



Advent 2020 Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29 HOPE Make a list of everything that sparks hope in you. If there is a person on your list, send them a note.</p>	<p>30 Make your favorite hot beverage and take time to enjoy it. Maybe video chat with a friend.</p>	<p>1 Select 5 people to send thank you notes to. Thank them for the ways they have touched your life.</p>	<p>2 What's your favorite Christmas treat? Make or buy some and try to safely share with a friend or neighbor.</p>	<p>3 Play or listen to your favorite Christmas music. What happy memories come to mind? Share these with someone.</p>	<p>4 Donate money, food, or other items to a charity of your choosing. Pray for those who are in need.</p>	<p>5 Spend a quiet hour reading or listening to music. Enjoy being still for a bit.</p>
<p>6 PEACE What brings you peace of body, mind, or spirit? Do whatever it is at some point today.</p>	<p>7 Take a few minutes to imagine you are in a peaceful place. What can you see, smell, hear, taste, and touch?</p>	<p>8 Spend a few minutes praying for peace – in your life, in your neighborhood, in the country, and in the world.</p>	<p>9 Who has helped you find peace when you've experienced challenges? Write them a thank you note.</p>	<p>10 Do something kind for someone else. Send a card...drop off a plate of cookies...pay for their coffee...</p>	<p>11 Indulge in something today – a long hot bath, a holiday treat, reading a novel... notice how you feel in the moment</p>	<p>12 Make a Christmas list for the world, things you would give to the world if you could. Pick one to work toward.</p>
<p>13 JOY Who or what brings you joy? Reach out to the people and/or engage in the activity.</p>	<p>14 What activities brought joy to your younger self? Do one of those things if you can. If not, share the memory with someone.</p>	<p>15 Watch your favorite comedy tv show or movie. Do a few minutes of laughter bring joy closer? Find some laughter every day.</p>	<p>16 Reach out to someone who makes you laugh even in tough times. Talk by Zoom or phone. Express your gratitude to them.</p>	<p>17 Remember a previous Christmas season in which you felt joy. Is there any part of that you could bring into today?</p>	<p>18 Watch the sun rise or set or imagine you are in your favorite place watching the sun rise or set. Give thanks for the beauty of Creation.</p>	<p>19 Do something creative – bake, draw, write, sew, paint, play music, etc. Notice how creativity lessens stress and makes room for joy.</p>
<p>20 LOVE Think of all the people you love and have loved. Spend time in prayer thanking God for each of them.</p>	<p>21 Write a note to someone, thanking them for how their love has helped you. Send the letter if you can.</p>	<p>22 Spend an hour today doing something you love – anything from baking to reading to watching TV, playing a game, etc.</p>	<p>23 Send or drop off a card or small gift to someone who needs a reminder that they are loved and valued.</p>	<p>24 Take time today to savor your favorite holiday treat and relax for a few minutes.</p>	<p>25 Reach out to family and/or friends today. Don't let pandemic keep you from connecting online. You don't need to be completely alone today unless you want to be.</p>	<p>26 Relax today. Be kind to yourself and those around you. If your holiday was a disappointment, remember Christmas goes to January 6. Hope, Peace, Joy, and Love never end.</p>