

CONSPIRACY of FREEDOM

## What is the Conspiracy of Freedom?

It started with seven events in seven cities during 2010. From there we launched 4 short videos (available at [www.conspiracyoffreedom.org](http://www.conspiracyoffreedom.org)). All this with one aim: to kickstart a conversation up and down the country about simpler, more sustainable, more generous living.

These were the seven events:

**LONDON** May 15<sup>th</sup> St Paul's Hammersmith

**LANCASTER** May 27<sup>th</sup> Lancaster Methodist Church

**LEEDS** 5<sup>th</sup> June St George's Church

**BRIGHTON** 7<sup>th</sup> June Holland Rd Baptist Church

**OXFORD** 10<sup>th</sup> June St Aldate's Parish Centre

**SHREWSBURY** 24<sup>th</sup> June The Barbabas Centre

**LIVERPOOL** 12<sup>th</sup> July Oomoo Cafe

Here are some of the comments we received:

*"Thoroughly enjoyable, thought-provoking evening. Simple, punchy and possibly the start of a life-changing new direction"*

*"Helpful, open and full of grace. I feel inspired yet not told off"*

*"Has inspired me to make a start even if small rather than being overwhelmed by all the things I could do"*

This guide contains ideas for using the videos and making changes with friends.

Join the conspiracy.

# The Conspiracy

How does the Conspiracy of Freedom work?

## I. WATCH THE VIDEOS (3-5mins)

Visit [conspiracyoffreedom.org](http://conspiracyoffreedom.org)

OR request a DVD from [editor@breathenetwork.org](mailto:editor@breathenetwork.org)

<b>CONSPIRACY OF FREEDOM</b>	<a href="#">HOMEPAGE</a> <a href="#">ABOUT</a> <a href="#">EVENTS</a> <a href="#">HOW TO</a> ...
"WATCH · DISCUSS · CHANGE"	SEARCH... <input type="button" value="GO"/>
<b>NEW ENOUGH</b> AUGUST 3, 2010	...
	 <p>We are consumers. No doubt. But does it have to shape our lives, fragment our communities and damage our world? What if we could resist the pressures of consumerism? What if we could live more simply, sustainably, generously?</p> <p>Join the conspiracy of freedom.</p>
POSTED UNDER <a href="#">VIDEOS</a> <a href="#">LEAVE A COMMENT</a>	
<b>PLAY</b> JULY 21, 2010	  

## 2. DISCUSS WITH FRIENDS

You could:

Watch a video with friends

Discuss one per week / per month with a small group

Show a clip in church

Forward a link to friends

### **3. MAKE CHANGES**

Each video ends with questions on the screen which follow a simple format: share problems; pause & pray; share solutions.

Don't rush to solutions. Share the problems first and see if one or two common themes come out. Then pause to pray before getting practical with the final question.

When discussing changes, keep it personal and practical. It's not about what's wrong with others; it's about us and what we can do next.

The key here is grace. Everyone is on a journey: it doesn't matter where you are, just what direction you're facing and going one step at a time.

To add inspiration, each section in this guide ends with resolutions shared by people at the 2010 Conspiracy of Freedom events.

#### **The Conspirators**

Breathe is a Christian network for simpler living. It was started in 2005 by four friends and now connects over 800 people through monthly emails (subscribe to [in@breathenetwork.org](mailto:in@breathenetwork.org)) and [breathenetwork.org](http://breathenetwork.org).

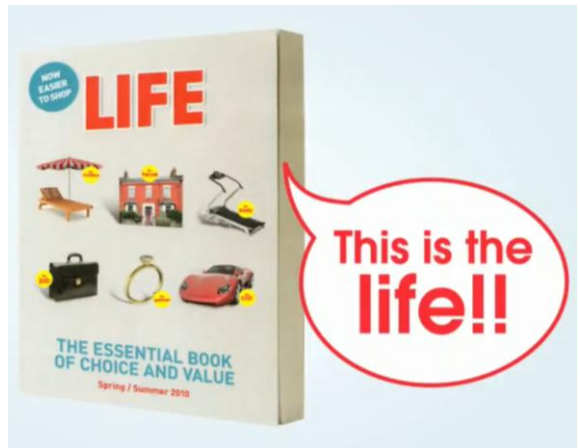
*“Breathe helps Christians to live intelligently and well. I commend this new resource to you wholeheartedly.”*

Pete Greig, 24-7 Prayer / Alpha International

The Conspiracy of Freedom is in partnership with Tearfund, A Rocha and Stewardship.

# The Life

We are constantly promised life by having more things and doing more things. But when does it all stop?



What if the words of Jesus - 'It is more blessed to give than to receive' – hold the key to a life that is truly life?

## HOW TO

PLAY VIDEO (4mins 40)

DISCUSS:

How are you pursuing life through having more and doing more?

PAUSE / PRAY

What would it mean for you to live differently?

## GOING FURTHER

Video commentary and extra Bible study ideas at [conspiracyoffreedom.org](http://conspiracyoffreedom.org)

Visit [stewardship.org.uk](http://stewardship.org.uk) for help with budgeting and giving

Join Tearfund's quest to see 50 million people released from material and spiritual poverty at [tearfund.org](http://tearfund.org)

# What will you change?

Spend some time with God on payday and ask for greater wisdom in stewardship (Cath, London)

Saving for things rather than buying on credit (Claire, Liverpool)

Foster thankfulness (Karen, London)

Wait two weeks before a purchase... Has God provided? Do I still need it? I think I will appreciate things a lot more this way. (Susanna, Brighton)

Go through my finances with somebody – be accountable and open to challenge (Linda, Liverpool)

Give blood (Chris, London)

See work as a gift and a chance to give (Carina, Brighton)

I have realised that I need to be less busy, not just in how I spend my time, but in my thoughts and the desire to pursue other experiences and be a consumer (Charlie, Shrewsbury)

If promoted I would like to maintain my standard of living and give away the pay increase (J, Leeds)

Give more away – reduce my fear of not paying off the whole mortgage! (K, Leeds)

The challenge is not to squash my desires but to ask God to reorder them (Lydia, Leeds)

I need to learn to find my sense of worth in the fact that Jesus loves me, not through feeling inferior / superior because of the stuff I have (Louise, Shrewsbury)

Write down incomings and outgoings so money isn't so invisible (Fiona, Liverpool)

Anonymously pay for someone else's meal in a restaurant (anon)

I intend for three months to refrain from buying myself any clothes or books other than in second hand shops (Mrs H, Liverpool)

I'm going to remember about my direct debits going and think about how they are affecting people (Mrs B, Shrewsbury)

# Home

Many of our communities are increasingly isolated and fragmented.



How can we rediscover what it means to ‘love your neighbour’ in the 21<sup>st</sup> Century?

## HOW TO

PLAY VIDEO (3mins 50)

DISCUSS:

How is community fragmented in your area?

PAUSE / PRAY

How could you love your community more?

## GOING FURTHER

Video commentary and extra Bible study ideas at [conspiracyoffreedom.org](http://conspiracyoffreedom.org)

Streetbank.com is a simple way to lend, give away and offer skills locally. You could start something on your street.

Community Mission helps Christians to transform their communities (see [communitymission.org.uk](http://communitymission.org.uk)).

# What will you change?

I will loiter more in my work – looking for opportunities to talk and listen (Mr L, Shrewsbury)

Change jobs so that I am not working such long hours and therefore have more time to spend with friends, family and reaching out into the community (Henrietta, London)

Have the neighbours over (Gemma, London)

Try to initiate Streetbank ([www.streetbank.com](http://www.streetbank.com)) or a 'bring and share' of stuff into our church and community (Esther, Brighton)

Sell my car, so I stop fitting in lots of activities into my day, then meet with neighbours more and chat with them (P, Leeds)

Bake a cake once a week for a friend, or a stranger (Elizabeth, Oxford)

Offer hospitality; be grateful (Miles, London)

Don't go crazy buying ingredients for having guests (Gareth, Leeds)

Pray more for my daughters (Johnie, Brighton)

Using our spare room to house someone who needs accommodation (Tom, Shrewsbury)

Offer more hospitality to people I wouldn't normally entertain (Evelyn, Liverpool)

For my family to host a Christmas meal for the homeless, paid for from the money we would have used on presents (Dave, Brighton)

Spend more time with people by inviting them to share a meal with me (Karen, Liverpool)

Try to encourage a sense of community in my block of flats so we can build a bike shed! (H, Brighton)

# Play

Childhood has changed, but what children need is still the same.



How can we make space for children to enjoy a creative, healthy, generous childhood?

## HOW TO

PLAY VIDEO (4mins 20)

DISCUSS:

What is keeping the children you know from a good childhood?

PAUSE / PRAY

What could you do to change this?

## GOING FURTHER

Video commentary and extra Bible study ideas at [conspiracyoffreedom.org](http://conspiracyoffreedom.org)

Follow Breathe's experiments in simpler parenting: [breathenetwork.org/category/parenting/](http://breathenetwork.org/category/parenting/)

# What will you change?

Spend more time with my children and their friends (Michael, Lancaster)

Regaining the sense our parents had of 'treats' (Sarah, London)

Disconnect the TV, use occasional DVD's instead (L, Liverpool)

Play more sport with my kids. Encourage their imaginations (M, London)

Learn to rest and spend more time with people I love rather than filling time with watching TV (Lydia, Brighton)

Encourage my son to tithe his pocket money (L, Leeds)

Less Facebook. Spending more time with my children instead. Being present in the moment (Sally)

Think with my family about how we can live more simply (Kathy, Lancaster)

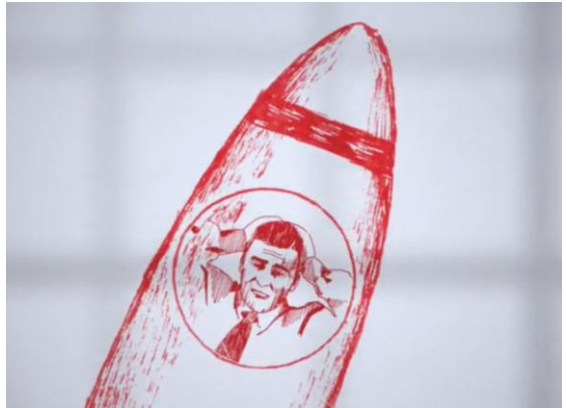
Spend more time allowing my daughter to play with nature, even if I'm in a hurry (Jo, Oxford)

Let my kids take risks, go on 'adventurous walks' and hold off on games consoles (A, Leeds)

Help my granddaughters realise there are people who don't have anything near as much as we do, and that we can live without spending all the time and still have fun (Mrs C, Brighton)

# Enough

Our economy and way of life is based on always having more. But what if our lives and our planet can't sustain this?



What does contentment look like for our lives and our society?

## HOW TO

PLAY VIDEO (3mins 40)

DISCUSS:

What keeps us from saying “I have enough”?

PAUSE / PRAY

And what can we do about it?

## GOING FURTHER

Video commentary and extra Bible study ideas at [conspiracyoffreedom.org](http://conspiracyoffreedom.org)

Subscribe to [arochalivinglightly.org.uk](http://arochalivinglightly.org.uk) for monthly eco-tips

The New Economics Foundation works to promote fresh thinking on sustainable economic growth ([neweconomics.org](http://neweconomics.org))

# What will you change?

We don't really need two cars! Maybe it's time to get rid of one. Does someone else need it more than us? P.S. have to ask husband first! (Mrs P, Liverpool)

Take more time to enjoy creation (Susannah, London)

Eat out less; fix things more (Wein, London)

It is not just consumerism that can imprison us but also a work ethic that makes us driven – even if driven to 'do good' (Howard, Shrewsbury)

Spend less on petrol. Find something that can be cut out of the daily routine and replace with prayer and Bible study (Sam, Shrewsbury)

Use a shopping list so I only buy what is needed (Karen, Lancaster)

Find creative ways of enjoying life that are not spending money (A, Brighton)

Doing less means I have to not worry about what doesn't get done (David, Lancaster)

I will reduce my consumption of alcohol and meat (S, Liverpool)

Make space to grow things (Mrs G, Lancaster)

To cycle or walk whenever possible (Elaine, Lancaster)

I will stop wasting food! (Wendy, Liverpool)

Not buy a new TV (Steve, Lancaster)

Am only going to buy beauty products when existing ones run out and am not going to be tempted to purchase additional 'new' ones that I don't really need (Andrea, London)

Regular spending fasts (Karen, Liverpool)

Eat only 'happy' meat and less of it, rather than more cheap meat (Ric, Brighton)

Spend a day on retreat (Sam, London)

There is enough grace for me, even when I limit my shower times, drive a knackered car, buy my clothes from ebay...! God loves me even if I didn't do this. But I want to enjoy living simply. (Kirsty, Shrewsbury)