



Bield HerSpace Advent Calendar 2020



November 29 First Sunday in Advent	Gaze upon a flickering candle enjoying being still
November 30	Walk in nature noticing star shapes
December 1	Make a list of 10 things you enjoy about this season
December 2	Let one thing go from your list of things to do
December 3	Make an Advent wreath or decoration
December 4	Laugh and enjoy something today
December 5	Lie down and listen to a piece of music
Dec 6 Second Sunday in Advent	Gaze upon a flickering candle enjoying being still
December 7	Have a life-giving conversation with someone you love
December 8	Slow down. Eat a meal using chop sticks and savour it
December 9	Take a really good walk and breathe deeply – maybe dance or move to express your delight!
December 10	Give a gift of love to someone you wouldn't normally give something to
December 11	Spend five minutes in smiling meditation
December 12	Try to connect with someone who is different to yourself
Dec 13 Third Sunday in Advent	Gaze upon a flickering candle enjoying being still
December 14	Write a real pen and paper letter and send it
December 15	Enjoy a walk and write, draw, paint a response
December 16	Delegate a Christmas task
December 17	Be deeply attentive to your loved ones
December 18	Do something really nice for yourself
December 19	Note that God is waiting to be noticed
Dec 20 Fourth Sunday in Advent	Gaze upon a flickering candle enjoying being still
December 21	Give thanks for three things
December 22	Put on some Christmas music and move/ dance along
December 23	Spend a few minutes outside and just listen
Christmas Eve	Read a Children's Christmas story
Christmas Day	Christ is born! Celebrate! Whatever happens is O.K.