

What is CAFOD?

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

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

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

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

Your donations support this essential work.

Livesimply Prayer

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

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

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

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

@Linda Jones/CAFOD



Art work by Patty Callaghan

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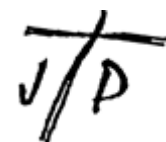
Actions and Reflection Suggestions for a Livesimply

Lent 2024



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

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



Livesimply Actions and Reflections Lent 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																								
<p>Use this calendar to help you Livesimply each day during Lent</p> <p>Livesimply challenges us to respond to God's call to live simply, sustainably and in solidarity with the poor.</p>	<p>14 February Ash Wednesday</p> <p>Who comes to mind when you hear the word poor? Is your road a good place to live? What makes it so? What is life like on the other side of town?</p> <p>Decide what you will do for Lent. How might you <i>Livesimply</i> this Lent in how you act, give and pray?</p>	<p>15 Solidarity</p> <p>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>16 Solidarity</p> <p>Join in the CAFOD Big Lent Walk or sponsor a parishioner. Find out more at: https://walk.cafod.org.uk/ or email: justiceandpeacecommacc@gmail.com</p> <p>Join the Way of the Cross at 4pm each Sunday during Lent.</p>	<p>17 Solidarity</p> <p>Join in the CAFOD Big Lent Walk or sponsor a parishioner. Find out more at: https://walk.cafod.org.uk/ or email: justiceandpeacecommacc@gmail.com</p> <p>Join the Way of the Cross at 4pm each Sunday during Lent.</p>	<p>18 1st Sunday of Lent</p> <p>Fast from technology. Turn off the internet or TV today and spend it with God instead.</p> <p>Join the Way of the Cross at 4pm each Sunday during Lent.</p>	<p>19 Solidarity</p> <p>Remember to say Grace before eating your meals today, and throughout Lent thanking God for creating the food and people struggling with debt, unemployment, homelessness. What more can you do to Livesimply, doing more for others and God's creation?</p>	<p>20 Solidarity</p> <p>Write to your MP about a local issue that you feel strongly about, e.g. words: Aspire not to have more name, if you can) who are struggling with debt, homelessness, unemployment, what more can you do to Livesimply, doing more for others and God's creation?</p>	<p>21 Livesimply</p> <p>Play for your neighbours (by name, if you can) who are praying for people who are hungry or buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. Find it at: https://stalbannac.org.uk/parish-live-simply-commitment/</p>	<p>22 Solidarity</p> <p>Play for your neighbours (by name, if you can) who are praying for people who are hungry or buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. Find it at: https://stalbannac.org.uk/parish-live-simply-commitment/</p>	<p>23 CAFOD Lent Fast Day</p> <p>Give up a treat or a meal today, pray for people who are hungry or buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. Find it at: https://cafod.org.uk/fundraise/family-fast-day or using the envelopes at St Alban's Church.</p>	<p>24 Sustainability</p> <p>Reduce the impact of your clothes by buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. Find it at: https://stalbannac.org.uk/parish-live-simply-commitment/</p>	<p>25 2nd Sunday of Lent</p> <p>Join in the Livesimply Pledge at all Masses as we renew the Parish commitment to Livesimply. Find it at: https://stalbannac.org.uk/parish-live-simply-commitment/</p>	<p>26 Solidarity</p> <p>Look for a place to buy Fairtrade Easter eggs, e.g. Co-op, Aldi, Sainsbury's. As energy prices continue to go up consider reducing how much you use by turning your heating down and wearing more clothes, washing in cold water, unplugging items not in use or on standby.</p>	<p>27 Livesimply</p> <p>As energy prices continue to go up consider reducing how much you use by turning your heating down and wearing more clothes, washing in cold water, unplugging items not in use or on standby.</p>	<p>28 Livesimply</p> <p>Shop more locally at green grocers, butchers, and bakers to reduce the food miles and plastic packaging. You could join Scope and Scales, at the Old Sunday School (Heritage Centre), Roe Street, SK11 6UT.</p>	<p>29 Sustainability</p> <p>Shop more locally at green grocers, butchers, and bakers to reduce the food miles and plastic packaging. You could join Scope and Scales, at the Old Sunday School (Heritage Centre), Roe Street, SK11 6UT.</p>	<p>30 Solidarity</p> <p>Join in Foodie Friday with a 3 course meal made from surplus food where you pay-as-you-feel. 6.00pm for 6.30pm start at St. Michael's Church. Book with Angel at my Table on 01625 426110.</p>	<p>31 3rd Sunday of Lent</p> <p>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>32 4th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>33 5th Sunday of Lent</p> <p>Join the Way of the Cross lead by the Justice & Peace Group at 4pm at St. Alban's Church.</p>	<p>34 6th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>35 7th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>36 8th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>37 9th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>38 10th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>39 11th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>40 12th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>41 13th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>42 14th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>43 15th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>44 16th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>45 17th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>46 18th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>47 19th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>48 20th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>49 21st Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>50 22nd Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>51 23rd Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>52 24th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>53 25th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>54 26th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>55 27th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>56 28th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>57 29th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>58 30th Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>	<p>59 31st Sunday of Lent</p> <p>Visit the Repair Cafe from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.</p>

18 Sustainably

Buy items without plastic and recycle as much as possible. You can bring medicine blister packs to the Parish Centre for recycling or take them to the One Project in the Indoor Market.

11 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.

4 Fairtrade Fortnight

Learn why St Alban's is a Fairtrade church and how it ensures producers get a fair wage at: <https://www.fairtrade.org.uk/get-involved/involvement-in-your-community/>

26 Solidarity

Look for a place to buy Fairtrade Easter eggs, e.g. Co-op, Aldi, Sainsbury's.

19 Solidarity

Remember to say Grace before eating your meals today, and throughout Lent thanking God for creating the food and people struggling with debt, unemployment, homelessness. What more can you do to Livesimply, doing more for others and God's creation?

20 Solidarity

Write to your MP about a local issue that you feel strongly about, e.g. words: Aspire not to have more name, if you can) who are struggling with debt, homelessness, unemployment, what more can you do to Livesimply, doing more for others and God's creation?

25 Livesimply

Take a break from consuming and buy nothing today.

12 Sustainability

One of the biggest changes we can make to support climate change is to swap for Fairtrade in future, like tea, coffee, sugar, bananas, chocolate.

5 Sustainably

Reduce food waste by planning your meals and buying just what you need. You can find surplus food donated from retailers at the **One Project** and at **Cre8 Surplus Food Grocery**, <https://www.theoneproject.co.uk/> and <https://www.cre8macclesfield.org/grocery.html>

27 Livesimply

As energy prices continue to go up consider reducing how much you use by turning your heating down and wearing more clothes, washing in cold water, unplugging items not in use or on standby.

21 Livesimply

Reflect on your MP about a local issue that you feel strongly about, e.g. words: Aspire not to have more name, if you can) who are struggling with debt, homelessness, unemployment, what more can you do to Livesimply, doing more for others and God's creation?

14 February Ash Wednesday

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?

26 Solidarity

Send an Easter card or message to thank someone who has helped you this Lent.

13 Solidarity

Find something at home that you could swap for Fairtrade in future, like tea, coffee, sugar, bananas, chocolate.

6 Solidarity

Buy something extra each time you shop and place it in the food bank collection box at local supermarkets or in the blue bin donated from retailers at the **One Project** and at **Cre8 Surplus Food Grocery**, <https://www.theoneproject.co.uk/> and <https://www.cre8macclesfield.org/grocery.html>

28 Livesimply

Drink only water today – no tea, coffee or soft drinks – and thank God for such a wonderful gift.

22 Solidarity

Play for your neighbours (by name, if you can) who are praying for people who are hungry or buying second hand clothes from a charity shop, on line or swapping some Parish commitment to Livesimply. Find it at: <https://stalbannac.org.uk/parish-live-simply-commitment/>

15 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.

27 Livesimply

Have a quiet and reflective day. Give up some TV, phone or computer time.

14 Solidarity

Pray for workers in the UK and around the world who are not paid a fair wage.

7 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 9th March in the Senior Citizens Hall.

29 Sustainability

Shop more locally at green grocers, butchers, and bakers to reduce the food miles and plastic packaging. You could join **Scope** and **Scales**, at the Old Sunday School (Heritage Centre), Roe Street, SK11 6UT.

22 Solidarity

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16 Solidarity

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28 Mandy Thursday

Jesus washed his friends' feet. How can you serve others today?

15 Sustainability

Have a meatless or vegan meal, if possible shared with others. Meat and cheese both have a large carbon footprint.

8 Solidarity

Prepared by saying thank you to one of the women who has helped you in your life and pray for women around the world.

29 Sustainability

Shop more locally at green grocers, butchers, and bakers to reduce the food miles and plastic packaging. You could join **Scope** and **Scales**, at the Old Sunday School (Heritage Centre), Roe Street, SK11 6UT.

22 Solidarity

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16 Solidarity

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29 Good Friday

As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.

15 Sustainability

Have a meatless or vegan meal, if possible shared with others. Meat and cheese both have a large carbon footprint.

8 Solidarity

Prepared by saying thank you to one of the women who has helped you in your life and pray for women around the world.

29 Sustainability

Shop more locally at green grocers, butchers, and bakers to reduce the food miles and plastic packaging. You could join **Scope** and **Scales**, at the Old Sunday School (Heritage Centre), Roe Street, SK11 6UT.

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31 Easter Sunday

Celebrate your faith journey, those who have journeyed with you and spend time with the Lord.

17 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.

9 Sustainability

Visit the **Repair Cafe** from 10.00am to 2.00pm in the Senior Citizens Hall with your clothes and household items that need repairing.

27 Livesimply

As energy prices continue to go up consider reducing how much you use by turning your heating down and wearing more clothes, washing in cold water, unplugging items not in use or on standby.

22 Solidarity

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