

2022 ADVENT REFLECTIONS

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11/27 -12/3	Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3
LIGHT YOUR WORLD WITH HOPE	Center yourself in a quiet stillness that sustains your hope.	Expand your hope by focusing on the light-- even in the midst of the dark times.	Choose to notice even small signs of hope that can help to transform any despair.	Walk by faith, not by sight. Be hopeful that everything can support your Highest Good.	Create a hopeful outlook by naming and releasing one of your fears today.	Cultivate hope by deepening your belief to trust: <i>I am "enough."</i>	Hope for the best. At the same time, release any expectations about specific outcomes.

12/4 -12/10	Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
LIGHT YOUR WORLD WITH PEACE	Peace begins within. Ground yourself with deep breathing to radiate peace.	Instead of judging others, be the peace and change you wish to see in them.	On this Feast of St. Nicholas , be generous in your thoughts and actions towards others.	Listen, identify, and respond to the underlying needs and desires that fuel most conflicts.	Honor this Bodhi Day of Mahayana —or Buddha's Enlightenment by expanding your capacity to respond vs. react.	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.

12/11 -12/17	Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
LIGHT YOUR WORLD WITH JOY	Happiness is fleeting. Deepen your joy by fully living in the present.	Joyfully support the poor and homeless on this feast of Our Lady of Guadalupe .	Increase joy by giving the gift of being a compassionate listener today to someone you know.	Expand your joy by accepting and working with whatever is happening,	EnJOY more satisfaction with life, by focusing on your progress -- not perfection.	Give thanks for all things. An attitude of gratitude increases your joy.	Imagine joyful "What If's?" Make one decision today to turn a dream into reality.

12/18 -12/24	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
LIGHT YOUR WORLD WITH LOVE	As Hanukkah begins, be God's light warming our world with love.	Express love by being kind today to a stranger, or to someone you dislike.	Demonstrate compassion towards yourself and others.	In the darkness of the Winter Solstice, ignite your inner Yule Log Fire by demonstrating loving kindness.	Include someone who feels left out and lonely within your circle of love.	Be the pencil in the hand of God writing a love letter to the world.	Enjoy the Christmas Spirit by loving the Divine within you, and in others.