



# First Friday Reflection

Jun 2023

ADOPTION OF  
SIMPLE  
LIFESTYLES



## TWELVE FIRST FRIDAY STEPS TOWARDS THE LAUDATO SI GOALS



### AWARENESS

A simple lifestyle, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full." (LS. 223). We can take delight in the things that truly matter and learn to let go of what may be holding us down.

### PRAYER

God,  
help us to understand and value how simple gestures and simple lifestyles simply make it possible for others to simply live.

Amen.

### ACTION

Action: Watch: How can we live simply (5', 3") on <https://eco-catholic.com/how-can-we-live-simply/>

**JUNIO 2023**

image: [https://cdn.pixabay.com/photo/2019/12/20/17/33/cows-4708901\\_1280.jpg](https://cdn.pixabay.com/photo/2019/12/20/17/33/cows-4708901_1280.jpg)

## Australian Reflection

As we officially begin winter, it's time to think about how we can live simply and support the less fortunate during these colder months.

Did you know "heating and/or cooling can account for 20%–50% of energy used in Australian homes" ([energy.gov.au](http://energy.gov.au)) and "food waste accounts for approximately 3% of Australia's annual greenhouse gas emissions" ([DCCEEW](http://DCCEEW))?

It's time to reflect on needs versus wants. Explore ways to reduce your environmental impact. Consider eliminating unnecessary heating, closing the blinds to trap heat, and stopping draughts. Consider reducing food waste by eating simply, using leftover vegetables as soup, or using bones and leftover meat products to make stock. These small steps will reduce our carbon footprint and help preserve the environment.