

The Life Style Guidelines

We are encouraged to

- ▶ Recognise that there is a connection between the affluence of some and the poverty of others;
- ▶ Resist the social and economic pressures to buy what we do not need. Some may see this as *living simply that all may simply live*, some as *living responsibly*, others as *living an Earth-friendly lifestyle*.
- ▶ Support other organizations with money, time or talents; not only those concerned with the environment, justice and peace, but also those that help the poor and marginalized at home and overseas;
- ▶ Enjoy the natural world, show care for the environment and avoid wasteful use of resources;
- ▶ Use non-renewable resources with care. Avoid unnecessary travel, especially by car or aeroplane;
- ▶ Encourage the repair, recycling and re-use of materials and products;
- ▶ Challenge over-packaging, built-in obsolescence and bad workmanship;
- ▶ Avoid overeating and find alternatives to food whose production or distribution involves damage to the environment or exploitation of the poor or the oppressed;
- ▶ Enjoy such good things as are compatible with our commitment to care for the planet and its inhabitants.
- ▶ Be generous without ostentation and hospitable without extravagance.
- ▶ Make time to develop our personal skills and pleasures and share them with others.
- ▶ Make time for reflection, for the deepening of our understanding of our planet and of the people in it.
- ▶ Take care that our commitment to 'Earth-friendliness' is not at the expense of family or friends.
- ▶ Encourage others to join our Movement as a personal contribution to the struggle for global justice and peace and to rescue Earth from further exploitation.
- ▶ Make the effort to get to know like-minded people in your area, including other members, and offer and receive mutual support.

*Please note that these are **guidelines only** and not hard-and-fast rules.

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