

EUCCHARISTS IN OCTOBER

DATE - CELEBRANT AND PREACHER - ORGANIST

Sunday 5th October - Cn. Colin Travers - Jonathan Ayerst

Sunday 12th October - Fr. Colin Jones - Jonathan Ayerst

Sunday 19th October - Fr. Colin Jones - Tjakko de Jonge

Sunday 26th October - Fr. Colin Jones - Natassa Lima

Children's Church: at 10.45am each Sunday.

Chaplain:

Fr Colin Jones - csjones@stjamesoportto.org
910 423 704

Associate Chaplain:

Canon Colin Travers - revtravs@gmail.com

+44 7503 247315

Churchwardens:

Julie Chambers - 918 685 772

Vicky Field - 926 149 029

Safeguarding Officer:

Victor de Holanda Veloso - 933 865 095

Caretaker:

Cecilia Teixeira - 917 647 825

(please speak Portuguese)

Largo da Maternidade Júlio Dinis, 45
4050-371 Porto, Portugal

BOTTLES AND TOTE BAGS

Have you got yours yet?

8 euros each - available at Church on Sunday



Canvas Tote (2 color)



Water Bottle (2 color)

WELL HOUSE BIG CLEAN

Saturday, 18th October 2.00pm - 4.00pm.
If you could join for all, or some of this time to help give an annual clean-up in the Well House we would be grateful. You will be rewarded with coffee/tea and cake! Please speak to Julie if you can help.

NOVEMBER DATES TO NOTE

- Sunday 9th November: 10.45am Remembrance Day Service
- Friday 14th November: 9.00pm Night of Serenades
- Thursday 27th November: American Thanksgiving Dinner

A CELEBRATION OF CREATION AND ANIMALS

Saturday, 11th October coincides nicely within the week of "Animal Welfare Day" and we will hold a special service at 2.30pm in front of St James Church. Do come along with your pets for this unique service. World Animal Day is a day dedicated to raising awareness about animal welfare and promoting the rights of all animals. People and organisations around the world will participate in various events to advocate for better treatment of animals. The day was first celebrated on 24th March, 1925, but later moved to October 4th to coincide with the feast day of Saint Francis Assisi, the patron saint of ecology.

HARVEST FESTIVAL

On Sunday 5 October we have our Harvest Festival as we give thanks to God for the abundance of our world and pray for those living in food poverty, both locally and globally. This year we will not be collecting food, but will give our collection at the Eucharist to the Salvation Army, whose officers will be attending. The service will be followed by a Bring-and-Share Lunch which Peggy Johnson is organising. Please speak to her if you have not signed up for lunch.

See over for Claire's environmental thoughts and challenges for the month.



CLAIRE'S GREEN TIP OF THE MONTH

Small steps: suggestions for actions to reduce our climate impact

Reduce: Reuse: Recycle

1. Buy seasonal, locally produced fruit and vegetables. Benefits: Reduces 'food miles', tastes better, supports Portuguese economy.
2. Walk, use public transport, especially trains and coaches for longer distances, if you drive consider an electric car. Benefits: Walking benefits your mental and physical health
3. Reduce plastic waste by carrying a cloth tote bag and a non-plastic water bottle (St. James' has them for sale) Benefits: Plastic has increasingly well documented problems for the environment and health so reduction in use is important. Some types are recyclable, but some are not.
4. Planning: Check how much food you are throwing away. Can you shop in smaller quantities more frequently? Can left overs be frozen for later use? Does your area have food waste and garden waste recycling points? Benefits: Saves Money, reduces waste.
5. Can you change your energy contracts to a 'green' option? Keep aware of your costs. St. James' energy contract is now renewable source electricity). Turn off unused/inactive lights and appliances. Benefits: Usually cheaper, of course some energy use is essential for health.
6. If you are fortunate enough to be able to access an outlet, there are brands of household products which allow you to refill the original bottles. (see photo) Benefits: Reduction in the use of plastics.
7. Buy good quality natural fibre clothes and wear them until they are falling apart! Benefits: Better for fabric recycling bins, does not produce microplastics in washing machine outflow, 'fast fashion' is a worldwide problem.
8. Plant Herbs/ flowers- even if you only have a window sill. LIDL sell good quality growing compost (other brands are available), look for sem turfa (peat free) If you are fortunate enough to have a garden space prune and weed less? (see photo).
9. Send Claire your own practices/ideas- we have one planet and we are all in this together, I am not an expert here!

There are shops where you can buy refills of many different kinds, here is one in Matosinhos Market The shop sells organic household and personal care products.



In areas of Matosinhos there are patches like this one left to flower and seed naturally, in order to support insects - particularly pollinators.

