

# Ideas for Living Joyfully

## Forty Days of Celtic Advent & the Twelve Days of Christmas 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Follow the joy. You don't need to do something everyday. Use these ideas as inspiration!</i>	<b>November 15</b> Determine where the nativity will be placed in your house. Fill it with the animals and the empty manger.	<b>16</b> Place Mary & Joseph far from the stable but where you can see them. Start them on their journey to the nativity.	<b>17</b> Place the Magi farther from the nativity and marvel at their trust, led only by a star, to find their King.	<b>18</b> Pray for the world, for peace, hope, and love.	<b>19</b> Get out some colored pencils and color a mandala. Pray for someone as you do.	Participate in the transgender day of remembrance.
<b>21</b> Text or email a loved one a favorite memory of them.  <b>Mary &amp; Joseph move closer.</b>	<b>22</b> <b>CS Lewis Day</b> Appreciate an animal companion today and look for the Deeper Magic!	<b>23</b> If you are out, wave at people you see. Don't let distance and masks impede acknowledgement.	<b>24</b> List what you are thankful for, tell God, tell each other. Start a gratitude list.	<b>25</b> <b>Invite a neighbour to a meal (in person or Zoom)</b>	<b>26</b> Reach out to a person whom you haven't seen recently.	<b>27</b> Make a tasty something and give it away.
<b>28</b> <b>Four-week Advent begins</b> How is Jesus being born in you?	<b>29</b> Write a letter to your MLA asking that they declare a BC climate emergency.	<b>30</b> Turn off recorded music and sing some favorite songs.  <b>The Magi move closer.</b>	<b>December 1</b> Write a gratitude note and hide it in someone's pocket.	<b>2</b> Take a walk in Creation and offer thanks to God for the beauty and pain you observe.	<b>3</b> Enjoy a grilled cheese sandwich & tomato soup or other comfort dish.	<b>4</b> Take a break from screens and look out the window. What do you see?
<b>5</b> Show someone how Beloved they are by God.  <b>Mary &amp; Joseph move closer.</b>	<b>6</b> 2 Cor. 5:17-18 Read the TRC 94 Calls to Action. Commit to one step you can take.	<b>7</b> Text a word of encouragement to 5 people.  <b>The Magi move closer.</b>	<b>8</b> Spend time with some favorite artwork. What sparkles?	<b>9</b> Take a break from your smartphone and all screens this evening.	<b>10</b> Mail a note to someone. Describe how they are gift to the world & you!	<b>11</b> Light candles for whatever places or situations break your heart.
<b>12</b> <b>Gaudete Sunday</b> Read Mary's Song: Luke 1:46-55. Light a pink candle for JOY and share joys with loved ones.  <b>Mary &amp; Joseph move closer.</b>	<b>13</b> Spend an hour cleaning up your local watershed – your favourite beach, river or neighbourhood streets.	<b>14</b> Listen to some favourite music that makes you smile.  <b>The Magi move closer.</b>	<b>15</b> Take a walk and enjoy the Christmas lights.	<b>16</b> Plan a fun excursion with a little one--what would they enjoy?	<b>17</b> <b>The "O" Antiphons: Wisdom (Isa. 11:2-3)</b>  Listen for Wisdom's unexpected presence. Join the Mustard Seed Meal.	<b>18</b> <b>Lord</b> <a href="https://malcolmguite.files.wordpress.com/2020/12/o-adonai.mp3">https://malcolmguite.files.wordpress.com/2020/12/o-adonai.mp3</a> Write your own antiphon.  <b>Mary &amp; Joseph move closer.</b>
<b>19</b> <b>Root of Jesse (Isa 11:10)</b> Write memories of God's faithfulness in your life on paper ornaments & hang them on the tree.	<b>20</b> <b>Key of David (Rev. 3:7)</b> What door of your life do you need God to open & bring grace? God has the key to every door.	<b>21</b> <b>Morning Star (Isa 9:2)</b> Pray for God's light to shine in a situation that is breaking your heart.  <b>The Magi move closer.</b>	<b>22</b> <b>King of Nations (Isa 9:6)</b> Listen to Handel's "For Unto us a Child is Born. What does Christ's birth mean?"	<b>23</b> <b>Emmanuel (Isa 7:14)</b> How is God with you? <b>Sing "O Come, O Come Emmanuel" (all the verses!).</b>	<b>24</b> <b>Christmas Eve</b> Celebrate with your church.  <b>Mary &amp; Joseph enter the stable</b>	<b>25</b> <b>Feast of the Nativity</b> John 1:1-5 Make a joy list. Put Jesus in the Nativity; add the Shepherds, too
<b>26</b> <b>St. Stephen's Day The First Martyr The Twelve Days of Christmas Begins!</b> Genesis 1:3	<b>27</b> <b>Psalms 139:11-12</b> Have a fossil fuel free day. See what you notice.	<b>28</b> <b>The Holy Innocents</b> Find a local refugee sponsorship group – ask how you can help. Pray for child poverty.	<b>29</b> <b>Isaiah 58:10</b> Bring flowers to someone who needs their day brightened.	<b>30</b> <b>Isa 60:19</b> Notice the really small things in life.	<b>31</b> <b>Ps 43:3</b> Write a list of who and what you are thankful for from 2021.	<b>January 1</b> <b>Matt 5:14-16</b> Take a moment to be kind to yourself: plan a day of rest and do something you enjoy.
<b>2</b> <b>John 8:12</b> What are your hopes for 2022? Pray for God's wisdom.	<b>3</b> <b>1 Peter 2:9</b> Write a thank you note and mail it.	<b>4</b> <b>Romans 8</b> Buy the next person in line coffee.	<b>5</b> <b>Epiphany Eve</b> <i>Luke 4:1-21</i>  <b>Move the Magi to the stable</b>	<b>January 6 – Epiphany</b> Chalk your lintels and the lintels of friends' houses with the Epiphany blessing <b>20+C+M+B+22</b> . CMB represents the names of the three wise men (Caspar, Melchior, and Balthasar), and also the Latin phrase, <i>Christus Mansionem Benedicat</i> – <b>Christ Bless this House!</b>		

**How we spend our days is how we spend our lives.** Annie Dillard  
Calendar created with joy by Susan Forshey at [ContemplativeCottage.com](http://ContemplativeCottage.com). Please share freely.

Alt. by Emmaus Community, 2021.

## **Celtic Advent: Household prayers**

(November 14 – December 25)

The advent of the Christ is near.

**New light, new hope, new life for all creation.**

We make our hearts ready for the King of Glory to come in

**Through the doors of our heart,  
though they be made of only the simplest wood**

We open these doors now, fully and completely

**With all of our will and strength and longing**

With all of our weakness and uncertainty we pray,

**Come dwell among us and be our peace today.**

### **Advent Calendar**

We have waited long for You

**Deep has been the winter's night**

We long for your light to shine

**Right here among us where we are**

We will not fear the shadows that surround us

**If only You will come among us!**

### **Lighting the Candles**

Today, as we mark the Advent Path with candle flames, we light the  
\_\_\_ candle(s)

*As the candle(s) are lit we sing verses from O come O come Emmanuel*

When our path is menaced by shadows

**Circle me(us), Lord; keep light within, and the shadows without.**

When our path is targeted by conflict,

**Circle me Lord; keep love near, keep hatred afar.**

When our path is threatened by worry,

**Circle me Lord; keep peace within, keep fear without.**

Any additional prayers...

Come Lord Jesus Come, bless us (this food) and fill our lives with hope.

**May we prepare and watch and pray for signs of your coming. Amen!**

## O Come O Come Emmanuel

### **Week 1** (begins week of Nov 14)

O come, O come, Emmanuel, and ransom captive Israel,  
that mourns in lonely exile here until the Son of God appear.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

### **Week 2** (begins week of Nov 21)

O come, O Wisdom from on high, who orders all things mightily; to us the  
path of knowledge show, and teach us in her ways to go.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

### **Week 3** (begins week of Nov 28)

O come, O come, great Lord of might,  
who to your tribes on Sinai's height in ancient times once gave the law,  
in cloud and majesty and awe.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

### **Week 4** (begins week of Dec 5)

O come, O Rod of Jesse's stem,  
from every foe deliver them that trust your mighty power to save, and give  
them victory o'er the grave.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

### **Week 5** (begins week of Dec 12)

O come, O Key of David, come, and open wide our heavenly home; make  
safe the way that leads on high, and close the path to misery.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

### **Week 6** (begins week of Dec 19)

O come, O Dayspring from on high, and cheer us by your drawing nigh;  
disperse the gloomy clouds of night, and death's dark shadow put to flight.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!

### **Christmas** (begins week of Dec 25)

O come, Desire of nations, bind in one the hearts of humankind;  
O bid our sad divisions cease, and be for us our Prince of Peace.  
Rejoice! Rejoice! Emmanuel shall come to you, O Israel!