

**CATHOLIC LEAMINGTON**

**EXTRA**

**FEBRUARY 2022**



## Fair Trade Fortnight

**21st February  
to 6th March**

Climate change is adding immensely to the problems faced by many small farmers in developing countries. Torrential rain, floods and excessive heat often leave communities with few resources. Companies like Traidcraft work with these communities and help demonstrate different crops and more diversity to help this transition.

For example, Traidcraft Exchange is now working with a leading juice formulator in Senegal to develop a new range of export-quality juices, which will provide the farmers and fruit collectors with access to new, higher-value premium markets. Also, the Fair Trade premium on the goods helps to give communities the extra finance to invest in their futures. See more of the projects and work at <https://traidcraftexchange.org.uk>

**NB:** Remember to look for the Fair Trade logo when you shop! Ask for Fair Trade coffee when you go to a coffee shop!

## Pastimes

**Pastimes is back! Come and join us!**

**Every Tuesday after the 11am Mass through till 3pm**  
Drop in at any time for chat, refreshments, games, book club and more. Everyone welcome.  
Mary Curran [grannycurran@aol.com](mailto:grannycurran@aol.com)

## SPAN Meeting and Annual General Meeting



SPAN has its next meeting and AGM  
**Monday 14 February  
at 7:15 for 7:30pm on Zoom.**

There will also be a reflection on one of the Synodal questions. **Everyone is invited** – just ask for a Zoom invite from Paul Hayden at [paulhayden444@gmail.com](mailto:paulhayden444@gmail.com)

SPAN has supported the **House of Light and Hope in Beirut, Lebanon**, for many years. It is a place of help and support in a community torn with social and economic problems where people suffer as a result of war and poverty. SPAN sends regular amounts every month and the Director, Dr Robert Caracache, sends us updates and asks for prayers for some of the people they help, such as Mariana (see below) and your prayers would be very welcome

Mariana, a 26-year-old Lebanese woman has been in prison since she was 19 along with her mother. Both are accused of inciting the 16-year-old brother/son to kill the father/husband. The father, a violent and alcoholic man, often beat his wife and daughter. The mother was often heard wishing her husband dead. The police concluded that the crime took place at the instigation of the mother and her daughter. As the boy was a minor at the time, he was sentenced accordingly and is currently free.

Mariana protests her innocence and is constantly having crying fits and suffers from depression, refusing to participate in the activities that take place in the prison. She has told the psychologist that after seven years in prison she has no future.

The House of Light and Hope has entrusted her case to a volunteer lawyer who has been working to review her trial. There will soon be a hearing to review.

Let us pray for Mariana that the Lord in His mercy will have mercy on this young woman and that she will be able to rebuild her life with His blessing and under His wings.

**EXTRA** is primarily for information that we do not have room for in the weekly newsletter. But we can only publish what you send in; please send notices (200 - 250 words) to

[catholicleamington.extra@gmail.com](mailto:catholicleamington.extra@gmail.com)

by **28th February** for the March edition. The EXTRA team is Brian Austin, Martyn Hathaway and Jane Rebika; and we could do with another person, as one of us may be leaving shortly—**can you help?**



Catholic Agency for  
Overseas Development

## A New Law?

CAFOD has asked us all to send a message to our MPs about a new Business, Human Rights and Environment Act, as called for by Parliament's Joint Committee on Human Rights. This new law would make sure that companies act to prevent human rights and environmental abuses happening in the first place by identifying and taking steps to address the risks that their activities pose. Go to: [cafod.org.uk/newlaw](http://cafod.org.uk/newlaw) There's more about this in the CAFOD **Campaigns Update for January 2022** that is available from our website page [www.catholicleamington.org.uk/cafod](http://www.catholicleamington.org.uk/cafod)



## Walk against Hunger

### In Lent

CAFOD's new Lent challenge is here! There are 200 million children in the world at risk of malnutrition, so why not walk 200k this Lent – done your way. Every day. For 40 days. [Watch the Walk Against Hunger video here](#)

[Join in now here](#)

## Family Fast Day – Friday 11th March

Join in Family Fast Day with your parish, friends and family so that more children can grow up big and strong. By eating simply and giving what you save, you'll be making a place at your table for children this Lent. Because no child should go hungry.

*Brian Austin.*

## Synodality

The ten people in the Parish 'Walking Together' Team would like to thank all parishioners for their prayers and participation in our Synod journey. Thank you to the scribes, enablers, coffee makers, our priests and everyone who promoted our activities.

We now start the process of discerning what our Parish has told us through looking at Synod Forms and reviewing the Synod meeting contributions; over a dozen meetings have been held in our parishes, with more than 150 people in attendance overall.

We have also asked fellow Christians to say how they see us and what would help us all work together in Catholic Leamington. I hope it is affirmative and encompasses the diversity of views and unity within our Churches and that whatever happens following this Synod, we in Catholic Leamington will have a report that may give us a focus for our own future direction.

Personally, I live in hope of the international process, knowing it will not be as radical as the application of scripture calls us to be. Is not, 1 Corinthians 12:12-30 and Our Lord's calling us to be One in the Lord in John 17:20, more than just a suggestion that ALL Christians, having a common Baptism and mission, be friends, but a call to do everything together! So, too Corinthians 12:31-13:13 is surely a call to rethink the way our regulations and doctrines are formulated so that the Love and Mercy of Jesus, are given their proper emphasis in the life of our Church.

*Paul Hayden.*

If you have any questions leading from this article, please contact [paulhayden444@gmail.com](mailto:paulhayden444@gmail.com)

### Synod Catholic Leamington – a short reflection

I am on the Synod Steering Group, yet feel I must still thank the group for its support and for the amount of work that has been put into the whole process. It has been quite amazing. I have found it a privilege to be at the meetings, to be able to share my views and listen to those of other parishioners. The questions were quite challenging. This has surely been an important event for Catholic Leamington. Looking ahead to different times, surely the task for us all now is to build on from the fruits of the Synod process so that we can grow into a more vibrant community. *Peter Dimambro*

## Recycling for Good Causes

The charity recycling box will hopefully be moving up to St Joseph's shortly for February and March. Please use it for the following, even if they are no longer working!

- Mobile phones
- Cameras and video cameras
- SatNavs
- Video gaming devices
- iPads, MP3 players
- Tablets BUT NOT PCs or LAPTOPS (separate address for those below)
- Stamps including Christmas stamps
- Coins and bank notes
- Watches and jewellery

**NB:** LiveSimply has received another cheque for **£65.30**, so the total donated to CAFOD now amounts to **£153.10**.

## Recycle your PCs or Laptops

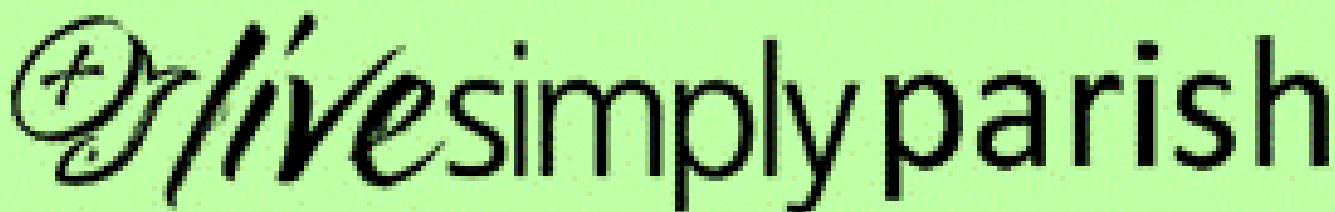
WeeeCharity is a not-for-profit UK-registered charity, based in Warrington, that helps to relieve poverty by offering a free and complete recycling service for computers and electrical equipment to businesses, residential and education facilities.

The equipment can be new, working or at the end of its life Weee can take it no matter what condition it's in. As a fully authorised, environmental agency registered charity, you can trust your equipment is recycled or refurbished responsibly.

Weee's goals are to protect and preserve the environment by recycling electrical waste to help reduce the amount that ends up in landfill through waste reduction, recycling, repair, refurbishment and for re-sale back into the community.

In this way, volunteers are trained – the unemployed, and those who are faced with disabilities or learning difficulties – with essential skills and knowledge in a safe working environment to improve their work ethic and to prepare them for full-time employment.

The charity will collect items. See <http://weeecharity.com/>

The logo for LiveSimply Parish features a stylized cross inside a circle on the left, followed by the text 'livesimply parish' in a mix of cursive and sans-serif fonts.

### The journey to being more sustainable

Did you see the invitation in last month's EXTRA on page 3? Did you have a look at the Pope's video? Did you check out our website page at [www.catholicleamington.org.uk/live-simply](http://www.catholicleamington.org.uk/live-simply) for more information about it? We've tried to make it as easy as **One – Two – Three!** Watch the video – Join the journey – Tell us you're in!

As we said last month, let's join the Pope in starting out on this journey with the help of the new website [Laudato Si Action Platform](http://Laudato Si Action Platform). There are three stages – complete a self-assessment; reflect on the Laudato Si goals; and decide on your own personal action plan. Let's do it!

### Planning for Future Events Become an 'Animator'

A Laudato Si' Animators' course starts just after Easter with a Webinar taking place on Wednesday 20 April 2022. **It will demonstrate how to become a LiveSimply leader in your parish: "To inspire and mobilise the Catholic community to care for our common home and achieve climate and ecological justice."** The new global course for English-speaking participants will have shareable resources and materials to promote the LSA course ready at the beginning of March. Registration will be open at [laudatosianimators.org](http://laudatosianimators.org) also around the beginning of March.

## Next LiveSimply meeting

The next LiveSimply Parish Zoom meeting is on Thursday 3 March 2022 at 7:30pm. You are very welcome to join us. Just ask Sioned for the zoom link [sioned\\_hammondjones@yahoo.co.uk](mailto:sioned_hammondjones@yahoo.co.uk)

### Let's do our bit for climate change

What are the supermarkets doing to address climate change? It is interesting to read what Morrisons is doing about switching the diet of its livestock as we know that more than 40% of livestock's climate footprint is made up of methane emissions, mostly from beef and dairy cattle

Morrisons is also collecting and processing soft plastics – you can take those which the council doesn't collect to the Morrison's store (also Sainsbury's on Shires retail park and Tesco on Emscote Road). Keep an eye on what others are doing – we will keep you posted also

Changing our diet to eat more plant based food is a great way to help reduce our own carbon footprint. How about some vegan meals to add to the weekly menu plan? Here is one favourite (from the St Peter's 'Keys to the Kitchen' cookbook, 2014!)

#### **Chickpea curry** (serves 4)

1 x 400gm tin chickpeas  
1 x 400gm tin coconut milk  
2 tbs tomato purée  
1 large onion  
2 cloves garlic  
2 carrots  
1 large handful mushrooms  
250gm cauliflower florets  
2 tbs ground almonds  
2 tsp ground cumin  
1 tsp ground coriander  
½ tsp turmeric  
½ tsp garam masala  
½ tsp ground ginger (1" fresh ginger)  
300 ml vegetable stock

Finely chop the onion and fry in a good glug of olive oil until the onion softens. Finely chop the garlic and add to the pan. Mix in the spices and then the tomato purée. Fry this mixture for a couple of minutes stirring so that it doesn't burn. Drain the chickpeas, add to the pan and give it a good stir. Next add the carrots and cauliflower. Give it another stir. Add the stock and ground almonds. Stir then reduce the heat to a simmer and cook over the low heat for 20-30 minutes without a lid. Garnish with chopped fresh coriander and some plain yoghurt. Serve with rice or naan bread.

Send your favourite vegan recipe to [catholicleamington.extra@gmail.com](mailto:catholicleamington.extra@gmail.com)

## Parish visiting is starting again

**Can you help with visiting? or would you like to be visited?** Now that home visits can begin again, after nearly two years of Covid restrictions, the Parish Visiting Team and the Welcoming Group are re-starting. We are appealing for new members to join us.

Examples of visiting (that are notified in advance by letter, email or phone):

- ✓ Families who have had their children baptised in recent years
- ✓ New parishioners who have notified us that they have recently joined the parish [Welcoming Group]
- ✓ Follow up visiting to non-churchgoing Catholics, to non-Catholics who show an interest in the Catholic faith; and to other non-churchgoers to invite them to RCIA sessions starting each year in October
- ✓ Referrals from the clergy
- ✓ Requests from parishioners etc
- ✓ Home to home visiting – pre-notified in advance by letter (no cold calling).

Visiting is normally on weekdays.

Contact: Peter Dimambro 01926 428399 or [mdimambro@hotmail.co.uk](mailto:mdimambro@hotmail.co.uk)

## Epiphany homily given by Pope Francis at St Peter's Basilica on 6th January

This homily from Pope Francis is so inspiring I have placed it on the Catholic Leamington website [here](#). I am sure it will be of benefit to you and a prayer resource throughout 2022. A short extract is reproduced here:

**“...Let us look first to ourselves and ask: how is the journey of my faith going? This is a question that we can ask ourselves today, each one of us. How is the journey of my faith going? Is it parked or is it on the move? Faith, if it is to grow, has to begin ever anew. It needs to be sparked by desire, to take up the challenge of entering into a living and lively relationship with God. Does my heart still burn with desire for God? Or have I allowed force of habit and my own disappointments to extinguish that flame? Today, brothers and sisters, is the day we should ask these questions. Today is the day we should return to nurturing our desire. How do we do this?...”**

For the full text visit [catholicleamington.org.uk/prayer life/prayer groups](http://catholicleamington.org.uk/prayer-life/prayer-groups) and scroll down to Our Prayer Reflection for 2022. For a paper copy contact: Peter Dimambro on 01926 428399.

