

Parish of St. John Vianney: LiveSimply reflection and action

October 2024: Living in solidarity with the poor and 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

The Encyclical, "Laudato Si" (Praise be) calls for action on the greatest threats facing the human family today – climate change, growing global inequality and loss of biodiversity.

"[About] a third of all food produced is discarded, and whenever food is thrown out it is as if it were stolen from the table of the poor." (Para 23)

"We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental." (Para. 139)

"Purchasing is always a moral, not simply an economic act." (Para 206)

ACTION for October: review our regular shopping and find ways to reduce its impact on the environment and the world's poor

Reflection

We are aiming to be recognised as a *LiveSimply* parish. The focus for this month is to think about the changes we can make when shopping that will help support the poor and allow us to live more sustainably with creation.

None of us can do everything but, as individuals, families and as a church community, we can all do something.



Turn over for details of some challenges for us all.

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

Please take this leaflet home to share with family and friends

Options to change our shopping habits



Buy Fairtrade products wherever you can to support small scale farmers. Find out more at <https://www.fairtrade.org.uk/buying-fairtrade>



At present, only 20% of recyclable waste is actually recycled in the UK, so **reducing** the amount of things we buy and **re-using** what we already have are more important. Could you:

- Take a re-usable water bottle or coffee cup when you are out and avoid single use items?
- Keep re-usable bags in the car or somewhere handy, and promise yourself you will use them?
- Plan a menu for the week ahead and buy only what you need, to reduce waste?
- Say "No" to foods wrapped in plastic, where possible, and aim to buy what's in season and grown in the UK?
- Have at least one meat-free day each week?
- Buy clothes that last and avoid fast-fashion?
- Donate unwanted items or surplus to charity shops, St Vincent's or to local foodbanks?



CAFOD's World Gifts have the power to transform the lives of families living in poverty. Ask family and friends for a **virtual gift** from the catalogue on your birthday or at Christmas. Go to <https://worldgifts.cafod.org.uk>

