

## Other ideas...

### Campaign with CAFOD!

Climate change is the greatest challenge facing CAFOD's work with developing communities around the world. Our *One Climate, One World* campaign calls on politicians to use their influence to tackle climate change before it is too late, as well as encouraging individuals to do their part for the environment in their day to day lives. As a parish, you could organise a campaign card signing, write to your MP, or work together to reduce your carbon footprint. Find out more at [cafod.org.uk/climate](http://cafod.org.uk/climate).



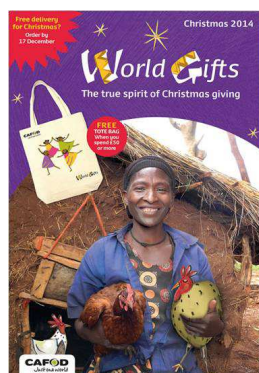
### Support Fairtrade!

Ensuring that farmers and producers get a fair wage for their work is an extremely important part of living in solidarity with the poor. To register as a Fairtrade parish, you must: commit to serving Fairtrade tea and coffee at all parish events, move forward in using other Fairtrade products such as biscuits and chocolate, and promote Fairtrade

throughout the year through an event, stall or display. To find out more about Fairtrade, visit [cafod.org.uk/fairtrade](http://cafod.org.uk/fairtrade).

### Choose World Gifts!

CAFOD's World Gifts are not only unique, but help make a real difference to people living in developing communities around the world. Gifts range from helping a child learn to read or supporting a small farmer with tools and seeds, to helping a community to establish its own health care clinic. The recipient of the gift will receive a beautifully illustrated card showing them the benefit that their gift has had. Your parish could even fundraise collectively and create a "virtual village" showing just how much of an impact your gifts are making. Find out more, order catalogues, and view the entire selection of gifts at [worldgifts.cafod.org.uk](http://worldgifts.cafod.org.uk).



For more information contact CAFOD Westminster on:  
tel: 020 8449 6970 email: [westminster@cafod.org.uk](mailto:westminster@cafod.org.uk)

**CAFOD**  
Just one world

**livesimply**  
in Westminster

**Ideas for ways to Livesimply  
from parishes throughout the  
Westminster Diocese**

### St John Vianney, West Green: Westminster's first Livesimply parish

In 2013, St John Vianney, West Green, became the first parish in the Westminster Diocese to receive the Livesimply award.

Having decided to work towards the award, the parish first drew up an action plan and yearly calendar to help coordinate their efforts and keep them on track towards their goals. They also approached local charities and organisations for support in their efforts.

One of the most significant differences parishioners have made is reducing their carbon footprint, as well as their cost of living, through the use of an online 'Carbon Calculator'. One person found out she could save £60 a month on her energy bill!

John Mooney and Mariantha Fomenky, who together led the parish's Livesimply efforts, agree that it is crucial to get the parish priest involved and engaged with the campaign. At St John Vianney, parish priest Father Joe Ryan was very supportive and empowering, which helped the parish to be successful in their aims to live simply, sustainably and in solidarity with the poor.

"The campaign helped reinforce community spirit," said Mariantha. "People, by coming to church, already believe in the Lord. As a result, we realise we can easily do things together, like recycle together or, every first Sunday of the month, pray together to a God of solidarity and creation. The togetherness is there."



### How the parish achieved the Livesimply award:

- Installed recycling bins at the church, as well as recycling at home
- Replaced all light bulbs in the church with energy saving bulbs
- Installed insulating panels behind radiators to prevent heat-loss
- Worked alongside local environmental organisations to hold workshops on ways to save energy
- Pledged to walk, cycle or share cars to Mass where possible
- Used a 'Carbon Calculator' to calculate their carbon footprint and find ways to reduce it
- Organised a 'Poor Man, Rich Man' meal to highlight injustice in global food systems
- Checked their houses for insulation, installing it where it was missing
- Agreed to use leftovers and to shop at charity shops as much as possible

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## Our Lady Immaculate and St Andrew, Hitchin



Inspired by St John Vianney parish, Ann Milner and John Scott worked with their fellow parishioners and parish priest, Father Michael Lambert, to make Our Lady Immaculate and St Andrew, Hitchin, the second Livesimply parish in Westminster.

In addition to helping tackle poverty and injustice overseas by supporting the work of CAFOD and other charities, the group were also keen to reach out to people living in poverty in their local community. They became involved with the North Herts. Sanctuary, which provides nightly accommodation to homeless people in the area. As well as committing to help pay part of the mortgage for the Sanctuary's property, individual parishioners also decided to help in the running of the organisation as volunteers and trustees.

Two Livesimply assessors arrived at the parish in April 2013 and were delighted with what they found. They said the parish was a model of Livesimply principles and commended it for its reflection and worship, practical action and outward-reaching activities.

### How the parish achieved the Livesimply award

- Achieved Fairtrade status, using Fairtrade products at all parish events
- Agreed to recycle as much as possible
- First communion candidates created collages out of recycled materials to inspire parishioners to avoid waste
- Worked to take practical action on poverty in their community by
- Helped to pay part of the mortgage for the North Herts. Sanctuary
- Some took on voluntary roles and became trustees within the North Herts. Sanctuary
- Placed notices in the parish newsletter to raise awareness of poverty and environmental issues
- Frequently take part in campaigns, petition signings
- Took part in and organised fundraising activities for CAFOD and other charities

## Sacred Heart and St Joseph, Ware



Sacred Heart and St Joseph parish, Ware, became the third parish in the Westminster Diocese to receive the Livesimply award in March 2014.

The Mayor of Ware, Cllr Rosalie Standley, visited the church to mark the achievement. She was welcomed to a Fairtrade buffet by Fr. John Gray and heard Deacon Adrian Cullen review the parishioners' many activities leading up to the award. Cllr Standley went away with one of the sunflower seeds potted by the First Communion group. The parish is now determined that the 'Live Simply' seed continues to grow and flourish in their church.

A representative for the church said: "We are very pleased and have found the process helpful and motivating; it has certainly heightened awareness of many issues and been a springboard for action."

The award, which takes the form of a wooden plaque made from recycled church benches, does not signify the end, but rather the beginning of the parish's efforts to continue to live simply.

### How the parish achieved the Livesimply award

- Sold WoW (Wonders of Waste) bags, made in the Philippines from recycled drinks sachets
- Sent cards and letters to prisoners of conscience and people unjustly imprisoned because of their beliefs
- Contributed to the Salvation Army food collection
- Prayed CAFOD's Olympic 100 Days of Peace at each Mass
- Supported CAFOD's work tackling poverty and injustice around the world.
- Committed to supporting Fairtrade, buying and using Fairtrade products where possible
- Many parishioners committed to pledge lists for living sustainably at home, including making sure to recycle and reduce energy usage
- Agreed to do their own part for the environment in their day to day lives wherever possible