

# Monk urges temperance in the run-up to Christmas

**Abbot Christopher Jamison, seen on the BBC series The Monastery, has denounced the frenzy of Christmas shopping, suggesting instead that shoppers practice "temperance" during Advent rather than clamouring to celebrate Christmas too early.**

**In a lecture at London's St Alban the Martyr church, Abbot Jamison said, "our Western culture is saturated with goods. The economically stable individuals and households who make up the majority of our population have more stuff than they actually need."**

He went on to add, "consumerism is now taking over our need for cultural goods such as music, entertainment and even moral purpose."

When do you start celebrating Christmas? Do you shop all year round for the festivities, or wait until December to start spending? Or do you go one step further towards achieving Abbot Jamison's temperance and exercise control, placing budgetary constraints on gift-buying and making home-made gifts, sweets and decorations?

We think a middle-ground can be found: whilst it's fun to shop for the ideal gift, it's also rewarding (and thrifty) to make gifts where possible. And home-made presents always go down well. Even small children can make presents for relatives: try Christmas artwork, crafts or simple sweets or baking recipes presented in pretty boxes or jars.



[www.ethicalchristmasgifts.co.uk](http://www.ethicalchristmasgifts.co.uk)