Climate change affects our health, our homes, our heritage and our beautiful landscapes. Our community centres where we meet, our sports fields where we play, and our places of pilgrimage where we take time out. Climate change ruins the work we do to fight poverty.

Pope Francis has taken a global lead. In his encyclical *Laudato Si'* he calls on all of us to care for the world’s poorest people, for future generations and to care for the earth, our common home. This is an opportunity to think deeply, live wisely and love generously.

### What can your family do to reduce their carbon footprint?

- **Rediscover giving up meat on Fridays.** Stuck for recipes? Get inspiration from 'Friday Suppers', written for CAFOD by Pauline Curran with a foreword by Delia Smith. Friday Suppers is packed with 40 delicious meat-free recipes. Order the recipe book at shop.cafod.org.uk

- **Make your next holiday a staycation!** Forgo the flights and visit some of the beautiful places the UK has to offer from the wilds of Scotland to the beaches of Cornwall.

- **Switch to a renewable energy supplier.** If you switch to Ecotricity, they’ll donate £40 to CAFOD for changing your electricity supply and £60 if you swap your gas too. Switch today via ecotricity.co.uk/CAFOD or call 08000 302 302 and quote CAFOD1.

### How can you respond practically as a parish?

- **Hold a ‘Walk to Church Sunday’.** The idea is simple – all you need to do it pick a Sunday of the year (where there is a chance of some good weather) and ask those who can to walk to reduce their carbon footprint.

- **Do an environmental audit of your parish buildings.** Highlight areas for future action. Could you use energy more efficiently by changing the boiler or by fitting draft excluders?

- **Become a live simply parish.** The live simply award is given to Catholic parishes, schools and communities that have taken significant steps to respond to the Church’s call: *live simply so that others may simply live*. It is awarded to communities who can show how they have been living:
  - simply
  - in solidarity with people in poverty
  - sustainably with creation

Find out more at cafod.org.uk/livesimply
What can you do to educate yourself and others?

- **Take some time out to read** *Laudato Si’* **and discuss it with your parish.** Pope Francis’ encyclical is addressed to “every person living on this planet”. It isn’t just for theologians and priests. You may like to download CAFOD’s study guide at cafod.org.uk/encyclical.

- **Have a read of our latest publications.** CAFOD’s policy team write briefings, reports and research on climate change and its impact on the world’s poorest communities. Find out more at cafod.org.uk/policy.

- **Share *Laudato Si’* with children and young people.** Find resources for schools, including a *Laudato Si’* animation at cafod.org.uk/education.

How can you use your political voice?

- **Your local MP is your link to Parliament.** They influence decisions which affect the future of the world’s poorest people. Build a relationship with your MP and start by inviting them to Mass or to join you for coffee afterwards. Unsure what to say? Contact mpc@cafod.org.uk and we can provide you with advice.

- **Sign up to become an MP Correspondent.** CAFOD will contact you four times a year to ask you to write to or email your MP. You will get a simple lobbying guide, template letters, and we will invite you to join our Annual Reception in Parliament. Sign up at cafod.org.uk/mpc.

- **Sign up to receive CAFOD’s monthly emails.** We will keep you up to date with the latest information about our new climate campaign and the ways you can get involved. Visit cafod.org.uk/howtocampaign.

I became an MP Correspondent because I recognised the importance of trying to influence parliamentary leaders and valued the opportunity of becoming informed myself, through CAFOD, of various issues so I could write to my MP with more knowledge.

**Justine, Manchester**

Want to go deeper?

Check out **Global Healing - how our faith can help us care for our common home.** It is a filmed resource for parishes, groups, schools & individuals that can help you engage practically with Pope Francis’ passionate challenge for us to shape the future of our planet. It is produced by CoFE (Catholic Faith Exploration) and is commissioned by the Bishops of England & Wales. For details please see ourcommonhome.co.uk