



Notes from the LiveSimply Networking Event: March 2024

Our thanks to Jo Lewry for coming along to talk more about the CAFOD's LiveSimply Award. Below are some useful links and notes and tips from the discussion on how to get started.

The LiveSimply award is an opportunity for Catholic Communities-parishes, schools, religious orders and chaplaincies- to answer the call for us to care for our common home and stand in solidarity with our brothers and sisters around the world.

The bishops of England and Wales, encourage all parishes and schools to work towards the award as a way of "protecting this world which God has entrusted to us".

Link to LiveSimply Website: <https://cafod.org.uk/campaign/livesimply-award>

Link to LiveSimply prayer: <https://cafod.org.uk/pray/prayer-resources/livesimply-prayers>

Film: <https://www.youtube.com/watch?v=PKZ4k8DhckI&t=62s> (also on website)

Email: jllewry@cafod.org.uk

Points and tips from discussion

- Helpful to have a small group of committed people to get going, even if the rest of the parish don't seem to initially be on board.
- Can include what parishes are already doing – so if you have a foodbank collection point already going, that counts as part of your actions with living in solidarity with the poor.
- Record your actions and take pictures– this will be needed as part of the assessment.
- Social events work well (plant sales, seed swaps) especially when there is tea and cake.
- The CAFOD website has lots of ideas to help get you started
<https://cafod.org.uk/campaign/livesimply-award/livesimply-idea>.
- For people struggling to engage parishes
 - Making a list of all the things already happening that fall within the 3 categories of the award, living simply, sustainably and in solidarity with the poor.
 - Increasing activity in these three areas, without necessarily committing to the award initially.
 - Using the above to demonstrate how the parish is already on the way to achieving the award.

Examples in our diocese

<https://englishmartyrsrdg.com/caring-for-creation/>

<https://www.ourladyandstedmund.org.uk/live-simply-parish>

For support or ideas for a networking event please contact Jenny at caritas@portsmouthdiocese.org.uk