

St Gregory's 'LiveSimply' Idea's

On 29 September 2019 **St Gregory's Parish** embarked on answering a call from Pope Francis

To *LiveSimply*

Practical ways to live out our Faith.

Jesus's Word explains how to make the world a better place for all people and creation.

“We are right to repeat again and again the straightforward appeal: ‘Live simply so that others may simply live.’”

Cardinal Vincent Nichols

“It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack.”

“When lived freely and consciously, it is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full.”

“We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”.

Pope Francis, Laudato Si', #222 and #223

Page 1

- Tip No. 1:** **Solidarity with the poor:** Share your weekly shop by bringing a tin of food to Mass for the HOPE CENTRE.
- Tip No. 2:** **Solidarity with the poor:** Include in your weekly shop one more FAIRTRADE item than usual.
- Tip No. 3:** **Living Sustainably with creation:** *in your weekly shop, buy one ORGANIC vegetable more than you would usually; to preserve the soils.*
- Tip no. 4** **Living sustainably with creation:** *find ECO friendly household cleaners to reduce chemicals going into our water sources.*
- Tip No. 5:** **Living sustainably with Creation:** *walk, cycle or bus to church and, where possible, elsewhere.*
- Tip No. 6:** **Living sustainably with Creation:** *'lift shares' to church. Consider sharing one car with spouse or child; to reduce the number of cars on the road.*
- Tip No. 7:** **Actions for Living Simply** Introduce yourself and ask another parishioner their name.
- Tip No. 8:** **Actions for Living Simply** Say, 'Thanks', more often than you would normally do.
- Tip No. 9:** **Solidarity with the poor:** *Buy Fairtrade flowers and fruit at Co-op and Aldi to ensure growers are paid sufficient to feed & house family, pay for schooling and have a community centre.*

Where have you found Fairtrade?

- Tip No. 10** **Living Sustainably with creation:** *Gardeners Reuse Plastic deep trays for seed trays (make drainage holes).*

Do you have an inventive plastic Reuse idea?

- Tip No. 11:** **Solidarity with the poor:** Ask your supermarket to stock more FAIRTRADE Fruit and Vegetables.
- Tip No. 12:** **Solidarity with the poor:** choose to buy CAFOD World Gifts this Christmas.
- Tip No. 13:** **Living Sustainably with creation:** Join a community litter pick. Phippsville litter pick first Saturday every month.
- Tip No. 14:** **Solidarity with the poor:** *Be discerning when listening to politicians.*
- Tip No. 15:** **Solidarity with the poor:** consider volunteering a few hours at the Hope Centre Kitchen.
- Tip No. 16:** **Live sustainably with creation :** Try to discern Policy announcements that will reduce climate change.
- Tip No. 17:** **Live sustainably with creation:** *Plant a small tree to celebrate a Baptism or First Holy Communion or Just For future generations (to clean the air).*
- Tip No. 18:** **Solidarity with the poor:** *the world's poor, often live with only one light. Change to LED bulbs, which use the least electricity.*
- Tip No. 19:** **Live sustainably with Creation:** *Continue to recycle your redundant clothing and furniture etc through CHARITY shops.*
- Tip No. 20 :** **Live sustainably with Creation:** *have two or three meat free days a week to reduce the impact of deforestation, caused by the increasing demand for new farm land to grow animal feed.*
- Tip No. 21:** **Actions to Live Simply:** Try the Free Catholic 'app' **Laudate** on your mobile phone. Daily Bible Mass readings simply where ever you are.
- Tip No. 22:** **Live sustainably with creation:** *keep the sacred nature of consciousness always alive within us (keeping Jesus's way).*
- Tip No. 23:** **Solidarity with the poor:** *Put the NEEDS of others before our own (this Christmas).*

- Tip No. 24:** **Live sustainably with creation:** only boil the amount of water you will drink; reducing the power station emissions.
- Tip No. 25 :** **Live sustainably with creation:** one aeroplane flight can add to climate change, as much as a typical year's worth of driving. **Make a resolution,** for the sake of your children and grandchildren, to stop non-essential flying. In Europe take the train.
- Tip No. 26:** **Actions to LiveSimply:** Stuck for a Christmas present idea? Give a homemade item or card!
- Tip No. 27:** **Live sustainably with creation:** Trees take in Carbon Dioxide gas, reducing the climate change effect. **Make a Resolution:** Plant a small tree in your garden, or buddy up with someone who has the space . We can put you together: just let us know. Tel. 714246
- Tip No. 28:** **Solidarity with the poor:** New Year Resolutions (1) Buy fairtrade bananas, fruit, tea, coffee & chocolate. (2) Bring tins of food to Mass weekly for the Hope centre and Food Bank. Try visiting Daily Bread Coop on Bedford Road.
- Tip No. 29:** **Live sustainably with creation:** Chose to have a **Drive No Where day** once a week. You may need to agree a carshare at work or school, walk or take the bus.
- Tip No. 30:** **Actions to Live Simply:** A prediction, publicised by Mark Carney, says Sea level will rise nearly 30 feet. Take a silent walk to think and pray about the beauty of God's creation of trees and the damage we are doing causing Global warning.
- Tip No 31:** **Actions to Live Simply:** **Pray regularly for the next generation,** who will have to live with rising temperatures, floods, water and electricity shortages and migration of peoples suffering the worst extremes of climate change.
- Tip No 32:** **Actions to Live Simply:** **Join CAFOD website** , to be included in petitioning parliament for United Nations action on climate change.
- Tip No 33:** **Actions to Live Simply:** 'Garden Spring time' avoid using weed killers and chemicals in your garden soils, also having bonfires.
- Tip No 34:** **Live Simply parishes are doing what Pope Francis is asking all to do:** "to care especially for the disadvantaged and those living in poverty".
- Tip No 35:** **Solidarity with the poor:** The Hope Centre needs Volunteers to help in the kitchen and sorting clothing donations.
- Tip No. 36:** **Living Sustainably with creation:** Pray that the Holy spirit will inspire young people to recognise that humans only discover and use what **God** has already made.
- Tip No. 37:** **Living Sustainably with creation:** avoid leaving your engine idling when parked or stationary putting Co2 in to the atmosphere.
- Tip No. 38:** **Solidarity with the poor:** Avoid buying goods made by exploited workers. Sold by Nike, H&M, Primark, Walmart (Asda) according to Sheffield University
- Tip No. 39:** **Living Sustainably with creation:** Choose to buy clothes where the materials are all natural e.g. cotton, bamboo and wool. Avoid polyester and mixtures containing polyester. These do not recycle, so dispose of them through Charity shops who find new owners.
- Tip No. 40:** **Living Sustainably with creation:** By growing some food ourselves we can reduce the amount being transported from grower to customer. Start with a 'Grow Bag' or plant a small fruit tree. Thinking big: get an allotment.
- Tip No. 41:** **Living Sustainably with creation:** Buy British seasonal produce to reduce intercontinental transportation of produce.
- Tip No. 42:** **Solidarity with the poor:** Please continue or start to donate tins and packets of food at Sunday Masses for the Hope centre kitchen and food bank.

Actions to Live *Simply* : Communication with eye contact melts 'Stranger fears'.

Tip No. 43: **ACTIONS TO LIVE SIMPLY** Introduce yourself and ask another parishioner their name.

Tip No. 44: **ACTIONS TO LIVE SIMPLY** Say, ' Thanks', more often than you would normally do.

CAFOD Prayer

**Compassionate and loving God, you created a world for us all to share,
a world of beauty and plenty.
Create in us a desire to live simply, so that our lives reflect your generosity.**

Tip No. 45: **Living Sustainably with creation:** During lent Let us deny ourselves a few luxuries every week and put the money saved, weekly in a CAFOD envelope.

Tip No. 46 : **Living Sustainably with creation:** We have witnessed the devastating floods which are a part of Climate Change, Keep the people suffering in your prayers.

Tip No. 47: **Living Sustainably with creation:** If you develop a cough or have a temperature of over 37.8, Self isolate yourself for 7 days. Keep in touch with your community by telephone (for company and deliveries).

Tip No. 48: **Living Sustainably with creation:** try to buy only seasonal organic vegetables and dried fruit to minimise CO₂ emissions by international transport.

Tip No. 49: **Living Sustainably with creation:** *Make the first input for the day a reading from scripture and prayer so that other news is put in perspective.*

Tip No. 50: **Solidarity with the poor:** *Donations to Cafod, to support people around the world, can be Posted, Given on the Cafod website, or the second collection at Sunday Mass.*

Tip No. 51 **Living Sustainably with creation:** *Make the first input for the day, Read Romans 8: 35-39; for 3 days in honour of the Trinity.*

Tip No. 52: **Living Sustainably with creation:** *Collect the initial cold water, which runs into the washing up bowl before washing dishes, in a container..... ready to water your plants.*

Tip No. 53: **Living Sustainably with creation:** *well done for practicing living simply: less rushing about putting CO₂ into the atmosphere and more time for baking, family communication/meals, praying and appreciating nature in the garden.*

Tip No. 54: **Solidarity with the poor:** *try a three day meal rotation; meat, fish and vegetarian or reducing to two meals a day, for those in the world who have no choice*

Tip No. 55: **Living Sustainably with creation:** St Benedict recommended our daily schedule should contain meditation or prayer, meals and relationships, learning, labour and rest ; the order varying with the seasons.

Tip No. 56: **Solidarity with the poor:** each step we take away from dependence on material possessions reduces our desires to be secure, to have ease, to be without hurt and increases our ability to love.

Tip No. 57: **Living Sustainably with creation:** St Benedict recommended that our ability to listen is our gift to those around us.

Tip No. 58: **Living Sustainably with creation:** St Benedict recommended to be content with the work we are given to do and with the circumstances of our lives, as it is our outlook that confers value on our experiences.

Actions to LiveSimply : Communication regularly (telephone) with of our ,
'family in faith,' can cheer our predicament, or with eye contact using
Whats App or Skype.

Tip No. 59: *Living Sustainably with creation:* Daily Bread is stocking plants from Workbridge Garden Centre in support of plant sustainability and reduced wastage.

Tip No. 60: *Solidarity with the poor:* Cauliflower: don't throw the green leaves away – use them as cabbage either cooked or in salad.

Tip No. 61: *Solidarity with the poor:* Cauliflower! don't throw the green leaves away – use them as cabbage either cooked or in salad.

Tip No. 62: *Solidarity with the poor:* Mother Teresa reminds us that repairing items and buying things of cheaper quality are ways of keeping up the spirit of poverty; which Jesus chose.

Tip No. 63: *Living Sustainably with creation:* When Doctors says a bar of soap is sufficient, why do we buy pump action handwash? The bar of soap lasts twice as long and costs half the price with no plastic!

Tip No. 64: *Solidarity with the poor:* we cannot give personal help but we can fund CAFOD Covid 19 Appeal ONLINE

Tip No. 65 : *Living Sustainably with creation:* St Benedict said Prefer nothing to the art of caring for others.

Tip No. 66: *Living Sustainably with creation: Seeing the flip side, Lockdown has given us TIME* for family life, home cooking, gardening, reading, communicating with far away family and friends, laughing, doing jobs at home and playing with children.

Tip No. 67: *Solidarity with the poor:* In 'Laudato Si' Pope Francis wrote, change modern culture by replacing consumption with sacrifice, greed with generosity and wastefulness with a spirit of sharing.

Tip No. 68 : *Living Sustainably with creation:* The symbol on the back of food packets that say "Yet to be Recycled" should read: this packet will pollute the seas, choke animals/wildlife and ruin the countryside. Refuse to buy it.

Tip No. 69 : *Living Sustainably with creation:* Self realisation through Purposefulness, Health, Joy, Self-motivation, Contentment, Acceptance, Fulfilment and Creativity.

Tip No. 70 : *Living Sustainably with creation:* regularly through the day, say a thanksgiving and remind ourselves to be compassionate.

Tip No. 71: *Living sustainably with creation:* Pope Francis reminds us that 'the throw away' culture is detrimental to Nature. We have to escape the idea of changing things because they do not look good this year e.g. kitchens, bathrooms, settees and furniture.

Tip No. 72: *Solidarity with the poor:* in Laudato Si it suggests that internet /media sometimes shield us from the life realities of pain, fears and joys of others and the complexities of their experiences; which we need to be open to, as in personal relationships.

Tip No. 73: *Living sustainably with creation:* "Work is part of God's loving plan, we are called to cultivate and care for all the goods of creation and in this way share in the work of creation"! Pope Francis.

Tip No. 74: *Solidarity with the poor:* Pope Francis reminds us that when time is not set aside for dialogue with Christ in prayer, we risk serving ourselves and not God present in our needy brother and sister.

- Tip No. 75 :** **Solidarity with the poor:** Try making your main meal half a tin of baked Beans on a Baked Potato, use the rest of the baked beans the next day (main meal) on wholemeal bread. Join the 'The Poor in Spirit'. Send your saving to CAFOD.
- Tip No. 76:** **Living sustainably with creation:** " A prayer that does not lead to practical action for your brother- the poor, the sick, those in need of help, a brother in difficulty – is a sterile and incomplete prayer". *Pope Francis.*
- Tip No. 77 :** **Solidarity with the Poor:** Check out these **fairtrade** clothing suppliers and 'love your neighbour', who make our clothes:
www.nomadsclothing.com; www.bibico.co.uk/pages/fair-trade-clothing/
www.peopletree.co.uk/
- Tip No. 78 :** **Living Sustainably with creation:** All lives Matter, **Cafod 'Covid 19'**, cares for all especially the Poor.
- Tip No. 79 :** **Living Sustainably with creation;** cattle eat many times as much barley, wheat, cereal and corn than white meat animals and non meat foods. Try to only eat beef once a week to allow others, around the world, to not go hungry for bread, pasta, soya and cereals.
- Tip No. 80** **Solidarity with the Poor:** doctors are asking us to consider if we '*just want*' or '*really need*' a holiday flight; that will increase Covid 19 risks and damage climate change.
- Tip No. 81 :** **Living Sustainably with creation:** Make it the new normal: we can save, ' dumping or recycling', when we **maintain, mend & repair.**
- Tip No.82 :** **Living Sustainably with creation;** Doctors are recommending a diet that is anti-inflammatory and builds the immune system for our future;"include home cooked raw vegetables and fruit in every meal" Organic have a third more immunity building goodness and improves the soil!..... **Living Simply!!**
- Tip No. 83** **Living sustainably with creation:** there is evidence that FAST FOOD reopening is producing Litter so lets try to do a litter Pick in our community.
- Tip No. 84** **Solidarity with the Poor:** predictions suggest that people needing FOOD BANKS will triple this autumn. Let us **send donations to the HOPE CENTER to feed the HUNGRY**
- Tip No. 85** **Living sustainably with creation:** As we come out of lockdown let us retain some of the positives that we found during the time.
- Tip No. 86** **Living sustainably with creation:** be mindful of how we dispose of our facemasks so as to not pollute the planet again.
- Tip No. 87** **Solidarity with the Poor:** Try making your own 3 ply facemask rather than using the medical ones, which are needed by the NHS.
- Tip No. 88** **Solidarity with the Poor:** Source out **FairTrade CLOTHING** which is cool and comfortable to wear; benefits and respects People and the Planet, and supports fairtrade values.
- Tip No. 89** **Solidarity with the Poor:** Oscar Romero said authentic Christians are against the disorder of human beings exploiting other human beings.
- Tip No. 90** **Living sustainably with creation:** Mother Teresa used this quotation: Learn from me I am meek and humble
- Tip No. 91** **Living sustainably with creation:** Accept as your own, the Life Principle of Love. John Powell S.J.
- Tip No. 92** **Living sustainably with creation:** Since Covid 19 and the horrendous Climate change damage by airline travel, many new transnational High-speed train services have been opened to replace flights in Europe.

- Tip No. 93:** **Living sustainably with creation:** *electricity is now not made from fossil fuels: coal or oil. So we now need to choose cars using electricity. Hybrid is partly electric while others are fully electric, both save climate changes. Only diesel damages the planet and produces tiny particulates that poison human lungs.*
- Tip No. 94:** **Solidarity with the Poor:** *Short distances can be covered by walking, cycling or scooting; make the time to do it.*
- Tip No. 95:** **Living sustainably with creation:** *Thinking of changing job or moving house, aim to find a local solution to reduce car use. This is known as the, "15 minute city", vision.*
- Tip No. 96:** **Solidarity with the Poor:** *reclaim multiculturalism, where we aim to avoid isolating anyone through ageism, racism, mental health disrespect or socio-economic status bias.*
- Tip No. 97:** **Living sustainably with creation:** *driving less and walking more so we have cleaner air to breathe, our chance to heal our human family and heal our common home.*
- Tip No. 98:** **Living sustainably with creation:** *small acts of kindness, picking up the phone to check on a friend or leaving a bag of groceries on the doorstep of someone who cant get to the shops. Truly becoming neighbours.*
- Tip No. 99:** **Living sustainably with creation:** *What can one person do about our common home? As consumers we can tell supermarkets and farmers what to supply by what we choose to buy each week. Refuse to buy eggs other than free range/organic to stop hens being caged. Reduce beef consumption to stop cattle being kept in barns instead of fields (a USA method).*
- Tip No. 100:** **Living sustainably with creation:** *What can one person do about climate change? Switch off lights, walk more/drive less miles. Avoid flying/ holiday in the UK. Recycle more, give the green waste to the council for composting. Do not burn it.*
- Tip No. 101:** **Living sustainably with creation:** *organic farming reduces nitrous oxide (300 x as bad as CO2) being released into the atmosphere by non organic farming. Buy organic foods as much as you can to halt climate change.*
- Tip No. 102:** **Living sustainably with creation:** *prevent waste caused by packaging. Buy loose food and non food products whenever possible, carrying them home in your own bags. Parishioner tip.....thank you.*
- Tip No. 102:** **Actions to Live Simply :** *Mother Teresa's Simple Path recommends building foundations on Charity, Friendship, Love, Gratitude, Kindness, Warmth and Trust.*
- Tip No. 103:** **Actions to Live Simply :** *Be a witness to Purposefulness, Health, Joy, Self motivation, Contentment, Acceptance, Fulfilment and Creativity.*