




Advent and Christmas 2015: Hush

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>29 First Sunday in Advent: HOPE Sing, pray or chant this apophatic mantra: God is hope, God is not hope, God is <i>not</i> not hope.</p>	<p>30 Subtract one thing from your day. Use the extra time to be quiet with God.</p>	<p>1 Turn off the news today. You can do this! Make your world intentionally small, smaller, infinitesimal: a first-trimester baby.</p>	<p>2 Today, pray by humming, low and deep, for at least 3 minutes.</p>	<p>3 Listen today. Really LISTEN, without judgment, or crafting your next response. Be curious, and listen beyond the words.</p>	<p>4 Sabbath time: Leave ALL the screens off today. Without tv, smartphone, tablet, what does God say to you in the quiet night?</p>	<p>5 Go to a pet store. Hold a creature. "You only have to let the soft animal of your body love what it loves."</p>
<p>6 Second Sunday in Advent: PEACE/Hanukkah Sing, pray or chant this apophatic mantra: God is peace, God is not peace, God is <i>not</i> not peace.</p>	<p>7 Read I Kings 19:11-12. Have you been listening for the wrong God?</p>	<p>8 Put tape over your mouth. Who has silenced you in your life? Who have you silenced? What power is there in keeping mum, in speaking up?</p>	<p>9 Subtract two things from your day. Use the extra time to serve a fellow human.</p>	<p>10 Wear several layers of your softest clothes today, a buffer against a sometimes harsh world.</p>	<p>11 Spin an actual, or virtual, globe. Let your hand come to rest on a random spot. Wonder about it, then bless it deeply.</p>	<p>12 Sneak into someone else's church. Kneel and pray, in silence, at the altar. Look for signs that God is near. Pray for the next person whose bottom will sit there.</p>
<p>13 Third Sunday in Advent: JOY Sing, pray or chant this apophatic mantra: God is joy, God is not joy, God is <i>not</i> not joy.</p>	<p>14 Silence someone who is speaking hate (in virtual or physical space) with the gentlest possible words.</p>	<p>15 Print an adult coloring page off the web. Set an intention with God. Then lose yourself in coloring, inside or outside the lines.</p>	<p>16 Wake up Wake up Wake up in the middle of the night. Creep quietly to the holiest place in your house. Read I Samuel 3. Listen.</p>	<p>17 Subtract three things from your day. Now let yourself be drawn by the stronger pull of what you really love (or who loves you).</p>	<p>18 Swaddle yourself as soon as you're off duty today. Be the baby, close to birth.</p>	<p>19 Go to a public library, preferably in a low-income area. Watch the people, in stealth, and pray for them. This too is church.</p>
<p>20 Fourth Sunday in Advent: LOVE Sing pray or chant this apophatic mantra: God is love, God is not love, God is <i>not</i> not love. Now send a beloved a secret message: in sign language, morse code, or a made-up language.</p>	<p>21 Sing yourself (or your beloved, kids or roomies) to sleep with lullabies to-night.</p>	<p>22 Make eye contact with a homeless person, or a stranger. Exchange a wordless glance that says: I see your full humanity.</p>	<p>23 Before you speak today, ask yourself: are these words kind, necessary and true? Would I say them with Jesus in the room?</p>	<p>24 Christmas Eve Remake an old lullaby with God words (e.g. Twinkle Twinkle Little God). Sing it all day long. Teach it to a child.</p>	<p>25 Christmas Day Sing carols at the top of your lungs. Now go piano, piano, pianissimo. It is enough. You are enough. You have enough.</p>	
<p>27 Make your home a silent retreat today, and your home-mates with you. Without screens and speaking, what do you hear?</p>	<p>28 Imagine your soul is a baby that won't stop crying. Hush, shush, rock and sing for as long as it takes to quiet her.</p>	<p>29 Take a break from your smartphone today. Leave it off, and at home. With every urge to check it, breathe deep and reach out for Jesus.</p>	<p>30 Cook and eat dinner in candlelight and silence tonight, with someone you love. What can you learn about each other without speaking?</p>	<p>31 Pray a doodle prayer—draw people instead of writing names, and surround them with lines suggesting light, and other symbols.</p>	<p>1 Walk a labyrinth today, if you have one nearby, or walk an imaginary one in living room or yard. You are a new creation.</p>	

CHRISTMAS