




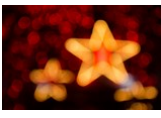







An Environmental Advent Calendar

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 FIRST SUNDAY OF ADVENT</p> <p>What is one habit you have that might not be so environmentally conscious, and how can you change it?</p> 	<p>2</p> <p>Advent is a time of preparation. This year, include education as part of your preparation for Christmas. Inform yourself on Catholic social teaching and environmental ethics.</p>	<p>3</p> <p>Meditate on God's creation. Breathe in, and receive God's wonders. Breathe out, and say thanks for those wonders.</p> 	<p>4</p> <p>Use heat mindfully. Turn your thermostat to 65°F or lower at night, and to 63° when away from home. Invest in space heaters.</p> 	<p>5</p> <p>Get connected this Advent to a local grassroots group that is advocating for climate repair. Check out Earth Ministry, 350.org, Citizens Climate Lobby, or ask about the St. James Care for Creation team's work.</p>	<p>6</p> <p>Today we remember St. Nicholas, the 4th century bishop known for his abundant generosity to the poor.</p> 	<p>7</p> <p>Advent is not meant to be a lonely journey—and neither is caring for creation! Carpool at least once this Advent, so as to share your journey.</p>
<p>8 SECOND SUNDAY OF ADVENT</p> <p>Intentional quality time can be the greatest gift of all. Slow down this season and give your gift of presence. Come to coffee hour and sit with someone new.</p>	<p>9 Immaculate Conception</p> <p><i>Mother Mary, we are in need of your immaculate gaze, to rediscover the ability to look upon persons and things with respect and awareness.</i></p>	<p>10</p> <p>It can difficult to talk about climate change. Early Jewish houses engaged in constructive conflict while still maintaining close relationships. Today, have that conversation—<i>l'shem shamayim</i>.</p>	<p>11</p> <p>Rather than drive through neighborhoods to see Christmas lights, walk! Stay local, too—some of your closest streets might have the best lights!</p> 	<p>12</p> <p>"When the image of the Virgin appeared on Juan Diego's tilma, it was the prophecy of an embrace: Mary's embrace of all...peoples who already lived there, and those who were yet to come." Pope Francis</p>	<p>13</p> <p>Give a compost bin as a gift to a loved one or family member. If you're very ambitious, feel free to make one!</p> 	<p>14</p> <p>Learn about the Church's teaching on the environment, with Fr. James Martin, Cardinal Turkson, and Dr. Carolyn Woo: https://www.youtube.com/watch?v=TCcl7DoGRW0</p>
<p>15 THIRD SUNDAY OF ADVENT</p> <p>If doing a gift exchange, have the party-goers handmade the gifts or repurpose a household item instead of buying a new present.</p> 	<p>16</p> <p>Refuse, and reuse! Instead of buying wrapping paper, repurpose old gift wrap or use old bags or boxes. Be creative—shoe boxes and brown bags work great!</p> 	<p>17</p> <p>Happy Birthday, Pope Francis!</p> 	<p>18</p> <p>Our neighbors of many faith traditions are working with us to respond to climate change. Read this comic about how our Muslim neighbors are taking action: bit.ly/greenmuslims</p>	<p>19</p> <p>Make at least one of your holiday parties zero waste, if not all. Use cloth napkins and durable dishes/cutlery. Recycle cans and bottles, and compost food scraps.</p> 	<p>20</p> <p>In today's Gospel, Mary is at first troubled when the angel Gabriel visits to tell her she will conceive. She has to be told, "Be not afraid." Like Mary, let us learn to be open to God in the face of so much troubling news around us.</p>	<p>21</p> <p>Today is the Winter Solstice, the longest night of the year. In these dark days, turn off lights when you leave a room. Change your bulbs for LED lighting, or install motion lights.</p> 
<p>22 FOURTH SUNDAY OF ADVENT</p> <p>God's creation reveals itself often in silence. As Christmas approaches, use this time to behold God's glory in nature.</p>	<p>23</p> <p>"Tis the season for good food. Try not to overindulge this holiday, and to live a little more lightly.</p> 	<p>24</p> <p>In Genesis, God said, "I give you every seed-bearing plant on the face of the whole earth. They will be yours for food." Find alternatives to your main of meat!</p>	<p>The St. James Care for Creation Team wishes you & your loved ones a</p> <h2>Blessed and Merry Christmas!</h2> <p><i>These tips have come from a number of sources, including Earth Ministry, the US Conference of Catholic Bishops, DC/MD Interfaith Power and Light, the Jewish Community of Northern Virginia, Catholic Divestment Network, Catholic Climate Covenant, and the Presbyterian Environmental Ministries.</i></p>			