

Ideas for Living Joyfully (even in a pandemic!)

Forty Days of Celtic Advent & the Twelve Days of Christmas 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| November 15 Create an Advent reflection space in your house. What will you put in it to inspire your journey? | 16 Determine where the nativity will be placed in your house. Fill it with the animals, straw, and the empty manger. | 17 Place Mary & Joseph far from the stable but where you can see them. Start them on their journey to the nativity. | 18 Place the Magi farther from the nativity and marvel at their trust, led only by a star, to find their King. | 19 Pray for the world, for peace and for an end to the pandemic. | 20 Get out some colored pencils and crayons and color. Pray for someone as you do. | 21 Singles and elders are feeling isolated. Write notes encouraging them and check-in. |
| 22 CS Lewis Day Appreciate an animal companion today and look for the Deeper Magic! Aslan Lives!! | 23 Text a loved one a favorite memory of them. Mary & Joseph move closer. | 24 If you are out, wave at people you see. Don't let distance and masks impede acknowledgement. | 25 List what you are thankful for, tell God, tell each other. Start a gratitude list. | 26 Invite a single person to join you for a meal via Zoom. | 27 Reach out to a person whom you haven't seen recently. | 28 Make a tasty something and give it away, or donate to a local food pantry. |
| 29 Four-week Advent begins How is Jesus being born in you? | 30 Read or Tell stories to loved ones (even on Zoom, if necessary). | December 1 Turn off recorded music and sing some favorite songs. The Magi move closer. | 2 Write a gratitude note to a family member. Hide it in their pocket. | 3 Call a friend & tell them one thing you appreciate about them. | 4 Enjoy a grilled cheese sandwich & tomato soup or other comfort dish. | 5 Take a break from screens and look out the window. What do you see? |
| 6 Tell someone that God loves them. Mary & Joseph move closer. | 7 Have tea or a meal with a friend you haven't seen in awhile, on Zoom. | 8 Text a word of encouragement to 5 loved ones. The Magi move closer. | 9 Spend time with favorite artwork. What sparkles? The Magi move closer. | 10 Take a break from your smartphone and all screens this evening. | 11 Mail a note to someone. Describe how they are gift to the world & you! | 12 Light candles for whatever places or situations break your heart. |
| 13 Gaudete Sunday Read Mary's Song: Luke 1:46-55. Light a pink candle for JOY and share joys with loved ones. Mary & Joseph move closer. | 14 Take a walk and enjoy the Christmas lights. | 15 Listen to some favourite music that makes you smile. The Magi move closer. | 16 Notice the really small things in life, like bugs or dust bunnies. | 17 The "O" Antiphons: Wisdom (Isa. 11:2-3) Who is a voice of wisdom in your life? Thank her or him. | 18 Lord (Isa 33:22) Ask God how he wants to be the Lord of your life. Listen. Mary & Joseph move closer. | 19 Root of Jesse (Isa 11:10) Write memories of God's faithfulness in your life on paper ornaments & hang them on the tree. |
| 20 Key of David (Rev. 3:7) What door of your life do you need God to open & bring grace? God has the key to every door. | 21 Morning Star (Isa 9:2) Pray for God's light to shine in a situation that is breaking your heart. The Magi move closer. | 22 King of Nations (Isa 9:6) Listen to Handel's "For Unto us a Child is Born. What does Christ's birth mean? | 23 Emmanuel (Isa 7:14) How is God with you? Sing "O Come, O Come Emmanuel" (all the verses!). | 24 Christmas Eve Celebrate with your church. Mary & Joseph enter the stable | 25 Feast of the Nativity John 1:1-5 Make a joy list. Put Jesus in the Nativity; add the Shepherds, too | 26 St. Stephen's Day The First Martyr The Twelve Days of Christmas Begins! Genesis 1:3 The Magi journey closer each day |
| 27 Psalm 139:11-12 | 28 The Holy Innocents Pray for children around the world Matt. 19:14 | 29 Isaiah 58:10 | 30 Isa 60:19 | 31 Ps 43:3 | 1 Matt 5:14-16 | 2 John 8:12 |
| 3 1 Peter 2:9 | 4 Romans 8 | 5 Epiphany Eve Luke 4:1-21 Move the Magi to the stable | January 6 – February 1 Epiphany and Epiphanytide Chalk your lintels and the lintels of friends' houses with the Epiphany blessing 20+C+M+B+21 . CMB represents the names of the three wise men (Caspar, Melchior, and Balthasar), and also the Latin phrase, <i>Christus Mansionem Benedicat – Christ Bless this House!</i> | | | |

How we spend our days is how we spend our lives. Annie Dillard

Calendar created with joy by Susan Forshey at ContemplativeCottage.com. Please share freely.