

## **ABOUT THE LIVE SIMPLY AWARD**

Live Simply is a CAFOD initiative to help parishes:

- Live Simply
- Live in Solidarity with the poor;
- Live sustainably.

In Laudato Si Pope Francis encouraged us to reflect on the world around us and respond to the signs of the times. Pope Francis calls us to a change of heart: individually, as a community and at an international level so that we can respond to both 'the cry of the earth and the cry of the poor'. The Live Simply initiative encourages Catholics to respond as parish communities.

CAFOD (that is the Catholic Bishops' Catholic Agency for Overseas Development) has designed the Live Simply scheme to help parishes show their commitment to address the world's needs. The Bishops of England and Wales are encouraging parishes to seek the Live Simply award.

If the parish of St Alban and St Stephen aims to become a Live Simply parish this will need the commitment of our parishioners so over the weekend of 11-12<sup>th</sup> March 2023 we are asking if you believe that the parish should register for a Live Simply Award and if it is something with which you could be involved.

If the Parish decides to apply for the award, we will then need to:

- Register for the award with CAFOD;
- Assess what we are currently doing as a parish;
- Agree on how we are going to organise ourselves to achieve the award;
- Make a plan to live simply, sustainably and in solidarity with the poor.

The plan should contain at least nine actions including one substantial action for each of the objectives of living simply, sustainably and in solidarity with the poor. A substantial action is either a significant change in practice or something which affects a large number of people in the parish. There will be a parish-wide consultation to identify our Live Simply objectives if the parish wishes to go ahead with this initiative.