| Challenge | November | | | | | December | | | | | January | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 07 | 14 | 21 | 28 | Total | 05 | 12 | 19 | 26 | Total | 02 | 09 | 16 | 23 | 30 | Total |
| Attend radio or virtual Mass during lockdown | | | | | | | | | | | | | | | | |
| Walk or cycle instead of using car | | | | | | | | | | | | | | | | |
| Pray for the vulnerable | | | | | | | | | | | | | | | | |
| Say the "Live Simply" Prayer daily | | | | | | | | | | | | | | | | |
| Turn off lights in empty rooms | | | | | | | | | | | | | | | | |
| Switch off, don't use standby | | | | | | | | | | | | | | | | |
| Create a space for prayer and contemplation at home | | | | | | | | | | | | | | | | |
| Wear a reusable not disposable mask | | | | | | | | | | | | | | | | |
| Don't boil a whole kettle for one cup of tea | | | | | | | | | | | | | | | | |
| Shop a Fairtrade or Cruelty-free item | | | | | | | | | | | | | | | | |
| Turn off tap when brushing teeth | | | | | | | | | | | | | | | | |
| Cook twice as much and freeze half | | | | | | | | | | | | | | | | |
| Make own sandwiches instead of buying | | | | | | | | | | | | | | | | |
| Meat free day 3 times a week | | | | | | | | | | | | | | | | |
| Rinse and recycle containers, don't landfill | | | | | | | | | | | | | | | | |
| Take reusable bags shopping, don't use plastic | | | | | | | | | | | | | | | | |
| Don't buy bottled water | | | | | | | | | | | | | | | | |
| Buy locally produced veg | | | | | | | | | | | | | | | | |
| Phone a housebound parishioner | | | | | | | | | | | | | | | | |
| Short shower instead of bath | | | | | | | | | | | | | | | | |
| Say grace before meals | | | | | | | | | | | | | | | | |
| Donate items to the local food bank | | | | | | | | | | | | | | | | |
| Buy recyclable celebration cards and wrapping paper | | | | | | | | | | | | | | | | |
| Grand monthly total (send in this figure on the reply slip) | | | | | | | | | | | | | | | | |

## How to complete your challenge sheet

Each week put a tick in the relevant column against all the tasks you have managed to achieve.

At the end of each month enter your subtotal and, at the bottom of the page, enter your grand total.

Fill in your reply slip and post into the LiveSimply Challenge box at Church or, if you can't make it into church that week, email to: tony.rowlett1@gmail.com (with 'LiveSimply' as the subject)

To ensure the parish total is accurate, please provide this information as soon as possible after the month end.

Every month the parish total will be announced in the bulletin.

If you have any questions or queries write them down, with some contact details, and pop them in the box.

There will be new challenge forms available in the box at the beginning of each new 3 month period.

All information is strictly confidential and any data held will only be used with regard to the Live Simply Challenge and not shared elsewhere.

We hope as many people and families as possible will take up the challenge. Not only will this count towards gaining the Live Simply Award but will also encourage us to do our best at St Peter & Paul's to tackle climate change.

Please help us by spreading the word!

# Saints Peter & Paul

## ✝livesimply

## Parish Challenge

## November 20 – January 21

***Live Simply 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**

## ✝livesimply

sustainably and in solidarity, that others may simply live
*I can't change the world, but I **can** change me*