

# Year of the Eucharist st

Ways to Celebrate the Year of the Eucharist Every Day!

## Simple Saturday

**Directions:** On Saturdays throughout the Year of the Eucharist, practice simplicity. Check out the link below from Blessed is She, Read the Pope's Message of Simplicity, or find ways to relax: enjoy the outdoors, read, listen to music, pray, plant flowers, watch the clouds, take a breath!

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### Activity Ideas Online:

- Read: Catholic Simplicity, Soulful Minimalism from Blessed is She  
<https://blessedishe.net/blog/soulful-minimalism/>
- Read: Pope's Message of Simplicity from Catechist's Journey  
<https://catechistsjourney.loyolapress.com/2015/08/pope-francis-message-of-simplicity/>

# Practicing Simplicity:

Some ideas for your family and home ...

1. Limit the time you spend on Social Media
2. Plant a Garden - taking time to nurture and care for what you plant
3. Buy what you need, rather than buying in excess
4. Be mindful of how much you consume
5. Eliminate clutter

