

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

October 2025: Living in solidarity with the poor and 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*

The Encyclical "Laudato Si" (Praise be) calls for action on climate change, growing global inequality and loss of biodiversity. "Laudato Si" has the continued support of Pope Leo ([Message for the Tenth World Day of Prayer for the Care of Creation, 2025](#)).



"[About] a third of all food produced is discarded, and whenever food is thrown out it is as if it were stolen from the table of the poor." (Para 23)

"We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental." (Para. 139)

"Purchasing is always a moral, not simply an economic act." (Para 206)

ACTION for October: review our regular shopping and find ways to reduce its impact on the environment and the world's poor

Reflection

We are aiming to be recognised as a *LiveSimply* parish. The focus for this month is to think about the changes we can make when shopping that will help support the poor and allow us to live more sustainably with creation.

None of us can do everything but, as individuals, families and as a church community, we can all do something.



Turn over for details of some challenges for us all.

To help achieve the [LiveSimply Award](#), contact: tony.obrien@hotmail.com

Please take this leaflet home to share with family and friends



CAFOD's Harvest Family Fast Day was on Friday 3rd October. Did you remember to pray and eat more simply? You can still give online or use a CAFOD envelope and help our parish support CAFOD's work with people affected by poverty, conflict and climate change.

This year's annual Fairtrade Fortnight ends on 5 October, but you can still **"Do it fair"** and **buy Fairtrade products** wherever you can to support small scale farmers. Find out more at www.fairtrade.net/uk-en.html

In the UK, only 20% of recyclable waste is actually **recycled**, so it's more important to **reduce** the amount of stuff we buy and to **re-use** what we already have. Could we all:

- *take a re-usable water bottle or coffee cup when you are out and avoid single use items?*
- *keep re-usable bags in the car or somewhere handy, and promise yourself you will use them?*
- *choose not to buy food wrapped in plastic, and aim to buy what's in season and grown in the UK?*
- *have at least one meat-free day each week?*
- *buy clothes that last and avoid fast-fashion?*
- *donate unwanted items or surplus to a local charity shop, St Vincent's or to a foodbank?*

CAFOD's World Gifts have the power to transform the lives of families living in poverty. Ask family and friends for a **virtual gift** from the catalogue on your birthday or at Christmas. Go to worldgifts.cafod.org.uk to find out more.