



The **Live Simply Award** is an opportunity for us at St Vincent's to respond to Pope Francis' invitation to "work with generosity and tenderness in protecting this world which God has entrusted to us."

#242 Laudato Si, 2015

Living simply

means **us**

Committing to live simply, sustainably with creation and in solidarity with those in poverty, helping us deepen our relationship with God, ourselves and one another.

E.g.

- Join a Parish Pledge to reduce my impact on the environment
- Take part in a parish 'unplugged' day - time without phone, TV or radio.
- Pray for God's creation, the people and the planet as part of the parish and in private prayers
- Recognise the need for times of silence- in our mass and in our every day lives

Any other ideas?

Living sustainably

enables

us

to strengthen the bonds of our community, nourish our spiritual life and care for God's gift of creation.

E.g.

- Support activities to develop the parish green spaces for biodiversity.
- Use Fair Trade and environmentally friendly products.
- Support the reduction in parish use of paper by leaving paper bulletins for those without easy access to the internet. Use Parish Whatsapp / website/ email/ bulletin to access information.
- Where possible, walk to mass or meetings, use public transport, or share lifts.

Any other ideas?

Living in solidarity

means **we**

Live simply so that others
may simply live

E.g.

- Support appeals for charities, e.g. St Wilfrid's locally, and St Justin's Charity for overseas
- Join in with CAFOD campaigns to make sure the voices of all our sisters and brothers are heard.
- Consider buying CAFOD World Gifts or donating to another charity for some Christmas or birthday presents
- Support CAFOD Family Fast Days, through fasting and prayer
- Watch *The Letter* -the 2022 film inspired by Pope Francis' encyclical *Laudato Si*, calling us to care for each other and our common home
- Support the parish effort to live simply, through reflection and prayer