

Parish of St. John Vianney: LiveSimply reflection and action

AUGUST 2025: LIVING SUSTAINABLY WITH CREATION

Our LiveSimply Prayer. Heavenly Father, we praise and thank you for the world You created for us to share. We ask you to give us the grace to work together, to live more simply, more sustainably, and **in solidarity with the poor.** *Through Christ our Lord. Amen*

From **Laudato Si'** - Pope Francis' Encyclical on care for our common home

Saint Francis, faithful to Scripture, invites us to see nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness. Francis asked that part of the friary garden always be left untouched, so that wild-flowers and herbs could grow there, and those who saw them could raise their minds to God, the Creator of such beauty. Rather than a problem to be solved, the world is a joyful mystery to be contemplated with gladness and praise. (Para. 12)

ACTION FOR AUGUST: Do one thing which will enhance our natural environment, at home, or in our local area

Reflection:

Droughts, floods and wildfires – the world is experiencing so many dramatic events we can be tempted to look away, or decide that any action of ours is futile.

Mother Theresa reminds us that “not all of us can do great things. But we can do small things with great love”, and when we do, together we can make the world better.

Can each of us make a change to bring nature into our lives?



A litter picking day

Thanks to the Friends of Roundhay Park for permission to use this photo

Action: Turn over the page for some ideas for August's LiveSimply parish action. Is there **one thing we and our families can do together?**

Thank you to the parish 'garden' team, who helped with this month's leaflet. To help us achieve the LiveSimply award please contact: tony.obrien@hotmail.com

And I think to myself, what a wonderful world ...

How can we support God's creation?

- Grow a plant, even just on a windowsill!
- Install a bird box, or a bug hotel
- Put out water and food for birds and hedgehogs, plant and maintain a new tree, or adopt a tree on the pavement nearby and water it regularly
- Join a litter picking team
- Get involved – find a local organisation, such as the Friends of Roundhay Park (on Facebook), the Friends of Gledhow Valley Wood (fgvw.co.uk), or Alwoodley 2030 (www.alwoodley2030.org) – or start one
- Plan to take part in the Season of Creation next month (the picture shows our outdoor mass from last year)
- Start a compost bin to recycle food scraps and garden waste
- Give grubby cycling and walking signs a wipe down
- Visit a 'Little Free Library' to browse, collect or donate a book
- Record the wildlife near us e.g. Butterfly Conservation Survey
- Leave a bit of the garden to nature
- And say a prayer of thanks when nature gives us joy



Mint being grown by children from Immaculate Heart Primary School

Let's all do one thing to bring nature into our lives

Please take this leaflet home to share with family and friends