

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

DECEMBER 2023: Living Simply

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

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

'Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone. This basic awareness would enable the development of new convictions, attitudes and forms of life. A great cultural, spiritual and educational challenge stands before us, and it will demand that we set out on the long path of renewal.' (Paragraph 202)

Reflection

Leaflets like this have been circulated within our parish since Lent and are intended to help us progress on a journey towards achieving the *LiveSimply* award. Last month, our parish action plan was approved by CAFOD, and our journey will start in earnest next year. During Advent, let's all start to think about what it means to adopt a simpler lifestyle. What does this mean for you, for your family, and for any parish group you may be involved in?



Advent is our preparation time for the celebration of the birth of Jesus Our Saviour. Has it been lost in a sea of consumerism?

Living Simply: ACTIONS FOR THE ADVENT SEASON

**This
month's
action, for
the season of
Advent, invites us
to think about what this
parish initiative means for us and our
families.**

There are some suggestions overleaf.

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

*Please share with **family and friends***

Keeping Christmas simple

Ask the family!

How can we spend less, stress less, and love people and the planet more? Start the conversation in your family, and let us know if you have ideas to share.

- Can we say the LiveSimply **prayer** as we open the Advent Calendar every day? Is there a special service we can attend together?
- Who can we **help** over Christmas? Visit someone lonely, invite them over? Support a local charity by giving money or time?
- Can we make our Christmas **greener** and more sustainable? Put a limit on the presents, give World Gifts from Cafod, give experiences not things?
- What about all that **plastic** and tinsel? What can we use instead for wrapping, decorating and crackers?
- What **food** gets left every year? How many items are on the plate for Christmas dinner – can the family agree on just one item to be left off this year?



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