

3 STEPS TOWARDS A SUSTAINABLE (& LESS STRESSFUL!) CHRISTMAS

1 REJECT

CONSIDER WHAT YOU REALLY NEED

Retailers will try to convince us that we need to purchase all sorts of things to find joy this season. The truth is: we don't need most of the things being pushed on us. Before you purchase anything, ask yourself if it is necessary.

2 REDUCE

PRACTICE INTENTIONALITY

When you decide a purchase is necessary, consider the environmental impact and make good choices: choose products free from single-use plastics, shop locally, make your gifts, or buy secondhand. Reuse decorations annually or make eco-friendly alternatives.

3 REJOICE!

LESS IS MORE: DO WHAT BRINGS JOY

Advent and Christmas are seasons of preparation and celebration during which we should be focused on the gift of Love coming down to walk among us in the person of Jesus. The more we simplify the more space there is for Joy.



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ABOUT US

The Scottish Episcopal Church is journeying towards Net Zero through discipleship, justice and hope.

Find out more: netzerochurch.scot



ECO ADVENT

REJOICE!
CELEBRATING
CHRISTMAS
SHOULDN'T
COST THE
EARTH



FOUR WEEKS OF ADVENT

POINTS FOR REFLECTION

1 HOPE

WHAT IS YOUR HOPE FOR THE FUTURE OF OUR WORLD? HOW CAN YOU HELP US TO GET THERE?

2 LOVE

WHAT DO YOU LOVE MOST ABOUT OUR WORLD? WHAT CHANGES COULD YOU MAKE TO SHARE THAT LOVE WITH OTHERS?

3 JOY

WHERE DO YOU FIND JOY IN CREATION? IS THERE A WAY TO INCLUDE MORE OF THAT IN THIS SEASON?

4 PEACE

HAVE YOU EVER EXPERIENCED "THE PEACE THAT PASSES ALL UNDERSTANDING?" HOW WILL YOU CREATE PEACE IN YOUR LIFE THIS WEEK?



ECO ADVENT: CHART YOUR COURSE

PRAY



PLAN

PRIORITISE

PRACTICE

PRESENCE

Creating God, we thank you for the gift of this world and the privilege to be entrusted with its care. We have not always been mindful of the impact our choices have on your creation and on our neighbours in the global south. We repent of the ways our living has brought harm to the goodness you have made. Help us to learn from our past as we move forward, in hope, towards the birth of your Son. Amen.