













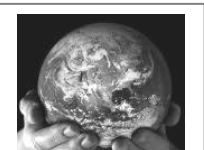



Sustainable Living

Advent 2024

Thoughts Reflections Activities Ideas and Reminders for this special time of year!!



SUN	MON	TUES	WED	THURS	FRI	SAT	
<p>1 1ST SUNDAY OF ADVENT</p> <p>"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has." (Margaret Mead)</p> 	<p>2 Did you know?</p> <p><i>Between Christmas and New Year, Humans produce more rubbish than at any time other time of the year.</i></p> 	<p>3 Thinking of Gifts?</p> <p><i>Grow, Sew, Bake or Make things!</i></p> 	<p>4</p> <p><i>Buy Christmas Cards that are made of Recycled Paper and where the purchase supports a Charity...</i></p>  <p><i>Or</i></p> <p><i>Make Your Own Christmas Cards and Gift Cards - use scrap paper, recycled cards, cardboard, recycled ribbon, etc ...</i></p>	<p>5 Gift Wrap idea!</p> <p><i>Use the Sunday funnies!</i></p> <p><i>Use brown paper with a colourful bow!</i></p> <p><i>Avoid foil wrap – it doesn't recycle.</i></p>	<p>6 Preparing Gatherings and End of Year Celebrations?</p> <p><i>The challenge is to avoid disposable party type products in December. This includes cutlery, cups, plates, serviettes, streamers, crackers and other \$2 shop type consumer items.</i></p>	<p>7 Thinking of Gifts?</p> <p><i>Consider the gift of your time.</i></p> <p><i>Do you know someone who might be lonely today?</i></p>	
<p>8 2ND SUNDAY OF ADVENT</p> <p>"It is a wholesome and necessary thing for us to turn again and again to the earth and in the contemplation of her beauties to know of wonder and humility." (Rachel Carson 1907 - 1964)</p> 	<p>9 Planning Christmas Dinner?</p> <p><i>Consider —using vegetables and fruit that are in season!</i></p> 	<p>10 Did you know?</p> <p><i>Every item we buy contains embodied energy, water and waste in its production, packaging, transport and disposal.</i></p> <p><i>Buy a bit less of everything?</i></p>	<p>11 Thinking of Gifts?</p>  <p><i>Consider the Gift of a Living (Native)Plant!</i></p>	<p>12 Decorations, parties and packaging:</p> <p><i>Consider the purchase! If you know you are going to throw it out soon after buying it, just leave it on the shelf and use what you already have.</i></p> 	<p>13 Decorate?</p> <p><i>look for long lasting, in season flowers, gumnuts/acorns and native flora.</i></p> <p>Eco-friendly decorations & stationery: <i>look for handmade, local, or Fairtrade decorations at local markets.</i></p>	<p>14 Busy week?</p> <p>Take the time to ponder the night sky.</p> 	
<p>15 3RD SUNDAY OF ADVENT</p> <p>"There now exists an urgency to engage our consciousness that we have never experienced before. Our existence depends on how we respond to the many issues that threaten the survival of Earth." (Judy Cannato)</p> 	<p>16 Did you know?</p> <p><i>It takes 50,000 litres of water to produce 1 kg of beef.</i></p> <p><i>Choosing meat-free meals is one of the most powerful things we can do to reduce our carbon footprint.</i></p> <p><i>Consider having a Meat-free day?</i></p>	<p>17 More Gift Wrap ideas!</p> <p><i>Give gifts in baskets, tins, jars, tea towels, calico bags, which can be re-used.</i></p> 	<p>18 Plan Ahead!</p> <p><i>Be ready to put your leftovers in reusable containers with lids rather than using foil and cling wrap.</i></p> <p>Avoid wastage!</p> <p><i>Having excess food and drink also means using extra energy to store and cook them... and possible wastage, if you overstock on things you don't end up eating.</i></p>	<p>19 Planning Christmas Dinner?</p> <p><i>Consider —Buy fresh and local fruit and vegetables and avoid packaging!</i></p> <p>Table Cloths, Serviettes, Material Placemats? – Wash in cold water and when you have a Full Load!</p>	<p>20 Thinking of Gifts?</p> <p><i>Avoid products that need batteries, use electricity, have lots of packaging, are single use, have a short life.</i></p> 	<p>21 Enjoy the splendour of Sunrise/Sunset!</p> 	
<p>22 4TH SUNDAY OF ADVENT</p> <p>"Wonder is a gateway through which the universe floods in and takes up residence within us." (Brian Swimme)</p> 	<p>23 "All is Gift and our human role is to receive the Gift of Life in all its diversity and to respond graciously." (Sr Iliia Delio)</p> 	<p>24 "There will be no 'peace on Earth' until there is peace with Earth." (Julia Butterfly-Hill)</p> 	<p>"The natural world tells us:</p> <p><i>I will feed you, I will clothe you, I will shelter you, I will heal you.</i></p> <p><i>Only do not so devour me or use me that you destroy my capacity to mediate the Divine and the human.</i></p> <p><i>For I offer you communion with the Divine,</i></p> <p><i>I offer you Gifts that you can exchange with each other,</i></p> <p><i>I offer you flowers whereby you may express your reverence for the Divine and your love for each other."</i></p> <p style="text-align: right;"><i>"Evening Thoughts" Thomas Berry</i></p>				