

ECO-FRIENDLY NEW YEAR'S RESOLUTIONS

A new year. Time for new beginnings, new resolutions, and new ambitions. Whether you're testing the water with a small commitment or ready to make a big change, here are some ways to do your bit for nature in 2023. Pope Francis has asked us specially to care for our common home. Maybe this year we can do a bit more.

Reduce waste We're facing a climate emergency and many of us are looking for ways to make a difference. A great resolution is to reduce waste. Here are some ideas:

- **Reduce:** consider everyday things like your energy consumption. Turn appliances off at the wall and switch lights off when not in use. You could even switch to an energy company that offers 100% green energy.
- **Reuse:** avoid single use items like carrier bags, coffee cups and cling film wherever possible. Long lasting alternatives are available for many items, like shopping bags, reusable v cups and beeswax wraps. Go a step further by switching out plastic washing up sponges, nappies or face wipes for washable cloth substitutes, or buying second hand goods from charity shops, car boot sales and online sites.
- **Recycle:** think beyond simply splitting waste into recyclables and non-recyclables - consider the packaging of every purchase. Do you have any local zero-waste shops? Could you buy loose veg instead of bagged at the supermarket? Can you take your own containers to the takeaway?
- **Go local:** shipping goods over long distances has a higher environmental impact than buying locally. Shopping in person will often involve less packaging than buying online too.

Discover the joy of volunteering Whatever your skills or background and however much time you can give, you can make a difference. From campaigning online at home to getting your hands dirty in a woodland working group, there's something for everyone. As well as helping trees and woods, you'll be meeting new people and learning new skills. Apply for a specific volunteer role, or dip in and out of our citizen science projects whenever you have a little spare time - you could record thick gnarly trees near you for the Ancient Tree Inventory, or a number of natural events that signify the changing seasons for Nature's Calendar. Every little helps!

Plant a tree (or several). Planting season runs from November to March, so tick off your target for the year by planting a tree this winter. It may seem a relatively quick and simple action, but the rewards are endless.

Choose suitable native species for your space and enjoy watching your tree grow and thrive through the coming seasons. You'll also be creating a future home and food source for wildlife, helping to fight climate change for years to come and much more.

Plant trees in your garden, community space or as part of a large scale project. Make an occasion of it by inviting loved ones to join you in planting and watching the trees grow! Don't have anywhere to plant? Contact your local council or look out for our tree-planting events.

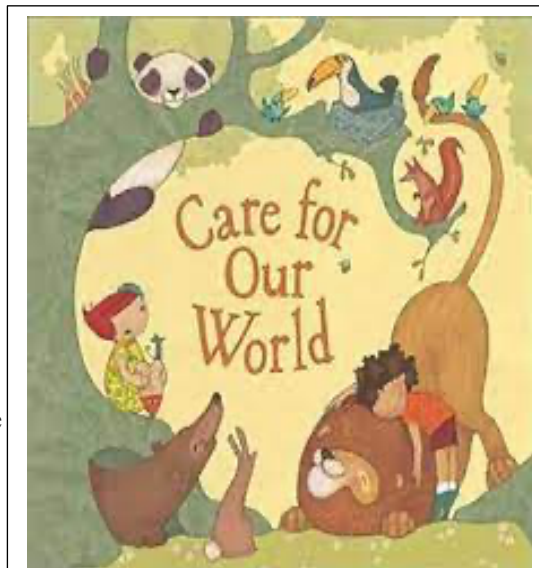
Grow your own food A really rewarding resolution is to grow your own food. It's cheaper, reduces your environmental impact and tastes even better knowing you've grown it yourself – what an achievement! You don't have to be a seasoned gardener either – easier options like potatoes and rhubarb are great for beginners. If your patch is small, try herbs in a window box, blackberry hanging baskets or think three dimensional – grow your own fruit with trees like cherry and crab apple.

A little prayer

God of blessings,
the universe sings of your glory.

Deepen our gratitude for all you have made
and awaken in us a renewed commitment
to care for the earth and each other.

Inspire leaders with openness to listen to those most affected by climate change
and with courage to act urgently and wisely,
so that our common home may be healed and restored
and all people, and generations to come, may delight in it. Amen



PARISH LINK

December 31st/

January 1st



Thought for
the week.



We are all broken,
that's how the light
gets in

Ernest Hemingway

We Remember... This weekend's intentions –

St Mary's 6pm: Mary Kelly (A) JP & Margaret Kelly (A)
Richard & Moira Price (A)

St Patrick's 10am: Bernard Byrne (Rec Dec'd)

St. Mochonog's 10am: Owen Roche (A), Joseph Fisher (A)

St. Mary's 11am: Patrick Cahill (Rec Dec'd)

Please pray for

All in our community
who are sick,
in pain, struggling
mentally or physically
and need our support.



THANK
YOU

To Everyone who has played a part in
making our faith communities warm
friendly and welcoming this year. From
sacristans to singers, from cleaners to
caterers, ministers to musicians,
groundsmen to handymen, from finance to
flower arranging, funeral leaders to funeral
helpers, secretaries.
to screen managers, readers to rota
providers, artists to altruists, meeting
attendees to all our faithful attendees! Each
and everyone of you are stars!

Community prayer

This month our gathering with St Patrick's
will take place on **Wednesday 17th of
January at 11 am at St Patrick's rectory.**
Save the date for informal prayer and coffee
afterwards



BEANNACHT

On the day when the weight deadens on your shoulders, and you stumble, May the clay dance to balance you. and when your eyes freeze behind the grey window and the ghost of loss gets in to you, may a flock of colours, Indigo, red, green, And azure blue, Come to awaken in you a a meadow of delight.

When the canvas frays In the currach of thought and a stain of ocean blackens beneath you, May there come across the waters path of yellow moonlight to bring you safely home.

May the nourishment of the earth be yours; May the clarity of light be yours; May the fluency of the ocean be yours, May the protection of the ancestors be yours.

And so may a slow wind work these words of love around you, an invisible cloak to mind your life.

Beannacht: A Blessing for the New Year. [John O Donohue](#)