

# 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.

**12**

Carry a flask instead of buying bottled drinks.

**13**

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

**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.

**17**

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.