



# HOW ORDINARY FAMILIES CAN LIVE OUT *LAUDATO SI*



Living the Spirit of St. Francis & Pope Francis

**BOTH**

**Christ/Gospel centered  
Renewal of the Church**

**Holy Poverty (Living Simply)  
Care for Creation**

**Humility**

## Starting with us as Adults

- Are you personally modeling Care for Creation and Living Simply?
- Is your parish?            Is your city?            Is our society?

## What about the kids?

- Make it EASY
- Make it HARD
- Make it FUN

**If I could do just one thing more to care for creation it would be...**

## RESOURCES

### On the Environment

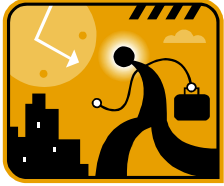
- [Pachamama Alliance](http://www.pachamama.org/) –Awakening the Dreamer symposium [www.pachamama.org/](http://www.pachamama.org/)
- [Wombat - All is ONE video](https://www.youtube.com/watch?v=CPSxzNMJJHo) - <https://www.youtube.com/watch?v=CPSxzNMJJHo>
- Take Catholic Climate Covenant's *St. Francis Pledge* <http://catholicclimatecovenant.org>
- [Energy Saving Priorities for Religious Institutions](http://www.greenfaith.org/about) <http://www.greenfaith.org/about>
- Use a *Laudato Si* quote a week in your bulletin/website (135 quotes on my [website](#)).

### On Consumerism

- [Blessed By Less: Clearing Your Life of Clutter By Living Lightly](#) Susan Vogt, Loyola Press, 2013
- [Money in the Kingdom of God](#). Susan Vogt,
- [Lent 4.2 Caring for Our Common Home](#), bulletin inserts by Liturgical Press

### For Parents

- [Raising Kids Who Will Make a Difference](#) – *Helping Your Family Live with Integrity, Value Simplicity, and Care for Others* by Susan Vogt, Loyola Press.
- [Just Family Nights](#) – *60 Activities to Keep Your Family Together in a World Falling Apart* by Susan Vogt, Brethren Press.
- [Parenting Your Adult Child: Keeping the Faith \(And Your Sanity\)](#) Susan Vogt, Franciscan Media, 2011.
- **Marriage Moments & Parenting Pointers**  
*Marriage Moments* and *Parenting Pointers* are free, brief, weekly e-mail tips to support marriage and parents. Subscribe: [www.SusanVogt.net](http://www.SusanVogt.net)



## LIVING WITH LESS BUT ENJOYING IT MORE



### 3 THINGS YOU CAN DO TOMORROW

- Let go of one material thing: \_\_\_\_\_  
Why: Because someone else needs it more than you do?
- Let go of one grudge, complaint, or self-righteous attitude: \_\_\_\_\_  
You will know you've done this if you can forgive, bite your tongue, admit a mistake, or offer a compliment.
- Let go of your time by spending at least 10 minutes doing a favor for someone: \_\_\_\_\_  
This should be something beyond your usual service, family duties, etc.

### THOUGHTS TO PONDER

*We've discovered that owning things and consuming things does not satisfy our longing for meaning.*  
—Jimmy Carter, 1979

*If you keep your food in a refrigerator, your clothes in a closet; if you have a bed to sleep in, and a roof over your head, you are richer than 75% of the people in the world”*  
—The Miniature Earth. ([www.miniature-earth.com](http://www.miniature-earth.com))

*When someone steals another's clothes we call him a thief. Would we not give the same name to one who could clothe the naked and does not? The bread in your cupboard belongs to the hungry; The coat hanging unused in your closet belongs to the person who needs it; The shoes rotting in your closet belong to the person who has no shoes; The money which you hoard up belongs to the poor.*  
—St. Basil the Great, Bishop of Caesarea, c. 365

*We make ourselves rich by making our wants few.*  
—Henry David Thoreau

*Consider your spending personality: On a scale of 1 – 10 are you more Frugal or a Spendthrift?*  
Challenges: Spendthrift → to save, buy modestly, delay gratification  
Middle → to spend wisely, move toward Frugal  
Frugal → to be generous, non-judgmental

*3 Headaches for the Recycling Industry: Diapers, Plastic Bags, Juice Boxes ([NYT, March 25, 2016](#))*

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