

LiveSimply



**ST FELIX PARISH,
HAVERHILL, SUFFOLK**

ACTIONS TO LIVE IN SOLIDARITY WITH THE POOR:

Main Action:

*To have an annual parish project to raise funds
towards meeting the needs of communities in
need/living in poverty
using established/recognised sources such as
'CAFOD World Gifts'*

Previous projects:

2017 – Community Water Supply *(CAFOD World Gifts)*

2018 – A Safe Place to Learn *(CAFOD World Gifts)*

2019 – 2 Medical Outreach Teams
(CAFOD World Gifts)

**2020 & 2021 – No Parish Projects due to Covid
Pandemic restrictions**

2022 PARISH PROJECT

Raise £500 to purchase vaccination packs to protect children from life-threatening childhood diseases in areas where these are not otherwise available via 'UNICEF Inspired Gifts'



LIFE-SAVING
VACCINE DELIVERIES
£33



Today, thousands of children will die from diseases
that are easy to prevent

A life-saving vaccine pack could help protect children at risk from dangerous diseases.

At a cost of only £33, it provides:

- 40 doses of measles vaccines
- 50 doses of tetanus vaccines
- 60 doses of polio vaccines
- And delivery to communities that need them the most.

St Felix is supporting UNICEF to vaccinate
children against disease.

Our fundraising target is £500.

Help us to fill the syringe and provide 15 packs
of vaccines that will protect the lives of
hundreds of vulnerable children



St Felix Parish Project 2022

Target - £500 to purchase 15 UNICEF Vaccination Packs

Launched: 2nd/3rd July, Achieved: 3rd/4th September.

£1000 RAISED - 30 VACCINATION PACKS FUNDED

2023 PARISH PROJECT

The people of St Felix Parish will celebrate the 2023 Season of Creation by supporting CAFOD's work for food justice and a global food system which will ensure that everyone has enough.

We will do this by working together to purchase CAFOD World Gifts that HELP PEOPLE GROW THEIR OWN FOOD

There are 2 ways you can contribute to purchasing these gifts:

- You/your family can sign up to buy a particular gift
OR
- You can contribute to a collection of loose change which will be used to purchase available gifts.

A board in the narthex has images and explanations of the gifts we wish to purchase, and spaces to 'sign up' to purchase a particular gift.

ST FELIX PARISH PROJECT:

TRICES FOR LIFE - 12

The gift of life is a blessing with the fullness of meaning and joy. It is a gift that is given to us by God, and it is a gift that we must cherish and protect. The gift of life is a precious treasure that we must not take for granted. It is a gift that we must live up to, and it is a gift that we must share with others.



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EMERGENCY FOOD - 12

The gift of food is a blessing with the fullness of meaning and joy. It is a gift that is given to us by God, and it is a gift that we must cherish and protect. The gift of food is a precious treasure that we must not take for granted. It is a gift that we must live up to, and it is a gift that we must share with others.



'SEASON OF CREATION' 2023

WORLD'S RESPONSIBILITY - 12

The gift of the world is a blessing with the fullness of meaning and joy. It is a gift that is given to us by God, and it is a gift that we must cherish and protect. The gift of the world is a precious treasure that we must not take for granted. It is a gift that we must live up to, and it is a gift that we must share with others.



VEGETABLE GARDEN - 12

The gift of a vegetable garden is a blessing with the fullness of meaning and joy. It is a gift that is given to us by God, and it is a gift that we must cherish and protect. The gift of a vegetable garden is a precious treasure that we must not take for granted. It is a gift that we must live up to, and it is a gift that we must share with others.



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PEOPLE'S RESPONSIBILITY - 12

The gift of people is a blessing with the fullness of meaning and joy. It is a gift that is given to us by God, and it is a gift that we must cherish and protect. The gift of people is a precious treasure that we must not take for granted. It is a gift that we must live up to, and it is a gift that we must share with others.



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ST FELIX'S CELEBRATION OF THE SEASON OF CREATION 2023

**The people of St. Felix parish worked together during
the Season of Creation to purchase
CAFOD World Gifts
that HELP PEOPLE GROW THEIR OWN FOOD**

**WEATHERPROOF
CROPS**



**VEGETABLE
GARDEN**



**TREES FOR
LIFE**



We raised £1000.70.

**With a final donation this was increased to £1008,
which means that we have achieved our target and can
purchase all the World Gifts we selected: -**

- 10 x TREES FOR LIFE [£80]**
- 10 x VEGETABLE GARDENS [£50]**
- 10 x WONDERFUL WORMS [£100]**
- 3 x EMERGENCY FOOD [£150]**
- 2 x BUILD A GREENHOUSE £108]**
- 5 x FOREST SCHOOLS [£200]**
- 10 x WEATHERPROOF CROPS [£120]**
- 10 x SELF-WATERING GARDENS [£200]**

Thank you very much for your commitment and generosity.

Parish Justice & Peace Group

ASANTE! SALAMAT! OBRIGADO!

DOLCHI!

THANK
YOU!

WORLD
GIFTS

We raised a total of

£1008

for CAFOD!



MERCI! DHANYABAD!

CAFOD
Catholic Agency for
Overseas Development

ORKUN! GRACIAS!

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'WORLD GIFTS BUNTING'



*The cards CAFOD sent have been made into bunting displayed in church marking our achievement in purchasing
60 WORLD GIFTS to help people grow their own food:-*

**10 TREES for LIFE – 10 VEGETABLE GARDENS –
10 WONDERFUL WORMS – 3 EMERGENCY FOOD – 5
FOREST SCHOOLS – 2 BUILD A GREENHOUSE – 10
WEATHERPROOF CROPS – 10 SELF-WATERING
GARDENS**

2024 PARISH PROJECT

The people of St Felix Parish will support the people of the Holy Land with continuous prayer for peace and justice.

Prayer:

From the weekend of June 1st/2nd we unite our voices during our parish celebrations of Sunday Mass in the Prayers of the Faithful and seeking the intercession of Our Lady we pray for peace in the Holy Land and throughout the world:

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death.

Look with compassion on the Holy Land, where, by the power of the Holy Spirit, you gave the Redeemer to the world. Pray with us, Holy Mother, that injustice, hatred, intolerance and violence will be removed from your native land, and the gift of your Divine Son's peace will be truly received and accepted there, and throughout the world. We ask this in the name of your son, our Lord.

Amen.

- Prayer cards have been made and these are handed to parishioners as they come into church for Mass by members of our 'Welcome Team'*

2025 PARISH PROJECT



**The people of St Felix Parish
will support the work of
Loreto Rumbek School, South Sudan.**

This primary and secondary school educates girls from the ages of 5 - 20 years and provides the pupils and local community with primary health care.

Our target is to raise £1000 over 6 months

Project launch date - 26th/27th April 2025.

OTHER ACTIONS TO LIVE IN SOLIDARITY WITH THE POOR

MAINTAIN:

- Parish support for REACH COMMUNITY PROJECTS
and HAVERHILL FOODBANK
- On-going collection for work of PAX CHRISTI
- *'Pennies for Peace' jar*
- Active support for CAFOD FAMILY FAST DAYS
other campaigns on behalf of people in need.
- Prison support to HMP HIGHPOINT
- Prayer for PEACE in UKRAINE
and around the world

Parish support for REACH COMMUNITY PROJECTS
and HAVERHILL FOODBANK

***Fundraising concert organised by
Dave and Marie, parishioners from St Felix***



**A CONCERT
FOR REACH**

**HAVERHILL
ARTS CENTRE**

EXPERIENCE AN EVENING OF
AMAZING LIVE MUSIC FROM A
GROUP OF TALENTED, EX-
PROFESSIONAL MUSICIANS, ALL IN
SUPPORT OF LOCAL CHARITY,
REACH COMMUNITY PROJECTS!

FRIDAY, 12TH MAY 2023
DOORS OPEN 7.00PM
CONCERT STARTS 7.30PM

TICKETS
£10 EACH

BOOK YOUR TICKETS
FROM THE BOX OFFICE:
01440 714140
HAVERHILLARTSCENTRE.CO.UK

Raised over £1800 to support the work of Reach

Weekly notices in parish newsletter about items required by Haverhill Foodbank.



EPIPHANY GIFTS

During the Advent and Christmas seasons we are preparing 'gifts' to donate to REACH.

We are filling small boxes [about shoe box size] – with new **personal care items** suitable for men, women and children, - items such as shampoo, shower/bath gel, soap, toothpaste and toothbrushes, deodorant, disposable razors, flannels etc... or other personal care items you can think of. Just place your items loosely in your box – no wrapping.

At this time of the year, especially in current circumstances, Many people have to prioritise food and heating over other basic essentials like personal care items.



**Please bring your filled box to church
on the FEAST OF THE EPIPHANY – 6TH/7TH January 2024
and place it on the altar steps around the Crib**

**These boxes are part of our Epiphany offering
and will be taken to REACH during the following week.**

Thank you very much

from St Felix newsletter - 31.12,2023

ENTRY FROM REACH FACEBOOK PAGE – 13.01.2024



Reach Haverhill

13 January at 10:00 · 🌐



Thank you so much to St Felix Church for their very thoughtful donation - they have put together ALL of these boxes of toiletries! We don't always have toiletries, so its nice to give out these essential items that can make people feel more like themselves again. Thank you!



EPIPHANY PERSONAL CARE GIFTS for REACH.

Please bring your 'Epiphany gifts' to church
THIS WEEKEND, January 4th/5th
and place them in the appropriate boxes on the altar steps.



Bathing/showering: eg Bath/Shower gel, soap, flannel

Hair care: eg shampoo, conditioner, hair brush, comb

Dental care: eg. Toothpaste, toothbrushes, mouthwash

Women's items: eg deodorant, moisturiser, hand cream

Men's items: eg. Razors, shaving cream, deodorant

For some families basic school supplies could be useful - a pencil case with pencil, pen, eraser, pencil sharpener, ruler and a few colouring pencils or felt-tips/ etc.

Thank you.

from Parish Newsletter 05.01.2025

EPIPHANY GIFTS FOR REACH



We filled 13 supermarket fruit boxes (2 boxes missed the photo shoot as they were already in the cars for delivery to Reach along with some bags of toilet rolls!)

All were delivered to REACH on 6th January 2025 –
The Feast of the Epiphany of the Lord.

PENNIES for PEACE JAR

*Continuous collection for the work of Pax Christi.
Donation sent to Pax Christi
in addition to annual parish collection on Peace Sunday*



PARISH FINANCES

Collection for weekend 13th/14th January 2024

Standing orders £359.00

Collection £392.90

Total: £751.90

£126.50 for Pax Christi
and an additional £108 for Pax Christi
from our 'Pennies for Peace' jar which
stands in the narthex.

SUPPORT TO PRISONERS IN HMP HIGHPOINT

PRAYER:

INFORMATION and PRAYERS in

PARISH NEWSLETTER



PRACTICAL HELP:

**DEADLINE for CARD DONATIONS
THIS WEEKEND**

CHRISTMAS CARDS for PRISONERS in HIGHPOINT

Dcn. Huw is making his annual appeal for Christmas cards for prisoners in Highpoint Prison to send to their families,

The cards should have a religious theme and, for security reasons,

MUST

**be new, and in the manufacturer's unopened,
sealed packaging**

There is a box in the narthex for your donated cards.

Thank you very much.

PRAYER FOR PEACE IN UKRAINE AND AROUND THE WORLD

ST FELIX VIGIL OF PRAYER FOR PEACE



On Thursday evening, 26th March 2023, we continued our prayer for peace in Ukraine and around the world.

The Peace Flag and the Ukrainian Flag hung from the altar and Ukrainian votive candles were lit on the altar.

On the cross on the floor before the altar we placed candles in prayer for the many other countries in the world where various forms of conflict continue and where people still struggle in the aftermath of previous years of war.

WE PRAY FOR PEACE...

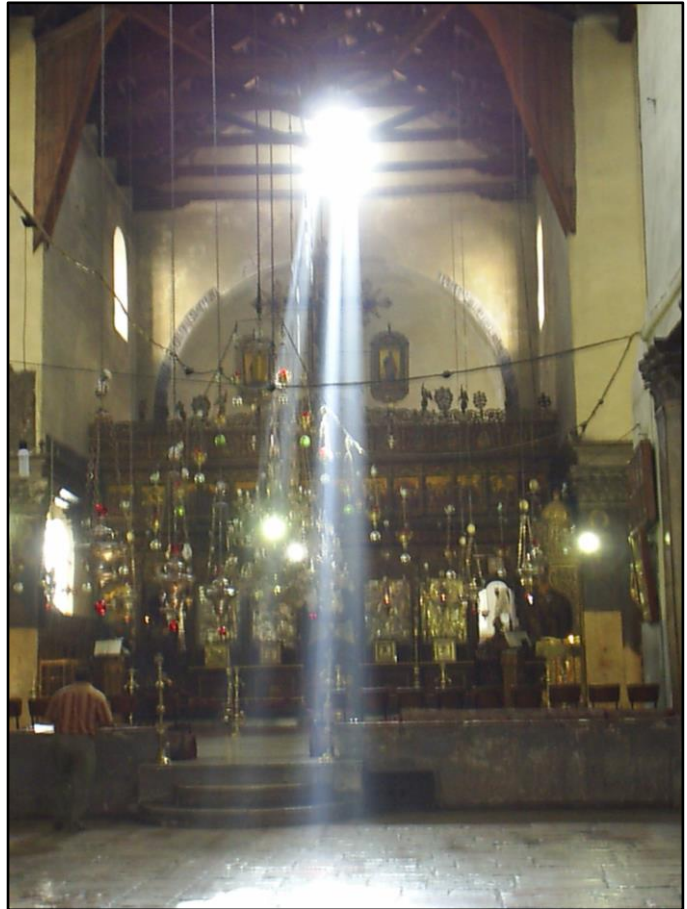
From weekend 1st/2nd June 2024

PRAYER FOR THE HOLY LAND:

During our Sunday Masses we, the people of St Felix parish, will come together and unite our voices in prayer for peace in the Holy Land and throughout the world.

During 'The Prayers of the Faithful', following on from the 'Hail Mary', we will continue to seek the intercession of Our Lady as we pray for the Holy Land.

We will use the following prayer, praying together...



Church of the Nativity, Bethlehem

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death.

Look with compassion on the Holy Land, where, by the power of the Holy Spirit, you gave the Redeemer to the world. Pray with us, Holy Mother, that injustice, hatred, intolerance and violence will be removed from your native land, and the gift of your Divine Son's peace will be truly received and accepted there, and throughout the world. We ask this in the name of your son, our Lord.

Amen.

ACTIONS TO LIVE SIMPLY:

Main Action:

To support Creation by walking more gently on the earth and reducing our negative impact on the environment by enabling and encouraging the members of St, Felix Parish

**TO PROMISE TO CARRY OUT ONE
ADDITIONAL ACTION TO LIVE SIMPLY,
SUSTAINABLY AND IN SOLIDARITY WITH
CREATION.**

- Maintain action initially throughout Season of Creation 2022.
- Collect promises on a 'living' tree in church
- Challenge people to permanently incorporate action into their future way of living
- Share promises to encourage and inspire each other to live more simply.
- Plant 'living' tree in church garden



St Felix 'Tree of Promises'



Our 'Promises Tree' planted in St Felix garden on Sunday 30th October 2022 now contributes to the health of our local environment and people.

OUR PROMISES – on display in church.



St Felix Parish Sustainability Promises Tree Season of Creation 2022

Switch off electronics when not using

Recycle more

Put everything in the right bin

Turn off water when brushing teeth, washing hands & shaving

Turn down the temperature on the heating and water

Use my bike for short journeys, not the car

Feed the birds

Say a prayer for the earth each day

Shop locally to avoid driving to the supermarket

Buy Fairtrade goods where possible

Pick up litter from the park and in the road once a month

Switch off all lights when leaving the room

Switch off sockets at night

Don't leave electrical goods on standby

Buy fruit and veg from the market not in plastic bags

Eat mostly plants

Use water with care

Wash laundry at lower temperatures

Plant only indigenous plants to support wildlife

Use only peat-free compost

Drive less, walk more

Reduce my energy consumption

Pray each day for creation, God's people and our common home

Showers for 5 minutes max

**If running off water catch it in a jug and use to fill the
kettle**

Use less kitchen roll and paper towels

Dry the laundry outdoors – use the dryer less

Use scrap paper for shopping lists. Receive St Felix newsletter by email & don't collect hard copy

Love and pray for God's creation and his people, especially the poor

Amen

OTHER ACTIONS TO LIVE SIMPLY

- Reduce our church's energy consumption and carbon dioxide emissions by:
 - Replacing light bulbs with energy efficient lighting
 - Reduce thermostat by one degree when heating church.



- Plans to fit Solar Panels to roof of Church house in 2025.
- Reminders and encouragement to parishioners in parish newsletter to live more simply

Newsletter 04.09.22

Here are a few ideas to get you thinking....

- +*Replace one car journey a week with a walk/cycle/scooter journey*
 - +*Replace 30 minutes of screen time a day with reading/crafting/praying/chatting...*
- +*Have one extra meat-free day a week.*
 - +*Put aside a moment each day to pray for God's creation; the people and our common home.*
- +*Use Fairtrade tea, coffee and other items.*
 - +*Turn off lights when not in rooms.*
- +*Switch off electrical appliances at socket when not in use.*
 - +*Produce a wildflower patch in your garden, or a wildflower window box or garden tub.*
- +*Plant a tree.*
 - +*Take a nature walk, appreciating and finding out about what you see.*
- +*Pick up litter (carefully) in your local area and dispose of it appropriately.*
 - +*Reuse old clothing that isn't good enough to pass on to charities for dusters, cleaning cloths etc.*

YOUR IDEAS WOULD BE MOST WELCOME!

Newsletter 02.09.23

KEEP HAVERHILL RECYCLING

RECYCLE MANY ITEMS WHICH CANNOT CURRENTLY BE RECYCLED THROUGH THE COUNCIL BLUE RECYCLING BIN.

***TETRA PAK drink cartons, *SMALL ELECTRICAL ITEMS,
*EMPTY MEDICINE BLISTER PACKS, *PENS, MARKERS AND
FELT TIPS, *PRINTER CARTRIDGES, *BATTERIES *TOOTHPASTE
TUBES AND TOOTHBRUSHES, *COFFEE PODS, & *MIXED
FLEXIBLE PLASTICS**

Next collection date: 9th September

Newsletter – 04.08.24

LIVE SIMPLY - Thoughts and Reflection

We are approaching the beginning of the ecumenical celebration of the Season of Creation. The 2024 theme is "**To Hope and Act With Creation**". To begin our preparations consider and reflect on these words from Pope Francis' landmark encyclical *Laudato Si; on care for our common home*.

Laudato Si §211

“Only by cultivating sound virtues will people be able to make a selfless ecological commitment. A person who could afford to spend and consume more but regularly uses less heating and wears warmer clothes, shows the kind of convictions and attitudes which help to protect the environment. There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle. Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, cooking only what can reasonably be consumed, showing care for other living beings, using public transport or car-pooling, planting trees, turning off unnecessary lights or any other number of practices. All of these reflect a generous and worthy creativity which brings out the best in human beings.”

ACTIONS TO LIVE SUSTAINABLY WITH CREATION:

Main Action:

*Promote biodiversity of wildlife in our
Church grounds by:*

- *Setting aside an area of the church grounds
as a wild flower garden
[from early spring 2022]*

*Help improve the air and environment for all
living in the locality, help capture carbon
dioxide and provide another habitat for
wildlife by*

- *Planting trees in the church grounds
[from spring 2022]*

St Felix Wildflower Meadow

You may have noticed that the grass has been allowed to grow longer on the bank at the side of the church. The Holy Father, Pope Francis, has called on us all to care for the environment in his encyclical 'Laudato Si' and encouraging wildlife and flora in this area of the church grounds is one way of doing so. Angela Wilson is currently monitoring the species growing there and has planted wildflower seeds on the bank, which are just beginning to germinate and establish themselves. This is what was growing in April [2022]

Green alkanet



Cowslip



Do encourage your children to look for the flowers and learn their names, but please **discourage** them from climbing and running on the bank to give the flowers a chance to grow! *Thank you.*

From St Felix Newsletter
THIRD SUNDAY of EASTER – 1st May 2022



**ST FELIX
WILD
FLOWER
MEADOW**

**Flowers
April/May
2023/2024**

**Cowslips
Daisies
Purple dead nettles**

Buttercups





**Germander
speedwell**



Common vetch





**Tree planted in St Felix garden
in memory of Fr. Michael Teader**



**Six Crab Apple trees planted in the grounds of St Felix Church as part of 'Queen's Canopy' - spring 2022
Seventh tree planted in garden of parish house.**

OTHER ACTIONS TO LIVE SUSTAINABLY WITH CREATION

Encourage St Felix Parishioners to Recycle

- Use Council recycling bins at church.
 - Suggestions in parish newsletter
- Visit to SUEZ Suffolk 'Energy from Waste' facility in Great Blakenham, near Ipswich.

Reduce Parish's use of paper, re-use surplus paper and then recycle

- Produce a weekly parish E-newsletter
- Re-use left over copies of 'Sunday Plus' as note pads
 - And Mass intention envelopes.

ADVENT PROMISES

Following our promises to live more simply and take greater care of our common home during the Season of Creation here are some actions we can take to continue our promises into our Christmas preparations.

At this time of the year we use lots of paper and card.

- Use FSC certified materials as much as possible. Look out for this logo when shopping for paper, cards, calendars, crackers etc.



- Use recycled wrapping paper
- Reuse and/or recycle your wrapping paper – remove cellotape and scrunch it up [if paper springs open again it is not recyclable]
- Use hemp string to tie your parcels
- After Christmas, remove embellishments from cards so that the rest of the card can be successfully recycled.

*St Felix Group dressed for tour of
SUEZ Suffolk - Energy from Waste Facility
27.07.2023*



*Visit report published in parish newsletter
and in Diocesan newspaper
'Catholic East Anglia'*

Old 'Sunday Plus' → Note Pads...



.... And → Mass Intention Envelopes

