

Week One: Ways to live more simply

How do we live what Pope Francis is calling for in his letter *Laudato Si'*? The Pope is asking us to return to a more simple way of life and be more grateful. To give us an idea of what that can mean the Global Catholic Climate Movement has listed ten ways we can live more simply. This week we give the first 5 suggestions, next week the other 5 on their list:

- 1 **Buy less stuff** - Before buying something new, ask yourself: “Do I need this. Does this bring me joy?” Can clothes, shoes and other items be repaired rather than thrown out?
- 2 **Buy more consciously** - Look for goods that have less packaging, for instance don't buy individually wrapped cheese or pottles of yoghurt. Buy fewer things and try to buy what's locally produced and support businesses that pay fair wages.
- 3 **Eat more intentionally** – Go meat free at least one or more days a week (apart from Fridays!) and reduce your consumption of animal products. Buy local and what's in season, try growing your own vegetables.
- 4 **Waste less** – Reduce food waste and avoid throwing away food whenever possible. Bring your own bags when you go grocery shopping, including the plastic bags you already have for buying fruit and veges in the supermarket.
- 5 **Share more** – Look for ways to share with others in your community, such as sharing gardening tools or children's toys. Car pool. Share your time by finding ways to volunteer.

Week Two: Ways to live more simply

Last week we looked at how we can practice what Pope Francis is calling for in his letter *Laudato Si'*. The Pope is asking us to return to a more simple way of life and be more grateful. We listed 5 ideas from the Global Catholic Climate Movement. Here are the other 5:

6 **Drive Less** – Think before you hop in the car: “do I need to or could I walk, or use public transport? Talk to friends and neighbours about sharing a car for going to Church, the movies, meetings, the supermarket, and so on.

7 **Nurture your relationships** – Give priority to your time with family and friends. Find free or cheap ways of spending time together like going on walks or playing games. Make sure there is family time when no one will use electronics.

8 **Take quality time for yourself** – Spend a week keeping track of your and your family's time. Are there parts where you are wasting your time that could instead be spent intentionally? Try to take time to be in nature every day and really take it in.

9 **Examine your lifestyle for waste** – If your tap water safe to drink: why buy bottles water? Unplug electronic items when not in use and when they don't need to be charged.

10 **Take time to pray and give thanks** – Spend time every day to pray and give thanks, and to savor the things you have.