

***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*

Pope Francis has declared 2025 to be a “Jubilee Year”. In the church, this is historically a time of grace and renewal, centred on the themes of forgiveness, reconciliation and mercy. Pope Francis said: “**Another**

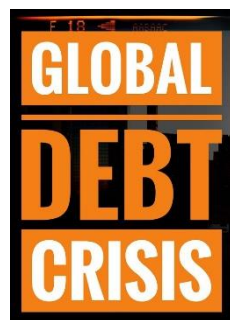
**heartfelt appeal that I would make in light of the coming Jubilee is directed to the more affluent nations. I ask that they acknowledge the gravity of so many of their past decisions and determine to forgive the debts of countries that will never be able to repay them. More than a question of generosity, this is a matter of justice.”**



**ACTION FOR FEBRUARY:** To become more aware of the existence and impact of the **global debt crisis** and the actions we can take in response

**The Debt Crisis:**

- Economic shocks due to the COVID pandemic and the war in Ukraine have plunged many of the world’s poorest countries into a new debt crisis.
- Today more than 50 low and middle-income countries – almost 1 in 4 – are in a debt crisis.
- Despite facing significant poverty burdens, countries are having to make huge repayments on high-interest loans to wealthy banks, institutions and governments.
- These payments leave them unable to properly fund essential services, including schools, hospitals, sewage systems and to recover from damage caused by the climate crisis.
- Lack of investment in essential services traps people in poverty.



## How we can all be a Pilgrims of Hope in this Jubilee Year

As Catholics, we can help tackle the causes of poverty in communities abroad, enable people to climb out of poverty and give them new hope and opportunities. We can ....



- **Pray for all our sisters and brothers living in poverty**
- **Act and make our voices heard through campaigning with CAFOD to “Cancel the Debt” and adding your name to this petition:**  
<https://action.cafod.org.uk/page/161357/petition/1>
- **Buy Fairtrade products such as chocolate, coffee, tea and wine**
- **Give what we can and help organisations such as CAFOD reach people living in need of help**
- **Challenge ourselves and take part in a fundraising event, such as the CAFOD’s Big Lent Walk:** <https://walk.cafod.org.uk>



Catholic Agency for  
Overseas Development

is the official aid agency for the Catholic Church in England and Wales. Its local experts provide long-term aid to those who are excluded and living in poverty, equipping them with the skills, tools and opportunities to live with dignity, support their families and give back to their communities.

To tackle the causes of poverty, CAFOD also campaigns on issues such as the global food system, the climate emergency, human rights and cancelling debt. Watch the video on the causes of the current debt crisis and what we can do together to fight it at:

<https://cafod.org.uk/news/events/debt-colonialism-and-power>

**Pope Francis says “Injustice is not invincible”. Each day around 250,000 people climb out of extreme poverty.**

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

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