

Adoption of Simple Lifestyles



Goals:

- **Adopt a simple lifestyle with the idea of sufficiency and promoting equitable use of resources and energy.**
- Make a spiritual practice to relinquish what is not needed while reintroducing traditional practices that have been lost and address consumerism.
- Think----Don't buy, reduce, reuse and recycle.
- Adopting sustainable eating habits, plant based diet.
- Active mobile lifestyle (walking) that emphasizes relationship rather than consumption.
- Utilize public transportation and hybrid and electric vehicles.
- Avoid single use items.
- Advocate for corporations to take responsibility for packaging, plastics, transportation, waste and pollution of the planet.
- Permaculture.....

Actions:

- Scrutinize buying practices and consumerism.
- Be aware of packaging.
- Carpool and public transportation.
- Eat less meat.
- Work to end plastic bottle usage.

Resources: **The Catholic Climate Covenant** has many resources for addressing consumption, lifestyle and faith, as well as many other faith based climate groups. <https://catholicclimatecovenant.org/>

Peace Prayer

Creator God of All, make us Persons of Peace.

Where there is Oppression, let us bring Equity

Where there is Abuse, Dignity;

Where there is Fragmentation, Unity;

Where there is Exploitation, Justice;

Where there is Conflict, Resolution;

Where there is Discrimination, Resolution;

Where there is Violence, Vision;

Where there is Powerlessness, Power.

O Nurturing Spirit.

Grant that I may not so much seek to Compete as to Collaborate,

To Exclude and to Include,

To Dominate as to Complement.

For it is in Healing, that we are Healed;

It is in Reconciling, that We are Reconciled;

It is in our Common Bond, that we are made whole.

Sister Ingrid Peterson

Sisters of Saint Francis, Rochester, MN