

NOVEMBER 2024: SAVING ENERGY

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*

Church Teaching: [Laudato Si' on care for our common home](#)
Pope Francis writes: 'A person who could afford to spend and consume more **but regularly uses less heating and wears warmer clothes, shows the kind of convictions and attitudes which help to protect the environment.** There is a nobility in the duty to care for creation through little daily actions, and it's wonderful how education can bring about real changes in lifestyle. Education in environmental responsibility can encourage ways of acting which **directly and significantly affect the world around us, such as ... turning off unnecessary lights or any number of other practices**'. [Para 211]

PARISH ACTION FOR NOVEMBER:

to review our domestic use of energy to minimise waste and impact on the Earth's climate and the environment

Reflection: We know that governments have a major responsibility for big decisions on energy and its impact on our environment. They know it's a limited resource and contributes significantly to the cost of living. But Pope Francis says as part of our Faith, it's not just about money. It's about our **personal attitude to the use of our God given resources**, irrespective of whether we can afford it. In *Laudato Si'* he makes a point of listing lots of simple daily actions (para 211) which help to 'bring out the best in human beings' ... **when they're being done for the right reasons.** This is necessary for what he calls our *ecological conversion*.



Action: There are lots 'little daily actions' we could look at when reviewing our personal use of energy. A sample is given over the page. What habits could we easily change? What actions should we undertake?

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

How we can use less energy at home..

Switch off unused lights...less wasteful if they are LED (which use much less energy). Discuss with grand/children. Does that count as 'education in environmental responsibility'?

Don't fill the kettle – boil only what we need.

Use less water – yes, reducing water consumption has environmental benefits and cuts carbon emissions.



Turn the heating thermostat down by even 1 degree – programme heating for different times of the day and/or for different rooms in the house (by setting radiator thermostats in each room). If we're not sure how, we can ask.

Use full loads when washing/drying - for more efficient use of energy and water, also (if possible) use eco or night tariffs to reduce overall emissions. Throwing a dry towel into a tumble dryer will reduce drying time to save energy. Try it!



Use only the cold tap for washing hands – with soap, it's just as effective for germs (Google it) .. we might get used to it and save a lot of energy over a lifetime ... Aaarrrrggghh!

Stop drafts from windows and doors – okay, not a daily action but a very cost effective one-off to save a lot of energy. Are our lofts lagged? If not, energy is literally going through the roof!

Do we opt for renewable energy contracts or consider renewable energy for the home when making home energy decisions? Solar panels or heat exchangers may suit your home.

Thank you for the help of [St.J.Vianney Finance Committee](#) (which commissioned an Eco-review of energy use in our parish). **If you were preparing this leaflet, what 'little actions' to save energy would you include?**

When we switch off for the day, close curtains with a prayer of thanksgiving

