

## From Archdiocese of Washington's Laudato Si' Action Plan Released Aug 2021

Download the pdf of the ADW plan at  
<https://adw.org/living-the-faith/social-concerns/laudato-si-action-plan/>

### MARKER 4: Adoption of a Simple Lifestyle

In *Laudato Si'*, we are called to adopt a prayerful and intentional approach to our purchases, and to be mindful of the toll our choices have on God's creation and the world we live in. *Laudato Si'* calls us to live more simply.

There are many ways to live more simply that foster care for creation. For example, living simply can include buying less goods, purchasing re-usable products to reduce single use plastics, using plant-based home cleaners and consuming more in-season fruits and vegetables over meat-based meals. Another way to live simply is to use what Pope Francis calls the "circular economy of materials." The circular economy of materials includes the trading, exchanging, and donation of office, home, and personal items within our communities.

#### Possible actions for individuals, families, parishes and schools:

- Cut down or eliminate single-use plastic (such as water bottles) (easy)
- Buy less non-essentials (easy)
- Cut down or eliminate foam-based food containers (easy)
- Encourage recycling (easy to moderate)
- An initiative of the The Laudato Si' Movement, *LiveLaudatoSi'*<sup>14</sup> is a guide produced to encourage Catholics to consider the implications of their actions. Here are 10 ideas identified to live more simply from the The Laudato Si' Movement: (easy to moderate)
  - ▶ Buy consciously: look for goods that have less packaging; support businesses that pay fair wages.
  - ▶ Eat intentionally: go meat-free, buy local and in-season fruits and vegetables, or try growing your own.
  - ▶ Waste less: avoid throwing away food whenever possible, bring your own bags
  - ▶ Share more: such as a yard or house equipment, share your time by finding ways to volunteer or support community groups.
  - ▶ Drive less: share a vehicle for grocery trips. Bike, walk, or use public transportation when possible.
  - ▶ Nurture your relationships.
  - ▶ Take quality time for yourself.
  - ▶ Examine your lifestyle for waste.
  - ▶ Take time to pray and give thanks.
- Implement an ecological purchasing system (moderate)
  - ▶ Purchase only products that are fair-trade or sustainably produced (easy- moderate)
  - ▶ Purchase office supplies made from natural, recycled, or recyclable materials (moderate)