

CATHOLIC PARISH OF ST CUTHBERT MAYNE
Launceston - Bude - Callington

CAFOD LIVE SIMPLY



WHAT'S GOING ON

Parish update on our CAFOD Live Simply award

WHAT IS THE LIVE SIMPLY AWARD?

In April 2024, the parish of St Cuthbert Mayne signed up to the CAFOD Live Simply Award.

We have just started this journey and over the page you will find out more about the actions we are taking to become a Live Simply parish.



The Live Simply award is a CAFOD scheme for communities and schools who can show how they have been living:

- Simply
- Sustainably with creation
- In solidarity with people living in poverty

The award celebrates what you have already done and inspires you to do more. It helps your community live, not just more simply, but also more fully.



ARE WE A LIVE SIMPLY PARISH?

ACTIONS TO LIVE SIMPLY 2

MAJOR ACTION: PARISH WALK

There will be a Parish walk to the ruins of Launceston Priory following Mass at St Cuthbert Mayne. We will take part in a walk and talk whilst at the Priory, returning to St Cuthbert Mayne on completion for a Parish lunch.

Why?

To help us understand how a simple life was led during Mediaeval times. The Priory was run by Augustinian Canons who fed the poor and the sick and told everyone of God's love. It was active from 1127 until 1539.

How can you get involved?

We are looking for volunteers to help organise the walk acting as marshals on the day and to arrange the lunch at St Cuthbert Mayne. If you want to be involved, please do get in touch.

1ST MINOR ACTION: VIEW "THE LETTER"

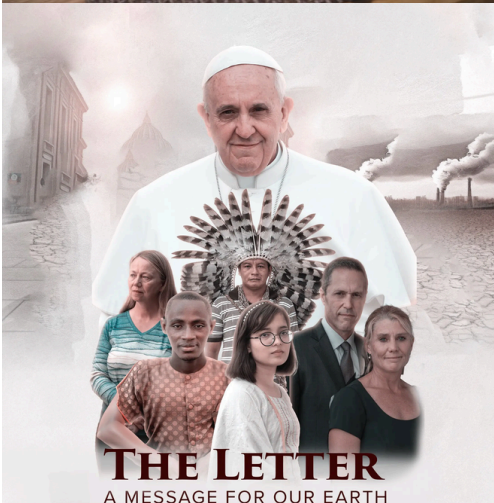
Arrange a viewing of 'The Letter' in each church.

Why?

Inspired by the teachings of Pope Benedict and Pope Francis, we know that responding to the climate crisis requires working together. The film will inspire discussion about how our community can do a few simple things to live more sustainably and cut our carbon footprint.

How can you get involved?

Look out for dates of the film in the newsletter and do come along and join us



HOW CAN I GET INVOLVED?

If you would like to be involved in any of the actions in this newsletter you can either contact Clare in the office on:
launceston@prcdtr.org.uk or
contact John Ashdown on
j.ashdown56@btinternet.com

2ND MINOR ACTION: CREATE 'IDEAS TREE'

Why?

Simple living refers to practices that promote simplicity in our lifestyle. Common practices of simple living include reducing the number of possessions we own, depending less on technology and services, and spending less money. Choosing to live simply will help to reduce our carbon footprint safeguarding our planet for future generations.

How can you get involved?

Help to design and make the display in each Church community. If this is something you feel you can do, please contact us. All parishioners are invited to contribute their pledges for the tree.

ACTIONS TO LIVE SUSTAINABLY

MAJOR ACTION: ATTRACT WILDLIFE TO OUR CHURCH GROUNDS & YOUR GARDENS

Attracting wildlife, particularly to the church and parishioner's gardens. Creating bug hotels and nesting boxes on church grounds.

Why?

Bees and other insect pollinators are essential for biodiversity through maintaining healthy plant populations, which in turn impact on everything from supporting animal species to food security for humans. This is one way of trying to do our bit to address the decline in pollinators.

How can you get involved?

We are looking for volunteers (young and old) to help create and maintain the bug hotels. If you have been involved in similar projects at school or at home, we would particularly welcome your expertise.

2ND MINOR ACTION: PRODUCE ELECTRONIC NEWSLETTER

Why?

To reduce Parish costs by not using so much paper.

How can you get involved?

Contact Clare, the Parish secretary if you wish to sign up to an electronic copy of the newsletter each week if you do not already do so

1ST MINOR ACTION: LITTER PICKING

Join existing litter picking groups e.g. Bude Lifesavers or arrange own group within the Parish.

Why?

Litter is not only unsightly but can also be harmful to wildlife and the environment. Litter can contain harmful chemicals, such as plastic, which can leach into the soil and water. Litter can also be a danger to animals, as they can ingest it or become trapped in it. By litter picking, we can help reduce the amount of litter in our environment, keeping it safe and clean for everyone, including wildlife.

How can you get involved?

Look out for dates of the litter picking in the newsletter and do come along and join us.



Other parish events and activities to look out for that link in with the Live Simply Award include the Mass of Creation in September and the planting of a new Apple tree at St Cuthbert Mayne in Launceston. At Advent there will be a reverse advent calendar for our three local foodbanks.

ACTIONS TO LIVE IN SOLIDARITY WITH THE POOR

MAJOR ACTION: CAFOD FAMILY FAST DAYS

Organise CAFOD family fast days at Lent and Harvest. Arrange fast day lunches

Why?

CAFOD's Family Fast Day has a long tradition of supporting communities around the world. Twice a year we are invited to eat a simple meal for lunch or dinner, and give the money saved to help people in poverty.

How can you get involved?

Continue to give generously to CAFOD fast days, dates of which are advertised in the newsletter.

1ST MINOR ACTION: SUPPORT FOODBANKS

Why?

Supporting food banks is a straightforward way to positively impact our local community and help the most vulnerable people in society. You could make a real difference by donating some food items.

How can you get involved?

By providing items for the local foodbanks, these are collected during Mass at each church.

WHERE CAN I FIND OUT MORE?

You can find out more about the live simply award on the CAFOD website at:
<https://cafod.org.uk/campaign/livesimply-award>

2ND MINOR ACTION: SUPPORTING APPEALS

Signing Campaign Cards and Petitions E.G. Selina's letter to the World Bank, writing to MPs to make them aware of Pope Francis's message on the Climate Crisis

Why?

Campaigning reinforces CAFOD's relationships with politicians, and enables research and recommendations to reach the people who have the power to put them into practice.

How can you get involved?

Sign Campaign Cards and Petitions when they are announced in the newsletter.

