

Sunday 25 Lent 5

"In the way of your decrees [Lord] lies my joy, a joy beyond all wealth." (Psalm 119.14)

Celebrate the joy in this week's journey with the Lord.

Monday 26 Live sustainably

Look at the labels on your clothes. Where were they made? Why were they made there?

Tuesday 27 Live sustainably

According to CAFOD, the average person in the world's poorest countries uses 10 litres of water and the average person in Europe 200. Be aware of your use of water today.

Wednesday 28 Live sustainably

Buy some seeds and plant them.

Thursday 29 Live sustainably

Recycle through freecycle www.ukfreecycle.org or freegle www.ilovefreegle.org.

Friday 30 Live sustainably

Fast from shopping today.

Saturday 31 Live sustainably

Get out your bicycle and use it today.

Sunday 1 April Palm Sunday

"Hosanna! Blessings on him who comes in the name of the Lord!" (Mark 11.9)

Celebrate your own journey of faith, those who have journeyed with you, and spend time with the Lord.

Monday 2 Live simply

Find extra time for prayer this Holy Week.

Tuesday 3 Live simply

Just sit.

Wednesday 4 Live simply

Make/bake/plant/knit a present for a friend.

5 Holy Thursday *"[Jesus said] If I, then, the Lord and Master, have washed your feet, you should wash each other's feet." (John 13.14)*

Imagine Jesus saying these words to you. How do you respond?



6 Good Friday

"After Jesus had taken the vinegar he said, 'It is accomplished'; and bowing his head he gave up his spirit." (John 19.30)

As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.

7 Holy Saturday

Review the reflections you've made and the actions you've taken this Lent.

What changes do you want to make in the light of them?

8 Easter Sunday

"You are looking for Jesus of Nazareth, who was crucified: he has risen, he is not here."

(Mark 16.6)

Where have you found Jesus this Lent?



**Celebrate
Christ is risen
Alleluia!**

The Live Simply Award

www.livesimplyaward.org.uk provides parishes with clear guidelines to help them to celebrate what they are already doing and plan what they might do further to

**live in solidarity with the poor,
live sustainably,
and live simply**

through **reflection and worship
practical action
and reaching out**

Could your parish work for the Live Simply Award?

If you would like some support,

CAFOD Diocesan Sue Bownas (01244 677594)

sbownas@cafod.org.uk and J&P Coordinator

Joan Sharples (01270 620584) joansharples620@btinternet.com

would both be happy to help.



Action and Reflection Suggestions for a

Live Simply Lent



**Justice & Peace Commission
DIOCESE OF SHREWSBURY
www.jp-shrewsburydiocese.org.uk**



Ash Wednesday 22 February Live simply

“Turn to the Lord again” (Joel 2)

We turn to the Lord, longing for reconciliation with God and with our neighbour: to live simply.

What gets in the way?

Thursday 23

Live in solidarity with the poor

Who comes to mind when you hear the word poor?

Friday 24 Live sustainably

How do you want the world to be for future generations?

Saturday 25 Live simply

How might you act, give and pray this Lent?

Sunday 26 Lent 1

“[Jesus says] the time has come and the kingdom of God is close at hand. Repent and believe the Good News.”

(Mk 1.15)

Celebrate all that has been good news this week for you, the poor, and the planet.

Monday 27 Live in solidarity with the poor

Is your road a good place to live? What makes it so?

What’s life like on the other side of town?

Tuesday 28 Live in solidarity with the poor

Find out about Church Action on Poverty’s Close the Gap Campaign

www.church-poverty.org.uk/closesthegap

Wednesday 29 Live in solidarity with the poor

Read *The Banks and Society* recently produced by

The Ecumenical Council for Corporate Responsibility

www.eccr.org.uk which discusses social, ethical and environmental concerns and suggests questions to ask of banks.

Thursday 1 March Live in solidarity with the poor

Credit unions can’t lend without savers. Find details of your

local credit union at www.abcul.org

Friday 2 Live in solidarity with the poor

CAFOD Fast Day - pray, fast and give to those in need.



Saturday 3 Live in solidarity with the poor

Pray for people (by name, if you can) who are struggling with debt, homelessness, unemployment ...

Sunday 4 Lent 2

“What gain, then, is it for anyone to win the whole world and ruin their life?” (Mark 8.36)

What do you strive for? Celebrate all that has enriched your life, the life of the poor, and the life of the planet this week.

Monday 5 Live sustainably

Find time to walk and appreciate your surroundings.

Tuesday 6 Live sustainably

Measure your carbon footprint at the easy-to-use Quaker

Climate Impact Calculator [www.quaker.org.uk/extras/](http://www.quaker.org.uk/extras/climateimpact/index)

[climateimpact/index](http://www.quaker.org.uk/extras/climateimpact/index)

Wednesday 7 Live sustainably

Look at Christian Ecology Link’s Monthly Prayer Guide

www.christian-ecology.org.uk/prayer-guide-index and chose

a prayer or write your own prayer on caring for creation.

Thursday 8 Live sustainably

Turn down the thermostat by 1°.

Friday 9 Live sustainably

Fast from flesh: relish vegetarian meals today.

Saturday 10 Live sustainably

Use environmentally-friendly products

when you start your spring cleaning

www.naturalcollection.com.

Sunday 11 Lent 3

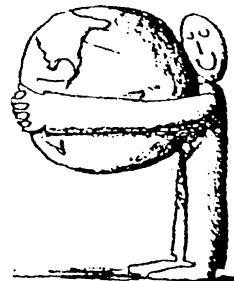
“And people from east and west, from north and south, will come to take their places at the feast in the kingdom of God.” (Luke 13.29)

Where do you see people from various backgrounds come together? Celebrate the times your life has been enriched by the insights of others.

Monday 12 Live simply

Reflect on how you spent your time during the last week.

Are you happy with the balance in your life?



Tuesday 13 Live simply

Who are the important people in your life? Spend time before God in gratitude for their presence in your lives.

Wednesday 14 Live simply

Sort through your cupboards and fill a bag for a charity shop.

Thursday 15 Live simply

Have a LOAF meal – made from Locally-sourced, Organic, Animal-friendly, Fairtrade products.

Friday 16 Live simply

Fast from technology!

Saturday 17 Live simply

Enjoy the day in a simple way.

Sunday 18 Lent 4

“Alleluia! Give thanks to the Lord, for he is good, his steadfast love is everlasting.” (Psalm 107.1)

Celebrate the times, this week, you have experienced the Lord’s steadfast love.

Monday 19 Live in solidarity with the poor

How rich are you? Enter your income on the global rich list website www.globalrichlist.com.

How do you feel about what it tells you?

Tuesday 20 Live in solidarity with the poor

Find out about the work of CAFOD www.cafod.org.uk or

Progressio www.progressio.org.uk or another

development agency.

Wednesday 21 Live in solidarity with the poor

Buy a fairtrade item you’ve never bought before.

Thursday 22 Live in solidarity with the poor

Pray for people struggling for life in a developing country.

Friday 23 Live in solidarity with the poor

Fast from chocolate and cake and give the money to a development charity.

Saturday 24 Live in solidarity with the poor

Lobby the Prime Minister for CAFOD’s *Thirst for Change*

campaign www.cafod.org.uk/take-action/thirst-for-change

