

## ADVENT ACTIVITY PACKET 2020

This year, we will celebrate the Advent and Christmas seasons a little bit differently due to the pandemic. I've put together a list of "intentions" for the Advent season where we focus on a word or concept each day, paying attention to how we see it all around us. I hope you find this simple activity meaningful.

In addition to these intentions, I suggest you make an **ADVENT WREATH** for your home to make the season that can be as simple as four candles on a plate. The choice is yours.

We will also offer two opportunities on Sunday nights to sing **CHRISTMAS CAROLS** via Zoom.

We will have two services **CHRISTMAS EVE** in order to keep our numbers small. A reservation is required so we can divide our church fairly evenly between the two services. I will also post a pre-recorded service on our YouTube channel.

Blessings, Pastor Dave

### FIRST SUNDAY OF ADVENT—Nov 29

Worship, 11:00am

Zoom Communion & Fellowship, 7:00pm

These are your daily **INTENTIONS** for the week, beginning Monday. It's a simple way to mark the days of Advent.

**Mon, Nov 1**—Today I will notice **PATHS**. Sidewalks, streets, walking paths – how do they meet? What do they feel like under your feet? How about the path that raindrops take down a window? Or ants moving food? Or birds following an invisible path in the air? Amazing!

*"Make me to know your ways, O Lord; teach me your paths." (Ps 25:4)*

**Tues, Dec 1**—Today I will marvel at our ability to **LEARN AND TEACH**. Scientists tell us that these are instincts that humans have. I will strive to learn something new. I will teach someone what I learned. I will be aware all day of the miracle of learning.

*"Make me to know your ways, O Lord; teach me your paths." (Ps 25:4)*

**Wed, Dec 2**—Today I will ponder our ability to understand **QUANTITY**. How many? How much? More or less? Is it growing or shrinking? How saturated is the color? It is incredible and important that we can distinguish quantity. This is a good time of year to think about how much.

*May the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. (1 Thess 3:12)*

**Thurs, Dec 3**—Today I will notice and delight in **BIRDS**. Are there any bird calls in the morning? Are birds flying? Walking? Big? Small? What are their colors? What about pictures of birds symbolizing hope or the Holy Spirit?

*Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? (Matt 6:26)*

**Fri, Dec 4**—Today I will be aware of **REFLECTIONS**. In mirrors, in windows, on the sides of cars, in puddles of water...how is the light dancing? What do you see? How are the reflections the same as what you perceive? How are they different?

*Just as water reflects the face, so one human heart reflects another. (Prov 27:19)*

**Sat, Dec 5**—Today I will be aware of my **FEET**. Feet have as many as 20,000 nerve endings on the soles! What are my feet feeling? Are they hot? Cold? Is the floor smooth? Bumpy? Can I wiggle my toes or flex my foot?

*How beautiful are the feet of those who bring good news. (Rom 10:25)*

## **SECOND SUNDAY OF ADVENT—Dec 6**

Worship, 11:00am

Zoom Communion & Christmas Carols, 7:00pm

**Mon, Dec 7**—Today I will try to be aware of **CHOICES**. Adults make tens of thousands of choices every day. Most we do not even register. Will I walk around or through the puddle? Smile at the stranger? The red shirt or the blue? Today I will be aware that I am making choices and I will be amazed and delighted that my mind can do this hard work every day.

*And this is my prayer, that your love may overflow more and more with knowledge and full insight, to help you to determine what is best. (Philippians 1:9-10a)*

**Tues, Dec 8**—Today I will look for **LIGHT AND SHADOW**. What is the difference between natural (sun) light and lightbulb light? How does that affect the shadows? How does the time of day affect the light? Shadows? How does sunlight make me feel? Are there Christmas lights around? How do they make me feel?

*By the tender mercy of our God, the dawn from on high shall break upon us, to give light to those who sit in dark ness and in the shadow of death. (Luke 1:78-79a)*

**Wed, Dec 9**—Today I will really savor and enjoy **FOOD**. Is it sweet? Salty? Sour? Is it warm? Cold? Does it crunch in my mouth? Is it smooth like velvet? What is the aroma? Where did it come from? Each bite will be as though it were the first I ever tasted.

*See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. (Genesis 1:29)*

**Thurs, Dec 10**—Today I will be on the lookout for **PEACE**. Where do I see compromise? A handshake? A helper? Kind words? When did I choose to bite my tongue and not lash out? Where did I see people create harmony?

*To guide our feet into the way of peace. (Luke 1:79b)*

**Fri, Dec 11**—Today I will be keenly aware of **TEXTURES**. Is it rough? Is it smooth? Hard? Soft? Cold? Warm? Everything from the stair rail to the spoon has a texture. Our sense of touch is so important and often overlooked. Today I will give it the honor it deserves!

*But Jesus came and touched them, saying, "Get up and do not be afraid." (Matthew 17:7)*

**Sat, Dec 12**—Today I will try to expand my concept of **FAMILY**. Who is my family? Same household? Same genetics? Same country? Same species? I will try to see how I am related to all things in some way, and therefore family. God's family.

*God saw everything that God had made, and indeed, it was very good. (Genesis 1:31a)*

### **THIRD SUNDAY OF ADVENT—Dec 13**

Worship, 11:00am

Zoom Communion & Christmas Carols, 7:00pm

**Mon, Dec 14**—Today I will bring things together and **CREATE!** For the sheer joy of it, I will put new words together, or new foods, or present the foods in a new way, or sing a new song, or paint a new picture, or sew or knit a new fabric.

*For we are what God has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. (Ephesians 2:10)*

**Tues, Dec 15**—Today I will celebrate **WATER**. How does it feel? How does it sound? How does it taste? What is its temperature? Where did it come from? Is it raining? Are there clouds? Fog? Fountains? Rivers, lakes, oceans? Water is (should be) a free gift to all people.

*With joy you will draw water from the wells of salvation. (Isaiah 12:3)*

**Wed, Dec 16**—Ha Ha Ha! Today I will find **LAUGHTER** and I will laugh! Are the birds laughing at dawn? Is anyone laughing at work? In the shops? On the school playground? Can I laugh easily in conversation? If I listen carefully, I might hear more laughter than I anticipate! Laughter is super healthy for our bodies and souls!

*Then our mouth was filled with laughter, and our tongue with shouts of joy. (Psalm 126:2a)*

**Thurs, Dec 17**—Today I will notice every time I am **SURPRISED**. Surprise is an active emotion. Sometimes pleasant, sometimes not so good. Seems like God is always doing something surprising! What surprised me today? Did a cat run across the road? Did something come in the mail that I wasn't expecting? Did breakfast turn out surprisingly well?

*Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days. (Psalm 90:14)*

**Fri, Dec 18**—Today is going to be a great day to delight in **COLOR!** This is the time of year when there is a lot of color to see. I will notice how the light affects the way I see color. I will be happy to see all the different colors in faces, and in eyes, and in hair. I will notice the colors of people's clothes. I will find joy in the diversity of color.

*I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. (Genesis 9:13)*

**Sat, Dec 19**—Today I will be open to **HEARING MUSIC**. There is Christmas music everywhere we go. We hardly even hear it. Today I will listen for the rhythm, the melody and the words. I will hear music in the rhythms of everyday life. I will be amazed at the emotions that the sounds can evoke.

*Be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts. (Ephesians 5:19)*

#### **FOURTH SUNDAY OF ADVENT—Dec 20**

Worship, 11:00am

Zoom Communion & Christmas Carols, 7:00pm

**Mon, Dec 21**—Today I will experiment with **GIVING**. I will give compliments. I will give help. I will give directions. I will give friendship. I will give a smile. I will receive the gifts that others give me with thanksgiving.

*God loves a cheerful giver. (2 Corinthians 9:7b)*

**Tues, Dec 22**—Today I will explore the limits of **WELCOME**. I will welcome everything that comes into my life. I will be hospitable to all. I will welcome thoughts, feelings, emotions, persons, situations, and conditions. I will be open to the love and presence of God.

*And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn. (Luke 2:7)*

#### **CHRISTMAS EVE—Dec 24**

Worship, 7pm & 8:30pm

Our pre-recorded worship will be posted at 7am