



**2024 ADVENT CALENDAR** by SUSIE LEONARD WELLER, M.A.

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DECEMBER 1-7	SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
<b>LIGHT YOUR WORLD WITH <u>HOPE</u></b>	Cultivate hope as a seed of possibility by noticing what's going well in your life and giving thanks.	Sustain your hope by centering yourself in a quiet stillness.	Choose one action that nurtures hope instead of feeling paralyzed by fear.	Hope and do your best. Yet, release any expectations about specific outcomes.	Express comfort to someone today by nurturing their ability to hope for a better future.	Spread hope by being generous with your time and resources on this feast of <b>St. Nicholas</b> .	Allow your hopes, not your hurts to shape your future.
DECEMBER 8-14	SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14
<b>LIGHT YOUR WORLD WITH <u>PEACE</u></b>	Respect this <b>Bodhi Day of Mahayana</b> — or Buddha's Enlightenment, by developing a peaceful attitude.	Model the peace and change you wish to see in others.	Ground yourself with deep breathing to radiate peace from the inside out.	Expand your capacity to respond rather than to react— especially when you feel triggered.	Advocate for those most vulnerable during this Mexican celebration of <b>Our Lady of Guadalupe</b> .	Light your inner and outer lamp on this Hindu feast of <b>Karthigai Deepam</b> .	Explore ways to find mutually satisfying solutions to resolve problems.
DECEMBER 15-21	SUNDAY 15	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21
<b>LIGHT YOUR WORLD WITH <u>JOY</u></b>	Create a joyful outlook by letting go of limiting "What ifs?" and expand your trust.	Celebrate the <b>Las Posadas Journey</b> from December 16-24.	Boost joy by giving the gift of being an empathetic listener today.	EnJOY more satisfaction with your life by focusing on progress— rather than perfection.	Deepen your joy by releasing your worries and accepting what is.	Give thanks for all things. Develop an attitude of gratitude to strengthen your joy.	Ignite your inner Yule Log Fire by being joyful today on the <b>Winter Solstice</b> .
DECEMBER 22-28	SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
<b>LIGHT YOUR WORLD WITH <u>LOVE</u></b>	Choose a compassionate response today— especially when you're feeling irritated.	Ask yourself: <i>What would LOVE do in this situation?</i>	Embrace the awe and loving mystery of this Silent Night, Holy Night.	Rejoice with the <b>Christmas Spirit</b> by loving the Divine within you and in others	Celebrate the <b>Lights of Hanukkah</b> from <b>December 26-January 2</b> . Light the way by listening to understand.	Practice <i>the 7 Principles of Kwanzaa</i> from <b>December 26-January 1</b> . Promote <i>Unity and the Common Good</i> .	Expand your circle of love by including someone who feels lonely.
December 29-January 6	SUNDAY 29	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2		JANUARY 6
<b>LIGHT YOUR WORLD WITH <u>SERVICE</u></b>	Nurture your creativity by sharing your gifts and skills with others.	Choose to be fully present and actively listen today.	Release what doesn't serve you and create space for the new.	Bless the <b>New Year</b> and Finish <b>Kwanzaa</b> by being your best self and finding ways to serve others.	Wrap up <b>Hanukkah</b> by being a light expressing care in your community.	<i>Create your personal inspirational thoughts for the day/season!</i>	Honor the feast of <b>Epiphany</b> by choosing a wise response to a current challenge.