



**TO HOPE AND ACT
WITH CREATION**
SEASON OF CREATION 2024

LAUDATO SI' ON LIVING SIMPLY

Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption. We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”. (LS 222)

Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack. This implies avoiding the dynamic of dominion and the mere accumulation of pleasures. (LS 222)

[S]obriety, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full. (LS 223)

“...Saint Francis, faithful to Scripture, invites us to see nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness. “Through the greatness and the beauty of creatures one comes to know by analogy their maker” (*Wis 13:5*); indeed, “his eternal power and divinity have been made known through his works since the creation of the world” (*Rom 1:20*).” (LS 12)

LIVING SIMPLY

HOW WE MIGHT EMULATE ST FRANCIS IN LIVING SIMPLY

- Be generous: Give away your things to those who need them more.
- Embrace "just enough": Live with only what you truly need.
- Celebrate nature: Spend time in nature, like taking a walk or growing a garden.
- Be an example: Lead by example to inspire others to live more simply.
- Live authentically: Respond authentically to God's call and be true to yourself.
- Be grateful: Give thanks for the good things God has given you.
- Stand up to authority: Stand up to authority when power is in corrupt hands.
- Promote peace: Be a peacemaker and be merciful and forgiving to your enemies.

LiveSimply prayer

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.

Linda Jones / CAFOD



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FAMILY FAST DAY 2024

This year's Harvest Family Fast Day falls on Friday 4th October, the feast of St Francis, patron saint of ecology.

What can we do on Family Fast Day?

- **Learn more about just how wealthy we really are:** Find out about local and international poverty levels, and where we really sit on the scale of wealth;
- **Share what we have:** Use the envelopes provided to make a donation to CAFOD, directed this year towards supporting vocational training in poor areas of the world, to enable young people to become self-supporting and overcome poverty;
- **Act in solidarity with those who have nothing:** Limit (or change) what we eat on 4th October as an act of solidarity with the poor **WITHIN WHAT OUR HEALTH ALLOWS;**
- **Use this Family Fast Day as a start to something new:** How can each of us live more simply and in more solidarity with the poor in our day to day lives?

"It is my hope that the inspiration of Saint Francis will help us to keep ever alive a sense of 'fraternity' with all those good and beautiful things which Almighty God has created."

Pope Saint John Paul II on the World Day of Peace, January 1, 1990

Goodness, together with love, justice and solidarity, are not achieved once and for all; they have to be realized each day".

(Fratelli Tutti 11)

LIVING IN SOLIDARITY

ST FRANCIS – PATRON SAINT OF ECOLOGY

Pope Francis entitled his encyclical about caring for our common home *Laudato Si* meaning "praise be to you," a phrase which Francis used repeatedly in his Canticle of the Creatures.

St. Bonaventure (1221–1274), an early Franciscan mystic, taught that, "As a human being, Christ has something in common with all creatures. With the stone he shares existence; with plants he shares life; with animals he shares sensation; and with the angels he shares intelligence." In saying this, Bonaventure was trying to give theological weight to the deep experience Francis, who, as far as we know, was the first recorded Christian to call animals and elements and even the forces of nature by familial names, much as indigenous people have done for centuries: "Sister, Mother Earth," "Brother Wind," "Sister Water," and "Brother Fire."

Francis was fully at home in this created world. He saw all things in the visible world as endless dynamic and operative symbols of the Real, a theater and training ground for a heaven that is already available to us in small doses in this life.

Richard Rohr (OFM): Daily Meditation 9th October 2019

PRAYER: For the love of....

Creator God,

You show us what love is through the beauty of the earth and the gift of your Son.

For the love of..

animal and plant

mountain and forest

sea and city

woman and man

friend and family

those who live far from us and those yet to be born....

Move us to live more simply, to protect the earth and to speak up for those in need.

Amen.

Sarah Hagger-Holt/CAFOD