

Eat Simply

Lifestyle Challenge

Eating Simply on Fridays enables us to live simply, sustainably and in solidarity with the poor.

Getting started

- Could you simplify your normal diet ?
- Could you eat vegetarian food on one day each week?
- What about your Friday meals?
- Would simplifying your Friday meals help you to be more aware of your relationship with God? ... with the hungry? ... with the earth?
- How can your community promise to take on this challenge?
- Who might you ask to share a meal with you?
- Would you simplify just one meal or would you simplify the food for all of the day?



Eating Simply, reclaiming the Friday Fast as a Catholic practice for our times by eating simple vegetarian meals on Fridays, enables us to live simply, sustainably and in solidarity with the poor. Eating Simply gives a faith-based, counter-cultural message to today's world; a world where some people binge while other people endure the pangs of hunger.

It enables us to

- Live simply
 - committing ourselves to fast - a spiritual discipline found in all religions
- Live sustainably
 - making sparing use of the precious resources of our planet
- Live in solidarity with the poor
 - praying for our hungry brothers and sisters and pledging ourselves and our resources to work for change.

The Church has always linked **fasting** with **almsgiving and prayer**.

(Catechism of the Catholic Church, paragraph 1969)

Without these, you're not fasting; you're just skipping meals!

National Justice and Peace Network

- links people who have a concern for justice and peace.
 - acts as a hub for the exchange of information
 - offers support and encouragement for groups and individuals provides a channel between issues and campaigns and e-mail group information is shared and action facilitated.
- www.justice-and-peace.org.uk



Community Challenges

A Grace:

Life-giving Lord,
Bless this food that we eat;
And the hands that prepared it;
And the land that grew it
As we long for your kingdom
Where all shall be fed.

Amen.



Joan Sharples

Why not write your own grace?

Eat Simply in a Spirit of Gratitude



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In our modern world, it's hard to rediscover the concept of 'enough'. To be 'adequate' or 'satisfactory' is to be less than might be.

Our culture works hard on the creation of desire so that each of us will want more and more, will buy more and more, and will consume more and more.

We are surrounded by advertisements. Our shops are full of them, our streets are decorated with them, our entertainment is sponsored by them. One minute on the radio you can be listening to sublime music and the next you are being offered a discount offer on something you didn't know that you wanted. We are being constantly encouraged to consume more and more.

If we fast we can remind ourselves that we can choose not to be controlled by our desires or by our stomachs or by our greed; we can remind ourselves that in a world of limited resources, we do not have to try to consume as much as we possibly can; we can put ourselves into solidarity with those who have no choice but to feel hungry everyday. Fasting helps to concentrate the mind so that we can give our attention to things other than our desires.

Done as a religious observance, fasting brings us into the presence of God.



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Celebrate your success

We want to know how you got on with the challenge.

- Take a photo of your simple meal
- Write a 'grace'.

Email them to admin@justice-and-peace.org.uk with a copy to challenge@livesimply.org.uk

About *livesimply*

livesimply is based on a radical idea: that God calls us to look hard at our lifestyles and choose to live simply, sustainably and in solidarity with the poor.

Community Challenges encourage us to take action for justice together and fall into 5 categories: learning, liturgy, lobbying, lifestyle change and local action.

***livesimply* Community Challenges > Lifestyle > Eat Simply**