

The Live Simply group in our Parish was set up in 2018.

Our Lady of Lourdes received its certificate as a Live Simply Parish in 2019, one of the first in the Westminster diocese. We planted a red-leafed Maple tree in the front garden of the church to commemorate the event. Our ambition is to help create awareness in our Parish of the *Laudato si* call to ‘hear the cry of the earth and the cry of the poor’



Canon Anthony receiving the Live Simply award from Maria Elena Alana – CAFOD Live Simply Co-ordinator

Laudato si, On care for our common home.

The Live Simply movement grew out of Pope Francis’ encyclical. It is a wonderful affirmation of the value we should all place on the protection of our world and those who share it with us. We are all its custodians – given this task by God.

What does it mean to us?

Our starting point was the knowledge that we in this country are among the world’s most wasteful consumers. We consume too much of everything and have been gobbling up the world’s resources at a fantastic rate ever since the industrial revolution. Much of what we buy gets thrown away, particularly food and clothing.

What can we do?

Our group acts as a focus for our collective efforts to reduce our consumption of scarce resources, to re-use and wherever possible re-cycle manufactured items, donating where practical to our brothers and sisters in less

developed economies and the impoverished within our own society. We work closely with CAFOD and the Developing World Group on many of these endeavours.

The Live Simply group has grown into four main areas of focus:

The Liturgy Group has organised Masses on the feast of our patron saint, St. Francis of Assisi, Masses for the sick, Stations of the Cross etc, working with our Parish choir and with the children of St Dominic School.

The Practical/Resources Group undertakes practical actions such as collections for the local Foodbank, or Bring n’ share Lunch, Family Fast Day collections, organising speaker events on key *Live Simply* issues, highlighting how the Parish and all parishioners can live more simply.

On **Justice, Peace and Care for Creation**, we owe a huge debt to those we have exploited in the past and who are often those most affected by climate change. We Initiate or join Campaigns and petitions for justice such as Fairtrade or debt relief for low-income countries. We promote the work of the Westminster J&P Commission and the National J & P Network’. We work with the local food banks and have sent tools and repaired or unwanted mechanical and electrical items to those in need.

The Ecology/Environment Group has organised a pet blessing, butterfly and bird counts, bluebell walks, the Parish ‘Wednesday Walk’, formulated a Parish Environment Policy to avoid the use of plastics at all Parish activities and reduce wherever possible our energy consumption in the church and Lourdes Hall by switching to low energy light fittings etc.

All are goals for the individual as well as the Parish.

Monthly guidelines are issued advising simple actions for Parishioners to follow and regular submissions for the Mass Bidding Prayers and prayers and quotations from Pope Francis’ great encyclicals.

New members We are urgently seeking help from younger age groups to reach a wider section of our Parish community via social media. Each group meets about once every eight weeks for approximately one hour and we gather together three times a year to share ideas and progress.

Join us, put your faith into action, our world needs your active support.

Contact the *LiveSimply* coordinator: graham-ryan@sky.com