

# 100 *live simply* award ideas

The *livesimply* award is open to any Catholic community – including parishes, schools and chaplaincies – that wants to respond to Pope Francis’ call to live more simply, sustainably and in solidarity with poor communities.

To apply for the award, your community needs to commit to one substantial and at least two smaller actions in each of these categories: living simply, sustainably and in solidarity. It’s a wonderful opportunity to try something new or build on existing enthusiasm within your community.

This list is to inspire and encourage you in your *livesimply* journey, by sharing ideas for reflection and worship, practical action, reaching out and taking *livesimply* home.

## Reflection and worship



- 1 Hold a walk, vigil or reflection to reflect on creation
- 2 Say the *livesimply* prayer
- 3 Hold a seasonal liturgy or *livesimply* Mass
- 4 Celebrate the feast of St Francis, patron saint of the environment, on 4 October
- 5 Celebrate the Day of Prayer for the Care of Creation on 1 September
- 6 Tree planting for Baptisms and first Holy Communions
- 7 Hold an outdoor service
- 8 Use worship materials from the Green Christian website



- 9 Make and display a *livesimply* banner from recycled materials
- 10 Support CAFOD’s Lent and Harvest Fast Days
- 11 Allocate time for silent reflection before Mass



- 12 Write messages of hope for refugees, inspired by the Lampedusa cross
- 13 Invite a speaker to talk about *Laudato Si’*
- 14 Reflect on *Laudato Si’* using CAFOD’s guide



## Practical action



- 15 Rules to reduce waste for events and parties using parish hall
- 16 Compost kitchen and churchyard waste
- 17 Use washable – not disposable - napkins, cloths, mugs and cutlery
- 18 Email copies of newsletters instead of printing
- 19 Print double-sided to save paper
- 20 Create an outdoor space for prayer and contemplation
- 21 Support or set up a second-hand school uniform exchange



- 22 Conduct an energy audit of buildings and monitor progress
- 23 Draught-proof and insulate buildings
- 24 Investigate whether your diocese is part of the ChurchMarketPlace / IFM renewable energy scheme
- 25 Use energy-saving lightbulbs and switch off lights
- 26 Turn off computers and photocopiers when not in use
- 27 Timetable meetings to minimise heating
- 28 Reduce the use of floodlights
- 29 Audit your recycling and look for more ways you can recycle
- 30 Install double glazing
- 31 Install solar panels
- 32 Reduce water wastage
- 33 Display local bus routes
- 34 Provide bike racks
- 35 Encourage car-shares for meetings, or to attend church
- 36 Hold a ‘Walk to Church’ Sunday or ‘Walk to School’ day
- 37 Become a collection point for local foodbanks
- 38 Use environmentally-friendly cleaning products
- 39 Use recycled paper and envelopes
- 40 Install bird feeders, boxes or bat boxes
- 41 Create a shared vegetable garden
- 42 Become a Fairtrade parish or school
- 43 Use ethical banking and insurance
- 44 Fundraise for CAFOD *World Gifts*
- 45 Install a water butt to collect rain water
- 46 Support local refugee projects



- 47 Hold a card signing in support of CAFOD's latest campaign
- 48 Organise a litter-picking walk
- 49 Make links with other local faith groups
- 50 Plant wildflowers to attract insects and birds
- 51 Collect unwanted spectacles, mobile phones and ink cartridges for recycling



### Reaching out

- 52 Promote a parish or school 'unplugged day' - No TVs, phones or computers
- 53 Create a 'livesimply ideas' Lenten or Advent calendar
- 54 Encourage everyone to make a *livesimply* pledge
- 55 Put living simply tips of the week in a newsletter or on a noticeboard
- 56 Organise parish walks or days out which are open to all
- 57 Organise a children's gardening club
- 58 Organise a Bring and Buy sale
- 59 Publicise local recycling facilities



- 60 Hold a film evening with a *livesimply* theme; showing, for example, 'An Inconvenient Truth', or 'Before the Flood'
- 61 Hold a climate change quiz night
- 62 Run CAFOD's climate change game with your class or youth group
- 63 Make links with local groups, such as Friends of the Earth, Wildlife Trust, RSPB
- 64 Set up a St Vincent de Paul group
- 65 Write to local council leaders, MPs or MEPs



- 66 Write to local newspapers about important local issues
- 67 Link to communities in developing countries with CAFOD's Connect2
- 68 Support local refugees with the Jesuit Refugee Service
- 69 Make land available for people to grow food
- 70 Become an access point for a local credit union
- 71 Support local furniture re-use organisations
- 72 Provide household items for rehoused homeless people



- 73 Lobby or go to meet your local MP
- 74 Visit elderly or housebound people
- 75 Make craft items out of recycled materials



### Taking *livesimply* home

- 76 Use 'freecycle' websites to give away unwanted items
- 77 Use charity shops
- 78 Use Fairtrade products, including cleaning products
- 79 Buy locally sourced food
- 80 Grow your own vegetables
- 81 Enjoy nature
- 82 Pray before meals
- 83 Buy ethical clothing
- 84 Check your carbon footprint
- 85 Close windows, curtains and doors to keep heat in
- 86 Insulate your loft
- 87 Don't leave appliances on standby
- 88 'Food for thought' before meals – considering origins of our food
- 89 Walk, cycle, take the bus, tram or train instead of driving
- 90 Reduce driving speeds to use less fuel
- 91 Share cars and offer lifts to others
- 92 Save water
- 93 Cook with leftovers
- 94 Switch to renewable energy, for example through Ecotricity
- 95 Have a weekly meat-free day
- 96 Compost food waste
- 97 Use cloth bags instead of plastic carrier bags
- 98 Offer temporary housing for homeless youngsters
- 99 Volunteer for a cause you care about
- 100 Help local foodbanks distribute surplus food to people in need



Visit [cafod.org.uk/livesimply](https://cafod.org.uk/livesimply) to sign up, download an action plan template and to find stories and resources relating to many of the ideas above.

If you would like to share ideas with other communities applying for the *livesimply* award, join our email group. Contact [livesimplyaward@cafod.org.uk](mailto:livesimplyaward@cafod.org.uk) with your name and the name of your community.