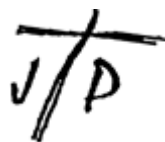


Actions and Reflection
Suggestions for a
Livesimply
Lent 2025



Livesimply challenges us to respond to God's call to live simply, sustainably and in solidarity with the poor.

St. Alban's Justice and Peace Group invite you to use this calendar to help you live more simply each day during Lent



Livesimply Prayer

Compassionate and loving God,
you created the world for us to share,
a world of beauty and plenty.
Create in us a desire to live simply,
so that our lives may reflect your
generosity.

Creator God,
you gave us responsibility for the earth,
a world of riches and delight.
Create in us a desire to live sustainably,
so that those who follow us
may enjoy the fruits of your creation.

God of peace and justice,
you give us the capacity to change,
to bring about a world that mirrors your
wisdom.

Create in us a desire to act in solidarity,
so that the pillars of injustice crumble
and those now crushed are set free,
Amen.

@Linda Jones/CAFOD



Art work by Patty Callaghan

If you want to find out more contact:
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What is CAFOD?

The Catholic Agency for Overseas Development is the official aid agency for the Catholic Church in England and Wales. With the purpose of reaching out to people living in hard-to-reach places, in war zones and those who are discriminated against.

With the belief that if one of us is hurt, hungry or abandoned, we all are hurt, hungry and abandoned. No one should be beyond the love and support they need to live a dignified life.

CAFOD are part of one of the largest aid networks in the world and a member of a global Church network with a presence in 165 countries. The local Church is trusted even in the most dangerous countries, regions and communities regardless of religion. This means that your support will help those who are truly in need. The local experts help some of the most difficult-to-reach people in Africa, Asia, Latin America and the Middle East. They help anyone regardless of faith, gender and ethnicity.

Through a local priest, a midwife or a water engineer – the global reach is present in the lived experience of local communities. These skilled women and men understand what people need because they are part of the communities they work in. Their commitment, passion and knowledge reach people other organisations cannot.

Your donations support this essential work.



Livesimply Actions and Reflections Lent 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|---|--|
| <p>Use this calendar to help you Livesimply each day during Lent.</p> <p><i>Livesimply</i> challenges us to respond to God's call to live simply, sustainably and in solidarity with the poor.</p> | | <p>5th March Ash Wednesday Decide what you will do for Lent. How might you <i>Livesimply</i> this Lent in how you act, give and pray?</p> | <p>6 Solidarity Join the Parish in walking the CAFOD Big Lent Walk or sponsor the group of parishioners. Donate at: https://parishes.walk.cafod.org.uk/fundraising/st-albans-macclesfield-big-lent-walk</p> | <p>7 Solidarity Attend Mass at 12.00 noon followed by a Soup Lunch in the Parish Centre with donations to CAFOD and East Cheshire Hospice. These take place each Friday during Lent.</p> | <p>8 Solidarity International Women's Day Prepare by saying thank you to one of the women who has helped you in your life and pray for women around the world. Find out more at: https://www.un.org/en/observances/womens-day</p> | <p>9 1st Sunday of Lent Livesimply Pledge Join in the <i>Livesimply Pledge</i> at all Masses as we renew the Parish commitment to <i>Livesimply</i>. Find it at: https://stalbanmacc.org.uk/parish-livesimply-commitment/ Join the Way of the Cross at 4pm each Sunday during in Lent.</p> |
| <p>10 Solidarity Remember to say Grace before eating your meals today, and throughout Lent thanking God for creating the food and for the people who have helped produce it.</p> | <p>11 Solidarity Who comes to mind when you hear the word poor? Is your road a good place to live? What makes it so? What is life like in other parts of the town?</p> | <p>12 Livesimply Reflect on St. Oscar Romero's words: "Aspire not to have more but to be more". What more can you do to <i>Livesimply</i>, doing more for others and God's creation?</p> | <p>13 Solidarity Pray for your neighbours (by name, if you can) who are struggling with debt, homelessness, unemployment.</p> | <p>14 CAFOD Lent Fast Day Give up a treat or a meal today, pray for people who are hungry or thirsty and donate to CAFOD at: https://cafod.org.uk/fundraise/family-fast-day or using the envelopes at St Alban's Church.</p> | <p>15 Sustainability Reduce the impact of your clothes by buying second hand clothes from a charity shop, on line or swapping some you no longer need at the ONE Project at 110 Mill Street, SK11 6NR.</p> | <p>16 2nd Sunday of Lent Fast from technology. Take some time off the internet your phone or TV today and spend it with God instead. Join the Way of the Cross at 4pm each Sunday during in Lent.</p> |
| <p>17 Solidarity Look for a place to buy Fairtrade Easter eggs, e.g. Co-op, ALDI, Sainsbury's.</p> | <p>18 Livesimply As energy prices continually go up consider reducing how much you use by turning your heating down and wearing more clothes, washing in cold water, and unplugging items not in use or on standby.</p> | <p>19 Livesimply Drink only water today—no tea, coffee or soft drinks—and thank God for such a wonderful gift.</p> | <p>20 Sustainably Shop more locally at green grocers, butchers, and bakers to reduce food miles and plastic packaging. You could visit/join Scoop and Scales, at The Old Sunday School, Roe Street, SK11 6UT.</p> | <p>21 Sustainably Have a meatless or vegan meal, if possible shared with others. Meat and cheese both have a large carbon footprint. Could you do this more often during Lent?</p> | <p>22 World Water Day Save water—turn the tap off while you brush your teeth, take a shorter shower or a shower instead of a bath, and pray for communities who do not have clean water. Find out more at: https://www.un.org/en/observances/water-day</p> | <p>23 3rd Sunday of Lent Spend some time outdoors today taking notice and listening to the natural world created by God. Join the Way of the Cross at 4pm each Sunday during in Lent.</p> |
| <p>24 Solidarity Learn why St Alban's is a Fairtrade church and how it ensures producers get a fair wage at: https://www.fairtrade.net/en/why-fairtrade/what-we-do/what-is-fairtrade.html</p> | <p>25 Sustainably Reduce food waste by planning your meals and buying just what you need. You can find surplus food donated from retailers at the ONE Project at 110 Mill Street, SK11 6NR and Cre8 Surplus Food Grocery. https://www.cre8macclesfield.org/grocery.html</p> | <p>26 Livesimply Repair clothes or household items rather than throwing them away and buying new ones. You could take any items you cannot repair yourself to the Repair Cafe on 12th April in the Community Centre, Duke Street, SK11 6UR.</p> | <p>27 Solidarity Pray for those affected by natural disasters and war. Consider whether you can donate to support any relief and humanitarian aid efforts.</p> | <p>28 Sustainably Think about how you travel each day during Lent. Could any of your journeys be walked, cycled or by bus to reduce the use of our cars?</p> | <p>29 Sustainably Buy something extra each time you shop and place it in the food bank collection box at local supermarkets or in the big blue bin collection point at St. Alban's Church for local young people living in the hostel who would otherwise go hungry.</p> | <p>30 4th Sunday of Lent Mother's Day Pray for all the mothers in the world. Do something kind for your mum or another special woman. Join the Way of the Cross at 4pm each Sunday during in Lent.</p> |
| <p>31 Solidarity As we uphold the human right to food, clean drinking water and safe sanitation for all. Pray today for the people in the world who don't have access to these.</p> | <p>1 April Sustainability One of the biggest changes we can make to support climate change is to make sure our money, pension, savings or investments are not contributing. Check out your bank at: https://bank.green/</p> | <p>2 Solidarity Find something at home that you could swap for Fairtrade in future, like tea, coffee, sugar, bananas, chocolate.</p> | <p>3 Solidarity Pray for workers in the UK and around the world who are not paid a fair wage.</p> | <p>4 Sustainably Join in Foodie Friday with a 3 course meal made from surplus food where you pay—as-you-feel. 6.00pm for 6.30pm start at St. Michael's Church. Book with Angel at my Table on 01625 426110.</p> | <p>5 Livesimply Take stock of what you've done so far in Lent to <i>Livesimply</i>. How are you getting on with responding to the cry of the earth and the cry of the poor? What more could you do?</p> | <p>6 5th Sunday of Lent Take time to listen to the cry of the poor with your heart. Pray for those "Forgotten People" who share our common home, e.g. those who are living in poverty, homeless, refugees, migrants.</p> |
| <p>7 Sustainably Buy items without plastic and recycle as much as possible. You can take soft plastic, e.g. bags and cellophane, to collection points at all the local supermarkets, e.g. Sainsbury's, Co-Op, ALDI, Tesco.</p> | <p>8 Sustainably Take responsibility for your neighbourhood and pick up litter on your own or get family, neighbours or friends to help.</p> | <p>9 Sustainably Look at the labels on your clothes. Where were they made? Why were they made there? Who made them and did they get a fair wage?</p> | <p>10 Solidarity Make some biscuits or cakes with Fairtrade products and share them with a neighbour, friend or colleague.</p> | <p>11 Solidarity Write to our MP, Tim Rocca, about a local issue that you feel strongly about, e.g. people struggling with debt, unemployment, homelessness.</p> | <p>12 Sustainably Visit the Repair Café from 10.00am to 2.00pm in the Community Centre, Duke Street, SK11 6UR, with your clothes and household items that need repairing. Find out more at: https://maccrepaircafe.com/</p> | <p>13 Palm Sunday Celebrate your faith Journey, those who have journeyed with you and spend time with the Lord. Join the Way of the Cross at 4pm.</p> |
| <p>14 Livesimply Take a break from consuming and buy nothing today.</p> | <p>15 Solidarity Send an Easter card or message to thank someone who has helped you this Lent.</p> | <p>16 Livesimply Have a quiet and reflective day; give up some TV, phone or computer time.</p> | <p>17 Maundy Thursday Jesus washed his friends' feet. How can you serve others today?</p> | <p>18 Good Friday As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.</p> | <p>19 Holy Saturday As we watch and wait for Easter review your <i>Livesimply</i> reflections and actions during Lent. What changes do you want to make part of your life?</p> | <p>20 Easter Sunday Happy Easter! Alleluia! Take time to reflect on where you have you found Jesus this Lent?</p> |