

WELCOME TO ADVENT, THE TIME BEFORE CHRISTMAS WHEN WE REFLECT ON PREPARING OUR HEARTS AND HOMES FOR CHRIST'S BIRTH IN THE WORLD AS WELL AS OUR LOVE AND CONNECTEDNESS WITH GOD RENEWING THE EARTH THROUGH JESUS. USE THIS CALENDAR TO SLOW DOWN, CONNECT WITH YOURSELF, EACH OTHER AND NATURE WHILE BEING OPEN TO FINDING GOD IN THE ORDINARY, SMALL THINGS.

WEEK 1: MARY (MYSELF)

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." ~ Audre Lorde

"Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word." - Luke 1:38

Nov. 29: *Grounding Exercise. Name the following: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.*

Nov. 30: *Wear something blue. The color of royalty. Remember that your ordinary is special and important to God.*

Dec. 1: *Spend some time doing something that soaks you in love and joy.*

Dec. 2: *Nourish Yourself. Make yourself one of your favorite treats.*

Dec. 3: *Butterfly Hug. Cross both arms over your chest, placing your hands over each other. Tap shoulders gently with each hand, alternating hands between each tap. Take 7 deep breaths.*

Dec. 4: *Take a well deserved nap (or give yourself permission to rest).*

Dec. 5: *Brew a daily cup of coffee, hot chocolate, or tea. Drink slowly and enjoy.*

WEEK 2: SHEPHERDS (NEIGHBOR)

"Beloved. Be Love. Be Held. Behold. You are beloved. Therefore, be love. You can be held. Therefore, behold." ~ Vera Leung

When the angels had left them and gone into heaven, the shepherds said to one another, "Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us." - Luke 2:15

Dec. 6: *Leave a thank you note for your mail carrier or waste management person.*

Dec. 7: *Why be moody, when you can shake your booty? Turn on a tune and dance with someone today.*

Dec. 8: *Write a thank you letter to someone you're thankful for.*

Dec. 9: *Hang up a picture of someone that helps you be brave in a place that will surprise you.*

Dec. 10: *Write a nice note to someone you live with and hid it in a place for them to find.*

Dec. 11: *Tip generously for take out.*

Dec. 12: *Do you have a family member struggling with traditions changing this year? Show them you care.*





WEEK 3: THE INN (PLACE)

“Beauty is still worth stopping for.” ~ Cole Arthur Riley

And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.- Luke 2: 7

Dec. 13: Share one of your favorite places with another person.

Dec. 14: Step outside. Come into contact with something wild. There is healing there. (12 Tiny Things).

Dec. 15: Find a quiet and relaxing place. Spend 5 minutes there. Notice how the air feels as you inhale and exhale. Slow your breathing to where your exhale is twice as long as your inhale.

Dec. 16: Go outside and touch a tree!

Dec. 17: Donate personal care items to CES or ICA.

Dec. 18: Follow our housing partners on social media (ZOOM House, Beacon, Habitat).

Dec. 19: Make a fort.



WEEK 4: RESURRECTION (NEWNESS)

“Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.” ~ Arundhati Roy

“Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.” - Luke 2:15

Dec. 20: Write 3 things you are hoping to carry with you into next year.

Dec. 21: Move furniture around to make a room feel new.

Dec. 22: Listen to someone who doesn't usually get your undivided attention.

Dec. 23: Resist the urge to buy last minute gifts. Write, bake, draw or create something original instead.

Dec. 24: Invite a neighbor to the Silent Night Sing tonight.

Dec. 25: Merry Christmas!