

Advent 2025

Ideas for Living Joyfully

How we spend our days is how we spend our lives. - Annie Dillard
Advent Calendar inspiration from Mother Susan Forshey, SCP. ContemplativeCottage.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
Four-week Advent begins. Give someone you love a hug.	Take a break from the internet and look out the window. What do you see?	Say Hi to a person standing on the fringes. Move Mary and Joseph closer.	List what you are thankful for, tell God, tell someone else.	Give the gift of presence. Be with someone who needs you.	Appreciate an animal companion today. If you don't have a pet, squirrels count.	Breathe deeply and listen. How is God preparing you for Christ's birth?
7	8	9	10	11	12	13
Welcome and speak to a newer person at church. Move Mary and Joseph closer.	Write a gratitude note to a family member or friend, mail or deliver it.	Smile at people you see, whether you know them or not. Enjoy their smile!	Bake, or buy, and savor some Christmas cookies.	Call or visit someone who is lonely. Take them food or flowers. Or both.	Take a friend to lunch or tea. Turn off your phone and be fully present.	Notice the eye-color of people close to you. Marvel at the beauty of diversity.
14	15	16	17	18	19	20
Read Mary's Song Luke 1:46-55 Think of someone who brings you JOY.	Say Hi to people behind counters. Thank them. Wish them a good day.	Spend time with those who give you hope. Move Mary and Joseph closer.	Ask God how God wants to be the Lord of your life.	Read a story out loud to your friend, child, parent, partner, or yourself.	Think of someone who has helped you grow. Thank God for them.	Who is a voice of wisdom in your life? Move the wise men closer.
21	22	23	24	25	26	27
Take a walk, or a drive, and enjoy the Christmas lights.	Listen to Handel's "For Unto Us a Child Is Born." Bless God for Jesus.	Light a candle for whatever place or situation breaks your heart. Pray for peace.	Contact someone needing love. Mary and Joseph enter the stable.	Christmas Day Make a joy list. Put Jesus in the stable, add the shepherds.	St. Stephen's Day Share a gift or resource with someone in need.	Enjoy mac and cheese or another comfort food. Move the wise men closer.
28	29	30	31	1	2	3
What door of your life do you need God to open to bring grace? Pray for trust.	Listen to, or play, some favorite music that inspires you and makes you smile.	Forgive someone, maybe yourself, and let go of judgment and bitterness.	Write memories of God's faithfulness in your life. Tell God thank-you.	Choose 2 healthful habits to practice this New Year. Take a walk.	Notice the small things that encourage your heart and lift your spirits.	Pray for children and refugees around the world. Light a candle and pray.
4	5	6				
Move the wise men closer. What journey are you on this year?	Twelfth Night. Luke 4:1-21 Move the wise men to the stable.	Epiphany. On this day, chalk your lintels (doorframe) and the doorframes of friend's houses with the Epiphany blessing 20+C+M+B+26. The numbers represent the year. CMB represent the names of the three wise men (Caspar, Melchior, and Balthasar), and also the Latin phrase, <i>Christus Mansionem Benedicat</i> – Christ Bless this House!				