

LIVE SIMPLY

Buy less STUFF
Walk, cycle or use public transport
Have a tech-free day
Have a meat-free meal once a week
Grow your own fruit, vegetables or herbs
Grow a wildlife garden
Install a bird feeder
Use an ethical bank or insurance company
Make your own jam, clothes etc
Take a nature walk
Buy a Redemptorist Publications
'Real Advent Calendar' £4.50

https://acnuk.org/petition-2021/?mc_cid=6739884e95&mc_eid=e491ab1281
https://www.friendsoftheholylan.org.uk/pages/shop/department/christmas?utm_source=sendingblue&utm_campaign=October%20general%20email&utm_medium=email
[HTTPS://paxchristi.org.uk/product/nativity-trio-cards/](https://paxchristi.org.uk/product/nativity-trio-cards/)
<https://www.marysmeals.org.uk/shop/lifechanginggifts/mugs>

Compassionate and loving God, you created the world for us all to share, a world of beauty and plenty. Create in us a desire to live simply, so that our lives may reflect your generosity. Creator God, you gave us responsibility for the earth, a world of riches and delight. Create in us a desire to live sustainably, so that those who follow after us may enjoy the fruits of your creation. God of peace and justice, you give us the capacity to change, to bring about a world that mirrors your wisdom. Create in us a desire to act in solidarity, so that the pillars of injustice crumble and those now crushed are set free. Amen

LIVE SIMPLY – SUSTAINABLY – IN SOLIDARITY WITH THE POOR

LIVE IN SOLIDARITY WITH THE POOR

Eat a simple meal with your family and donate what you save to other families in need
Support a Refugee programme
Plant a tree overseas to mark a birthday or baptism
Give CAFOD World Gifts for Christmas to raise awareness
Buy your Christmas cards and gifts from:
Aid to the Church in Need, Friends of the Holy Land, the Franciscan Holy Cross Bookshop, Pax Christi, Mary's Meals
Sign the ACN petition against the violent persecution of Christian women
Donate old coats and shoes to the homeless
Buy Fairtrade products
Donate food to the Foodbank
Petition your local MP on important issues



LIVE SUSTAINABLY

Compost your kitchen and garden waste
Switch to a renewable energy provider
Reduce plastic waste – drink tap water
Buy fresh produce from a local butcher or greengrocer
Use energy saving lightbulbs
Insulate & draught-proof your home
Turn down the heating and wear a jumper
Use environmentally friendly washing products
Install solar panels
Switch lights off when you leave a room
Fit water-saving devices in toilets and showers
Have a quick shower instead of a bath
Use recycled paper and envelopes
Collect rainwater in a water butt
Share car journeys
Save fuel - reduce your driving speed
Drive an electric or hybrid vehicle
Re-use, Re-pair, Re-cycle before you Re-place
Keep your freezer stocked up
Do a FULL load in your washing machine or dishwasher