

# *live*Simply this Advent

- please adapt these ideas to suit your own household or lifestyle

| Sunday                                                                                               | Monday                                                     | Tuesday                                                                         | Wednesday                                                               | Thursday                                                | Friday                               | Saturday                                                                 |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------|--------------------------------------------------------------------------|
| Control the time of your shower. No more than 5 minutes!                                             | Take a ceramic cup from home for your teas/coffees at work | Avoid taking the car to work or school                                          | Prepare homemade Christmas cards or buy at charities                    | Turn off lights of rooms with nobody in.                | Choose to drink tap water with meals | Have breakfast in a room with natural light (to avoid turning on lights) |
| Enjoy a walk in the park or in local countryside                                                     | Keep leftover food for another meal                        | Think something good of everyone you talk to today                              | Reduce your wish list for Christmas to only one or two favourite things | Avoid plastic packaging and recycle as much as possible | Have a meat- and fish- free day      | Plan your shopping & meals ahead to reduce waste                         |
| Spend 5 minutes thanking God for everything you have                                                 | Change to fabric napkins for not very messy meals          | Give a % of your Dec. pay to charity and/or share more time with people in need | Say grace before meals                                                  | Wash clothes only when necessary                        | Have a fasting day                   | Wear more clothes to reduce the need for heating                         |
| Choose one thing as a New Year resolution for 2018 that, you hope, could help take care of our Earth |                                                            |                                                                                 |                                                                         |                                                         |                                      |                                                                          |

Pope Francis, in his encyclical letter *Laudato Si'* invites us all to "work with generosity and tenderness in protecting this world which God has entrusted to us." (#242) CAFOD's *livesimply* award ([www.cafod.org.uk](http://www.cafod.org.uk)) is an opportunity for Catholic communities - parishes, schools, religious orders and chaplaincies - to respond to that invitation. This leaflet was prepared by Cambridge Justice and Peace Group to help individuals to do the same.