

LiveSimply

The LiveSimply award is an invitation for parishes to follow in the footsteps of Jesus who lived and preached a simple life. It is a journey where we can take meaningful action on the social and environmental crises we face today.

LiveSimply is a way to respond to the call to live simply, sustainably and in solidarity with our global family. Drawing inspiration from Pope Francis' teachings in *Laudato Si'* and *Laudate Deum*, and the care of creation legacy of both Pope Saint John Paul II and Pope Benedict XVI, the award requires parishes to demonstrate a commitment to caring for both people and the planet through direct actions:

Living Simply - This is the opportunity to slow down. To spend more time in prayer and reflection. To build our relationship with God and with others. Living simply can include spending time in nature, appreciating God's creation, quality time with others away from the distractions of modern life, and demonstrating Catholic Social Teaching (CST) principles of promoting peace, participation, and the common good.

Living Sustainably - This is caring for creation, hearing "the cry of the earth" (*Laudato Si'*) and playing our part. Can we reduce, reuse, repurpose, re-gift, repair and recycle? Litter picking, growing produce, creating habitats where wildlife can thrive - there's no end to the ways we can live out the Catholic principles of stewardship and sharing.

Living in Solidarity - This is caring for our human family, hearing "the cry of the poor" (*Laudato Si'*) and standing in solidarity with communities around the world who are facing injustice. You could fundraise, sign a petition, buy Fairtrade goods or support a local foodbank, to name just a few ideas. Living in solidarity deepens our commitment to our Catholic principles, like human dignity, subsidiarity, and the preferential option for the poor.



Your LiveSimply journey will be very rewarding.
It will:

- **support the Catholic life and mission of your parish**
- **build and enrich relationships with parishioners, and the wider community**
- **contribute to creating a more just world.**

CAFOD will support your LiveSimply journey with help and resources. CAFOD is the Catholic Agency for Overseas Development. We work together with communities around the world to end poverty and build a better world.



Scan this QR code for more information or to sign up for the award please visit
cafod.org.uk/livesimply

If you have any questions get in touch:

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If you are a Catholic school interested in participating in the award, please visit
cafod.org/livesimplyschoools

**“God will ask us if we have cultivated
and cared for the world that he
created for the benefit of all and
for future generations, and if we
have taken care of our brothers
and sisters. What will be
our answer?” POPE LEO XIV**



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