

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

APRIL 2024: LIVING SIMPLY AT HOME

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: [Pope Francis' Encyclical on care for our common home](#)
*Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a return to that simplicity which allows us to **stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack. This implies avoiding the dynamic of dominion and the mere accumulation of pleasures.*** [Laudato Si'. Para 222]

ACTION FOR APRIL: to consider and share new ways of living more simply and prayerfully at home

Reflection Pope Francis is not making a theoretical point about living in a saintly manner. He expresses what we know deep in our hearts: **that the way we live our daily lives is fundamental to our Christian faith.**

So what does that mean for us in our homes? Do we stop to appreciate the small things around us? Do we **show** we are grateful for the blessings we have, or do we take them for granted? Perhaps we should build **opportunities to be more aware and thankful** for the small things in our everyday lives. Living more simply and prayerfully at home may help in what Pope Francis calls our '**ecological conversion**'.



Action

Conscious recycling, planning meals so less food is wasted, saying grace at mealtimes are opportunities for daily prayer and thankfulness. We may be driven by social expectations or by financial necessity in many instances, but we are being invited to **see some of our daily rituals through the prism of our faith.** Turn over for more ideas. They might be helpful in discussion with children (or grandchildren). What might they suggest? Very often, it's our children who lead the way!

Help us achieve the [LiveSimply award](#) contact: tony.obrien@hotmail.com

Please take this leaflet home to **share with family and friends**

Living more simply and prayerfully at home

Which ones would work for you and your family?

Making time for silent prayer and reflection.

Does living simply involve mindfulness? What images might help our solidarity with the poor when we live more simply ?

Switching off unused lights...

Discuss with children....good luck!



Using the eco programmes on washing machines etc.

Do we know how to do that? How lucky are we to have machines to do this work for us? -----



Using only the cold tap for washing our hands. As well as saving energy, this could be our act of solidarity with a poor Afghan boy who has to walk miles to collect stream water for his family. -----

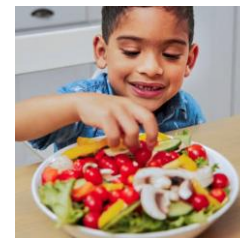


Recycling in the proper bins. Are we a bit casual about this? Do we *really* know what goes where? Where's that leaflet..is it on the council website?

Sorting out unneeded clothes (or toys) for donation' Does living more simply mean learning to 'let go' of some things we've always had and loved? -----

Have a weekly meat-free day – Fridays, for Catholics, **is** a meat-free day! (Surprised? It was re-introduced in 2011). How does that help with the climate emergency?

Saying grace before meals, being mindful of where our food comes from and who has produced it. -----



Closing curtains at night with a silent prayer of thanksgiving for all the day's blessings.