

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

MARCH 2024: Living SUSTAINABLY WITH CREATION

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

Everything is related, and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love God has for each of his creatures and which also unites us in fond affection with brother sun, sister moon, brother river and mother earth. [Para 92]

Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience. [Para 217]

Rest opens our eyes to the larger picture and gives us renewed sensitivity to the rights of others. And so the day of rest, centred on the Eucharist, sheds its light on the whole week, and motivates us to greater concern for nature and the poor [Para 237]

MARCH ACTION: take the time to appreciate the beauty of nature

Reflection

As the days grow longer, we can all stop and take some time to appreciate the nature created by God. It reminds us that we need to care for it. But how often do we do this? Is stopping still and wondering at its beauty **low on our 'to-do' list in our busy lives?** Perhaps this kind of 'rest' would enable us to 'see the bigger picture' and help us through our days and weeks ahead with a greater sense of wonder at nature and a keener desire to protect it.



Gledhow Valley Woods

If Yorkshire is 'God's own county', how can we appreciate and protect it? **Turn over the page** for some ideas for this month's LiveSimply action. What is **one thing** that we and our families and friends can do together?

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

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

Be still, and know that I am God

Why not choose one thing in March to appreciate together the world God has made?

Go for a walk and turn off your phone.
What do you hear? What do you see?



Take a moment in the morning and the evening as you open or close the curtains. What part of nature can you see? -----

Every night we can look for the moon.
Where does it rise from your home, and where does it set? Can you still see it in the morning sky? The new moon will appear on 10th March, when our Muslim friends begin *Ramadan*, and the moon will be at its fullest on 25th March. -----



Plant or grow something new – a herb on your windowsill? A tree for future generations? -----

Save a wild space in your garden for hedgehogs, or for wildflowers -----

Look for insects and worms with your children, and explain how they fit into the circle of life -----



Build a bird box, or a 'bee hotel' -----

Stop and give thanks to God before and after our food, nature's gift for our wellbeing.