

MID-LENT 2026: LIVING SIMPLY AND SUSTAINABLY

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*

CAFOD's assessment of our parish **application to become a "Live Simply" parish** is now underway. This "occasional" leaflet, like the regular monthly leaflets which were issued during 2024 and 2025, is intended to remind us of the message of ***Laudato Si'***, Pope Francis' [encyclical letter on care for our common home](#), and to help us to live more simply, more sustainably, and in solidarity with the poor this Lent.

On the tenth anniversary of the publication of ***Laudato Si'***, Pope Leo XIV said: "As with every anniversary of this nature, we remember the past with gratitude, but we also ask ourselves **what remains to be done**. Over the years, we have transitioned from understanding and studying the Encyclical to putting it into practice. What must be done now to ensure **that caring for our common home** and listening to the cry of the earth and the poor do not appear as mere passing trends or, worse still, that they be seen and felt as divisive issues?"

ACTIONS THIS LENT:

- Take the time to appreciate the beauty of nature
- Reflect on the changes we have made to live more simply
- Show our solidarity with the poor in a tangible way.

Reflection:

Our monthly leaflet in March last year suggested that we could all stop and take some time to appreciate the nature created by God. It reminds us that we need to care for it.

How did we get on? Has stopping still and wondering at nature's beauty moved up in our 'to-do' list?



Turn over the page, for some thoughts for reviewing our *Live Simply* actions. Is there **one thing** that we and our families can do together?

Why not revisit one of the *Live Simply* actions you and your family have put into practice?

- Have we been trying to live with less, and to reuse and recycle more? Have our good intentions stayed with us over the last few months? What else can we do?
- Why not visit a park or garden where you have found peace or noticed God's creative spirit at work. Are there any flowers yet, or new buds coming through?
- Have you tried counting the number of different animals you can see in a day? Birds, butterflies, insects – each species counts.
- We may have shown our love and concern for the poor by donating to charity. Can we review the amount we give in line with inflation?
- The full text of Pope Leo's address on the *Laudato si'* anniversary is available on the internet at <https://www.vatican.va/content/leo-xiv/en/speeches/2025/october/documents/20251001-conferenza-mariapoli.html>. Why not dip into it over the next few days?



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