

neighbourhood news



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We are the official aid agency of the Catholic Church in England and Wales.

CAFOD acknowledges financial support from the UK Department for International Development towards its development programmes.

Front cover photograph:

Ware and Dalati (centre), with Abbiott (right) from our local organisation in Ethiopia standing on a newly-built water tank.

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♥ Welcome to your first issue of Neighbourhood News.

I'm excited to share with you our very first edition of '*Neighbourhood News*'. We have created a special magazine for people like you – supporters committed to helping our neighbours with a regular gift. It's an opportunity to read about how your support is helping our sisters and brothers around the world.

Pope Leo reminded us to continue being good neighbours this Jubilee Year in one of his first addresses. He shared that "By working together," each person can help "build a world in which everyone can lead an authentically human life in truth, justice and peace." It shows us how, as Catholics, we can make real life-changing impact when working as one.

And as neighbours, we share our stories, traditions and skills with each other. This month, one of our colleagues from the Philippines has kindly offered a family recipe – adobo, a classic dish from the Philippines on page 30! Sharing and cooking food from another culture can be a wonderful (and tasty) way to begin learning about it. So, dig in and enjoy.

Thank you, for continuing to be a good neighbour by helping those facing extreme challenges like drought. Inside, you'll hear about how your support is changing lives in Ethiopia, inspiration from Pope Leo, and how young Catholics made a stand against global debt at Flame 2025 at the Ovo Wembley Arena in London earlier this year.

I hope you enjoy our first edition of '*Side by Side: Neighbourhood News*' and enjoy hearing inspiring stories from all around the world. Thank you once again for being part of our global neighbourhood and choosing to make a real difference together.

Best wishes

A handwritten signature in black ink that reads "Christine Allen".

Christine Allen
CAFOD Director



From drought to thriving: Lokho's Lenten story of hope

This Lent, your generosity together with the strength of an incredible community in northern Kenya proved something very powerful: That we can build a better world when we work together as good neighbours.

Your life-saving response

When we shared Lokho's story you acted with faith, love and togetherness. Like true neighbours, you donated, fundraised and walked to raise more than £2.5 million.

The compassion you've shown by donating will have a real and lasting impact on communities like Lokho's – where our partners have provided 'shade nets' to grow plentiful food protected from the harsh sun.

Lokho's story

Your neighbour Lokho lives in Marsabit, a region in northern Kenya affected by drought. She lived for 40 months without rain. That's over three years.

Lokho's livestock died and her crops failed.

She had difficulty feeding her family, but she never lost hope:

"I pray for a better life in which to raise my children. I rely on God."

Something remarkable came to life

Lokho's strength, and the strength of her neighbours, helped create something wonderful. Your Family Fast Day donations paid for shade nets, which the women use to grow food even in harsh conditions. With guidance from Wakera, an agriculture expert working with CAFOD, they learned to protect their crops from extreme heat and wild animals, allowing them to eat, sell vegetables and save for the future.

"I feel like I'm safe and secure," Lokho told us. "My good neighbours have the habit of helping one another. Tender hearts encourage sharing to survive."

A faith built around acts

This Lent as we prayed, donated, walked in the rain, we were not alone – whether physically, or spiritually, our acts of generosity brought us all closer together.

Lokho told us about a drought almost too difficult to imagine and the amazing shade net... but her story was about the greatest safety net: one another.

***"I pray for a better life in
which to raise my children."***

Your kindness

Your kind donations helped communities like Lokho's to thrive. Lokho and her community never lost hope – even in the most difficult times.

It is important to know that the hope the people had, flourished. It became a plan. It became hard work. It became action. It became joy: the joy of being able to feed your family, to grow a little extra, to sell something and to be able to save for the future.

Thank you for being a good neighbour and joining the fight to end poverty and injustice. ❤️



Go online to see the real difference your gifts are making to your neighbours like

Lokho all around the world.

This page: Lokho (left) speaking with Wakera, an agriculture expert from Caritas Marsabit



Peace with creation:

The Season of Creation

in a Jubilee Year

Each year, from 1 September to 4 October, Christians around the world join in celebrating the Season of Creation. It is a chance to give thanks for creation, to seek forgiveness for the damage that has been done and to recommit ourselves to caring for and protecting our common home, the earth.

A call to hope

In this Jubilee Year we are asked to be Pilgrims of Hope. As we reflect on the 2025 theme of “peace with creation”, we hear the call to care for creation as a call to hope.

The theme comes from Isaiah 32:14-18. The prophet begins with a portrayal of a desolate creation, wounded by human injustice. Yet there is hope that creation will find peace and flourish when justice is restored.

Hope in action

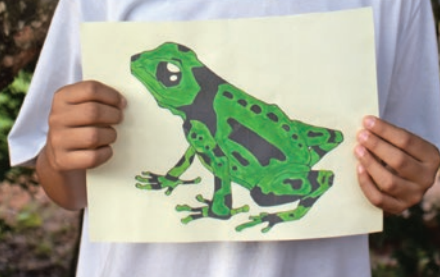
At CAFOD, we witness this hope in action every day.

We see this active hope in communities working to protect our common home. In Rupali and Dristy, in Bangladesh. The mother and daughter farm in harmony with the environment and try to protect their homes and land



This page: Dristy, 12, lives with her mother, Rupali, and her father in an eco-village in southern Bangladesh.

This page: Orquidea* of the Children's Council. "My faith is what helps me and gives me strength and power to get up every day and take care of our common home."



from extreme weather caused by the climate crisis.

We witness it in young people leading change. Such as Orquidea,* who we work with in the Colombian Amazon. She says: "My faith is what helps me and gives me strength to get up every day and take care of our common home".

And it's demonstrated by people like you, coming together to pray and work for a better world. In the hundreds of parishes and schools who have received the LiveSimply award. In those campaigning for debt justice. And in those giving generously to support communities to mitigate the impact of climate change.

A better world needs all of us

This year we also celebrate the 10th anniversary of Pope Francis' *Laudato Si'* and 800 years of Saint Francis of Assisi's "The Canticle of the Sun." As we reflect on their words, we can listen deeply to their call to renew our relationship with God, with one another, and with all of creation.

As Pope Francis wrote in *Laudato Si'*, "Everyone's talents and involvement are needed to redress the damage caused by human abuse of God's creation". (*Laudato Si'* 14).

In this Season of Creation, may the Spirit be poured upon us so we can work together as good neighbours for justice and to care for our common home. 🍀

"Until the Spirit is poured upon us from on high, and the wilderness becomes a fruitful field... Then justice will dwell in the wilderness, and righteousness abide in the fruitful field." (Isaiah 32:15-16)

A Legacy of love

Pope Francis never sought the spotlight. Through quiet courage and radical compassion, he transformed it – shining it on people and places the world often overlooks.

He leaves a legacy rooted in a more open Church, one that is more merciful and more outward-looking.

Throughout his papacy, Pope Francis reminded us what it means to live out the Gospel. In all his Papal pronouncements, he emphasised simplicity and dialogue over division and status.

As CAFOD's Director Christine Allen reflected: "Pope Francis' passion was to witness to God's love, which for

him meant challenging economic and climate injustice in the highest corridors of power."

Yet, his legacy is not only what he leaves behind, but how we choose to carry it forward.

Together, as good neighbours.

Legacy through service and solidarity

There are countless acts that showed how he placed marginalised people at the centre. He washed the feet of prisoners¹, visited refugee camps, and stood with those that others had

1 <https://youtube/3yU0-BgBXD8>

2 The visit to Lesbos in 2016 is an example here.

This page: Pope Francis

Opposite: Habemus Papam – Pope Leo XIV





forgotten.² These powerful and moving actions were the Church as a servant – rooted in humility and justice.

This spirit ran through *Laudato Si'*, his call to care for creation. In it, he reminded us that “the cry of the Earth and the cry of the poor” are one and the same. It was a bold vision: of a world where economy, ecology and human dignity are deeply connected.


He also called us into a ‘culture of encounter’ where we should take time to listen before judging and to act with compassion. His leadership was one that built peace, fostered dialogue and protected the dignity of all.

The hope we carry forward

Pope Francis’s legacy continues not in words alone, but in the lives it inspires: in the acts of kindness, in the courage to speak out, in the hope that a better world is possible.

As Pope Leo said in his Address to the College of Cardinals in May 2025, “Let us take up this precious legacy and continue on the journey.”

So to a new chapter. And we’re all invited to reflect on the legacy Pope Francis leaves and on our own legacies.

Through the choices we all make now, our love can endure. 

Leave your own legacy of love

Please consider leaving a gift in your Will as a legacy of love. This is a quiet but powerful act of faith and solidarity. A way of continuing the mission Pope Francis championed to build a better world for the future.

cafod.org.uk/GiftinWill

Jubilee Year: Pledging to build a better world

Back in January, we celebrated the launch of the Jubilee Year.

A flurry of activity saw communities across the nations come together to mark the start of this landmark moment in the Catholic Church.

Pope Francis called on us to be Pilgrims of Hope; to build a better world for all our neighbours, experiencing the joy which comes from taking action together.

Signs of hope in schools

And schools have taken action, from creating Jubilee icons, displaying banners, fundraising during Lent, taking part in Jubilee workshops with CAFOD volunteers, organising cross-town pilgrimage walks, to taking the Jubilee debt campaign action.


But in the summer, Catholic schools went even further. Hundreds of schools made their Jubilee Pledges, committing to be 'signs of hope' standing in solidarity with communities experiencing poverty.

Children and young people all over England and Wales came together to reflect on their journey so far and make their promise to advance justice and harmony locally, nationally, and globally.

A time of conversion and renewal

Pope Leo XIV said:

"My ministry has begun in the heart of a Jubilee Year, devoted in a particular way to hope. It is a time of conversion and renewal."

A better world needs all of us. These Jubilee Pledges symbolise hope and renewal and are whole school, long-term commitments to take concrete actions to build a fairer world, just as Pope Francis asked us, and Pope Leo calls us, to do. 



The Jubilee Pledge: We are pilgrims of hope. We walk in solidarity with our sisters and brothers worldwide, sharing challenges and celebrating joys. We promise to be agents of change, working together for justice, love and peace, locally and globally. We want to build a fairer world, where every person, and the earth, can flourish.

Flame of hope

10,000 young people at the Ovo Wembley Arena heard Kenyan Brian Maeba's message of hope at Flame 2025.

On Saturday 15 March 2025, young people, chaplains, teachers, youth leaders, priests and bishops from across England and Wales gathered for a powerful celebration of Catholic faith and action for real change. Flame 2025 included music, prayer and inspiring speakers on the theme 'Unstoppable Hope.'

Unstoppable hope


Brian, from Jesuit Hakimani in Kenya, spoke on stage about the challenges young people face in Kenya and the agricultural training he is involved with. He shared how the project helps young people earn a living through sustainable farming.

Ashley Bendina, who works alongside Brian, joined Flame online. She spoke about the importance of education and how young people can build a better world. Ashley also introduced the global debt crisis, explaining how debt repayments by poor countries hinder funding for essential services like schools and hospitals.

"I believe that young people are the driving force behind sustainable change and when given the right opportunities, they can shape a brighter future." Ashley, March 2025

The CAFOD section was chaired by singer-songwriter and ambassador Adeniké Adewale. She performed music and encouraged support for CAFOD's debt cancellation campaign. Twenty volunteers helped promote the message, collecting nearly 1,000 fingerprints on giant placards as a call to action.

Flame 2025 left a lasting spirit of hope. It reminded us that young people are the unstoppable hope of today and tomorrow.

"As the youths of this church, you are the future of our faith... embrace the call to be unstoppable." Brian, March 2025 

Below: Brian from CAFOD partner Jesuit Hakimani Centre in Kenya on stage at Flame 2025.





Light a candle for Pope Francis



By
Maggie
Mairura

As a loving tribute to Pope Francis, we set up a *Candlelight Fund* for our beloved Holy Father who inspired so much of our work.

A *Candlelight Fund* is a special fund in memory of a loved one who has died, where donations can be made in their memory.

So many people left messages and lit virtual candles, a new feature introduced to *candlelight funds* recently. Pupils from Good Shepherd Primary in Coventry said:

“We hope you are filled with Jesus’ love in heaven. We will remember all of the wonderful things you taught us about how to care for our brothers and sisters in need and how to care for our planet.”

Gilly’s fund

David and his parents, from Lancashire, have a fund for his twin sister Gilly who was only 20 years old when she died.

“My Mum loves lighting candles for family, so to be able to do this for our Gilly, is very special indeed.” ❤️



Left: Gilly



If you would like to find out more about *Candlelight Funds*, visit our website or contact me, Maggie, by phone **020 7095 5348** or by email **candlelight@cafod.org.uk**, I am here to help.

What does 'a better world' mean to your neighbours?

All around the world our sisters and brothers are working together toward a brighter future for their families and the environment. You are also part of this movement of hope because every action we take keeps us working toward a world full of joy – as God intended. To feel inspired this summer, we are sharing our neighbours thoughts on what a better world means to them.



"A better world needs all of us," is a good motto. It's for peace. It stands for common understanding. It's also part of my religion, and that's good."

Adi, Ethiopia



"It means we all have a role to play. For us to have better communities, for us to be better people – each one of us has a role to play."

Crispen, Zimbabwe



"To share that message of hope with one another – in outreach, in service, in looking for ways to make our world a better place – gives true life to all of us."

Pope Leo



"If everyone just does little things, the world can be a better place because you don't even have to do a lot."

Pupil at St Mary's RC High School, UK



"We are all human. We have to think about humanity, we have to think about this world, we have to think about the environment, so everyone has the responsibility to think about the planet and humanity."

Bimol, Bangladesh



What does a 'better world needs all of us' mean to you? We invite you to take a moment of reflection to think how you would answer this question. You can also think about how you play an important role in making our world a place full of joy. 📍

25 years of hope: CAFOD and CPL Aromas

This year, CAFOD celebrates 25 years of partnership between CAFOD and CPL Aromas – a global leader in the fragrance industry, and a family business led by the Pickthall family.

Beginning with a donation of £7,000 in September 2000, CAFOD's partnership with CPL Aromas has grown into something truly extraordinary, totalling over £5.6 million. With over 800 staff across 22 international locations, CPL Aromas has shown what a united corporate effort can achieve. Together, we've supported more than 70 projects that have helped families and communities grow food, get clean water, rebuild after disasters, and send their children to school.

From earthworms to education

In Guatemala, Teresa's life has been transformed. A midwife, farmer, and leader of an indigenous women's group, she lives in a rural area where climate change made farming unpredictable.

With support from CPL Aromas, Teresa received training in agroecology – farming that protects soil, water, and biodiversity – alongside how to organise her farmers' group and how to better care for her livestock. This helped her and her group manage savings, work together effectively, and improve their harvests. She now grows beans and papayas and raises pigs, feeding her six children and boosting her income.

It's been a huge success. Teresa leads 19 families, sharing with them what she's learned and encouraging others to build better lives. Her income helps cover school fees and household needs.

Teresa hopes more communities can receive the training she had. With savings groups and new farming skills, more indigenous women are gaining confidence. Teresa is helping her whole community grow stronger.



Above: Teresa with her papaya crop

“The relationship between CAFOD and CPL is so very special, united in shared values, a vision of a better world and of course our faith commitment. We give thanks for the last 25 years and look forward to a partnership of many more years together.” Christine Allen, CAFOD director



Running the extra mile

CPL Aromas' support goes beyond funding. For the past 15 years, CEO Chris Pickthall and a team of CPL staff have run the London Marathon for CAFOD. Together, they've run more than 500 miles to support CAFOD's work.

This year, Chris was joined by Ricardo, Chloe, Frank, and Kellie – the largest CPL team yet, raising a total of almost £45,000 together.

“I’m inspired to run for CAFOD because it is just a fantastic charity,” says Chris. “A better world for me means more fairness and equality. That’s the ethos of our company and our family.”

A shared mission

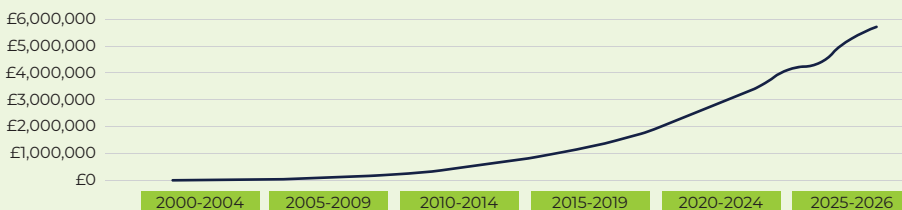
As we mark this special anniversary, we say a heartfelt thank you to the Pickthall family and everyone at CPL Aromas. Your partnership has made a world of difference, and we look forward to continuing this journey together.

If you'd like to know more about starting a corporate partnership with CAFOD, email Will at **majorgifts@cafod.org.uk** to discuss how we can work together to build a better world. ❤️

Left: Chris Pickthall, CEO of CPL Aromas Running for CAFOD at the London Marathon 2025.



CPL Aromas donations over time



We are all neighbours

Lord Jesus,
you came to live among us.
May we recognise your face
in our neighbours near and far.

Lord Jesus,
you welcomed all people.
Open our hearts and hands
to those who are marginalised.

Lord Jesus,
you calmed the wind and sea.
In times of emergency,
may our aid renew hope.





Bernadette

Democratic Republic of Congo



We are working to create the world God intended – full of joy. Our energy, our gifts, our voices, and prayers make a real difference to our neighbours who are living through conflict, climate change and poverty.

cafod.org.uk/goodneighbour

Lord Jesus,
you fed those who were hungry.
Give us a hunger for justice
until all people have enough.

Lord Jesus,
you give us the gift of the Spirit.
Empower us to come together
to play our part to build a
better world.

Amen.



Stephen

Arundel and
Brighton Diocese



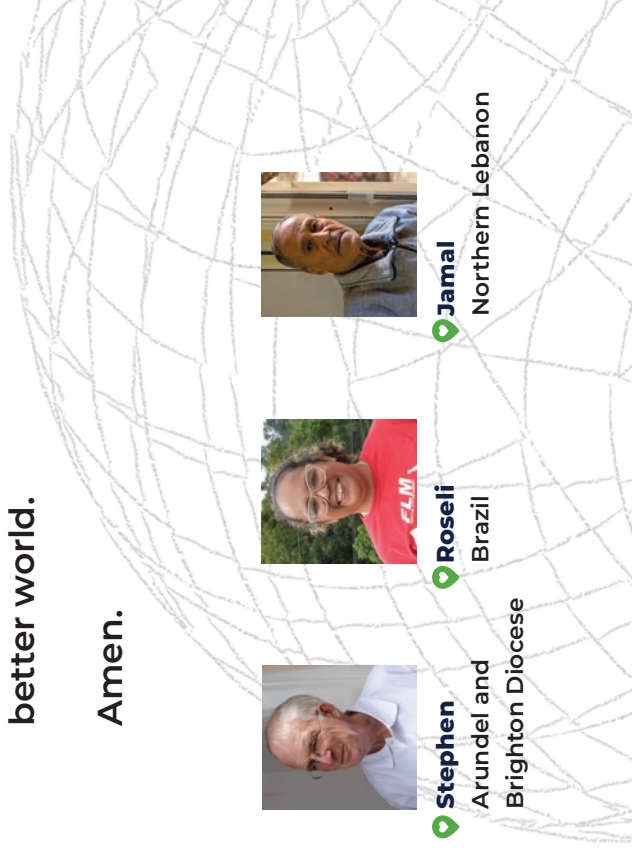
Roseli

Brazil



Jamal

Northern Lebanon



Life-saving water – a plan of action

You are with Waré every step of the way as she brings life-changing water to her community. Follow her journey on how she turned her hope into action.

“It was very traumatising. When I was pregnant, I had to go fetch water in the mountains. Sometimes I felt so weak I could fall down, so I worried about my child,” Waré tells me.

Every day, Waré walked for hours in the heat while pregnant to collect water to drink, wash with, and give to her animals.

Waré is a determined mother who did everything she could for her family living through extreme drought in Southern Ethiopia. Growing up here, Waré experienced predictable rainfall, animals were plenty and the grass green. But due to the climate crisis, the

rainy seasons have become shorter, making the distances women are travelling to get water much longer.

“We would wake up at around five in the morning to go searching for water. Sometimes we would find the water source empty, and then we’d go to the next source that we think may have something.”

Collecting water is not only exhausting, but it’s time-consuming. It can take five hours just to get water. Imagine spending over a quarter of your day – every day – simply getting water to drink.





Left: From left to right: Waré, Dalati, and water experts Abbott and Gadano

Opposite: Waré

Waré was not the only one experiencing the hard-hitting effects of extreme drought. Her neighbours were also walking miles to an unreliable water source. This is when she told herself, "Rather than die sitting, I will stand fighting." For her community to thrive, she knew they needed a water tank close to home.

Enter Abbott, a Climate Projects Manager who grew up in the area and returned to help his community. He teamed up with Waré, and together they made a plan to bring water to their community. Waré and her community spent weeks planning, digging a huge hole and creating trenches. And thanks to your *Family Fast Day* donations, they were provided with a water tank designed to collect every precious drop of rain and filter it into safe drinking water.

"These water structures hold 150 metres cubed, and they service more than 300 families in this village," says Abbott.

Now, water is just a tap away, not miles.

Waré tells me, "This water tank was just constructed recently, and since it was

finished there have been no rains, but we expect some positive support from it once there is rain. We are optimistic that once it is full, it will support us."

Safe clean water nearby not only helps communities survive but helps women like Waré thrive. Rather than spending hours walking miles to get water, Waré can focus on other things that are important to her, like looking after her goats and helping her children with schoolwork.

There are more communities just like Waré's that still don't have a water source within a mile of their home. Your monthly gift continues to help families like Waré to access safe water during extreme drought – because a better world needs good neighbours like you. 📍

See how the tank works overleaf →



Give



Go online to find out how you can help more women like Waré this *Family Fast Day*.

...and here is the plan!

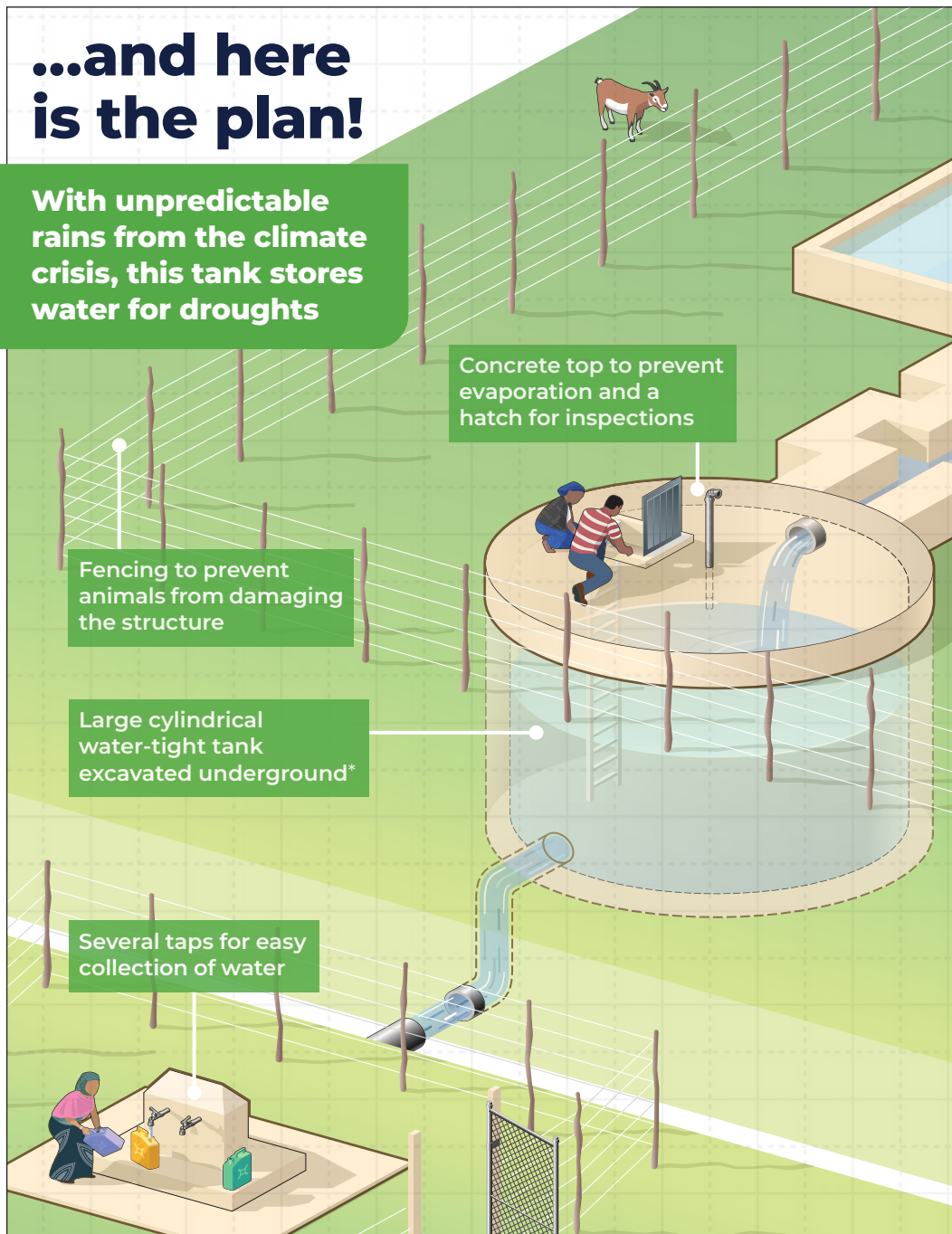
With unpredictable rains from the climate crisis, this tank stores water for droughts

Concrete top to prevent evaporation and a hatch for inspections

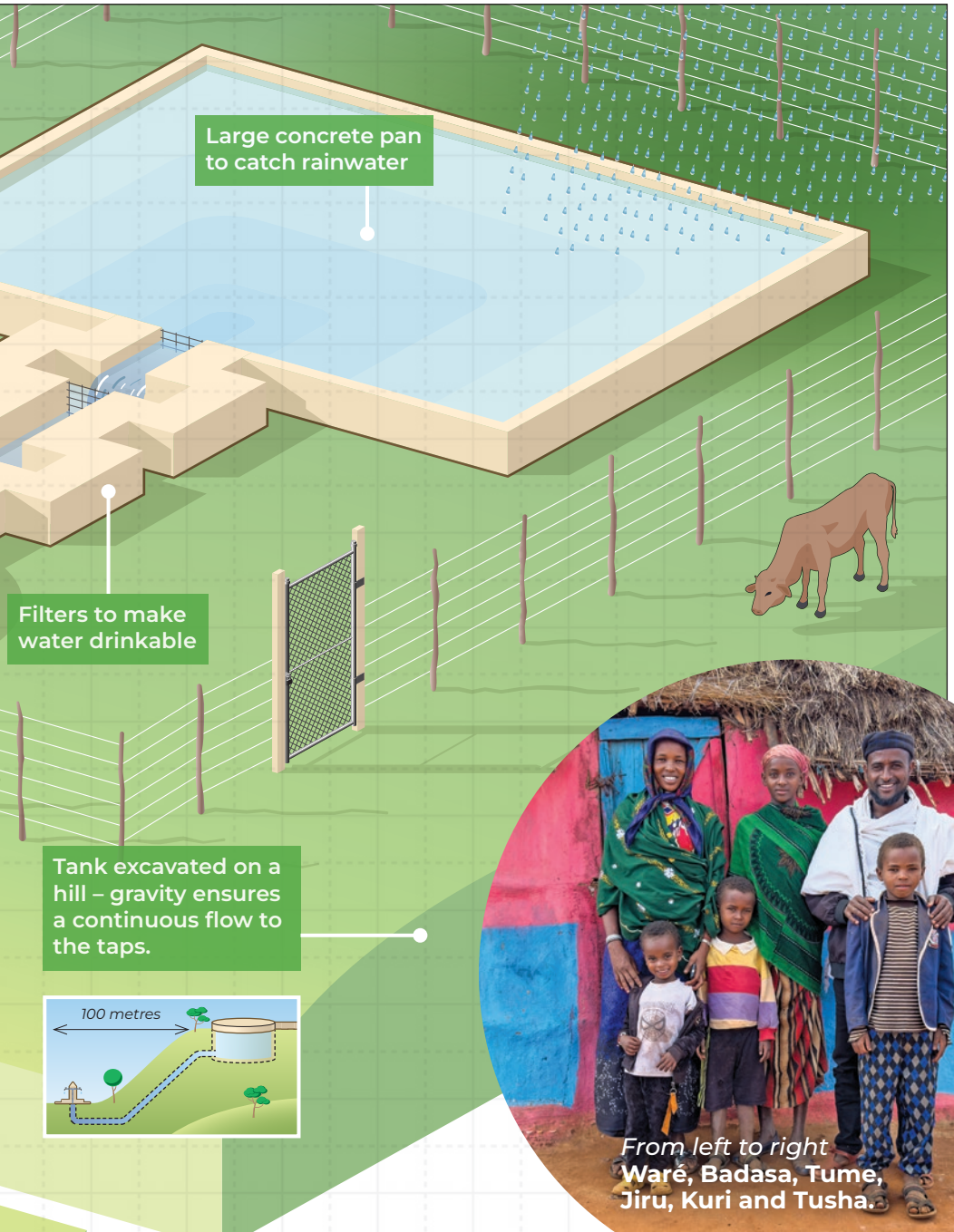
Fencing to prevent animals from damaging the structure

Large cylindrical water-tight tank excavated underground*

Several taps for easy collection of water



*The tank is very large – it supports 300 families and can hold 150 meters cubed – that's over 1,000 bathtubs





The power of solidarity

Across Asia and the Middle East, our local experts continue to support and stand in solidarity with people that are in the midst of humanitarian disaster and conflict, thanks to your donations.

Unwavering support in Gaza

At the time of going to print the humanitarian crisis in Gaza was at breaking point, with the United Nations warning of an imminent famine. Over 477,000 people were facing catastrophic hunger, and more than one million were in urgent need

of food. Families were fleeing their homes, while the ongoing blockade was preventing life-saving aid from getting through.

Thanks to your unwavering support – the local organisations we work with in Gaza are continuing to operate in an extremely dangerous environment.

The main medical centre run by Caritas Jerusalem was closed due to safety concerns and damaged at the start of the crisis in 2023. Despite relentless bombardment and severe restrictions, the team rebuilt and successfully reopened the centre in May. It provides primary healthcare services, such as maternal healthcare and malnutrition advice, as well as training health staff to be deployed around Gaza to reach people who cannot access other health services.

It is thanks to monthly gifts from good neighbours like you that this work has happened.

A CAFOD partner running a community kitchen said:

“I am glad that our community kitchen is still producing some meals. It’s poor nutritionally due to lack of supplies, but better than nothing.

“It’s real starvation – they try to call it other things to make it sound better but no, all of us in Gaza are hungry.”

Working with our partners over the long-term has given them the support they need to continue to reach the most vulnerable communities.

One Palestinian partner said: “We deeply value the partnership we have built over the years, and we take great pride in the cooperation and mutual trust that has grown between us.”

Elizabeth Funnell, country representative for the Middle East said: “CAFOD’s demands remain unchanged since the start of this crisis: an immediate ceasefire, unrestricted aid at scale, and a halt to UK arms sales to Israel.”



Your donations have helped to provide:

800,000

people with food parcels

9,000

people with healthcare

30,000

people with bedding or supplies to help repair damaged buildings

30,000

families with cash assistance so that they can buy what is needed for their families

7,000

people with support for their mental health

Above: Rebuilding the Caritas Jerusalem Medical Centre in Gaza which closed in October 2023.

Opposite: Caritas Jerusalem mobile medical teams receiving training before being deployed.



Mental health in Myanmar

In March a 7.7 magnitude earthquake hit Myanmar, devastating the lives of thousands of families. Even before the earthquake, long-running conflict meant that many families in Myanmar were already struggling to put food on the table.

Thanks to your donations, and our long-term relationship with the Catholic Church in Myanmar, we responded quickly and have provided food, water, shelter and mosquito nets.

Many people were traumatised by the experience and were frightened that there would be another earthquake. One of the local organisations we are working with is providing mental health and wellbeing support to help people recover.

James Hre, one of our partners working in Myanmar, told us:

“Many people, especially children, are feeling traumatised. They need mental health support so that they can try to forget the earthquake.”

“Showing solidarity in this kind of crisis is really important. Your contribution and your help will be very meaningful to people who are affected by disasters. We do not lose hope. For that your support will be very important.” ❤️

Opposite top: Devastation following the Myanmar earthquake

Opposite bottom: Jannette, the head nurse of a mobile care unit run by Caritas Lebanon, works from her van outside a school converted into a shelter in central Lebanon.

In the last year, your donations have helped to reach more than 426,000 people with emergency and long-term support in:

Afghanistan

Bangladesh

Lebanon

The occupied Palestinian territory and Israel

Myanmar

Sri Lanka

Syria



426,000



Call for debt cancellation

This year, the UN international summit on climate change COP30 is a crucial moment to call for the cancellation of debt.

The Conference of the Parties (COP) – which will take place in November in the Amazon, Brazil, is an opportunity for countries to report on progress, set goals and negotiate policy.

One of the most distinctive actions that characterises Jubilee years is the cancellation of debts, rooted in the spirit of forgiveness.

This COP30 will take place within the context of over 93 per cent of the world's most climate-vulnerable countries facing debt crisis. Many Latin American countries are now spending five times as much on debt servicing payments than on tackling the climate crisis.

Countries desperately need funds. But many low-income countries are forced to repay enormous sums to their creditors every year, so are unable to respond to the impact that the climate crisis is having on their people.

In some cases, debt keeps countries locked in fossil fuel extraction or pushes them to explore destructive environmental practices such as fracking. This is because of its potential to be a main source of income to repay debts.

Two sides of the same coin

In this Jubilee year, COP30 is a unique opportunity to remind global leaders



that, if they are serious about tackling the climate crisis, urgent action is needed on the debt crisis too. As Pope Francis put it:

“...Foreign debt and ecological debt are two sides of the same coin... In the spirit of this Jubilee year, I urge the international community to work towards forgiving foreign debt in recognition of the ecological debt existing between the North and the South of this world. This is an appeal for solidarity, but above all for justice.”

We need debt relief. But we also urgently need richer countries to provide climate finance to low-income countries through grants rather than loans.

Over 70 per cent of climate finance, which is money given to countries that are tackling the worst effects of the climate crisis, consists of loans and not grants. This pushes vulnerable countries into a vicious debt cycle that can be impossible to escape without real political will.



Father Nacho, who is working with communities in Guatemala, says: “There has been a considerable change in farmers’ agricultural methods due to climate change. Indigenous people who earn a living through farming and who are very much in tune with, and in harmony with nature have seen a very big change.”

Hope and solidarity matter

Under the slogan of “Cancel Debt, Choose Hope” during this Jubilee year, the Church is running a global debt campaign calling for the cancellation of the debts and structural changes in the global debt financial system.

More than 100,000 people have already signed the global Jubilee petition

In July, thousands of people from all over the country descended on Westminster to attend a mass

lobby, and our supporters used this opportunity to urge their MPs to take action on climate and debt.

We are building momentum ahead of COP30. We will be fighting for more climate finance going to the world’s most vulnerable places. We have hope.

For us as people of faith, while journeying through this Jubilee year it is vital that we signal to our MPs that climate is not an issue that divides – but rather one that brings us together.

So please pencil in Sat 15 November for a day of action and solidarity with those suffering as a result of the debt and climate crises. ❤️



Register now at cafod.org.uk/dayofaction and we will keep you updated on our plans for November.

Top left: Debt campaigners in Lahore, Pakistan.

Top right: Campaigners from Debt Justice hold placards in the Westminster area.



We are all good neighbours

You are a good neighbour who, like the Good Samaritan, refuses to stand by – you take action and offer support to your sisters and brothers.

Although the parable is found only in Luke's gospel, the story of the Good Samaritan is among the most widely known gospel passages. So much so that the term "Good Samaritan" has entered everyday English language.

As emergencies increase and the climate crisis continues to affect more lives, this familiar parable is radical and still stands as a reminder to offer a helping hand to those facing injustice and poverty right now.

Together, we act with kindness and compassion, sharing what we have with our neighbours all around the world. You are a good neighbour, working closely with your sisters and brothers from Kenya to Colombia to Syria. You are choosing to act - like the Good Samaritan, we believe in helping our neighbour, no matter what.

Thank you for following the incredible example of the Good Samaritan. You are truly showing that a better world needs all of us.

As a regular giver, you can sign up for our weekly reflections to keep inspiring you to put our faith into action. Go to:

 cafod.org.uk/goodneighbour

The Canticle of the Sun

Most High, all-powerful, all-good Lord,
all praise is yours, all glory, honour and blessings.
To you alone, Most High, do they belong;
no mortal lips are worthy to pronounce your name.

We praise you, Lord, for all your creatures,
especially for Brother Sun,
who is the day through whom you give us light.
And he is beautiful and radiant with great splendour,
of you Most High, he bears your likeness.

We praise you, Lord, for Sister Moon and the stars,
in the heavens you have made them bright, precious and fair.
We praise you, Lord, for Brothers Wind and Air,
fair and stormy, all weather's moods,
by which you cherish all that you have made.

We praise you, Lord, for Sister Water,
so useful, humble, precious and pure.

We praise you, Lord, for Brother Fire,
through whom you light the night.
He is beautiful, playful, robust, and strong.

We praise you, Lord, for Sister Earth,
who sustains us
with her fruits, coloured flowers, and herbs.

We praise and bless you, Lord, and give you thanks,
and serve you in all humility.

Extract from Canticle of the Sun, by St Francis of Assisi

Chicken pork adobo



This classic dish from the Philippines is generously shared with us from our colleague, Jen, and you can try it at home!

Adobo is loved for its bold flavour, versatility, and simplicity.

Adobo has many regional variations across the Philippines. Some versions include onions, coconut milk (Adobong gata) or even turmeric.

This version reflects the most classic and widely loved preparation. You can make this with either chicken or pork, but in this recipe, we're using both.

Here's how to make it...

Ingredients

For the marinade:

- 6 cloves garlic, peeled and crushed
- ½ cup (125ml) soy sauce
- ¼ cup (60ml) vinegar (cane or rice)
- ¼ cup (60ml) water
- 1 tablespoon sugar
- 1 teaspoon whole peppercorns

For cooking:

- 2 tbsp oil
- 4 cloves garlic, peeled and crushed
- 750g pork belly (or any pork with fat)
- 750g chicken, in serving-sized pieces
- 3 dried bay leaves

Instructions:

1. In a large bowl or pot, combine the chicken, pork, crushed garlic, soy sauce, vinegar, water, sugar, and peppercorns. Mix well.
2. Let the mixture marinate for at least two hours (or overnight in the fridge for deeper flavour).
3. Heat oil in a large pan or pot over medium heat. Sauté the extra garlic until lightly browned and fragrant.
4. Add the pork pieces first. Cook until they've rendered some fat and start to brown.
5. Add the chicken pieces. Once cooked, pour in the remaining marinade and add the bay leaves.
6. Bring to a boil, then lower the heat and let it simmer uncovered until the sauce reduces and thickens to your desired consistency (about 30–40 minutes).
7. Serve hot with steamed white rice or preferably garlic fried rice.

Thank you

for being a good neighbour

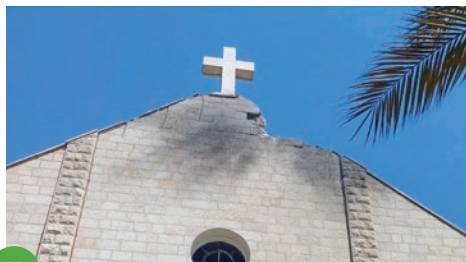
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See how one Ukrainian family fled conflict to find a safe home and welcoming community.



Learn about how we're responding to the crisis in Gaza.

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in"

Matthew 25:35



Scan here or go to
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