

# I can LIVE



**Live as if the needy people of this world depend on you.  
In many ways, they do.**

**How we live does have an impact on the poor. Our choices of the food we eat, the clothing we wear, the goods we consume do matter.**

**The way we relate to others, how we view our own possessions, the values we live by also shape and define the world in which all of us live.**

**To live in a way that helps the poor around the world, consider the following:**

- Stay informed about issues affecting those who are suffering.
- Purchase clothing and other items based on needs, not wants.
- Use energy wisely to minimize pollution and reduce energy costs.
- Take advantage of all opportunities to recycle.
- Vote for people who are committed to care for the poor.
- Practice spiritual disciplines of prayer, fasting, reflection, giving, worship, and service.
- Many items we purchase are produced in other countries. Look for items produced by people who received a living wage and healthy working conditions for their efforts.
- Make time in your life to volunteer for groups that are working to help the poor.

**Show integrity, love, compassion, and kindness in your contacts with others.**

***I'm only one person, but I can make a difference!***



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