

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

APRIL 2025: 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'. Paragraph 222***

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

Reflection: Pope Francis expresses what we know deep in our hearts: **that the way we live our daily lives is fundamental to our 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?



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**. The ideas overleaf might be helpful in discussion with children (or grandchildren). What might they suggest?

To tell us what you have been doing, or to help us achieve the LiveSimply Award, please contact tony.obrien@hotmail.com

Living more simply and prayerfully at home

Which ideas would work for you and your family?

Making time for silent prayer and reflection.

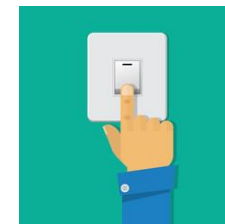
Does living simply involve mindfulness? What images might help our solidarity with the poor when we live more simply?



Children from St Paul's School take home a Lent Prayer Bear to pray together with their families.

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.

Reduce, reuse, recycle (in this order of priority). Can we reduce what we buy, think about online ordering before we click on "submit"? This could be part of our family fasting during Lent.

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

Having a weekly meat-free day. It used to be every Friday for Catholics! How does that help with the climate emergency today?

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