



2021 ADVENT REFLECTIONS

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NOVEMBER 28 -- DECEMBER 4	SUNDAY 28	MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4
LIGHT YOUR WORLD WITH <u>HOPE</u>	As Hanukkah begins, celebrate even small signs of hope that transform despair.	Center yourself in a quiet stillness that sustains your hope, and release any expectations of outcomes.	Nourish hope by cultivating your sources of faith, well-being and enjoy being "enough."	Walk by faith, not by sight. Trust with hope and faith that everything can support your Highest Good.	Expand your capacity for hope by focusing on seeing the light in the midst of the darkness.	Create a hopeful outlook by releasing one of your fears today.	Choose to be courageous and inspire hope by focusing on doing what is yours to do today.
DECEMBER 5-11	SUNDAY 5	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11
LIGHT YOUR WORLD WITH <u>PEACE</u>	Peace begins within. Radiate peace—inside and out.	As Hanukkah ends, be generous in your peacemaking efforts, especially on this Feast of St. Nicholas .	Be the peace and change you wish to see in others.	Expand your inner and outer awareness of peace on this Bodhi Day of Mahayana-- Buddha's Enlightenment.	Listen, identify, and respect the underlying needs that fuel most conflicts.	Explore ways to find mutually satisfying solutions to resolve problems.	Be patient with yourself, and others, as you deepen new skills of being an effective peacemaker.
DECEMBER 12-18	SUNDAY 12	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18
LIGHT YOUR WORLD WITH <u>JOY</u>	<i>Honor this feast of Our Lady of Guadalupe: support the poor and homeless.</i>	Happiness is fleeting. Expand your capacity for joy by living in the present moment.	Increase joy by giving the gift of being a compassionate listener today.	To experience greater inner peace and joy, accept and work with whatever is happening.	EnJOY more satisfaction with life, by focusing on progress-- not perfection.	Give thanks for all things. An attitude of gratitude increases your joy.	Imagine joyful "What If's?" Make decisions to turn your dreams into reality.
DECEMBER 19-25	SUNDAY 19	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25
LIGHT YOUR WORLD WITH <u>LOVE</u>	Lovingly include someone you know who feels left out and lonely.	Express your love by being kind today to a stranger, or someone you dislike.	In the darkness of the <i>Winter Solstice</i> ; light your inner Yule Log of Fiery Love.	Find ways to be compassionate with yourself, and with others, today.	Be the pencil in the hand of God writing a love letter to the world.	Embrace the awe, and loving mystery of this Silent Night, Holy Night.	Enjoy the Christmas Spirit of loving the Divine within you, and in others.
DECEMBER 26--JAN 1	SUNDAY 26	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY JAN 1
LIGHT YOUR WORLD WITH <u>SERVICE</u>	<i>Celebrate Kwanzaa, by promoting the 7 Principles of Unity, and the Common Good.</i>	Practice the 2nd Principle of Self-Determination --be who you have come here to be.	Solve community problems with the 3rd Principle: Increase Collective Work & Response-ability	Think globally; act locally to respect the 4th Principle of Cooperative Economics . Support policies of just wages.	Live your unique and sacred purpose—the 5th Principle —by serving the larger community.	Release your Creativity—the 6th Principle . Let go of any fears, and express your Noble Self.	Deepen your Faith—the 7th Principle . Celebrate baby steps that promote a respectful, peaceful, and compassionate world.