

# HOLY INNOCENTS' RECEIVES THE Cafod

## “LIVE SIMPLY” AWARD, following over two years work by the Parish

### **What the Cafod Assessors said:**

*"We were so impressed with the work you are doing...and we were delighted to make the award. In particular we wanted to highlight and commend the following:*

- *The allotment project and the way so many people of all generations have been involved;*
- *The range of outreach activities, including Food bank, SVP, Luncheon club, Bereavement group;*
- *The amount of cross working;*
- *Your history of building ongoing relationships with relief priests"*

### **Live Simply projects include:**

- Parish/School Allotment
- Eating Simply Scheme
- Tools with a Mission
- Walk to Church weekend
- Prayer week

### **What next:**

We really need your help if we are to support the many and varied initiatives that we are so fortunate to have in our parish. In particular, we need more help with the Parish/School Allotment Project and with the Parish Justice and Peace group which is coordinating 'Live Simply'.

### **What is the *livesimply* award?**

The *livesimply* award is given to Catholic parishes, schools and communities that have taken significant steps to respond to the Church's call to live simply so that others may simply live.

It is awarded to communities who can show how they have been living:

- simply
- in solidarity with people in poverty
- sustainably with creation.



Please take a few minutes to read the project testimonies from Parishioners attached and look at the School/Parish Allotment display in St Joseph's hall.

If having read the testimonies and seen the type of work that's being done, you feel drawn to an activity or possibly are considering joining a parish group please complete the 'Tear off' slip on page 4.

# LIVE SIMPLY Testimonies

## Parish volunteers - School/Parish Allotment

Comments from volunteers:

"...It is great to be a member of the Allotment team and part of such an amazing Parish/School project."

"...Nothing better than being outdoors, being connected to the land and watching as the children discover how easy it is to grow some plants, fruits, vegetables and herbs. And seeing them taste some of the produce/herbs, they may not have tried before."

Comments from pupils:

"...you can enjoy nature, relieve stress by weeding and digging, and its where we try to make our school a better place."

"...because you can forget about keeping your hands clean and just have fun!

"...lots of people come and it's a great way to learn that we can all play our part to help the environment-whilest having fun! Planting bulbs and seeing them grow is amazing! It's fascinating to watch the worms in action in the Wormery"

"...growing fruits, tomatoes, potatoes and herbs including lavender, basil and parsley that we can smell and taste! It is a fun way to enjoy lunchtime and takes your mind off school!"



## Jackie and Mick Low, Eileen Taylor and Donal O'Sullivan\*- Food Bank

We have been involved in the Food bank at the Hope Church since it opened nearly 4 years ago. It is both a humbling and rewarding experience and makes us realise how fortunate we are. We work with a team of 7/8 local volunteers, all Christians. People visit a Foodbank because they are unable to buy enough food for themselves and their family. They will have been issued with a voucher previously from CAB, a doctor, school, probation service or any of the many agencies in Bromley. They will only be issued with a total of three vouchers during a year as Foodbank is meant to be an emergency stop gap, not a permanent answer to a problem. Our clients are often embarrassed or ashamed so our first job is to put them at their ease with a smile and a cup of tea. Many are glad of a sympathetic ear as often there is no family nearby. There are many reasons why they find themselves in such need; working hours cut; illness; redundancy; sudden large bills. Universal Credit can take 6/8 weeks to kick in. How can you manage if you are already on the bread line? We have no idea how many people will arrive through our door on a Friday afternoon. On one Friday before Christmas we gave out food for over 34 people.



\* Donal manages the weekly collections; Jackie, Mick and Eileen (photo) work at the Food bank.

## Rosemary Ferguson - Walk to Church weekend



I'm keen on doing what I can to make our world a better place to live in so when I read about the Live Simply Walk to Church Weekend last June it was immediately something that appealed to me and I thought I would give it a go. I live on the other side of Orpington about a mile and a half away from the Church and normally drive to the 8am Mass. It took me around half an hour each way and I must admit that I actually enjoyed the experience. It gave me a chance to live Sunday morning at a slightly slower pace than would normally be the case and allowed more time for reflection and just taking in the surroundings. I suppose this is part of what Living Simply is all about. Afterwards I heard that around 80 families and individuals from the parish had done the same thing as me over the weekend, saving nearly 100 miles of car journeys, which has to be good both for reducing our carbon footprint and our individual finances. I've subsequently repeated the experience of walking to church a few times.

## Ron Munro - Tools with a mission



I've been the local collector for the Tools With a Mission charity (TWAM) for the past ten years and, together with Bernard Schwenk, collect tools, including sewing and knitting machines, to support poor and disadvantaged communities in Africa. In the last 12 months we have been able to collect over 70 packs of tools. Many of these have come from parishioners following appeals made in the Parish Newsletter and at Masses and I never cease to be amazed at their generosity. One really good thing to come out of this work was I was able to put Fr Boniface (our supply priest who came to us from Uganda last summer) in touch with the charity. His parish in Uganda is very poor and has especially high levels of unemployment among young people and I am hopeful that, as a result of our intervention, he will shortly be receiving a much needed shipment of tools from TWAM to support his parishioners in their quest to start up craft businesses.

## Bernadette Clifton - Eating Simply



I have been participating in the Parish Eating Simply project for the past year or so. I decided that I would choose one day each month when for my main meal I would limit myself to a bowl of soup, a bread roll and a glass of water. I hadn't previously done anything like this and I wasn't quite sure what to expect. In the event I have stuck to this routine and have found the experience of making a very small personal sacrifice in this way has been quite thought provoking and beneficial. I have found myself reflecting on the real hunger experienced by our fellow human beings in so many parts of the world, including our own, and though my own actions seem really insignificant by comparison I do feel that in some small way I am identifying myself with people who are much less fortunate than me. The money I save isn't huge but it is reassuring to know that CAFOD make good use of it and I understand from the scheme organiser that over £700 has been raised so far.



**If you are interested in helping with Live Simply activities please complete this 'tear off slip' and leave it in the box in the porch. A member of the Justice and Peace Group will be in touch.**

**Thank you.**

**Name**

**Email address**

**Contact telephone number**

**Projects/activities I would be interested in helping:**

