 Sustainability One of the biggest changes we can make to support climate change is to make sure our money is not contributing. Also consider the impact of any pension or savings investments. Check out your bank at: Find Ethical & Sustainable Banks In Your Area - Bank Green</p>	<p>22 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 remember communities who do not have clean water. Find out more at: World Water Day World Water Day 2023</p>	<p>23 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 Repair Cafe on 8th April in the Senior Citizens Hall. Macresfield Repair Cafe Scoop and Scales</p>	<p>24 St. Oscar Romero's Day Reflect on Romero's words: Aspire not to have more but to be more. What more can you do to Livesimply, doing more for others and God's creation?</p>	<p>25 The Annunciation Listen - really listen - to someone today. Give your time generously so that they know they are being heard.</p>	<p>26 5th Sunday of Lent 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>27 Sustainably Buy items without plastic and recycle as much as possible. You can bring medicine blister packs to the Parish Centre for recycling.</p>	<p>28 Sustainably Take responsibility for your neighbourhood and pick up litter on your own or get family, neighbours or friends to help.</p>	<p>29 Sustainably 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>30 Livesimply Pray for those affected by natural disasters, especially the earthquake in Turkey and Syria. Consider whether you can donate to support the relief effort.</p>	<p>31 Solidarity Work out how much cash you save by eating less meat and give that money to a charity. Could you make a regular donation?</p>	<p>1 April Solidarity Make some biscuits or cakes with Fairtrade products and share them with a neighbour, friend or colleague.</p>	<p>2 Palm Sunday Celebrate your faith Journey, those who have journeyed with you and spend time with the Lord.</p>
<p>3 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>4 Solidarity Send an Easter card or message to thank someone who has helped you this Lent.</p>	<p>5 Livesimply Have a quiet and reflective day; give up some TV, phone or computer time.</p>	<p>6 Maundy Thursday Jesus washed his friends' feet. How can you serve others today?</p>	<p>7 Good Friday As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.</p>	<p>8 Holy Saturday As we watch and wait for Easter review your Livesimply reflections and actions during Lent. What changes do you want to make part of your life?</p>	<p>9 Easter Sunday Happy Easter! Alleluia! Take time to reflect on where you have found Jesus this Lent?</p>