

Advent & Xmas 2023: *Glow in the Dark*



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| <p>3 First Sunday in Advent Set up your creche. Put Mary in a special spot: on gold paper, or lit with a ring light.</p> | <p>4 Play Sufjan Stevens' Silver & Gold album. Let yourself be set alight, and pray through it.</p> | <p>5 Turn off the lights and put your hands in a bowl of warm water. Do a hand dance, and feel your hands made new, coming alive.</p> | <p>6 When were you last, physically, glowing? Journal about it.</p> | <p>7 Take a bath or shower in the dark, with only one quiet candle lit. Notice how you are fearfully and wonderfully made.</p> | <p>8 Put some ashes on the top of your head. You are a fire "smooored"—and still lit from within.</p> | <p>9 Mark a Star Path for the wise ones: move them closer to the creche daily, contemplating their journey and all they are carrying.</p> |
| <p>10 Second Sunday in Advent Eat a spoonful of honey, slowly. Feel it send its sweetness all the way into your soul.</p> | <p>11 Send a letter that brings illumination: to a friend, family member or elected official. Pray for the change you long for.</p> | <p>12 Tend your body sensually today. It will draw you closer to God. Ohhhhhh my!</p> | <p>13 Art Day! Make little-kid art: colored paper, glitter, googly eyes. Star of Bethlehem, Mary on a donkey...you decide.</p> | <p>14 Push your body physically today—get your glow on! Consider it a prayer for a planet in peril.</p> | <p>15 Hanukkah ends tonight, all candles aglow. Reach out to a Jewish beloved and wish them a happy Hanukkah.</p> | <p>16 Go for a walk or a drive and look at the Christmas lights. Pray for the people inside the homes—add a booster prayer for those in darkened homes.</p> |
| <p>17 Third Sunday in Advent Turn off lights and stare at your advent candles. Focus on one for 5 minutes. What is it telling you?</p> | <p>18 Sing "if you're happy and you know it" loudly, alone or together. Notice what happens next.</p> | <p>19 Close the shades and take a rest. Growth comes in darkness.</p> | <p>20 Put some balm on your hand. Watch it shine. How do you help others heal?</p> | <p>21 Winter Solstice Witness the light, returning. Make a donation to Red Cross, Red Crescent, or Doctors Without Borders. Read a story of the good they are doing.</p> | <p>22 Who has fathered you? Write him/them a love note. Make them glow with pride.</p> | <p>23 Put on something sparkly: eyeshadow, stilettos, lotion, ugly Christmas sweater. Do group Christmas karaoke in your living room.</p> |
| <p>24 Christmas Eve Pray for trembling parents everywhere—especially in Gaza, Israel—and Bethlehem.</p> | <p>25 Christmas Day Stage a rave in your living room, glow sticks optional—but if you have em, put some of the goo on your face & hands!</p> | <p>26 How is the life of faith one part miracle and 10 parts mess? Journal about it.</p> | <p>27 Not all things that glow are good: like toxic waste. Make a list of poisonous things in your life, then ask God to clean up the Superfund sites in your soul.</p> | <p>28 Go for a neighborhood walk. Look for an invasive species, and say to it: "I see you, God!"</p> | <p>29 Drop something sweet or kind off in front of a lonely neighbor's house at dusk. Then flee!</p> | <p>30 Read fiction or poetry or mythology today. Revel in imagination.</p> |
| <p>31 New Year's Eve Give someone beloved (it might be yourself!) a glow-up: thrifting sparkly attire or foot massage.</p> | <p>1 New Year's Day Make a list of things that light you up. Commit to doing 1 or 2 of them more often this year.</p> | <p>2 Lie down and do some box breathing. Let joy seep into your body.</p> | <p>3 Paint your nose with sparkly eyeshadow or glitter. Rudolph had his glowing nose—how can you light the way yourself?</p> | <p>4 Get up before sunrise. Watch as the sky begins to glow. Pray for the Sun of Righteousness also to rise.</p> | <p>5 Make a charcuterie board out of what's in the fridge, then turn off the lights. Taste things one at a time. Delight in taste and texture as food turns into life-force.</p> | <p>6 Epiphany Go into the velvet black-and-beautiful night. Stargaze. Celebrate the darkness without and within.</p> |

