



Pope Francis writes that 'there are a number of symptoms ... of what is wrong ... environmental degradation, anxiety, a loss of the purpose of life and of community living ... Respect for our dignity as human beings often jars with the chaotic realities that people have to endure in city life.'

How often do we find ourselves too busy, too worn down to listen to or care for others? Here are some facts:

- 42% of UK marriages end in divorce, with money problems being a lead cause.
- Last year, over half a million workers suffered from work-related stress, anxiety and depression. 44% were caused by workload, and 13% by bullying.
- One-in-four people will suffer from mental health problems.
- Levels of rough sleeping in the UK have risen to 4,667 last year, up from 1,768 in 2010. Rough sleepers are 17 times more likely to become victims of violent crime.
- There are 595,000 alcohol dependent drinkers, and in 2015, there were 1.4 million alcohol-related hospital admissions.



*Rough sleeping
in Reading*

Find out how you can help >>

Ideas

How you can help improve the quality of lives

I used this idea.

- 1) Set aside a time each week to reflect on the quality of time you spend with your family, and your own stress levels.
- 2) Make a point of contacting a friend or family member you've not spoken to for some time, and find out how they are.
- 3) Find out about the work that local agencies do for the homeless, frail or lonely and consider how best you can support their work.
- 4) Think carefully about your work-life balance, and the pressures you may be under and why. What steps can you take in your life? How are your elected politicians helping others?
- 5) Read what the pope is teaching about how the economic system 'makes it difficult to pause and recover depth in life.' (Laudato Si' paragraphs 109–114).
- 6) Share your ideas with your family and friends, and on the parish Facebook site: St James & St William of York Reading

Find out more ...

Marriage Care offers counselling in Reading: <https://www.marriagecare.org.uk/>

Launchpad and *St Mungo's* support and helps rehouse people who have been living on the street. www.launchpadreading.org.uk; www.mungos.org

Laudato Si' is available as a free download at <https://laudatosi.com/watch> and CAFOD also offers a good range of supporting material.

Reflection 5: Were you able to think through your lifestyle and how you can improve the quality of your life and others? Yes/No

Have you been able to keep up your commitments from last month to protect the variety of plants and animals on the planet? Yes/No