

**SIMPLE STEPS -  
TOUGH CHOICES**

Richard Foster, author of *Celebration of Discipline* suggests these ways to live more simply:

1. Buy things for usefulness rather than status.
2. Reject anything you find addictive.
3. Develop a habit of giving things away.
4. Refuse propaganda from custodians of modern gadgetry.
5. Enjoy things without owning them.
6. Appreciate all Creation.
7. Be skeptical about all "buy now, pay later" schemes.
8. Obey Jesus' instructions about plain, honest speech.

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9. Reject anything that oppresses others.
10. Shun distractions from seeking the Kingdom of God.

*The earth is the Lord's and all that is in it, the world, and those who live in it. Psalm 24:1*

**FIND MORE WITHIN**

Simplifying life means far more than saving time and money. To truly change your attitude and expectations you have to focus yourself spiritually.

In his book, *Letting Go*, Rev. Philip Parham talks about "the still." When there is a crisis on British ships an alarm calls for complete stillness, signaling everyone to prepare themselves.

Even a life on the run has chances for stillness, thought and prayer if you look for them - and don't expect perfection.

"The supermarket or shopping mall is an excellent opportunity for solitude - not the solitude of an empty church or a familiar path in the woods," says Joseph Gosse in *Marriage & Family*. "Instead of lamenting my place in line, I can see it as an opportunity...God can speak even in the mild storm of a modern market."

*It is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven where no thief comes near and no moth destroys. For where your treasure is there your heart will be also. Luke 12:32-34*

**LET YOURSELF LET GO**

"Letting go isn't an easy thing to do - whether it's letting go of old and useless possessions or letting go of old and useless attitudes. Perhaps it must happen by increments, little by little, until finally our hands are no longer cramped in a permanent clutch position," says Jonathan Golden.

Ultimately, simplifying means letting go of one thing because something else is more important. It's deciding what really counts.

**COMING NEXT** *The groups and organizations you belong to need more than your membership. They need your leadership. Some practical ideas.*

*"For those who want to save their life will lose it, and those who lose their life for My sake, and for the sake of the gospel, will save it (Mark 8:35). I am flossing my teeth when it hits me - I'm trying to save my life all the time,"* says writer Dan Grippio in *U.S. Catholic*.

"In a smokeless, low-fat, safe-sex, light-beer, caffeine-free, air-bag society, it's hard to listen to Jesus talk about losing one's life," he continues. "His message flies in the face of our sense of self-preservation and security...He's talking about turning one's life and will over to God."

*The kingdom of heaven is like a merchant in search of fine pearls; on finding one of great value, he went and sold all that he had and bought it. Matthew 13:45*

'TIS THE GIFT TO BE SIMPLE,  
'TIS THE GIFT TO BE FREE,  
'TIS THE GIFT TO COME DOWN  
WHERE WE OUGHT TO BE;  
AND WHEN WE FIND  
OURSELVES  
IN THE PLACE JUST RIGHT  
'T'WILL BE IN THE VALLEY OF  
LOVE AND DELIGHT.  
WHEN TRUE SIMPLICITY IS  
GAIN'D  
TO BOW AND TO BEND WE  
SHAN'T BE ASHAM'D,  
TO TURN, TURN  
WILL BE OUR DELIGHT,  
'TIL BY TURNING, TURNING  
WE COME 'ROUND RIGHT.

**SHAKER HYMN**

# THE SIMPLE LIFE

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