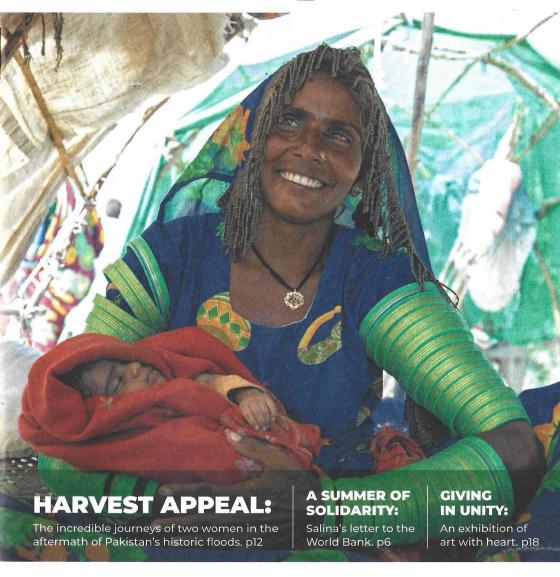
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HARVEST APPEAL:
2023



We are the official aid agency of the Catholic Church in England and Wales.

We are an international development charity who reach out to people living in poverty with practical help, whatever their religion or culture.

Front cover photograph: Meera and her baby Marwi in Pakistan.

Photographs:

Centro de Comunicación y Desarrollo Andino, Community World Service Asia, Thom Flint, Ciaran Hawley, Helen, In memory of the massacre of Pau D'Arco, Joe Newman, Louise Norton, Amit Rudho and Sally Tyldesley.

Illustration: Sam Osborne

The printing of Side by Side is carbon balanced. As certified by the:



www.carbonbalancedprint.com CBP2234

FOREWORD



Hello and welcome to the autumn edition of *Side by Side* magazine. As always, I have so much to thank you for this year – so many acts of kindness, big and small, to help make our work around the world possible.

It is heartbreaking to know that long-running emergencies, such as those driven by conflict in Ukraine and Sudan continue to cause immense suffering of people. The food crisis in East Africa is still frustratingly severe, with families making difficult choices to survive. The Catholic Community in England and Wales have continued to reach out with love, hope and prayer.

In Sudan, your past donations to our general funds are already helping get clean water, food and sanitation to people fleeing conflict. In East Africa our local experts are continuing to support their communities as they rebuild and recover. With your help, we will continue to listen and act together in solidarity for as long as it takes. Thanks to your support for our appeal, our Church network is working in Ukraine and on its borders, setting up safe centres with beds, food and washing facilities. We're also providing psychological support and child-friendly spaces.

Your support throughout the year is so vital to helping respond to emergencies as and when they happen. On page 12 you can read about how your donations to CAFOD helped local doctors and nurses get medical help to people who needed it after the devastating floods in Pakistan last year. This is just one example of how your gift this Harvest could help local experts respond immediately when help is needed in their communities.

Of course, CAFOD supporters like you do not only reach out and help in times of emergency, and I hope the stories in this issue will help celebrate some of the quieter ways you can and do help – help that may not generate headlines, but is not one bit less important.

I hope you enjoy reading them – and thank you so much again for all you've done.

M. J. Kitterick

Jo KitterickHead of Fundraising and Participation



An opportunity as unusual as my personal strengths

BY HELEN, FORMER CAFOD VOLUNTEER

olunteering with CAFOD is one of the most fulfilling things I did in the months I was looking for work after finishing my master's degree in translation. I knew that I wanted to use what I had learned to help others in the practical ways that Jesus consistently emphasises, but finding an appropriate opportunity wasn't easy.

I don't know exactly what it's like to be someone else, but I often get the impression that, as an autistic person, I struggle with tasks that most people wouldn't think twice about. I have some specialised skills, yes, but how was I supposed to provide any practical support when some of the most basic skills feel extremely complicated to me? I had to find an opportunity as unusual as my personal set of strengths and weaknesses, and I found this volunteering with CAFOD.

All over the world, there are people whose most basic rights are



ignored in favour of corporate profit. I volunteered as a translator for CAFOD's Latin America team, studying and translating powerful testimonies of people who have been denied access to clean water, criminalised for speaking out against injustice, and even lost loved ones who were murdered for defending human rights and the environment.

My first file was an interview with a lawyer who was under house arrest for a false charge because of his advocacy for the landless. As well as his own criminalisation, he spoke about the situation of the communities he represents and the murder of a community leader. Another case concerned a community that has lived with the presence of mining for decades, and whose health is suffering as their drinking water contains toxic metals.

The human cruelty in these situations is astounding. But what is even more remarkable is the resilience of the interviewees who continue to

fight for change. Many spoke not only about the ways in which their rights were being denied and abused, but also about their hope for the future and their faith in God. I developed a great admiration for this, and for their expertise in the fields they work in.

I finally found full time work a year after finishing university, which will sadly leave me with less time for volunteering. I hope I won't become indifferent to the injustices that I know are continuing. I will take forward what I've learned about the value of solidarity – and I will pray that I will be ready the next time I come across an opportunity to put my own solidarity into action!

ACT



Find out how you can put your unique skills to use helping others at cafod.org.uk/volunteer

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A SUMMER OF SOLIDARITY:

Thank you for signing Salina's letter to the World Bank.



BY ANDREA, FROM OUR CAMPAIGNS TEAM

Reflecting on the value of solidarity,
Pope John Paul II once said: "it is not
a feeling of vague compassion or
shallow distress at the misfortunes
of so many people, both near and
far. On the contrary, it is a firm and
persevering determination to commit
oneself to the common good..."

With this spirit of commitment to the common good, over two hundred parishes across England and Wales have added their name to a letter to the World Bank from a farmer called Salina, who lives in Bangladesh.

As with millions of other small farmers around the world, Salina knows first-hand the many benefits of using and saving traditional seeds to grow food in her own community.

"To keep the seeds in our own hands is the main thing," she says. "Without seeds, being a farmer is not possible. Diversity is very important too, because then you have no risks. If one crop is damaged, another crop will survive. And one farmer alone cannot maintain that diversity – we need to work together and share. It takes collective thinking."

Being able to freely access and save seeds for the next season is vital to producing nutritious food. It is also essential for building a resilient food system that can respond to extreme weather changes in this era of climate change.

I Pope John Paul II, J. Michael Miller (1998). "The Post-synodal Apostolic Exhortations of John Paul II", p.425, Our Sunday Visitor Publishing - https://www.sciaf.org.uk/about-us/our-approach/catholic-social-teaching







Above: Parishioners around the country have signed Salina's letter, with bishops from several dioceses also adding their names to her call.

Opposite: The signed letters will be delivered to representatives of the World Bank when they meet in Morocco in October.

Free access to seeds is also a fundamental right. This right is acknowledged by international agreements, such as the United Nation's Seed Treaty, to which the UK is one of the 148 signatories.

Sadly, the existence of this treaty does not mean that farmers' rights to seeds are always upheld. As many CAFOD supporters who've supported our campaign already know, these rights are under threat across the world.

LAWS THREATEN SMALL-SCALE FARMERS' RIGHTS

In many low-income countries, new laws are being introduced to promote commercial seeds owned by a handful of large multi-national companies. This means that small-scale farmers' ability to use and save their own seeds is under threat. And it is often the World Bank that is behind this – when countries request financial support from the World Bank, they can find themselves under pressure to accept these new laws as part of the agreement to access the support.

The impact of these laws may help large seed companies make profit, but this is done at the cost of restricting or penalising small farmers for using their own seeds. This is an attack on farmers' rights, climate resilience and food security.

This is why Salina has written a letter to the World Bank calling for the protection of the fundamental rights of small-scale farmers like herself to continue to be able to freely use and share their own varieties of seeds.

In October the World Bank is holding its annual meeting in Morocco and we have plans to deliver Salina's letter, signed by one thousand Catholics across England and Wales.

This expression of solidarity from the Catholic community is vital. The UK Government is a major shareholder of the World Bank and can therefore influence World Bank policy. By signing our name alongside Salina, we will send a strong message to the World Bank that the Catholic community at home stands with small-scale farmers across the world.

As Father John Cooke, from St William of York's parish in Sheffield points out:

"Everyone who attended Sunday Mass added their signature to Salina's letter to the president of the World Bank. We stand in solidarity with Salina, a Bangladeshi farmer, and many farmers who are denied control over the seeds they use. We believe and pray that we are helping to tackle global hunger. Please give your support to CAFOD's Fix the Food System campaign."

Seeds are a common good, gifted to us by God for all to enjoy. A big thanks to all the parishes who have supported Salina in her call for action.

ACT

Continue supporting the Fix The Food System campaign and take this online action cafod.org.uk/food



CARING FOR OUR COMMON HOME: PLAYING OUR PART

We're now in the Season of Creation, the period in the Church's calendar when we're called to give special thanks for our common home and play our part in caring for it.

Throughout 2023, thousands of Catholics have been calling for the UK Government to take action. Here, some CAFOD supporters who've been raising their voices this year explain why they're calling for the Government to play its part.

JERRY

"We need to be moving faster. We need to be moving quicker. We hear that the UK's doing lots of good things, but we did lots of bad things in the past, during the industrial revolution and we need to do more now, to catch up.

"We, the adults of the current generation, have the ability to act and to do things and make changes. The children who are coming forward will have to suffer if we do not take action now. And as we are the stewards of the planet, and not the owners of the planet, we need to do something that makes sense for the future."

ANNE

"We've got to take action in ourselves first of all, and then share with what's happening to our sisters and brothers across the world – people who are already losing their homes, losing their powers to be able to live. And so we've got to join with them."

MAGDA

"It is important to speak out against injustice because otherwise, I think, just the big companies win. We have to join together, the common people, and say that we matter.

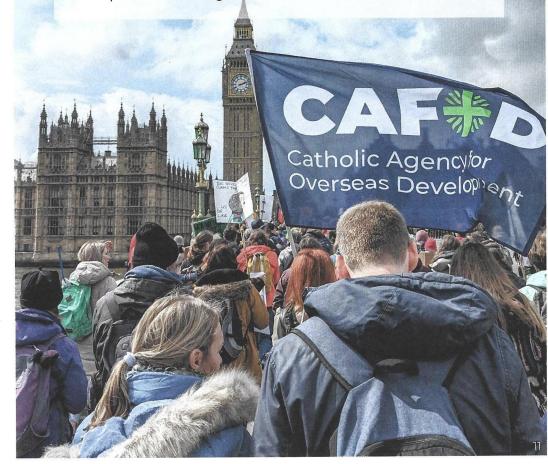
"If I could speak to someone, to the Prime Minister today, I would say, listen to the people and stop only looking at the big companies' interests, the big oil companies' interests. Put the future of the planet first."

Opposite: CAFOD campaigners took to the streets in April to demand the Government end its investment in fossil fuels.

How the UK Government can play its part at COP28

The annual UN climate talks – COP28 – will take place in December in the United Arab Emirates. As one of the largest historic emitters of greenhouse gases driving the climate crisis, we're calling for the UK Government to act on three fronts:

- Push for an end to all fossil fuels to keep global temperature rises below 1.5C. This means stopping all new oil, coal and gas projects and phasing out existing ones.
- 2. Fund the Loss & Damage Fund with new money from grants, not loans, to support countries suffering the impacts of climate catastrophes, such as floods in Pakistan and drought in Kenya.
- 3. Channel support towards small-scale farmers who grow food in ways that protect nature, and away from big agricultural companies that damage the environment.





This time last year, Pakistan was devastated by flooding on a scale never seen before. At one point more than a third of the country was underwater, the homes and farmland of thousands of families washed away.

It was midnight. The storm had just broken through, and her home was filling with water. That was the moment Meera felt herself go into labour.

She and her husband rushed out, even as the floodwater rushed in. They got their children to safety and raced to the hospital, determined to give their new baby the best chance, even if it meant leaving everything they owned behind.

"The whole village was flooded.
The water was up to our knees," Meera remembers. "Just reaching the road to get out of the house to go to the hospital was very difficult. We paced towards the road and waved our hands, and a motorcycle stopped."

Meera and her husband borrowed a motorbike from a passing neighbour and rode through the darkness, battling against the rain and the rising water. Thankfully, they made it, and Meera was overjoyed to hold her new daughter, Marwi, in her arms. But when the couple brought their baby back from the hospital, their home was gone – swept away by the flood.

The family moved into a temporary shelter at the side of the road. But with little food and nothing but contaminated water to drink, diseases started to spread throughout the camp, and Meera and her children soon became sick.

DOCTORS DRIVEN BY COMPASSION

"The impact of the flooding was very bad," says Dr Nasha, from our partner Community World Service Asia, as she sits in her clinic at the end of a busy day of treating patients. "Shelters were destroyed. People's animals died and the flood destroyed all their crops."

As she finishes writing up her notes, there's the rumble of an engine starting, and the clinic begins to vibrate. Dr Nasha goes to take her seat. A moment later Dr Nasha, her team of expert doctors and nurses, and their entire clinic are rolling down the street, ready to visit another village tomorrow.

Dr Nasha works in a Mobile Health Clinic – a motorised modern medical centre, packed with everything she and her team need to treat their patients, and wheels and an engine to get them where they're needed most. So when the floods hit Pakistan, the Mobile Clinic hit the road.

"We were camping in different villages on a daily basis."

The team travelled hundreds of miles, camping every night. With the help of donations to CAFOD – donations generously given by people like you – they worked hard to bring

vital healthcare to people who had been left isolated by the floods. That was how they met Meera.

When they arrived in her village, Meera hurried to bring her children to the clinic and got them the life-saving medicines and treatment they needed.

"We provided her with a medical check up and gave her medicine, and also gave her counselling about health and breastfeeding," says Dr Nasha. "I will tell you she is a very brave woman. During the floods Meera survived very difficult conditions in a very sensitive stage of pregnancy. That is very inspirational and motivational for us."

REBUILDING, BRICK BY BRICK

Marwi is now a healthy one year old. Together, Meera and her husband are working to recover what they lost in the floods. They have rebuilt their home, making each brick by hand. And, with your support this Harvest, Dr Nasha and her Mobile Health Clinic can continue to bring help where it's urgently needed.

"Thank you so much to those who are supporting us with such a generous donation," says Dr Nasha, "it's so heartwarming to know we have friends who are there for us when we need it most."





ACT

Your Harvest donation means doctors and other local experts can help families like Meera's when they need it most. With extreme disasters like flooding happening more and more, your love and support is needed now more than ever. Visit cafod.org.uk or donate via your parish envelope on Family Fast Day.



Top: Dr Nasha treating a patient in the Mobile Health Clinic.

Bottom: Meera with Marwi in the temporary roadside shelter. The family has since rebuilt their house.



The very beautiful gift of 'giving in unity'

Pope Francis once described charity as "a very beautiful gift" – a spiritual beauty at work in the hearts and souls of those living a life of true Christian charity.

This Summer at Romero House, our head office in London, we set out to prove that charity can be *visually* beautiful too, by hosting an inspiring art exhibition!

Seven talented artists, each with their own unique style, explored the theme of 'giving in unity'. Their powerful artworks were on display for ten days in June and 100 per cent of proceeds from the artworks they sold went on to support CAFOD's vital work around the world.

This fantastic project was the brainchild of Luisa Rodriquez, a young Honduran artist who has first-hand experience of using her art for the power of good.

You might remember reading about Luisa in the last issue of *Side by Side!*

"Words like devastation, vulnerability and reconstruction became very common."

In the wake of the devastating hurricanes that swept through Honduras in November 2020, Luisa



Above: Artist Luisa Rodriguez raising money for CAFOD with her art.

raised nearly £2,000 for CAFOD's emergency response work.

Luisa's project 'Cityscapes' – loosely-assembled wooden structures that struggle to withstand simulated miniature shocks and shakes – was informed by her experience of the devastation she witnessed in Honduras as a child, and the fragile reconstruction of her home that followed.

"I remember being a little girl in 1998 when Hurricane Mitch hit Central America, especially Honduras. Words like devastation, vulnerability and reconstruction became very common at the time. The one thing that stayed with me was that those who were the most affected by the natural disasters are the most vulnerable sectors of society.

"Growing up in Honduras I witnessed and learned to appreciate







how architecture works in a very spontaneous and improvised way, as a result of limitations and a sense of resourcefulness. That is something that has influenced my work. I like to use these concepts because I feel that there is value in this type of architecture, despite the fragility and vulnerability that it results in.

"In November 2020, in the middle of the COVID pandemic, Honduras was hit by two consecutive hurricanes only a few days apart. It is very similar to what happened 20 years ago, and many would agree that we hadn't really recovered from that. From a distance, seeing these images of flooded valleys and incomplete constructions, roofless homes, really prompted me to respond in the best way I can.

"I design these puzzles from wood off-cuts, from the very last unwanted pieces of wood, and put them together in a similar way in which spontaneous architecture would work. And with them I want to highlight the value and strive that comes with these processes, but also to create awareness of the vulnerability, and also invite people to build them with me, and through the process, connecting with that reality."

ACT

Find out more about Luisa's artwork at luisa-rodriguez.com and get more ideas for your own creative fundraising events at cafod.org.uk/fundraise





THE GIFT OF A LIFETIME

There is no force in our world more powerful than love. Love is what brings us together, to help make the world around us a better place. As we reflect on our own lives, we hope that the love we show to others is how we will be remembered. We know that our love will live on in the people we care for and the kindness we share.

23

GIFTS IN WILLS

Shukla's life is full of love. She loves her son. She loves watching him as he plays and helps her with garden tasks. She loves her garden, full of delicious fruits and vegetables she has grown herself, without the need for harmful chemicals. And she loves her job working in the office of a local school.

But Shukla's life has not always been so bright and full of hope. After her husband's death in 2018, she suffered from depression. As she coped with her loss, she also faced the challenge of how to provide food and a future for her son in the challenging climate of southern Bangladesh.

REACHING OUT WITH LOVE

Thankfully, Shukla was not alone. Friends and neighbours reached out to her with love, and encouraged her to join them in a local project, which had been supported by gifts people had left to CAFOD in their Wills. They had started meeting regularly to share knowledge of sustainable farming techniques that produce a plentiful harvest without harming the environment, as well as to socialise and bond as a group.

"They'd say: 'you don't have to do anything, just be around people, it will make you feel better,'" Shukla remembers. At first she was reluctant, but her neighbours didn't give up on her – they kept checking on her, and inviting her to spend time with them.

"Slowly, I started to engage with others," she continues. "They started to give me small responsibilities, saying that the work will keep me occupied and help me get better. I didn't know and understand a lot of things

back then, but everyone was very sincere and patient, and taught me everything. I can tell now how much I have changed! I used to be very quiet and I was scared of talking to people, and now I can talk to anyone.

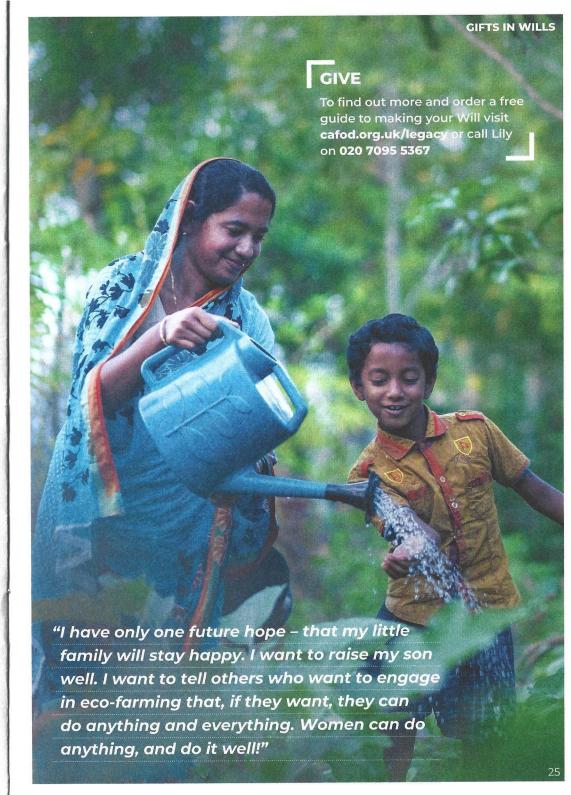
"Five years ago, if someone had told me I would be the secretary of a group, and have my own paying job, I would have told them to stop teasing me. I never even had that confidence in myself."

She beams with pride as she says this, a joyous smile. The project didn't just help Shukla find herself again – the techniques she learned gave her a way to build a better life for her family. And now she is sharing those techniques with others in her community – reaching out with love, the same way her neighbours reached out to her. And, with her newfound confidence, her eyes are set firmly on the future.

A FUTURE BUILT ON LOVE

"I have only one future hope – that my little family will stay happy. I want to raise my son well. I want to tell others who want to engage in eco-farming that, if they want, they can do anything and everything. Women can do anything, and do it well!"

So many projects like the one Shukla joined are made possible by the gifts of love left in the Wills of people who wanted their faith, love and hope to continue for years to come. These special gifts have the power to transform lives and build a better world. By including a gift to CAFOD in your Will, you can give the gift of a lifetime, and reach out with love to our global family.



GET READY FOR CHRISTMAS EARLY WITH CAFOD'S

We know it's early to be talking about Christmas, but why wait?

BEAT THE CHRISTMAS RUSH!

Get your shopping done early with CAFOD's excellent selection of *World Gifts* and avoid the dreaded, last-minute Christmas rush.

CUTTING DOWN ON CHRISTMAS COSTS?

Planning your purchases ahead of time is a great way to save money in expensive December! With gifts starting from just £4, you're sure to find the perfect present.

THE BEST KIND OF CHRISTMAS GIVING

Sick and tired of giving and receiving unwanted tat for Christmas? World Gifts are fantastic ethical alternatives to traditional Christmas presents. They are gifts that make a genuine positive impact on the world, fighting injustice and inequality, promoting peace and sustainability.

Check out the lovely gifts on the opposite page or visit cafod.org.uk/worldgifts for our full, fabulous selection!





WORLD GIFTS ARE FOR LIFE, NOT JUST FOR CHRISTMAS!

When you purchase World Gifts, you're not just buying a throwaway present, you're investing in the future of your sisters and brothers around the world who are facing challenges like poverty, human rights abuses and climate catastrophe. Your gift is an act of love and compassion that lasts a lifetime.

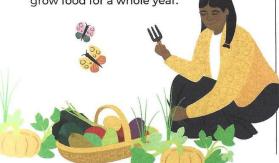
And remember... World Gifts aren't just for Christmas, they're perfect for Birthdays, Anniversaries, Mother's and Father's Days, Baptisms, Confirmations and so much more!

CLASSIC GIFT IDEAS!

VEGETABLE GARDEN

£5

A perfect present for green-fingered gardeners. The Vegetable garden gift can help vulnerable families facing difficult farming conditions to plant and maintain their very own vegetable garden with enough seeds to grow food for a whole year.





SUPER SOUP KITCHEN

£10

The Super soup kitchen gift can provide nutritious warm meals, clean water and shelter to refugees who have fled their homes due to conflict, so they can continue their journeys to safety with a sense of hope.

A SNEAK PEEK AT OUR UPCOMING BRAND-NEW GIFTS (AVAILABLE FROM 20 SEPTEMBER)!



PRECIOUS PERIOD PADS

£15

When disasters hit, women are often left without basics supplies. This empowering charity gift can provide hygiene products such as soap and reusable sanitary pads to help women and girls cope in the midst of a crisis.

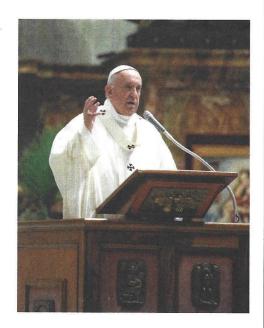
WINTER SURVIVAL KIT

£30

Harsh winter weather can be devastating. Families in remote areas are often at risk from being cut off from the rest of the world due to avalanches, landslides and flooding. This gift can provide much-needed cash for families so they can purchase essential items like warm clothing, blankets, fuel, and food in preparation for winter.



WHO SAID WHAT



"The world leaders who will gather for the COP28 summit in Dubai from 30 November to 12 December next must listen to science and institute a rapid and equitable transition to end the era of fossil fuel...it is absurd to permit the continued exploration and expansion of fossil fuel infrastructures. Let us raise our voices to halt this injustice towards the poor and towards our children, who will bear the worst effects of climate change."

Pope Francis, Message for the World Day of Prayers for the Care of Creation 2023



"I visited the Makwa Irrigation Scheme in Deka, which was part of our Food, Nutrition & Income Security Program in 2014. Nearly a decade later, this project still runs efficiently, fully embraced by local communities. And women are now motivated to plant crops for #foodresilience."

Jobst von Kirchmann, EU Ambassador, via twitter



"It's official! Year 12 put on a Coronation themed Fun Day for the Juniors earlier this month, as part of their CAFOD Young Leadership Programme, raising £493 in ticket sales for @CAFOD's Emergency Crisis Fund, responding to the needs of people in crisis."

School Chaplain at Bishop Challoner School, via twitter



"I was running past the Cutty Sark and the noise of the crowd, and the atmosphere of the marathon, brought me to tears...the London Marathon is by far the most uplifting view of what human support can really be like in our world... remembering that every step I take is raising money for people around the world who are facing poverty."

Geoff, who completed the London Marathon raising funds for CAFOD



"Prayer is a powerful instrument. Not only do we acknowledge our failure to care for Creation, but we ask God for guidance to bring about change – starting with our own behaviours, small steps. Our prayer brings communities together to create change."

Sister Karen D'Artois, who helped hand in hundreds of 'Prayers for Tomorrow' to Downing Street calling for action to tackle the climate crisis.

Seeds of hope

Generous God, we thank you, for the gifts you have given for all people to share. We plant seeds of hope and nurture them as we seek a harvest of plenty for all.

Forgive us for the times these seeds fail to take root in our hearts.

We grieve when homes and crops are washed away by floods, when lives are uprooted by disaster, or trampled by fear and greed.

Living God, you lead us to a new way of being.

Move us to help one another in our times of need, to care for the earth and to love one another, sharing your harvest with all.

Amen



ASK AN EXPERT

Answered by Isacko Jirma, Director of Caritas Marsabit in northern Kenya





How does working with local experts help CAFOD respond to emergencies quickly?



In northern Kenya, there is a serious food crisis happening because of protracted drought for almost two years that was caused by five failed rainy seasons. With support from CAFOD, we have been leading an emergency response to this crisis.

We have been working in these communities for over 50 years now as an organisation. And most of the staff, over 90 per cent, are locals, people like me who were born and brought up in this life. They need very little explanation to understand the context and what the challenges are and the solutions that they foresee. For us, when there's a crisis, it's just like a button you switch and it's all systems go.



And we also have parishes, the parish priests and other assistant priests live with these communities. And most of the time, they are the first responders, they are the first people to inform us of what the situations are in those villages.

So it is easier and more effective to respond to emergencies when local organisations are empowered and they get the opportunity to work with the communities.

cafod.org.uk

