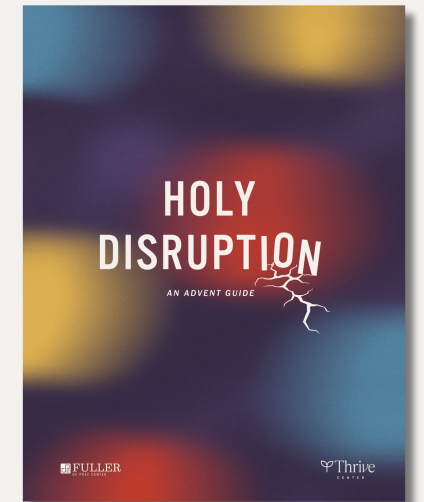


DECEMBER 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
HOPE	Practice Attuning, becoming Aware, and Aligning with what brings you HOPE . 1	Anticipate Advent by revisiting Dr. Pam King's 2019 blog post on approaching the season. 2	As you navigate this busy season, cultivate the virtue of patience. Here are some tips. 3	Savor the season! Read more about this powerful practice. 4	If you are struggling with a case of the blues this season, here are some ideas to try. 5	It's holiday party season. Maybe slow it down and enjoy dinner with a few close friends . 6	Here's why you need to make time for PLAY! 7
PEACE	Practice Attuning, becoming Aware, and Aligning with what brings you PEACE . 8	Click here for ideas and apps to help you become more aware of yourself during this busy season. 9	During the days of holiday frenzy, take a moment to practice mindfulness. 10	Fill up with the beauty of music. Here's a song to help you feel the love . 11	Positive emotions support our thriving. Here's how to practice getting more of them in your life. 12	Movie Night! Here's a list of the best of the best. Relax, Enjoy...and Discuss. 13	PLAY Take a drive and look at the holiday lights in your neighborhood. 14
JOY	Practice Attuning, becoming Aware, and Aligning with what brings you JOY . 15	Why do we include a breathing practice with meditation or body scans? Here's why. 16	We can practice cultivating positive emotions. Try one of these practices . 17	Discover joy this season. We find it by pursuing what matters most. 18	Help a young person find more joy. Here are some research-supported ideas. 19	Attend a holiday concert. "Hallelujah Chorus," anyone? 20	PLAY Go see The Nutcracker . 21
LOVE	Practice Attuning, becoming Aware, and Aligning with what brings you LOVE . 22	One way to love more is to start by easing up on yourself a bit. It doesn't have to be perfect. Learn more . 23	Listen to Mark Labberton - former Fuller President - read the Christmas Story in Luke's gospel. 24	CHRISTMAS Listen to the Los Angeles Children's Chorus sing. They sound like angels! 25	Boxing Day was traditionally a day to box up gifts for the poor. Who can you help today? 26	Spend time with your family or those whom you love. 27	PLAY Bake cookies and give them to your neighbors. 28
	REST Listen to With & For to learn why. 29	Practice the 5 As of Agility throughout the year. Here's a guide. 30	NEW YEAR'S EVE Do your resolutions help you live into your values? Explore here . 31	HAPPY NEW YEAR! Consider how to move forward in 2025. 1	Consider doing a life review as you think about your purposes this year. 2	Consider how you want to live out love by loving others well. 3	PLAY Try to spend time outside , whether it be in the snow or sunshine. 4

GET YOUR
2024 ADVENT GUIDE
FROM OUR FRIENDS AT
THE DE PREE CENTER



**HOLY
DISRUPTION**
ADVENT
CALENDAR