

MAY 2024: REVIEWING THE WAY WE TRAVEL

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*

As [Jesus' disciples] were untying the colt, its owner said, "Why are you untying that colt?", and they answered, "The Master needs it." So they took the colt to Jesus and, throwing their garments over its back, they helped Jesus on to it. As he moved off, people spread their cloaks in the road and ... cried out: "Blessings on the King who comes in the name of the Lord". (Luke 19:33-38, Jerusalem Bible)

ACTION FOR MAY: to review the way we travel (near and far) and identify changes we can make to benefit our health and the environment.

Reflection: In his message for BBC Radio 4's *Thought for the Day* in October 2021, Pope Francis spoke of the need for 'a renewed sense of **shared responsibility** for our world', adding that "each of us - whoever and wherever we may be - can **play our own part** in changing our collective response to the unprecedented threat of climate change and the degradation of our common home". Our transport decisions can be one aspect of how we play our part. You can listen to his message again on the internet at <https://www.bbc.co.uk/programmes/p0b10zxw>.

Action: On his triumphal entry into Jerusalem, the gospels show us the significance of Jesus' entry into the city of his passion. His **choice of how he would travel** into Jerusalem was seen as fulfilling an Old Testament prophecy, *See, your king is coming, mounted on the colt of a donkey.* (Zechariah 9:9). **This month's LiveSimply action** invites us all to review the way we travel (near and far) and to identify changes we can make to benefit our health and the environment.



This action has been suggested for the month of May because, as the weather (hopefully) improves, walking, cycling (for some) and using public transport may become more attractive options for many of us.

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

Reviewing the way we travel

Many people have changed their ideas about travel in recent years. Perhaps you travel for work less than you did. Some businesses ask their staff to use public transport except in exceptional circumstances. Many have already looked at switching to an electric or hybrid car. What about you? Have you ideas to share?

Do we leave the car behind when it is possible to walk, cycle or use public transport instead?

When we drive, are we courteous and respectful drivers? Do we make way for other road users, keep within speed limits, and allow plenty of time for our journey? It all saves petrol and reduces pollution.



St. Paul's Catholic Primary School has recently trained its school council members to collect travel information from their class members, and now encourages children and parents to travel to school by bike, scooter, walking or 'parking and striding' at least once a week. **'Parking and striding'** means parking the car a short distance from the school and walking or scooting for the last part of the journey. They also hosted a 'bike surgery', with Alwoodley 2023, fixing 60 bikes onsite. May is Walk to School month – can you take part?

Do you car-share? Would you be interested in a car-sharing arrangement for coming to Mass on a Sunday, either as a driver or a passenger? If so, please contact tony.obrien@hotmail.com to help the parish assess the potential for setting up a car-sharing scheme.

A brisk 10 minute daily walk has lots of health benefits. Sometimes we might think somewhere is too far to walk or will take too long: why not try it and see? No need to look for parking at church when on foot.

When we use public transport, do we recognise its social and environmental benefits? Have you considered getting off the bus one stop earlier and walking a little further sometimes?

How about trying those **new e-bikes** near Immaculate Heart church? For further information and access see

<https://beryl.cc/scheme/leeds>.