

# 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.