



Daily Advent Model and Practices

At our UUCF website, you will find a special section for Advent devotionals, resources, and these daily practices of reflection and action for the season. These are updated but reprinted from our own Good News from last year, and originally come from the wonderful book on *The New Friars: The Emerging Movement Serving the World's Poor* by Scott A.

Bessenecker. We also encourage people and small groups and churches to become familiar with and participate in www.adventconspiracy.org. Advent begins Sunday, Nov. 29. Christmas begins Dec. 25. The Epiphany season begins Jan. 6. May your daily prayers and devotionals benefit from these focused thematic suggestions for the season.

- Nov. 29: Cultivate closeness with God.
- Nov. 30: Practice regular hospitality.
- Dec. 1: Help someone you know.
- Dec. 2: Help someone you don't know.
- Dec. 3: Always speak the truth. Develop a habit of plain, honest speech. If you consent to do a task, do it. Avoid flattery and half-truths. Make honesty and integrity the distinguishing characteristics of your speech.
- Dec. 4: Don't judge.
- Dec. 5: Reject anything that breeds the oppression of others.
- Dec. 6: Consciously seek to identify with the poor and forgotten. Start by visiting hospitals, prisons, and nursing homes.
- Dec. 7: Schedule "simple" dates with your spouse or partner.
- Dec. 8: Teach your children, teach a child, so you may learn of the kingdom of God.
- Dec. 9: Make your commitments simple.
- Dec. 10: Don't overwork .
- Dec. 11: Fast periodically from media, food, and people.
- Dec. 12: Elevate reading, go to the library.
- Dec. 13: Reject anything that is producing an addiction in you. Cut down on the use of addictive, non-nutritional food and drink.
- Dec. 14: Simplify Christmas and other holidays. Develop the habit of homemade celebrations (and invite others to your home).
- Dec. 15: Slow down.
- Dec. 16: Do not exhaust your emotional bank account.
- Dec. 17: Lie fallow.
- Dec. 18: Say no.
- Dec. 19: Restrict/eliminate television watching. Turn off or mute advertising. Learn to enjoy solitude.
- Dec. 20: Cultivate contentment, desire less.
- Dec. 21: Resist covetousness and consumerism.
- Dec. 22: Buy things for their usefulness, not their status.
- Dec. 23: Learn to enjoy things without owning them. Benefit from places of "common ownership" such as parks, museums, libraries, rivers, public beaches.
- Dec. 24: De-accumulate. Develop the habit of giving things away.
- Dec. 25: Offer others the use of your possessions. Develop a network of exchange.
- Dec. 26: Avoid impulse buying. Don't buy now, pay later. Avoid credit cards.

- Dec. 27: De-emphasize respectability.
- Dec. 28: Learn how to make do with a lower income instead of needing a higher one.
- Dec. 29: Be grateful for things large and small. Emphasize a joyful life.
- Dec. 30: Send cards (emails, etc.) of encouragement and appreciation when others are not expecting it.
- Dec. 31: Make the Word central.
- Jan. 1: Appreciate creation.
- Jan. 2: Meditate and memorize scripture.
- Jan. 3: Pray.
- Jan. 4: Encourage simple worship.
- Jan. 5: Shun anything that distracts you from seeking first the Kingdom of God.