



## Contemplative Reflection for the Month of January Fourth Goal on the Action Platform: Adoption of Simple Lifestyles

The Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency and promoting sobriety in the use of resources and energy. Actions could include reducing waste and recycling, adopting sustainable dietary habits (opting for a more plant-based diet and reducing meat consumption), greater use of public transport, active mobility (walking, cycling), and avoiding single use items (e.g., plastic, etc.).

**Rev. 21:5” He who was seated on the throne said, “I am making everything new!”**

### Call to Contemplation

**Leader:** As a new year begins, we call upon our loving and compassionate God to create in us a desire to live simply, so that our lives may reflect His generosity.

**Response:** We know that in all things God works for the good of those who love him, who have been called according to his purpose.

**Music video:** “If Not Now” ~ Carrie Newcomer <https://www.youtube.com/watch?v=7bY585-fzSs>

**Reflection:** Excerpts from Laudato Sí

(When done in a group setting, give sufficient time for reading and considering responses that will be shared)

Here, I would echo that courageous challenge: “As never before in history, common destiny beckons us to seek a new beginning...Let ours be a time remembered for the awakening a new reverence for life, the firm resolve to achieve sustainability, the quickening of the struggle for justice and peace, and the joyful celebration of life.”

We are always capable of going out of ourselves towards the other. Unless we do this, other creatures will not be recognized for their true worth; we are unconcerned about caring for things for the sake of others; we fail to set limits on ourselves in order to avoid the suffering of others or the deterioration of our surroundings. Disinterested concern for others, and the rejection of every form of self-centeredness and self-absorption, are essential if we truly wish to care for our brothers and sisters and for the natural environment. These attitudes also attune us to the moral imperative of assessing the impact of our every action and personal decision on the world around us. If we can overcome individualism, we will truly be able to develop a different lifestyle and bring about significant changes in society. LS 207-8

### Considerations:

- Over and over again, Pope Francis gives us a message of hope in reminding us that we are capable of making changes for the betterment of our world. How does that encouragement resonate with you as the new year begins? What are your hopes for us regarding the Laudato Sí goals?
- What are some forms of self-centeredness and self-absorption that affect us, even as religious? How can acknowledgement and resolve to combat these things help ourselves, our neighbors, and/or our earth?
- Which of this month’s LS Sharings piqued your interest or challenged you? In what ways?

## JANUARY'S LAUDATO SÍ SHARING

### Why Ditch Water Bottles?

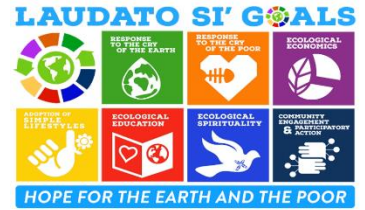
Some facts you might want to know about plastic water bottles.

Plastic water bottles

- that are not recycled eventually break down into microplastics that remain on Earth forever and release toxic chemicals into the environment
- use an abundance of energy in their manufacturing and transport
- end up at the bottom of the ocean where they poison marine animals who mistake them for food

To learn about the dangers of plastic bottles on humans click the link below:

<https://www.ecofriendlyhabits.com/why-are-plastic-water-bottles-bad/>



### Why Eat Less Meat?

As the impact of climate change becomes harder to deny, people around the world are beginning to look at patterns of food production and consumption. Meat production consumes large amounts of grain and water and leads to massive deforestation in areas such as the Amazon where land is cleared for animal grazing.

Researchers have indicated that if we restrict our diets by **reducing our meat consumption** overall, we will be contributing to the reduction of greenhouse gas emissions.

In addition, researchers have shown that by consuming more **plant-based foods** in our diet we will lead healthier lifestyles and contribute to the sustainability of the planet.

To learn about the plant-based diet, click <https://www.plantproteins.co/plant-based-diet-for-beginners/>

### Why Naps are Helpful?

“Simplicity is true wisdom. **We may need a lot more naps,**” states the video on How to Live Your Life Simply. We are constantly being pulled in different directions in today’s world, and many things vie for our attention. Our every single waking moment could be filled with **meetings, work, staring at screens, running around fulfilling obligations, and trying to maintain a social life.** But what we really need is to take time to be quiet and rest. Because as the video says, **“physically possible does not mean psychologically plausible.”** So, what can we do to cut down on the noise and the hectic pace of our lives?

1. **Turn off the news**
2. **Take time to be quiet and think**
3. **Acknowledge our need for rest and make it a priority**

For more ideas, please check out the video below:

<https://www.youtube.com/watch?v=7IECIrRif10>

### Prayer While Using the Gift of Water

Dear God of Creation,

I thank You for this gift of water which cleanses, refreshes, and sustains my life.

Keep me mindful of the needs of Your people, especially those who do not have clean and abundant water.

May I always reverence and preserve Your gift. Amen

[Water Prayer formatted by Sarah McGuire, IHM](#)

