

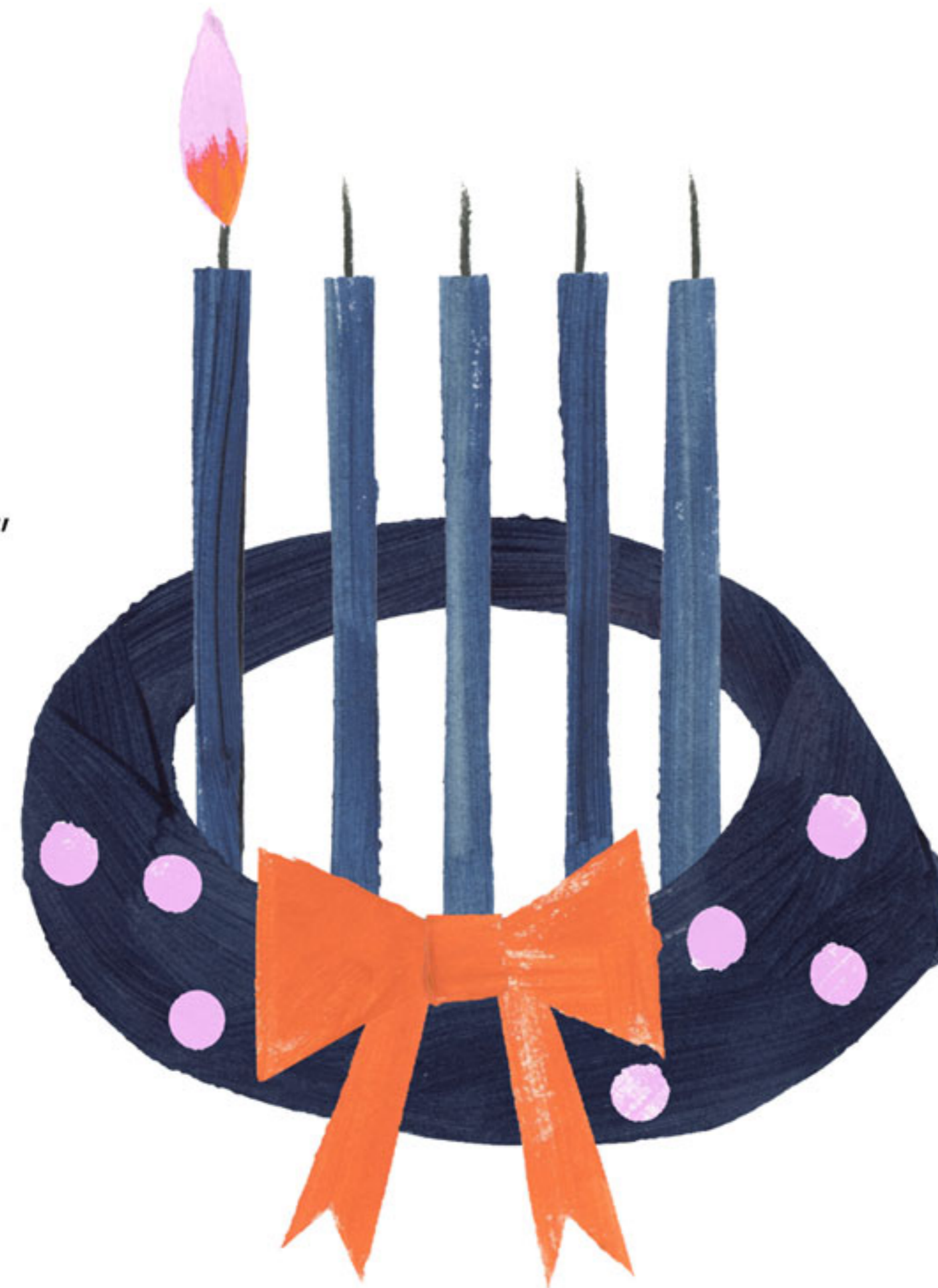
First Sunday of Advent

Light: One candle

Meditate: Hope looked down and saw despair. "I will go there," said Hope.

Read: Isaiah 2:1-5

Pray: God, open our eyes to despair all around us, and fill us so full of hope that we can each be a light amid the shadows.



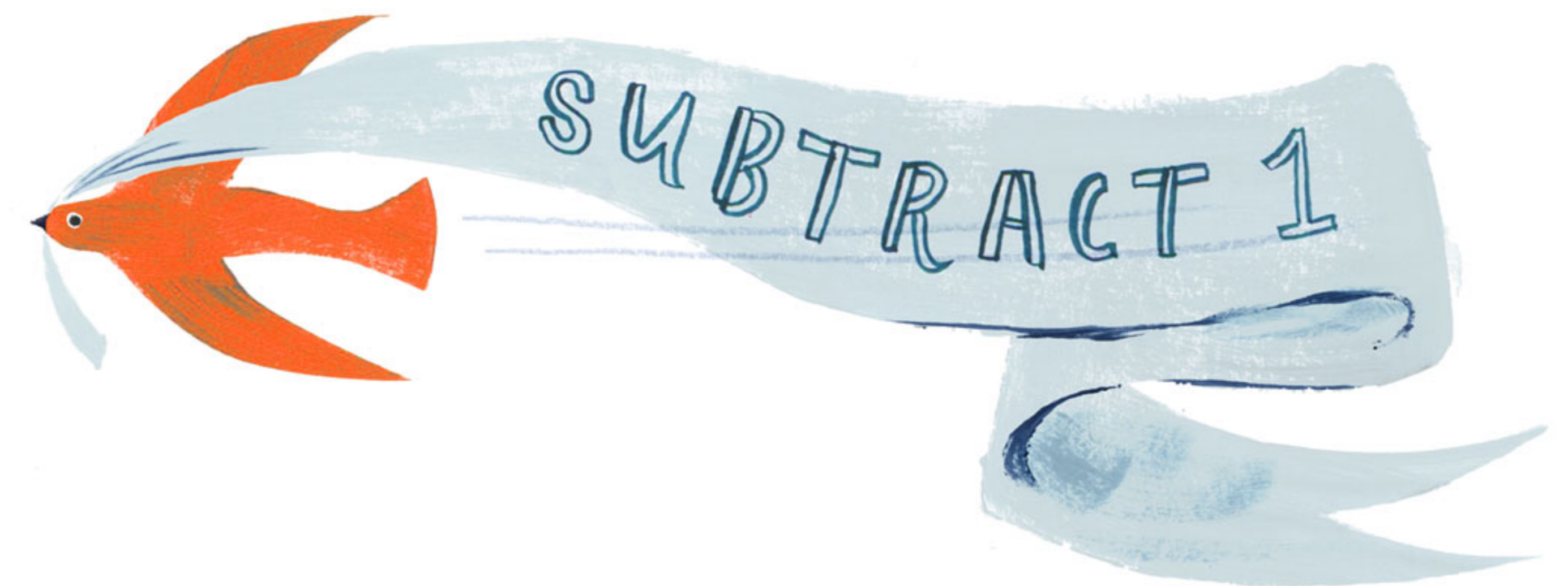
Monday (Week One)

Deliver sweets to a neighbor, or bake a yummy casserole for a family with a new baby.

YOU ARE
BEAUTIFUL

Tuesday (Week One)

Write "You Are Beautiful" on a steamy bathroom mirror and watch it reappear for days (God loves writing with invisible ink!).



Wednesday (Week One)

Subtract one thing from your day today - and use the extra quiet time to pray for better relationships between races in our country, our city, and our neighborhoods.



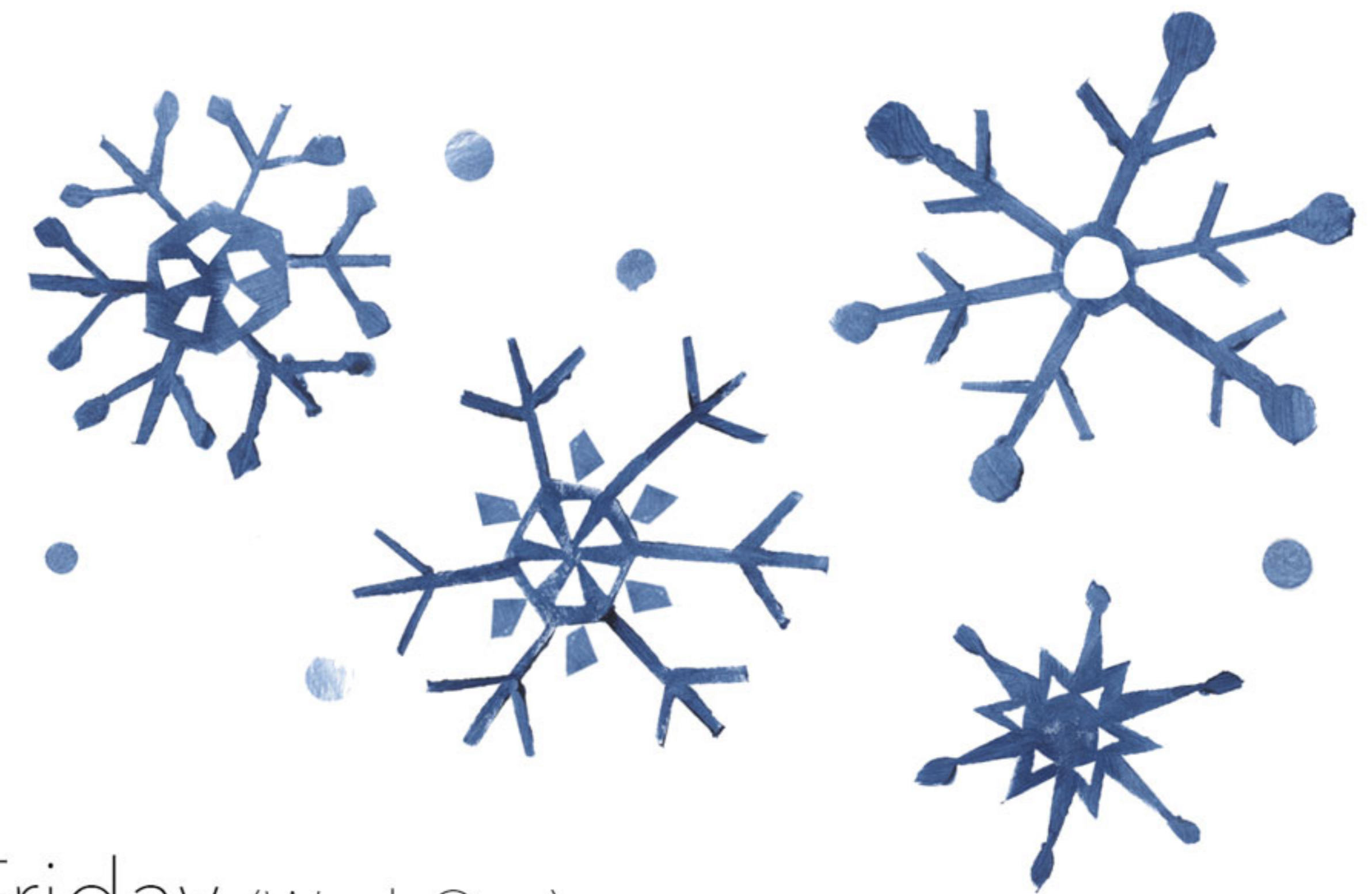
Thursday (Week One)

Write a short "I believe..." manifesto and share it on Facebook.

"I believe despair will give way to hope."

"I believe being a vegetarian reduces suffering."

"I believe everyone has a story worth telling."



Friday (Week One)

Sabbath Time: Turn everything off tonight (no computer, no phones, no television, no radio) - and listen for God's still small voice.



Saturday (Week One)

Leave quarters in every gumball machine you see on your errands today.

Second Sunday of Advent

Light: Two candles

Meditate: Peace looked down and saw war. "I will go there," said Peace.

Read: Isaiah 11:1-10

Pray: God, pour out your peace so that the wolf may lie down with the lamb, and no one will hurt or destroy on your holy mountain ever again.





Monday (Week Two)

Give handmade "thank you" notes to your mail carrier and garbage collectors.



Tuesday (Week Two)

Sing Christmas carols at the top of your lungs in the shower, in your car, or while you're walking down the street.



Wednesday (Week Two)

Subtract one thing from your day today - and use the extra quiet time to pray for refugees and migrants all over the world.



Thursday (Week Two)

Find a little - or a big! - way to be generous today: hold the door open for someone, pay for someone's coffee, do a stranger a simple favor.



Friday (Week Two)

Sabbath Time: Host a vegetarian potluck tonight - and be sure to invite someone from outside your friendship network.



Saturday (Week Two)

Make a trip to the grocery store and buy some choice items for your local food bank - think peanut butter, almond butter, and yummy black beans.

Third Sunday of Advent

Light: Three candles

Meditate: Joy looked down and saw sorrow. "I will go there," said Joy.

Read: Isaiah 35:1-10

Pray: Loving God, make the deserts of grief bloom with color and fragrance, so that we might sing for joy.



Monday (Week Three)

Make eye contact with everyone today - and smile!



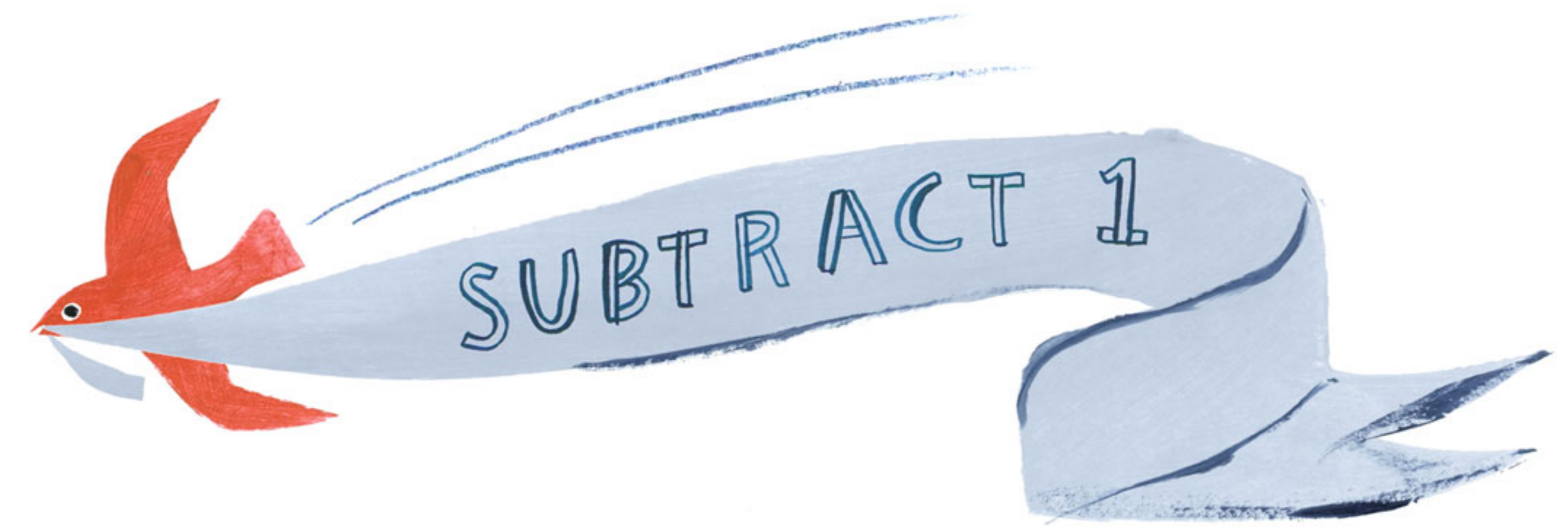
Tuesday (Week Three)

Write a short "I want to live in a world where..." manifesto and share it on Facebook.

"I want to live in a world where women and men are equal."

"I want to live in a world where people are not judged by the color of their skin."

"I want to live in a world where everyone has clean water."



Wednesday (Week Three)

Subtract one thing from your day today - and use the extra quiet time to pray for all countries experiencing the strife of war.



Thursday (Week Three)

Go stargazing tonight and - with heaven and nature - sing "Joy to the World!" at the top of your lungs.



Friday (Week Three)

Sabbath Time: after dinner, fill a table with tea light candles and light one for everything you are thankful for (food, shelter, family, friends, pets) - and then bask in the simple, beautiful glow of God's blessings all around!



Saturday (Week Three)

Go out for breakfast with someone you love, and wildly over-tip your server.

Fourth Sunday of Advent

Light: Four candles

Meditate: Love looked down and saw hate. "I will go there," said Love.

Read: Matthew 1:18-25

Pray: God, when the world is cold and full of hate, be our Emmanuel, "God with us," giving us the courage to be kind, vulnerable, and loving.



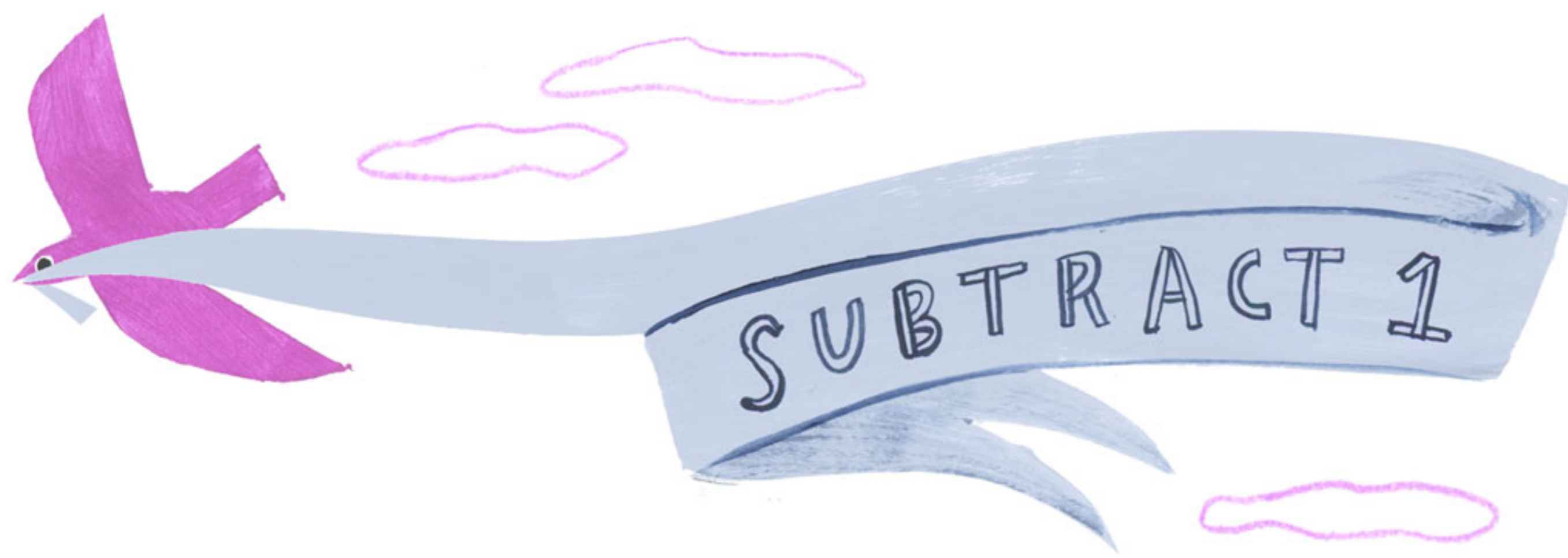
Monday (Week Four)

Give out compliments today with abandon!

*Sincerely
Yours*

Tuesday (Week Four)

Hand-write a love note on beautiful paper to someone dear to you, and send it by post mail.



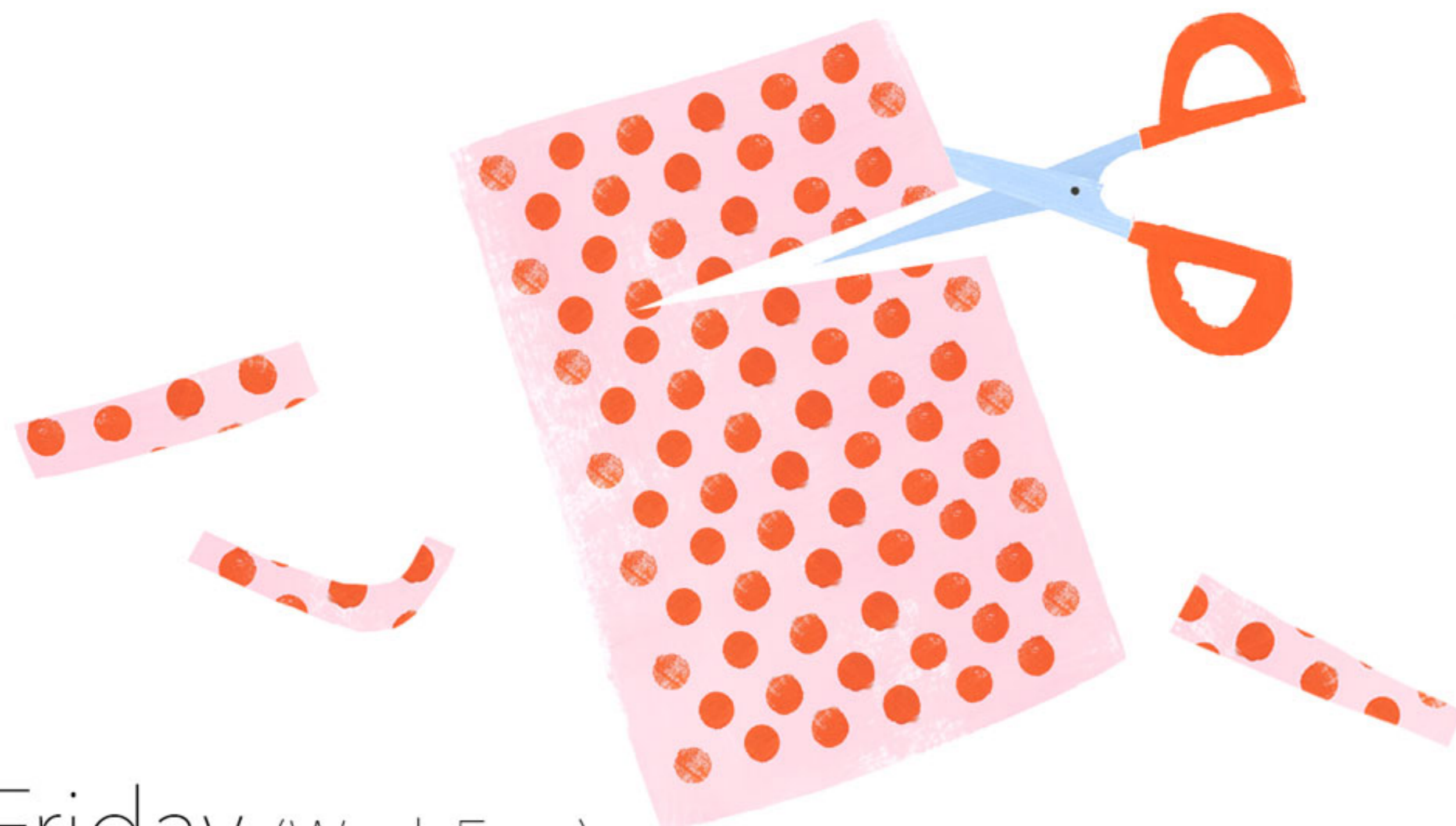
Wednesday (Week Four)

Subtract one thing from your day today - and use the extra quiet time to pray for people who are vulnerable because of physical or mental illness.



Thursday (Week Four)

Make a birdfeeder from pinecones, peanut butter, and seeds - all God's creatures deserve special treats!



Friday (Week Four)

Sabbath Time: make a list (double spaced and on cute paper) of everything for which you're grateful, cut them out, and use these slips of gratitude to help decorate your tree.

Christmas Eve

Light: Five candles

Meditate: God looked down and saw you. "I will go there," said God.

Read: Luke 2:8-11

Pray: God, thank you for coming into the world with a soft spot on your head and Mary's milk on your breath. This Christmas, change us into your hope, peace, joy, and love. Amen!

