

Good morning/evening everyone. [Thank you Fr xxxxx for giving me the opportunity to speak today.]

My name is [xxxxx] and I'm here today to talk about the *livesimply* award. This is an opportunity for Catholic communities like [insert name of community/parish] to respond to Pope Francis' invitation in *Laudato Si'* to "work with generosity and tenderness in protecting this world which God has entrusted to us".

An important part of our faith is to care for creation and to develop respect for other people in the world. Becoming a *livesimply* award parish helps you go deeper and take action.

So, what is the *livesimply* award?

It is awarded to communities who can show how they have been:

- Living simply
- Living in solidarity with people in poverty
- Living sustainably with creation.

It should be possible for any active community who has taken on board these three key principles to achieve the award within a year. These *livesimply* principles came out of a piece of Catholic Social Teaching *Populorum Progressio* - On the Development of Peoples.

Some *livesimply* award communities have encouraged people to walk or cycle to church or school, install solar panels, start recycling schemes, join a climate change campaign, support Fairtrade stalls or donate to a local food bank. There are many possibilities.

So, how can we apply for a *livesimply* award?

Backed by [Fr xxxxxx ] and organised by [insert name of group or main organisers], we will need to get as many people in the parish involved to work out what we are already doing and what new areas we would like to focus on.

Next, we will develop a simple action plan, based on current activities and new projects we would like to undertake. [For example, add in activities that are being considered in the parish]

When we are ready, CAFOD will organise two assessors to visit our community, find out what we have been doing and help us celebrate and share our achievements.

The award celebrates what we have already done and inspires us to do more. We hope you will enjoy being part of our *livesimply* journey to help our community live, not just more simply, but also more fully.