



UK-Sustainable Development Actions

Living simply and sustainably in solidarity with the poor

It is not an excuse to say that taking care of the world is too much for one person, on the contrary, everyone can get involved for the planet. All together, we will achieve a positive outcome for the viability and sustainability of our planet.



Location of project

In the UK

Analysis of the current situation

The "Live simply" prize is a project of the CAFOD (Catholic Association for Overseas Development) in parishes, schools and home.

This prize is awarded to Catholic communities who have taken significant steps to respond to the call of the Church. It is also awarded to those who show how they have lived:

- Simply
- In solidarity with the poor
- By demonstrating lasting creativity.

Beneficiaries

Parishes, schools and the poorest at home.

Aims of action

The "Live Simply" Prize is an opportunity for Catholic communities to respond to the invitation to "work with generosity and affection for the protection of the world that God has entrusted

to us" (Laudato Si 242). It invites groups to show how they already live simply and to give them a line of conduct and inspiration to continue and move forward. This can help build a community by bringing together several groups with a common vision. In addition, the award can help people to save money by reducing their energy and water consumption, and also develop relationships with other churches and/or groups outside the church. It can help people to live, not just simply, but also more fully, by raising awareness of individual gestures that can be made to take care of our environment. The world is completely interconnected. Everything we do individually has an impact on climate change.

Actions taken

- Installing recycling bins at the church and promoting recycling at home
- Replacing all light bulbs in the church with energy efficient bulbs
- Installing insulation panels behind radiators to prevent heat loss
- Working with local environmental organizations and organizing workshops to find ways to reduce energy consumption
- Committing to walking, cycling or sharing a car to go to Mass, when it is possible
- Using 'carbon calculators' to calculate carbon footprints and finding ways to reduce it
- Organizing "poor / rich" meals to show the injustice of the globalized food system
- Controlling the insulation of houses and insulating them if necessary
- Using leftover food and shopping at charity shops as much as possible.

The parish initially established an action plan and an annual calendar to help people coordinate their efforts and stay in line with the objectives set. Local charities were also contacted to support these efforts.

Future prospects and assessment of impact on sustainable development

The parishioners noted their carbon footprint, using the online carbon calculator. One of them noticed that he could save £60 a month on his energy bill.

The priest of the parish greatly supported and encouraged the parishioners, enabling them to achieve their goal of living simply, sustainably and in solidarity with the poor. This campaign helped to strengthen the spirit of the community. The participants realized that they could easily do things together, like recycling together or, every first Sunday of the month, praying together to thank God for His creation.