

Advent Faith Practices

Instead of focusing on material things this Advent, let's focus on faith! This advent faith practices calendar rotates through three types of practices: prayer, service, and mindfulness. Prayer practices are indicated with a [P] and a specific word or thought is offered to be the focus of your prayer. You can pray with words, through art, or silence. Service practices are indicated with [S] and ideas are given for serving others through acts of kindness or charity. Spiritual Practices are indicated with [SP] and are given a specific activity to try. Make this calendar work for you and your family by adapting it to suit your needs. If you are able to complete the advent activity, put a snowflake sticker in that box. If you are unable to complete one of the activities on a specific day, just skip over it and pick it up on the next day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This advent also honors Chalice. Chalice is a week-long celebration of our Unitarian Universalist Principles. This holiday starts on the first Monday in December and lasts 7 days. Each day, a Chalice is lit and you can reflect on the meaning of that day's principle with a faith practice.</p>		1 [P] Today's Prayer word is HOPE. What does it mean to have hope? Draw a picture of something hopeful or pray for a hope you have.	2 [SP] Practice gratitude today by listing or drawing things you are thankful for.	3 [SP] Hospitality: Invite someone to have a video call with you today.	4 [SP] It is a spiritual discipline to listen well. Ask someone in your family 3 questions and listen closely to their answers.	5 [P] HOPE continued...light one candle for hope.
6 [S] Who in your community is in special needs of a note or call? Make an effort to check up on that person or send them something special.	Chalice Starts 7 [S] Today we honor our 1 st principle, "Each person is important." Light a chalice for all people and donate something (food or clothing) to help those in need.	8 [P] We honor our 2 nd principle, "Be kind in all you do." Light a chalice for kindness and pray for others today. You can also write down their names.	9 [SP] Our 3 rd principle is, "We help each other grow." Light a chalice and play a game together as a family. Did you know play can be a spiritual practice? It can!	10 [SP] Our 4 th principle is, "We search for what is true." Take a moment for silence. How long can you sit in silence? Try 1 minute or 2! Silence can allow us to hear the truth in us.	11 [SP] Our 5 th principle is, "All people have a say." Light a chalice and discuss and vote on a family movie to watch together.	12 [SP] Our 6 th principle is, "Work for a peaceful world." Light a chalice and reflect on peace by drawing a picture of what peace means to you.
Last day of Chalice 13 [SP] Our 7 th principle says, "The web of life's the way." Light a chalice and honor our Earth by taking a walk outside and noticing 3 beautiful things.	14 [P] Today's prayer word is JOY. What bring you joy? Draw a picture of it or say a prayer for joy.	15 [S] Give a gift to someone who really needs it today.	16 [S] Do something kind for a neighbor. Shovel their walk, leave a plant, or write a kind note or card.	17 [S] Write a note of appreciation to someone in a helping or serving profession to tell them how much you value their work.	18 [P] JOY continued... Light 2 candles: one for hope and one for joy.	19 [SP] Spend some time as a family and share in joy together: bake cookies, play a game, or read a story.
20 [SP] Imagination: Look at the clouds, the grass, or the snow outside. What do you see there?	21 [P] Today's prayer word is LOVE. Draw a picture of someone you love and call them.	22 [SP] Waiting: Practice waiting by taking a few extra moments to rest between activities today.	23 [S] Compliment a stranger today.	24 [SP] Think of something kind to do for someone who needs to feel love today.	25 [P] LOVE continued... Light 3 candles today: One for hope, one for joy, and one for love.	This calendar was inspired by Traci Smith, author of <i>Faithful Families: Creating Sacred Moments at Home</i> . It's a book full of simple and easy to implement faith practices for your family.