



Acción Católica Obrera

C/ Rivadeneyra, núm 6, 8º

08002 Barcelona

Teléfono: 00 34 93 412 48 88 ,

C.e. acocat@arrakis.es

Decalogue against consumerism –2010-

1. The consumer society in which we are immersed makes us live “anaesthetised”, unaware, and it is easy to be led along by the “lure” of the consumer system. Faced with this, we feel the call to be more conscious and to accept that very often we have to swim against the tide to be able to live in a different way.

2. Being a little more aware of our contradictions, our wish is to stimulate our coherence. We need to continually review our consumer habits: where we spend our money, where we keep our savings (if we have any), (ethical banking), in which kind of shops we purchase (ecological consumer cooperatives, fair trade, small neighbourhood or village shops), what kind of holidays we take, how we spend Christmas (which has become overly commercialised).

3. Austerity and simplicity should be a sign of identity that stimulates our creativity, the search for our essence as individuals, mutual knowledge through a variety of personal relations, and that these two great values help us live joyfully. Place a value on things, and therefore make better use of them (clothing, food, reuse of books, interpersonal or organised exchange “markets”, maintenance and proper use of the devices we employ, etc.).

4. Be aware of the real needs of those around us, and of our own; make time for dialogue, to see where they put/we put our treasure (what our aims are as persons, what do we find important, what is our scale of values). Enjoy personal relations that provide for mutual growth.

5. Educate ourselves and get information on injustices in our world and search for ways to tackle these personally and collectively. Take part in small or large projects for social and environmental justice (neighbourhood associations, ecological school canteens, consumer cooperatives, etc.).

6. Value being a person and a child of God rather than "having". Share our skills and our resources wherever we are: in the neighbourhood, the family, other areas of commitment.

7. Have a view of reality from the eyes of the very poorest. Faced with the crisis we are experiencing, help each other and seek ways out. Individually and collectively stimulate a reduction in working hours so that everybody has access to a job. That it be the poor that we see when we look at ourselves in the mirror and not the powerful, those that have everything.

8. Review our personal wealth and enjoy giving as a value that liberates us, in this society in which appearances and possessions are so highly valued.

9. Given the desperation caused by unfair situations, we need to join forces with others to give hope, valuing and spreading: the testimony of individuals that have lived and continue to live their lives at the service of others, the initiatives (associations, projects) that place individuals and groups above financial interests.

10. Share these reflections with other persons and enjoy them in close company (the family -especially with children-, friends, area of commitment, work, union or party colleagues, different associations, etc.).