



We, Presentation people, commit to respond to the cry of Earth and to people made poor by embracing the Sustainable Development Goals, providing us a plan of action for living the values of Nano's life. IPA Mission Statement

Contemplative Action

LAUDATO SI: A CALL TO ECOLOGICAL CONVERSION

Adoption of Simple Lifestyles

is grounded in the idea of sufficiency and in promoting sobriety in the use of resources and energy.

[\(Laudato Si Goal 4\)](#)



Nano Nagle Icon Panel.
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Nano Nagle Place, Cork, Ireland

DEEDS: A CALL TO ACTION

- Leave your car at home and increase your daily physical activity by walking to work or your ministry activities.
- Focus your purchasing on free-trade products where possible.
- Purchase only the food that you need to prevent food wastage and consider your home environmental practices e.g. composting.
- Reflect on the question: "Do I really need this or Do I want this?" when purchasing.

WORDS: A CALL TO REFLECT

Our mission is to speak and act in partnership with others for global justice from a contemplative stance in a spirit of oneness for the whole of creation.

2017 IPA Assembly

How could contemplative action inform your approach to adopting a simpler lifestyle?

