

How green is your Advent?

If you're looking for ways to care for our common home this Advent, this Advent calendar inspired by *Laudato si'* gives you plenty of ideas about how you can make a difference in your daily life.



1
Is there an aspect of Creation you can relish today? Thank God for it.

2
Take a reusable bag when you shop.

three
Make a point of thanking someone today.

4
If you can, donate something to a local foodbank, homeless shelter or refuge.

5
Unplug chargers when they are not in use to save energy.

six
Look through your clothes and donate unwanted items to charity shops.

7
Turn off the tap when you brush your teeth to save water.

8
Spend some time in nature, and notice how God speaks to you.

9
Try to avoid unnecessary plastic packaging when you shop for groceries.

ten
Can you walk or use public transport for a journey you take?

11
Take a shorter shower to avoid wasting water.

13
Could you go without meat for one of your meals, or a whole day?

12
Carry a flask instead of buying bottled drinks.

14
Remember to switch off lights when leaving a room.

fifteen
How can you use your gifts to help God and his Creation?

16
Buy a toothbrush made from bamboo or sustainable materials.

Do you need to buy new clothes, or can you make do with what you have, mend them or buy second-hand?

18
Shut down your computer or television when you finish using it.

19
Get in touch with someone who may feel alone to let them know you care about them.

20
Use recycled gift wrap for your Christmas presents.

twenty one
Wash clothes at a lower temperature. Hang your laundry to dry rather than using the tumble dryer.

22
How can you be generous to someone today? Can you lend someone a helping hand?

twenty three
Check in with someone for whom Christmas may be a difficult time.

24
Switch off the Christmas tree lights at night (or don't use them at all).

25
Thank God for all the gifts you receive – pray for those who have less than you.