

IDEAS FOR LIVING JOYFULLY: FORTY DAYS OF CELTIC ADVENT AND THE TWELVE DAYS OF CHRISTMAS 2022-2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice Grace. No need to do them all or every day. Let the Holy Spirit speak to your heart!		November 15 Determine where the nativity will be placed in your house. Fill it with the animals. Place the shepherds close by.	16 Place Mary & Joseph far from the stable but where you can see them. Start them on their journey to the stable.	17 Place the Magi farther from the stable and marvel at their trust, led only by a star, to find their King.	18 Give thanks for one thing you enjoy in your work.	19 Look at your favorite photos, share them with loved ones and tell stories.
20 Say Hi to a person standing on the fringes. Mary & Joseph move closer.	21 Take a loved one on a walk, arm in arm or hand in hand.	22 CS Lewis Day Go on a nature walk and look for God's creatures. Aslan Lives!!	23 Make a meal for someone in need or visit someone who is lonely.	24 List what you are thankful for, tell God, tell each other. Start a gratitude list.	25 Play a game from childhood or with a little person in your life.	26 Call a friend & tell them one thing you appreciate about them.
27 Welcome a new person at church Liturgical Advent Begins	28 Take a break from your smartphone and all screens this evening.	29 Write a gratitude note to a family member. Hide it in their pocket.	30 Text a word of encouragement to 5 loved ones. The Magi move closer.	December 1 Sing some favorite songs, with others if you can.	2 Have tea or a meal with a friend you haven't seen in awhile.	3 Write notes to singles and elders, encouraging them, so they know they are not alone.
4 Kneel down when you greet & talk to a child. Mary & Joseph move closer.	5 Enjoy a grilled cheese sandwich & tomato soup or other comfort dish.	6 Invite a single person to join you for a meal in person or via Zoom.	7 Look out the window for 5 minutes & notice life.	8 Color a picture for a child in your life.	9 Send a loved one on a treasure hunt today. Plant clues & giggle a lot.	10 Get out some colored pencils and color a mandala. Pray for someone as you do.
11 Gaudete Sunday Read Mary's Song: Luke 1:46-55 Light a pink candle for JOY	12 Wave at people you see. Don't let distance impede acknowledgement.	13 Notice the eye-color of people close to you. Mary & Joseph move closer.	14 Read a story out loud to your friend, child, parent, spouse, or furry companion.	15 Turn off recorded music and sing some favorite songs. The Magi move closer.	16 Mail a note to someone. Describe how they are gift to the world & you!	17 The "O" Antiphons Wisdom (Isa 11:2-3) Who is a voice of wisdom in your life? Thank them.
18 Lord (Isa 33:22) Ask God how he wants to be the Lord of your life. Listen.	19 Root of Jesse (Isa 11:10) Write memories of God's faithfulness 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?	21 Morning Star (Isa 9:2) At dawn, pray for God's light to shine in a place or situation breaking your heart.	22 King of Nations (Isa 9:6) Listen to " <i>For Unto us a Child is Born.</i> " What does Christ's birth mean?	23 Emmanuel (Isa 7:14) How is God with you? How are you God's presence to others?	24 Christmas Eve Where have you experienced God's Joy this Advent? Mary & Joseph enter the stable.
25 The Birth of Jesus Christ John 1:1-5 Adopt someone who needs a family or let yourself be adopted. Feast!!	26 St. Stephen's Day The First Martyr Genesis 1:3 The Twelve Days of Christmas Begins!	27 Feast of the Holy Innocents Matt. 19:14 Pray for children around the world	28 Isaiah 58:10 Bring flowers to someone who needs their day brightened.	29 Isa 60:19 Notice the really small things in life. The Magi move closer.	30 Ps 43:3 Write a list of who and what you are thankful for from 2022.	31 Matt 5:14-16 Take a moment to be kind to yourself: plan a day of rest and do something you enjoy.
January 1, 2023 John 8:12 What are your hopes for 2023? Pray for God's wisdom.	2 1 Peter 2:9 Write a thank you note and mail it.	3 Romans 8 Buy the next person in line coffee.	4 Ps 139:11-12 Choose 3 healthful habits to practice for this New Year.	5 Ps 19:8 Take a night walk and enjoy the lights. Move the Magi to the stable	January 6 – Epiphany - Luke 4:1-21 Bless your house by chalking on the door "20+C+M+B+23". This is the new year and <i>Christus Mansionem Benedicat</i> , Christ Bless this House! CMB also stands for the three wise kings: Caspar, Melchior & Balthasar.	

How we spend our days is how we spend our lives. Annie Dillard
Calendar created with joy by Susan Forshey, *ContemplativeCottage.com*. Please share freely.