

St Alban's going for Bronze in 2024

NOVEMBER NEWSLETTER

Thank you so much for supporting our Macmillan Coffee Morning we made over £300.

Our Harvest Festival was very successful, thank you for all your donations which were gratefully received by Stockport Food Bank.

WORLD KINDNESS DAY

November 13th 2023

Make the world a kinder place; little things make the world go around.

Give compliments, smile at strangers, hold a door open for someone, give up your seat on a crowded train or bus. Always be careful.

Give extra long hugs to family and friends....kindness and connection go hand in hand, take a few extra minutes to hug loved ones and friends. They might wonder what's got into you, but they'll appreciate it nonetheless!!

WILDLIFE THIS WINTER

Provide food and shelter for wildlife, now and in preparation for next year. Reminder to clean all your bird feeders to avoid the spread of disease to winter migrants and put up a nest box well in advance of breeding season. A nest box could also prove a cosy spot for small birds to spend the night on particularly cold winter evenings ahead.

PREPARE FOR A GREENER CHRISTMAS

What ways can you make sure your Christmas is both a celebration of Christ's coming and better for His creation? **Here are some Eco Christmas ideas**

Advent Calendar. Support overseas farmers by ensuring that your advent calendar, and any Christmas chocolate, is Fairtrade.

Natural wreaths and decorations. Collect holly sprigs, ivy trails, pinecones, rose hips... Don't take too much and do leave some berries for the birds. Then make a beautiful wreath and Christmas decorations from natural materials.



Homemade gifts. Baked goods for example or buy gifts from a charity shop. You could buy an attractive glass or vase and fill it with chocolates or flowers. Kilner jars, and other glass jars, filled with small items also make attractive gifts.

No Palm Oil. Many beauty products contain palm oil. Its production causes mass deforestation, air pollution and human rights abuses. Read labels carefully. Avoid products with unsustainable palm oil.

Dim the lights but not the joy! LED Christmas lights help to save energy and money. Use eco-friendly candles made from beeswax, soy or other vegetable alternatives – avoid paraffin-based candles.

Try a Veggie Christmas meal. Would your visitors be willing to try a tasty new vegetarian recipe? SEE OUR NOVEMBER MAGAZINE FOR THE RECIPE. If you do eat meat, make sure it's free-range or organic, and buy it from a local farmer or independent retailer.

Recycle right. Christmas increases our countries waste. Paper Recycling - most wrapping paper is not recyclable. You can test it by doing the 'scrunch' test. If it springs back, it isn't recyclable. And always remove the Sellotape. No Glitter or foil. Same for Christmas Cards

Remember the reason for the season. Practising generosity and hospitality is a great way to show Christ's love at Christmas. Perhaps you could invite someone who'd otherwise be on their own, to join you one day over the Christmas period.

Carry on caring for God's earth throughout the year. Nature needs us more than ever. Choose a change to make this Christmas. Be gentle on yourself and be realistic but challenge yourself too.

November Prayers

Oh Lord, seize us with your power and light, help us to protect all life, to prepare for a better future, for the coming of your Kingdom of justice, peace, love, and beauty. Praise be to you. Amen. (Laudato Si, 246)

We thank you for the splendour of the whole creation, for the beauty of this World and for the mystery of Love. (BCP)

Thought for the month.

Be as simple as you can be. You will be astonished to see how uncomplicated and happy your life can become. (Paramuhansa Yoganada)

Thanks Janet

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