

YOUR GUIDE TO THE *Livesimply* award

Please use this simple template to make your action plan, return a completed copy to CAFOD and we will send you your *livesimply* award registration certificate.

To apply for the award, your community should plan one main action – something which involves either a significant change or a lot of people - and at least two smaller actions under each of the three headings.

You can include activities which are already taking place and some that are new, or that aim to reach new people. There are more ideas and inspiration on cafod.org.uk/livesimply.

Use these questions to help you plan your activities:

- *Why* are you taking this action? Who will benefit and what difference will it make?
- *Who* will be involved in making it happen? Think beyond your core group.
- *How* will you show that you've succeeded? Electricity bills, photos, newspaper cuttings and liturgy sheets are some of the ways you can show what you have been doing.
- *When* will you do it by? Be realistic.
- *What* kind of action is it? Is this action reflection and worship; practical action or something which reaches out to involve others beyond the community? It could be all three, but make sure you have all three kinds of action reflected somewhere in your plan.

Please send us a copy of your plan to livesimplyaward@cafod.org.uk or CAFOD Campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. We'll send you a certificate to display to show that your community is working towards the *livesimply* award.

Actions to live simply

Main action:

Plan two Masses in the first year based around Creation, in Spring and Autumn. Incorporate specially chosen scripture readings and excerpts from Laudato Si into the Liturgy. Then afterwards spend time in the Church garden reflecting and planning how to use the space better. Plant some trees, encourage interested parishioners to create a vegetable plot or tend some part of the garden. Promote the planting of bee friendly flowers in the parish garden as well as parishioners' gardens.

Other activities:

1. Review the ways people get to Mass and ask parishioners to commit to walking, using public transport or biking whenever possible. Support the less able with lifts.
2. Ask for pledges from parishioners to have an extra meat free day, per week or month. Also try to eat seasonal vegetables and reduce their carbon footprint by buying foods from Britain or nearby countries.
3. Ask an expert to come and talk about the most useful parts of Laudato Si and other Church teachings.

Actions to live sustainably with creation

Main action:

Explore recycling and reusing in the local area. Keep parishioners informed about what they can do and what the consequences are of not behaving responsibly. Also campaign against waste in our daily lives, especially food waste.

Other activities:

1. Expand our bottle top collection through GHS recycling Ltd. Milk bottle top charity scheme.

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2. Campaign through the CAFOD petition scheme to lobby the prime minister to achieve net zero emissions.
3. Campaign locally to see if housebound people can get their bottles collected by the council.

Actions to live in solidarity with the poor

Main action:

Support Caritas Jerusalem by raising money for projects in the West Bank and Gaza and linking our first communion children with the first communion children in the parish of Beir Zeit. Also support local charities and hospices, including Anchor House and St Francis Hospice. This will be done through our yearly fundraising family day, weekly coffee mornings and lunch club and other special events.

Other activities:

1. Use fair trade goods in the parish and set up a scheme so parishioners can also purchase fair trade goods.

2. Continue to support the local food bank and Catholic Clothing Guild.

Name and diocese of parish / community: Christ the Eternal High Priest Gidea Park Brentwood
Diocese _____

Signature of parish priest / headteacher: _____ Date: _____

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I am applying on behalf of a:

- Parish
 - School
 - Other type of organisation:
- _____

Contact name: Mrs Hilary Wraight_____

Contact address: 180 Balgores Lane Gidea Park Romford Essex

Postcode: RM2 6BS_____

Contact email address: hilarywraight@hotmail.com_____

- Yes, I would like to join an email list for *livesimply* award contacts to share resources, questions and ideas.
- Yes, I'd like to receive campaigns news, action and updates from CAFOD by email.

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