

so that others may simply live

Beginning this Lent, we are introducing a new Parish initiative called *Live Simply*. Developed by CAFOD, it links directly to Pope Francis' 2015 letter *Laudato Si* – On Care for our Common Home.

Pope Francis looks at many aspects of modern life, and brings out their impact on the planet and especially on the poor, who as ever suffer most. It is an urgent call for us to examine how we live and use all the gifts and resources God has given us.

Live Simply is an exciting challenge for our WHOLE parish

- to strengthen the bonds of community,
- to nourish our spiritual life
- to care for God's Creation

It is a challenge to each of us individually, our families and households, our parish groups and the parish as a whole to live:

1. **simply**
2. in **solidarity** with the poor
3. **sustainably** with creation

We want to celebrate the wonderful things we already do and build on them. We also hope to form a framework which will help us think about our choices and care for each other in our common home.

Live Simply is not a short term project. It is about how we live the rest of our lives; so there will be ongoing events and activities.

But to begin with, we invite every member of our community to think about how we currently live our lives, how we make our choices, and how we can make changes to live our faith more fully, and our lives more simply, so that others may simply live.

Some areas of our lives to think about...

What does *living simply* mean to me?

What does living in *solidarity with the poor* actually mean to me?

How do I make my journeys? How do I use my time when I travel?

Could I share a ride or offer others a lift?

Do I recycle or compost as much as I could?

What do I do with leftovers?

Would I suffer if I ate less meat or drank less alcohol?

Do I tend to discard or mend?

Could I supply or buy from charity shops?

Could anyone else use what I no longer need? Freecycle?

Do I think about the impact of my buying decisions?

Does the producer get a fair price?

Just who makes the clothes I wear or the goods I use?

Do I buy ethically traded goods, home grown foods, reduced packaging?

Could I grow or make my own... veg, jam, clothes, cards and gifts?

What is my carbon footprint?

Could I use less energy or water, or switch to a renewable provider?

Do I actively challenge injustice?

Could I visit the lonely?

How could I use my gifts and talents for others?

Could I contribute more to parish life or a group?

How could I help others to live simply?