



Pray for Peace

*Lead us from death to life,
from falsehood to truth.
Lead us from despair to hope,
from fear to trust.
Lead us from hate to love,
from war to peace.
Let peace fill our lives,
our world, our universe.
Peace, peace, peace.*





Shop Ethically

"...purchasing is always a moral - and not simply economic - act"

Pope Benedict XVI, *Caritas In Veritate* n66

***You can learn more about how to shop ethically at this website:
www.ethical.org.au***



Make a Donation

*The Lord appeared to Joseph in a dream.
"Get up," He said, "Take the child and his
mother and escape to Egypt." Matt 2:13*

***You can donate to Caritas Australia to
help provide emergency assistance and
support those most in need this
Christmas.
caritas.org.au***





Gift Memories

"[Jesus would] often [stop] to contemplate the beauty sown by his Father, and invited his disciples to perceive a divine message in things." Laudato Si' n97

Share time, not things—plan a simple moment together that will be remembered long after the season ends.





Handmake Gifts

"To love as Christ, means to put yourself at the service of your brothers and sisters, as He did." - Pope Francis at Regina Coeli

***Create something with your own hands—
simple, meaningful, and made with love.***





Use Passive Energy

"More than 42% of total net emissions since 1850 were produced after 1990. At the same time, we have confirmed that in the last fifty years the temperature has risen at an unprecedented speed." Laudate Deum n11-12.

Open curtains, windows and doors for light and airflow before turning anything on.





Buy Less

"We all know that it is not possible to sustain the present level of consumptions in developed countries and wealthier sectors of society, where the habit of wasting and discarding has reached unprecedented levels." Laudato Si' n27

Choose only what's needed—skip the unnecessary extras.



Try plant-based options

"If 50-75% of people.... reduce meat consumption overall, we estimate at least 54.19 - 78.48 gigatons of emissions could be avoided...since agriculture, particularly for cattle and animal feed production, is the leading driver of tropical deforestation." Project Drawdown.

Swap one meal for a plant-based option or switch one meat for a salad alternative!





Shop Small

"Economies of scale, especially in the agricultural sector, end up forcing smallholders to sell their land or to abandon their traditional crops.... Business is a noble vocation, ... especially if it sees the creation of jobs as an essential part of its service to the common good." Laudato Si' n129

Support local makers and family businesses first.



Use alternative Christmas Cards

"These problems are closely linked to a throwaway culture which affects the excluded just as it quickly reduces things to rubbish. To cite one example, most of the paper we produce is thrown away and not recycled." Laudato Si' n22

Send e-cards, seed cards, bookmarks or reused cards instead of new ones.





Buy Second-Hand

'We have not yet managed to adopt a circular model of production capable of preserving resources for present and future generations, while limiting as much as possible the use of non-renewable resources, moderating their consumption, maximizing their efficient use, reusing and recycling them' - Laudato Si' n22



An Ecologically Ethical Advent

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Wrap Gifts in Cloth

"Nonetheless, every little bit helps"
Laudate Deum n70

***Skip paper—use fabric, scarves, or
tea towels instead.***





Carpool to events

"Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, such as.... using public transport or car-pooling."

Laudato Si' n211

***Share a ride and cut emissions
while catching up.***



Reuse gift bags

"There is a nobility in the duty to care for creation through little daily actions... such as avoiding the use of plastic and paper."

Laudato Si' n211

***Save and reuse bags instead
of buying new ones.***





Use cloth napkins

"When human beings place themselves at the centre, they give absolute priority to immediate convenience and all else becomes relative." Laudato Si' n122

Swap disposable napkins for washable fabric ones.



Refuse Christmas Crackers

Plastic objects pollute at every part of their life cycle. When oil is mined, when the chemicals are refined, when the objects shed microplastics, when they are discarded and end up in the ocean or sitting in landfill. The reality is, that we don't need these small plastic items and can refuse them.

Skip single-use Christmas crackers and avoid the plastic trinkets.





Buy Local

"New forms of cooperation and community organization can be encouraged in order to defend the interests of small producers and preserve local ecosystems from destruction. Truly, much can be done!" Laudato Si' n180

Choose local produce and products to cut transport impact.

www.sustainabletable.org.au/map



Catholic Earthcare
Caritas Australia





Reduce food waste

Reducing food waste not only reduces methane emissions, but also reduces the need for land and resources to produce food and the green house gases associated with it. Reducing food waste can help sequester 88.5 - 102.2 gigatons of Carbon Dioxide between now and 2050. (Project Drawdown)

Plan meals and use leftovers creatively.



Buy without packaging

*"The issue of environmental degradation
challenges us to examine our lifestyle"
Pope Benedict XVI World Day of Peace
Message 2010.*

***Choose loose produce or bulk refills where
you can.***





Re-gift Gifts

"the mere amassing of things and pleasures are not enough to give meaning and joy to the human heart...in those countries which should be making the greatest changes in consumer habits, young people have new ecological sensitivity and a generous spirit, and some of them are making admirable efforts to protect the environment."

Laudato Si' n209

**Pass on items you won't use
to someone who will.**





Refill jars

"The issue of environmental degradation challenges us to examine our lifestyle" Pope Benedict XVI World Day of Peace Message 2010.

Top up jars at bulk stores instead of buying new containers.





Simplify Decorations

"the mere amassing of things and pleasures are not enough to give meaning and joy to the human heart...in those countries which should be making the greatest changes in consumer habits, young people have new ecological sensitivity and a generous spirit, and some of them are making admirable efforts to protect the environment."

Laudato Si' n209

**Use what you already have and
avoid buying new décor.**





Borrow instead of Buy

"the mere amassing of things and pleasures are not enough to give meaning and joy to the human heart...in those countries which should be making the greatest changes in consumer habits, young people have new ecological sensitivity and a generous spirit, and some of them are making admirable efforts to protect the environment."

Laudato Si' n209

Borrow tools, serving ware, or festive items for one-off needs.



Digital Receipts only

"There is a nobility in the duty to care for creation through little daily actions... such as avoiding the use of plastic and paper."
Laudato Si' n211

Choose e-receipts to cut down on paper waste.



Choose Quality over Quantity

"the mere amassing of things and pleasures are not enough to give meaning and joy to the human heart...in those countries which should be making the greatest changes in consumer habits, young people have new ecological sensitivity and a generous spirit, and some of them are making admirable efforts to protect the environment." Laudato Si' n209

Pick durable items that last, not throwaway alternatives.

