



2023 ADVENT CALENDAR by SUSIE LEONARD WELLER, M.A.

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DECEMBER 3-9	SUNDAY 3	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9
LIGHT YOUR WORLD WITH <u>HOPE</u>	Sustain your hope by centering yourself in a quiet stillness.	Transform despair by choosing to notice even small signs of hope.	Cultivate hope by focusing on what is going well in your life and giving thanks.	On this feast of St. Nicholas , spread hope by being generous with your thoughts and actions towards others.	Celebrate the Lights of Hanukkah from December 7-15 to find hope for peace—especially in the Holy Land.	Respect this Bodhi Day of Mahayana —or Buddha’s Enlightenment, by developing a hopeful attitude.	Hope for the best. At the same time, release any expectations about specific outcomes.
DECEMBER 10-16	SUNDAY 10	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16
LIGHT YOUR WORLD WITH <u>PEACE</u>	Ground yourself with deep breathing to radiate peace from the inside, out.	Model the peace and change you wish to see in others.	Increase peace by advocating for those most at risk on this feast of Our Lady of Guadalupe .	Expand your capacity to respond, rather than to react—especially when you feel triggered.	Nurture conflict resolution by identifying the underlying needs fueling most arguments.	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 17-23	SUNDAY 17	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23
LIGHT YOUR WORLD WITH <u>JOY</u>	Create a joyful outlook by letting go of what doesn’t serve you.	Deepen your joy by liberating your worries and accept what is.	Boost joy by giving the gift of being an empathetic listener today.	EnJOY more satisfaction with your life by focusing on progress—rather than perfection.	Ignite your inner Yule Log Fire by demonstrating a joyful spirit on this Winter Solstice .	Give thanks for all things. Develop an attitude of gratitude to strengthen your joy.	Imagine joyful “ <i>What If’s?</i> ” Make one decision today to turn a dream into reality.
DECEMBER 24-30	SUNDAY 24	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30
LIGHT YOUR WORLD WITH <u>LOVE</u>	Demonstrate a loving compassion towards yourself and all you know.	Rejoice with the Christmas Spirit by loving the Divine within you, and in others.	Practice <i>the 7 Principles of Kwanzaa</i> . Promote the <i>1st Principle of Unity</i> .	<i>Express the 2nd Principle of Self-Determination</i> by speaking up for yourself with greater ease and freedom.	Solve problems with <i>the 3rd Principle: Increase Collective Work and Responsibility</i> .	Think globally; act locally to respect the <i>4th Principle of Cooperative Economics</i> . Support policies of just wages.	Share your unique gifts and <i>Sacred Purpose—the 5th Principle</i> , by contributing to the larger community.
DECEMBER 31-JAN 6	SUNDAY 31	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
LIGHT YOUR WORLD WITH <u>SERVICE</u>	Grow your Creativity—the 6th Principle , by sharing your gifts with others.	Bless the New Year by deepening your FAITH—the 7th Principle , to trust yourself.	Include someone who feels lonely to feel welcome in your circle of love.	Find ways to be of service within your family, community, and internationally.	Think globally, and act locally to serve others—especially those most vulnerable.	Contribute your specific gifts to support our world becoming a better place for all to live.	Honor the feast of Epiphany by choosing wise responses to challenges.