

## 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 & 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.



# The Scottish Episcopal Church Welcomes You

[WWW.SCOTLAND.ANGLICAN.ORG](http://WWW.SCOTLAND.ANGLICAN.ORG)



## ABOUT US

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

Find out more: [netzerochurch.scot](http://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 QUICK WINS

MAKE ECO-FRIENDLY DECORATIONS & ORNAMENTS

GIFT EXPERIENCES

SWITCH TO LED TREE LIGHTS

MAKE YOUR OWN WREATH

RENT A POTTED TREE

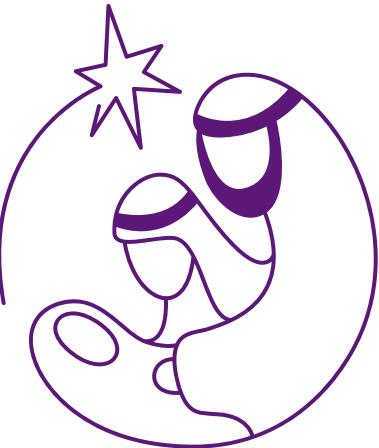
WRAP WITH SCRAP PAPER OR CLOTH



### 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.