

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Practice Grace. No need to do them all or every day. Let the Holy Spirit speak to your heart!</b></p>					<p><b>November 15</b> <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 <b>CS Lewis Day</b> Watch birds fly or visit a zoo or appreciate your (or someone else's) pet <b>Asian Lives!!</b></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><b>December 1</b> <i>Liturgical Advent Begins</i> Kneel down when you greet &amp; 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 &amp; 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 &amp; 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 <b>marvel at beauty</b></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 <b>Gaudete Sunday</b> Read Mary's Song: Luke 1:46-55. Light a pink candle for <b>JOY</b></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 <b>The "O" Antiphons: Wisdom (Isa. 11:2-3)</b> Who in your life offers godly wise counsel? Thank them.</p>	<p>18 <b>Lord (Isa 33:22)</b> Ask God how he wants to be the Lord of your life. Listen.</p>	<p>19 <b>Key of David (Rev. 3:7)</b> What door in your life do you need God to open &amp; bring grace? God has the key to every door.</p>	<p>20 <b>Root of Jesse (Isa 11:10)</b> A Jesse Tree remembers God's faithfulness. Write memories of God's faithfulness in your life on paper ornaments &amp; hang them on the tree</p>	<p>21 <b>Morning Star (Isa 9:2)</b> 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 <b>King of Nations (Isa 9:6)</b> 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 <b>Emmanuel (Isa 7:14)</b> How is God with you? How are you God's presence to others? <b>Sing "O Come, o Come Emmanuel" (all the verses!)</b></p>	<p>24 <b>Christmas Eve</b> Where have you experienced God's Joy this Advent?</p>	<p>25 <b>The Birth of Jesus Christ</b> 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 <b>The Twelve Days of Christmas Begin!</b> 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><b>January 1</b> 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><b>Epiphany 6</b> Luke 4:1-21 <b>Christ's revealing</b> After taking down Christmas decorations, light candles around the house</p>	<p><b>How we spend our days is how we spend our lives.</b> Annie Dillard <i>Calendar created with joy at The Contemplative Cottage, please share freely.</i></p>				