

## YOUR GUIDE TO THE *Livesimply* award

**Please use this simple template to make your action plan, return a completed copy to CAFOD and we will send you your *livesimply* award registration certificate.**

To apply for the award, your community should plan one main action – something which involves either a significant change or a lot of people - and at least two smaller actions under each of the three headings.

You can include activities which are already taking place and some that are new, or that aim to reach new people. There are more ideas and inspiration on [cafod.org.uk/livesimply](http://cafod.org.uk/livesimply).

**If you are applying on behalf of a school please [click here](#) to be directed to the LiveSimply for Schools resources.**

### **Use these questions to help you plan your activities:**

- *Why* are you taking this action? Who will benefit and what difference will it make?
- *Who* will be involved in making it happen? Think beyond your core group.
- *How* will you show that you've succeeded? Electricity bills, photos, newspaper cuttings and liturgy sheets are some of the ways you can show what you have been doing.
- *When* will you do it by? Be realistic.
- *What* kind of action is it? Is this action reflection and worship; practical action or something which reaches out to involve others beyond the community? It could be all three, but make sure you have all three kinds of action reflected somewhere in your plan.

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto:livesimplyaward@cafod.org.uk) or CAFOD Campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. We'll send you a certificate to display to show that your community is working towards the *livesimply* award.

## **Actions to live simply**

Main action: **Collect pledges** to live simply, sustainably and in solidarity with God's creation from everyone (see *Draft Pledge* below). Provide details of WWF Carbon Footprint Calculator (<https://footprint.wwf.org.uk>) for parishioners to assess the environmental impact of various aspects of their lifestyle, and find ways they might reduce it. e.g. reducing meat consumption, cooking from scratch, supporting local food production and businesses, buying less stuff. (Gather contact details for updating via email/ Whatsapp)

Other activities:

1. **Organise a parish 'unplugged' day** – a day without phone, TV or radio.
2. Provide regular items for the Parish Newsletter on 'Living Simply', for example, ideas on cooking cheap and healthy, simple meals, energy use, reducing waste. Invite people to provide ideas and tips.
3. Ensure prayers for God's creation, the people and the planet, are regularly included in the mass Bidding Prayers. Make links between liturgy and the liturgical year and care for life. Look for relevant hymns, traditional and new, on a regular basis. Provide suitable prayers in the newsletter. (Download Laudato Si Movement Prayer Book for parish use.)
4. Explain and recognise the need for times of silence. Observe the silence in Mass in church before masses. Highlight the meaning / purpose of silence after communion.

## **Actions to live sustainably with creation**

Main action: **Conduct an energy audit of the parish.** (Identify suitable assessor to conduct audit and provide advice, for example, on the working of heating timers / controls, installation of solar panels).

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Other activities:

1. Continue to develop the spare parish green space for biodiversity. Hold Activity Days to make insect hotels, bat boxes and bird houses. Plant fruit trees and vegetables. Advertise and hold harvest donations and seed /plant exchanges.
2. Regularly explain via word of mouth, newsletter and posters that Fairtrade tea and coffee are used for parish events, along with real, not disposable, crockery. Highlight that cleaning and washing up is done with environmentally friendly products, refilling containers rather than disposing of them.
3. Audit paper use: Reduce the number of newsletters we print for mass, for events and for meetings. Improve digital and in-person communication, informing people of online provision; request that paper copies are reserved for those without easy access to the internet.
4. Display signs to turn lights off when they're not needed, and turn off computer and photocopier when not in use.
5. Encourage people to walk to mass and meetings or to share lifts. Gather names of people who would be willing drive others, by collecting names and their road names. Display a link to 52 bus information on the website and tell people it is there.

### **Actions to live in solidarity with the poor**

Main action: **Promote support for key charities: e.g.**

1. **St Wilfrid's Centre** for the homeless, vulnerable and socially excluded: Foodbank collection in church; clothes donations. Furniture store needing household goods, bedding, crockery etc. Volunteering opportunities always available. Dedicate a monthly notice in the bulletin stating what goods are required, and where to place them in the Narthex. Arrange a speaker to talk about the work that is done at the centre.

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2. Advertise the work of **Ben's Centre**. Start a collection of men's coats, sleeping bags, survival bags, boxer shorts for donation.
3. Advertise **Assist**, Sheffield's asylum seeker support group, by working with local link persons
4. Highlight and support **St Justin's** charity –the parish's longstanding fundraising group for projects in the developing world.

Other activities:

1. Join in with **CAFOD campaigns** to make sure the voices of all our sisters and brothers are heard.
2. Advertise **CAFOD World Gifts** for Christmas and to mark special events.
3. Promote donating to a charity, rather than presents for a birthday
4. Continue to Promote **Family Fast Day** -making **time for prayer**, eating more simply (provide a soup recipe).
5. Hold a screening of **The Letter** -the 2022 film inspired by Pope Francis' encyclical Laudato Si. Promote the 7 Laudato Si goals using the Journey to 2030 toolkit for '**Building a Caring Community**'.
6. Plan times of reflection on the Bishops' Conference 2022 document **The Call of Creation**. Use their 2022 Autumn Plenary resolutions on Fasting and Abstinence, carbon emissions and the Live Simply Award in support of our parish effort.