

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

DEC 2024: LIVING SIMPLY AT CHRISTMAS

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*

For the Jubilee in 2000, the Church wrote of Advent as "a season of hope. In the Spirit of Christ, the definitive communion with God the Father is already present in history, even if in a mysterious and invisible way. Hope for the believer is not merely waiting for something to happen; **it is a commitment, here and now, to build the Kingdom of God.**" ([Church's Liturgical Commission](#)) Pope Francis reminds us that "[As] the market tends to promote extreme consumerism in an effort to sell its products, **people can easily get caught up in a whirlwind of needless buying and spending**" ([Laudato Si'](#), para 203)

PARISH ACTION FOR DECEMBER:

To live more simply
at Christmas



Reflection: Our parish is committed to building the Kingdom of God (yes, here where we live in Leeds). Advent is a time of preparation and hope at the birth of Jesus, **but it can present us with difficulties as we try to live simply.** We can so easily become caught up in a 'whirlwind of needless buying and spending' - for ourselves and others. Yet Jesus himself was brought gifts! **A review of why, how and what we give (and receive) may be all that's needed to live more simply at this time.** In the days ahead we will have opportunities to build God's Kingdom at get-togethers with family and friends. If we reflect on changes made in our own lifestyles in 2024 we can share the 'Good News' of **living simply, sustainably with God's creation, and in solidarity with the poor, now and for future generations.**

Actions: We can use the **CAFOD World Gifts** booklet (back of church) and ask family members to discuss and choose gifts. We can also review this year's monthly actions and **make resolutions for 2025.** See over...

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



Please take leaflets home for **family and friends**



Advent Calendar ... do you remember?

1 	2 	3 	4 	5
6 	7 	8 	9 	10
11 	12 	13 	14 	15
16 	17 	18 	19 	20
21 	22 	23 	24 	25

Which of this year's actions have helped us to live simply, sustainably and in solidarity with the poor? The images above may help.

Happy Christmas from the St. John Vianney LiveSimply team

