

Challenge	August					Total	September					Total	October					Total
	07	14	21	28	04		11	18	25	02	09		16	23	30			
Attend Mass or use livestream																		
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																		
Change to energy efficient light bulbs																		
Research the ‘Season of Creation’																		
Don’t boil a whole kettle for one cup of tea																		
Shop a Fairtrade or Cruelty-free item																		
Turn off tap to brush 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																		
Only run dishwasher when full																		
Donate items to the local food bank																		
Litter pick around your home/ church																		
Grand monthly total (email to tony.rowlett1@gmail.com)																		

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

live simply

Parish Challenge

August - October 2022

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

live simply

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