



Do you struggle with the waste and excess of Christmas? Are you keen to have a 'greener' Christmas but don't know quite where to start?! Or would you like to just have a simple and more peaceful December?

Join us for our joy-filled sustainable **Green Christmas Advent-ure!**

# 12 Days of Green Christmas

- Step 1 - Stick the kettle on, gather your family, friends or church small group.
- Step 2 - Use these ideas to start a conversation.
- Step 3 - Commit to making little changes together and praying for one another.

## 3. Food Waste...

Think carefully about how much food you actually need. Could you compost the peelings, make a stock for soup or freeze the extra portions?

## 8. Lights...

If you have Christmas lights outside, think carefully about how many you put up and how long you switch them on for.

## 4. Which tree?...

Shipping a new plastic artificial tree isn't greener than chopping down a living one! Research sustainable trees, or think creatively and make your own!

## 6. Candles...

Rather than using paraffin candles, which are made from petroleum residue, look out for eco-candles made from beeswax, soy or natural wax.

## 9. Food...

Think about the story behind your food. Consider buying local, seasonal veg and sustainably sourced meat. It might cost a little bit more, so maybe just buy fewer Christmas extras or eat less meat in the weeks leading up to Christmas Day (traditionally Advent is a time of fasting).

## 1. Gifts...

Talk with your family and friends before everyone starts buying... Could you all agree to give locally made presents, charity shop gifts or homemade goodies?

## 5. New Tree...

Could you plant a tree with family and friends rather than chop one down? (always check with the landowner first). You can visit it every year as it grows!

## 11. Snuggle up Warm...

put on your Christmas jumper and turn the heating down a degree or two.

## 10. Crackers...

Crackers are usually full of small plastic items that often get thrown away. Search for Eco-friendly crackers or maybe make your own using reusable materials?

## 2. Shopping...

Plan ahead and support your local high street. Reduce how much you order from online companies to cut down on packaging and last-minute deliveries.

## 7. Reuse...

Christmas cards, wrapping paper, tinfoil, everything you can! Think carefully about packaging. Avoid glitter and check that shiny wrapping paper can be recycled.

## 12. Rest...

Do less, drive less and say no to some stuff! Maybe you could exchange the Christmas rushing around for a simple prayer walk every day in Advent.



# Notes for Small Groups

What do we like most about **Christmas**?  
What do we like least about **Christmas**?

Why do we celebrate **Christmas**

(given that there is no mandate in the Bible for celebrating the birth of Christ, and in any case, Jesus was not born on 25th December!)?

Christ was born into poverty. His family became refugees for a time. Does that in any way affect how we should celebrate?

(Read Philippians 2:1-11 as part of your discussion)

Read Luke Chapter 2. Look for the themes of beauty, simplicity and humility.

How can our **Christmas** preparations be more beautiful, simple and humble this year?

Q. Which of the 12 Days of **Green Christmas** caught your attention?

Two of the most important are food and gifts...

Food is such an important part of our **Christmas** celebrations. Think about **LOAF** when you buy

(Locally produced, **Organically** grown, **Animal** friendly, **Fairly** traded).

Q. What little changes could we make this year?

The giving of gifts is another important part of traditional **Christmas** celebrations.

Q. What steps can we take to honour God and respect His creation in the gifts we choose to give, where those gifts are sourced, and how they are wrapped? What about the gifts we receive?



## Discuss as a group...

What are our **Green Christmas** pledges this year?

How are we going to support one another?

Pray together and keep in touch.

\*There are many other ideas to make **Christmas greener** online - why not search for 'eco-Christmas' and see if there is anything else you could do.