

Ideas for Living Joyfully: Forty Days of Celtic Advent and the Twelve Days of Christmas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Practice Grace. No need to do them all or every day. Let the Holy Spirit speak to your heart!</p>					<p>November 15 <i>Celtic Advent Begins</i> Visit a beautiful spot in or near your home. Breathe and listen. How is God preparing you for Christ's birth?</p>	<p>16 Spend time with a favourite image of art</p>
<p>17 Say Hi to a person standing on the fringes at church</p>	<p>18 Give thanks for one thing you enjoy in your work</p>	<p>19 Look at your favourite photos, share them and tell stories</p>	<p>20 Make a small or tasty something and give it away</p>	<p>21 Take a loved one on a walk, outside or down memory lane or both</p>	<p>22 CS Lewis Day Watch birds fly or visit a zoo or appreciate your (or someone else's) pet Asian Lives!!</p>	<p>23 Smile at a stranger and enjoy their smile!</p>
<p>24 Welcome a new person at church</p>	<p>25 List what you are thankful for, tell God, tell each other</p>	<p>26 Give someone a long hug</p>	<p>27 Make a meal for someone in need or visit someone who is lonely</p>	<p>28 Read or Tell stories to loved ones</p>	<p>29 Sing some favorite songs, with others if you can</p>	<p>30 Write a gratitude note to a family member or friend</p>
<p>December 1 <i>Liturgical Advent Begins</i> Kneel down when you greet & talk to a child</p>	<p>2 Write a love note or color a picture for a child in your life.</p>	<p>3 Look out the window for 5 minutes and notice life</p>	<p>4 Call a friend & tell them one thing you appreciate about them</p>	<p>5 Take a friend to tea (or coffee)</p>	<p>6 Play a game from childhood or with a little person in your life</p>	<p>7 Send a loved one on a treasure hunt Today. Give them clues & giggle a lot</p>
<p>8 Read a story out loud, read a story to your friend, child, parent, or spouse</p>	<p>9 Notice the eye-color of people close to you and marvel at beauty</p>	<p>10 Light candles for whatever place or situation breaks your heart</p>	<p>11 Say Hi to people behind the counters. Wish them a good day.</p>	<p>12 Take a walk and enjoy the Christmas lights</p>	<p>13 Listen to and share some favourite music that makes you smile</p>	<p>14 Bake or make something that smells delicious, and give it away</p>
<p>15 Gaudete Sunday Read Mary's Song: Luke 1:46-55. Light a pink candle for JOY</p>	<p>16 Notice the really small things in life, like bugs or dust bunnies (look at the bunnies, resist the urge to sweep them away!)</p>	<p>17 The "O" Antiphons: Wisdom (Isa. 11:2-3) Who in your life offers godly wise counsel? Thank them.</p>	<p>18 Lord (Isa 33:22) Ask God how he wants to be the Lord of your life. Listen.</p>	<p>19 Key of David (Rev. 3:7) What door in your life do you need God to open & bring grace? God has the key to every door.</p>	<p>20 Root of Jesse (Isa 11:10) A Jesse Tree remembers God's faithfulness. Write memories of God's faithfulness in your life on paper ornaments & hang them on the tree</p>	<p>21 Morning Star (Isa 9:2) As the sun rises today, pray for God's light to shine in a place or situation that is breaking your heart</p>
<p>22 King of Nations (Isa 9:6) Listen to Handel's Messiah: "For Unto us a Child is Born" What does it mean to you for Christ to come again?</p>	<p>23 Emmanuel (Isa 7:14) How is God with you? How are you God's presence to others? Sing "O Come, o Come Emmanuel" (all the verses!)</p>	<p>24 Christmas Eve Where have you experienced God's Joy this Advent?</p>	<p>25 The Birth of Jesus Christ Laugh and sing today with those you love, adopt someone who needs a family, let yourself be adopted if you need one</p>	<p>26 The Twelve Days of Christmas Begin! Gen 1:3 Look for God's Light in the world each Day</p>	<p>27 John 1:1-5</p>	<p>28 Ps 119:105</p>
<p>29 Ps 139:11-12</p>	<p>30 Ps 19:8</p>	<p>31 Isa 58:10</p>	<p>January 1 Isa 60:19</p>	<p>2 Ps 43:3</p>	<p>3 Matt 5:14-16</p>	<p>4 John 8:12</p>
<p>5 1 Peter 2:9</p>	<p>Epiphany 6 Luke 4:1-21 Christ's revealing After taking down Christmas decorations, light candles around the house</p>	<p>How we spend our days is how we spend our lives. Annie Dillard <i>Calendar created with joy at The Contemplative Cottage, please share freely.</i></p>				