













2021 Environmental Advent Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November 28 FIRST SUNDAY OF ADVENT</p> <p>In <i>Laudato Si'</i>, Pope Francis calls us toward sustainability. This Advent, register your family to join St. James Cathedral in the LaudatoSiAction Platform.org.</p>	<p>November 29</p> <p>Advent is a time of preparation. Learn about environmental ethics with Fr. James Martin at www.youtube.com/watch?v=a_lqFTYLc_4&t=2s</p>	<p>November 30</p>  <p>Meditate on God's creation. Breathe in, and receive God's wonders. Breathe out, and say thanks for those wonders.</p>	<p>December 1</p> <p>Pray. Set a time every day to pray as a family, thanking God for the gifts of creation and praying for its care.</p> 	<p>2</p> <p>Advocate! Urge your elected officials to work for a sustainable future and talk to your family about caring for God's creation.</p>	<p>3</p> <p>It can difficult to talk about the climate crisis. Early Jewish houses engaged in constructive conflict while still maintaining close relationships. Today, have that conversation.</p>	<p>4</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>5 SECOND SUNDAY OF ADVENT</p> <p>Decorate a Tree for Birds Place suet, pinecones with peanut butter, and seed trays on a tree in your yard. This is great for kids.</p>	<p>6</p>  <p>Today is the memorial of St. Nicholas. He was a 4th century bishop known for his generosity to the poor.</p>	<p>7</p> <p>We remember those who died in 1941 in Pearl Harbor. Pray for the victims of all wars, and for the fullness of God's peace to come into our world.</p>	<p>8 Immaculate Conception</p> <p><i>Mother Mary, we are in need of your immaculate gaze. Help us to look upon all of Creation with respect and awareness.</i></p>	<p>9</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>10</p>  <p>Outdoor Mini-Lights Can Save Energy A 100-light string uses only 40 watts. For the most efficient outdoor holiday lighting, consider solar LED strings.</p>	<p>11</p>  <p>Save water. Take shorter showers, only do laundry when you have a full load, and turn off water when brushing your teeth, etc.</p>
<p>12 THIRD SUNDAY OF ADVENT</p> <p><i>Rejoice in the Lord always. I shall say it again: rejoice!</i> (Phil 4:4)</p> <p>How can you include Creation in your Advent rejoicing today?</p>	<p>13</p> <p>Make today a Meatless Monday. In Genesis, God said, <i>"I give you every seed-bearing plant on the face of the whole earth. They will be yours for food."</i></p>	<p>14</p> <p>Host a Christmas fundraiser for a local food bank. Food banks can turn donated dollars into more meals because they can buy groceries at reduced cost.</p>	<p>15</p> <p>Reuse and repurpose! Instead of buying wrapping paper, reuse old gift wrap, bags or boxes. Be creative—shoe boxes and brown bags work great!</p>	<p>16</p>  <p>Stop relying on single-use plastic water bottles. Invest in a reusable water bottle. While you're at it, give reusable water bottles as gifts!</p>	<p>17</p> <p>Happy Birthday, Pope Francis!</p> 	<p>18</p> <p>'Tis the season for good food. Try not to overindulge this holiday, and to live a little more lightly.</p> 
<p>19 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>20</p> <p>If you want to wash the winter grime off your car, take it to a commercial car wash. Commercial car washes are required to treat their dirty wash water.</p>	<p>21</p>  <p>Today is the Winter Solstice, the longest night of the year. Turn off lights when you leave a room. Start using LED light bulbs.</p>	<p>22</p> <p>A small oil leak has a big impact on your car and our creeks, rivers, & Puget Sound. Every drop means a shorter lifespan for your car. Oil is toxic to people, wildlife, & plants.</p>	<p>23</p> <p>Plant something. Plant a garden, tree and/or plants native to western Washington in your yard.</p> 	<p>24</p> <p>Mary is troubled when the angel Gabriel tells her she will conceive. She is instructed, "Be not afraid." Like Mary, may we be open to God, as we face the climate crisis.</p>	<p>25</p> <p>Celebrate Christmas Day with a peaceful walk through nature. Plan to go before Christmas dinner while everyone still has lots of energy.</p>

The St. James Cathedral Care for Creation Team wishes you & your loved ones a Blessed and Merry Christmas!

These tips have come from a number of sources, including Earth Ministry, Catholic Climate Covenant, the US Conference of Catholic Bishops, the Dioceses of Worcester, MA and Columbus, OH, and Puget Sound Starts Here.

NOTE: This document was created in Century Gothic font which studies show, reduces printer ink usage by 30%.