

Parish of St. John Vianney: **LiveSimply reflection and action**

NOVEMBER 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**

Church Teaching: In [Laudato Si'](#), on care for our common home, Pope Francis writes: 'A person who could afford to spend and consume more **but regularly uses less heating and wears warmer clothes, shows the kind of convictions and attitudes which help to protect the environment.** There is a nobility in the duty to care for creation through little daily actions, and it's wonderful how education can bring about real changes in lifestyle. **Education in environmental responsibility** can encourage ways of acting which directly and significantly affect the world around us, such as ... turning off unnecessary lights or any number of other practices'. [Paragraph 211]

ACTION FOR NOVEMBER: To review our domestic use of energy to minimise waste and impact on the Earth's climate.

Reflection: Sometimes grand gestures are important, but at other times small steps can help. Turning a thermostat down to 19° or 18° C may not seem like a big step, but every little action can help. When we turn these actions into daily routines and good habits they become second nature.



These actions reflect our **personal attitude to the use of our God-given resources**, regardless of whether we save money as a result. Pope Leo XIV, in his new apostolic exhortation [Dilexi te](#), on Love for the Poor, reminds us that the woman who poured costly perfumed oil on Jesus' head before his death made only a small gesture, but an immensely powerful one. [Paragraph 4]



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

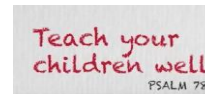
To help us achieve the [LiveSimply award](#) please contact:
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Please take this leaflet home to share with family and friends

How we can use less energy at home?

- Our parish leaflet on this topic **last November** highlighted actions like:

Switching off unused lights... less wasteful if they are LED (which use much less energy). Discuss with grand/children. Does that count as "education in environmental responsibility"?



Not filling the kettle – boiling only what we need.

Using less water – yes, reducing water consumption has environmental benefits and cuts carbon emissions.



Turning the heating thermostat down by one degree – programme heating for different times of the day and/or for different rooms in the house (by setting radiator thermostats in each room).

- Did you try any of these? Did they help reduce your energy consumption?
- Weekly "eco-tips" are published by the charity **A Rocha UK**, which advises church communities on environmental good practices. Some eco-tips and other suggestions from earlier this year are:

- Spend less time in the shower: set a timer for 4 minutes to reduce the amount of water you use.
- Leave the dishwasher and washing machine off until you have a full load.
- Use the tumble dryer only when it's really necessary: use an airer or dry clothes outside when we can.
- Change a lightbulb: LED bulbs use only a tenth of the energy of traditional filament or halogen bulbs; they even save compared to the older low-energy bulbs.



- For more ideas see arocha.org.uk/easy-eco-tips-2025-calendar/ and energysavingtrust.org.uk/hub/quick-tips-to-save-energy/.



How we can use less energy as a parish?

- We are taking steps in our churches and halls like using energy-saving LED lighting and smart meters, and only heating areas of the buildings which are in use.
- Do you have any other suggestions for how we can reduce the amount of energy we use in our parish halls and churches?

