

THOUGHTFUL LIVING NEWSLETTER

MARCH - APRIL 2025



I hope you are all enjoying a good Lent. I sometimes feel it is a little easier when we have passed the halfway mark and the sun is shining. The Laudato Si' Movement is now celebrating its tenth anniversary. At this time it is worth remembering the principles of the movement announced by the Holy Father in his encyclical, Laudato Si' to live simply; sustainably with creation; and in solidarity with the poor.

I am sure many of us have tried to live more simply this Lent - more vegetarian meals, no chocolate and less time on social media. Can we take some of this forward after Easter? Perhaps we can all make some such small efforts between Easter and next Ash Wednesday and continue our journey of faith and transformation.

Global Earth Day on 22nd of April is an opportunity for us to think about how we can protect our common home. The TLG has decided to facilitate the recycling of empty blister packs of tablets. One of our recycling bins has now been given over to this purpose - you can still recycle your writing implements at Sonning Common Library in Grove Road. During a clearing out phase at home, I found several pairs of old spectacles. Such items are easily recycled now at, for example, Specsavers or Boots Opticians. The Repair Café at Springwater Church takes place the first Saturday of each month - can we make use of this service and reduce the waste that goes into landfill?

St Michael's Parish has a wonderful record for helping those who are in need. The support for CIRDIC has been longstanding and humbling, as is your more recent generosity towards the Reading Refugee Support Group. We also have a reliable group of volunteers who regularly help out at the foodbank - new volunteers are always welcome!

In recent weeks you have remembered the disadvantaged children in our area by donating Easter Eggs as well as those on the front line in Ukraine in the appeal for used candles.

Such small actions do mount up to make a difference to our lives, our planet and the disadvantaged. For Earth Day can you make a pledge to continue one of your Lenten acts or start a new one from Easter Sunday until Ash Wednesday 2026? The TLG would like to encourage this by making a display of our pledges. Please look out for papers to write your pledges on and think how you might best answer Pope Francis' call.

Mary