

Presbyterian Portfolio

First Presbyterian Church
390 NE 2nd Street, McMinnville, OR 97128
503-472-6256 / fpc.mcminnville@gmail.com / fpc-mac.org
Vol. 48 No. 11 November 29, 2023

Upon Further Reflection

Advent: Will Jesus arrive on time?

You can see it everywhere: people are preparing and practicing and purchasing and puttering around to get ready for Christmas. We love Christmas in part because the arrival of Christmas is very predictable – it happens every year on Dec. 25th without fail. But what about the arrival of Jesus? Can we also depend on Jesus arriving on time?

The season of Advent is a spiritual practice that operates parallel to our Christmas preparations. We take part in Advent when we intentionally remember how God supported the long wait for the arrival of Israel's Messiah, Jesus of Nazareth. This is known as the first advent (or arrival) of our Lord Jesus. It's also a time of remembering the church's long wait for the return of Jesus to make all things new. This is the second advent (usually called "the second coming") of Jesus.

We live in a time between the two advents of Jesus. We regard Jesus' advents through the lenses of memory and hope. But we also get more than that. Whenever we step out in faith by loving our enemies, turning the other cheek, seeing the face of Christ in our neighbor, or welcoming the stranger, Jesus arrives in that moment. Living by faith connects us with Jesus who abides with us. We know that Christmas is coming, but is Jesus coming? Will he arrive on time? Yes, Jesus is continually arriving in our lives and in our world whenever we make room for him to abide with us, and he is never late.

Pastor Matt Johnson



Share an Advent or Christmas Poem, Short Story, or Reflection

"We Sing Stories of Hope" will be the theme of the Sunday morning worship on December 24th. The service will include readings from Advent or Christmas poems, short stories, or reflections. Share your favorites with Pastor Matt. He will select a few to use during the service. If you are willing to read during the service, please share that with Pastor Matt as well.

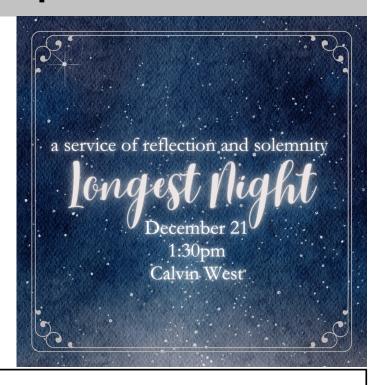
Worship

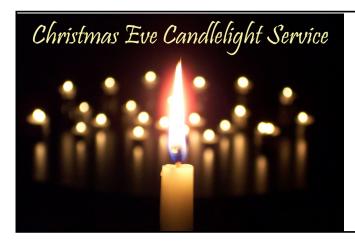
WORSHIP with us

Join us on Sunday mornings at 10:30 am for worship, in person or to watch the livestream. The service will be recorded and available on our website, fpc-mac.org, to view later.



Communion Sundays December 3rd & 17th





Join us Sunday, December 24th at 7pm for our Christmas Eve Candlelight Service. Communion will be served.

Note there will be morning worship at 10:30am. No Children's Time.



Sunday, December 17th

The Christmas Joy Offering is one of four annual special offerings of the Presbyterian Church (U.S.A.). This Offering provides assistance to current and retired church workers and their families in their time of need, and develops our future leaders at Presbyterian-related schools and colleges equipping communities of color. Please consider contributing to this offering which will be received on Sunday, December 17th. There will be envelopes in the pews for your use. Make checks to "FPC" and note for Joy Offering. You can also drop off or mail your contribution to the church office or go online to give.

Messiah Concert

Community

MESSIAH

By George Frideric Handel



7 pm, December I & 2

First Presbyterian Church 390 NE 2nd Street, McMinnville

Robin Pederson, Conductor

Audrey Horowitz and Anne Britt, Accompanists

Performed by Messiah Chorus

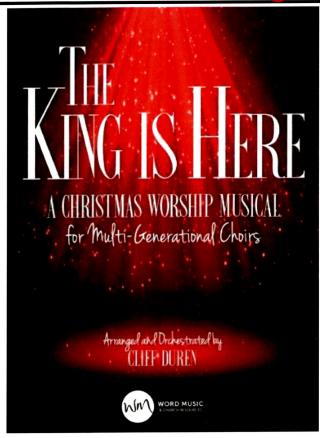
With guest musicians and soloists

Free Admission

Free will offering will be taken

Community Cantata Choir Concert

Community Cantata Choir



*All programs include American Sign Language (ASL) interpretation for deaf & hard of hearing

*Refreshments & Childcare at most locations

* In consideration of the musicians, please refrain from wearing fragrances

*See our website for possible live-streaming



CantataChoir.org (503) 939-1562

Sunday, December 3, 4 pm Amity Christian Church 1305 Goucher St, Amity

Friday, December 8, 7 pm
First Presbyterian Church
390 NE Second St. McMinnville

Saturday, December 9, 3 pm

Joyful Servant Lutheran Church

1716 N Villa Rd, Newberg

Sunday, December 10, 5 pm

Baker Creek Community Church

325 NW Baker Creek Rd, McMinnville

Tuesday, December 12, 7 pm Yamhill Christian Church 265 W Main St, Yamhill

Friday, December 15, 7 pm
First Baptist Church
300 Flower Ln, Dayton

Sunday, December 17, 4 pm Seventh-Day Adventist Church 1500 SW Old Sheridan Rd, McMinnville

Thursday, December 21, 7 pm St. James Catholic Church 1145 NE First St, McMinnville



A Benefit For YCAP

Yamhill County Food Bank

Free will offering at all locations

Music Ministry

I know I sound like a broken record. If you have musical talent you'd like to share with the congregation as part of worship, we definitely need you. Please contact me and we'll get dates arranged. Most musical slots are open for January – March, 2024, (and beyond).

Our presentations of the Messiah are slated for this coming weekend, December 1st and 2nd. A community chorus of over 40, 6 fantastic soloists, 2 pianists, 2 trumpeters, and 1 cello will join together under the baton of Robin Pederson to perform this timeless prelude to Advent and the Christmas season. Invite friends and family. Admission is free, but a freewill offering will be taken during the concerts. 7 pm on both nights.

Looking ahead to the new year, if you are interested in joining praise team, choir, or bell choir, please let me know. All are welcome. Easter is early this year, so a short term commitment is possible. Praise Team will play on Sunday, January 14. Rehearsals for choir and bells will begin January 18.

May every one of you have a blessed Advent and Christmas season. Marcia Stratman, 971-387-6183 or marciastratman@gmail.com

Presbyterian Bazaar

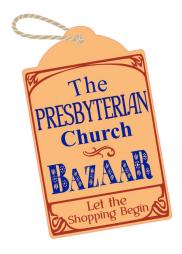
Thank you to everyone who helped out with our annual Bazaar this year. Our sales were a few dollars over \$10,000!

We set aside \$1,000 for expenses and for ordering the soup and pie containers for next year. We always give 10% for missions, so this year we gave \$750 to Community Dinner and \$250 to Wednesday breakfast. The remaining \$8,000 goes into the carpet fund which is now at \$17,000.

This was the 40th year for the Bazaar. The total sales since it started are \$301,406! It has helped fund many projects over the years. A special thank you to Cathy Haugeberg and Shirley Crenshaw for starting the first bazaar on November 18th, 1983!

Thank you again to everyone who cooked, baked, served as a volunteer on set-up or as a cashier, made merchandise, packaged soup and pie, provided raffle baskets, and greeted our guests. It was a blessing to be able to open our doors to the community and offer such great hospitality and joy. We look forward to next year.

Presbyterian Bazaar Committee Submitted by Ann Widen



Earth Care Corner

On November 5th, we were blessed to have Dr. William (Bill) Fleeger, Linfield College Department Chair of Environmental Studies and Professor as our lunchtime guest speaker. Dr Fleeger's presentation on the topic of "Sustainability" was enlightening and highly engaging as he shared many of the local, ongoing sustainability projects such as:

- **Revino** produces recycled, refillable wine bottles
- **Chapul Farms** uses black Soldier Flies to break down waste, by producing compost, larva and ethanol as by-products thus diverting the waste from land fills,
- Divest Oregon movement encouraging Oregon to divest public funds, like pensions, from fossil fuels.
- **Solid Carbon** a net negative carbon process based on sequestering emissions from concrete manufacturing,
- **3rd Annual Camas Festival** Linfield Students lead this restoration effort along Cozine Creek. Join them on May 5, 2024,
- Majestic Tree Contest a fun, student-led activity.

Bill encouraged us to learn more about these local projects and to support them. A light lunch was served prior to Bill's presentation and about 35 people participated in the educational and uplifting sustainability discussion, which included Q&A. We give many thanks to Dr. Fleeger for joining and

educating us!



Mission

Giving Tree for Henderson House



Our new Giving Tree for Henderson House mission has begun. This year, we are adopting families sheltered locally at Henderson House or being assisted by Henderson House. Please consider selecting a tag for a child or parent from the tree available in the church gallery, the last Sunday is Dec. 3. Help First Presbyterian Church brighten the Christmas of these neighbors and friends.

- Register your gift tag on the sign-up sheet available at a table next to the tree.
- Purchase a gift valued at \$25-\$35. (Tags will include gift suggestions.)
- Wrap your gift in Christmas paper and attach the appropriate star to the gift.
- Return your gift to the church office by Sunday, December 10th or sooner.

If you would like more information, please contact Tom Mann (tom.mann91@gmail.com), Paula Miller (paula.miller22@gmail.com), or Nancy MacDonald (nancym@fpc-mac.org).

Thank you for your help in spreading joy in Christ's name locally during this Christmas season!

Mission



Hello First Presbyterian Church!

Henderson House is honored to receive your support over the years. Since 1981, Henderson House has served survivors of domestic violence and sexual assault in Yamhill County, Oregon – in that time we have provided over 80,000 nights of shelter and answered over 30,000 calls for help. This year we faced some really daunting challenges and shared some really meaningful moments of healing. I'll share some highlights first, then more about the difficulties we face.

Through the support of Yamhill Community Care, this year Henderson House was able to offer a healthy cooking class once a month for Henderson House clients. We not only provided a hands-on cooking class where a meal was shared with attendees, but we sent each participant home with the ingredients and cookware needed to recreate the dishes athome. This proved to not only be a nourishing, empowering, lesson in self-care for our clients, but it provided an outlet for creative problem solving that fueled the process of creative problem-solving in other aspects of their lives. The result was beyond what we even hoped.

This year we also received some alarming updates from community stakeholders at many levels about the interpersonal violence happening at our County's high schools. Henderson House had – previous to the pandemic – a presence at our local high schools. But, since 2019, those programs had been on hold. After receiving requests from County mental health workers, law enforcement, and school administrators, we heard the call that investment in prevention work needed to be reinstated. Without knowing where the dollars would come from to bring additional advocate services onsite, we committed to reinstating our "One Circle" groups at McMinnville, Newberg, and Yamhill Carlton High Schools. Subsequently we applied for and were awarded a capacity-building grant over the next five years, to support the growth of this program from the Oregon Dept. of Justice's Sexual Assault Task Force.

Two challenges we hope to make progress on in 2024 are remote advocacy and transitional housing. Though our service area is all of Yamhill County, our Advocacy Center has always been located in McMinnville which creates the barriers of time (up to an hour round-trip from the corners of our County) and fuel/transportation for many survivors who may be monitored by their abuser. We are not effectively fulfilling our mission unless we can bring services where survivors are, and our first step toward this is committing a full-time position to providing advocacy services once a week in each corner of our county. With the routine of a weekly presence in our smaller surrounding towns, we hope this provides an easier access point to services.

Also, on our horizon is creating a transitional shelter solution for our clients. Our emergency shelter is always full and doesn't allow for the length of stay really needed for a survivor to re-establish their lives in safety (at least 6 months, up to 2 years). Marion, Polk, and Washington counties have already created this solution for survivors. We need a transitional shelter for DV/SA survivors in Yamhill County too – our affordable housing crisis is extending wait times for affordable housing units to years, and supply won't be meet demand for at least a decade or more. Please continue to show your support for our work through advocating for these solutions as they come before decision makers in our community.

Thank you to you all for your investments in Henderson House!

Rachel Flores

Henderson House Development Director

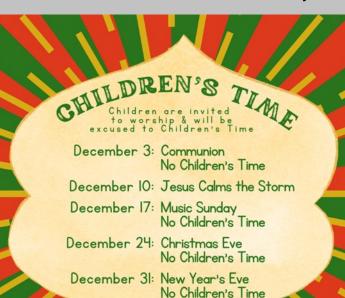
rflores@hendersonhouse.org

503.472.0244 (Ext.301)

Wath f Man

610 SE First Street, McMinnville OR, 97128

Children, Youth, & Family



KIDVENTURE

MONDAYS @ 5:15-6:30PM AT FIRST PRESBYTERIAN CHURCH CHILDREN PREK - 5TH GRADE

DECEMBER 4
SERMON ON THE MOUNT:
HOUSE ON THE ROCKS

DECEMBER 11
MIRACLES:
WATER INTO WINE

DECEMBER 18
MIRACLES:
HEALING OF THE PARALYTIC

DECEMBER 25
CHRISTMAS
NO KIDVENTURE

A JOINT MINISTRY OF FIRST BAPTIST CHURCH & FIRST PRESBYTERIAN CHURCH

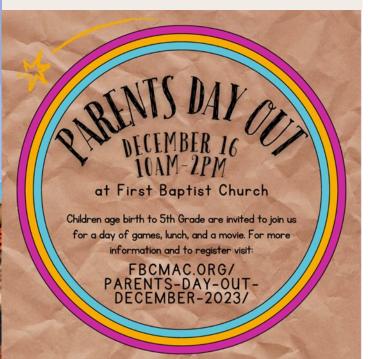






December 2nd 10am - 11:30am at First Presbyterian Church

Gather your family and friends.
Join us for a morning of celebration for the whole family with Christmas crafts, cookie decorating, caroling, and fellowship.



Children, Youth, & Family

McMinnville Youth Collective

December 3: Youth Group @ FPC MS 5-6:30pm, HS 6-7:30pm

December 10: Youth Group @ FPC MS 5-6:30pm, HS 6-7:30pm

December 17: Christmas Party @ FPC MS 5-6:30pm, HS 6-7:30pm

December 20: Dinner @ Nancy Jo's MS & HS 6-7pm

December 24: No Youth Group Christmas Eve

December 31: No Youth Group New Year's Eve





CHRISTMAS PARTY

December 17

@ FIRST PRESBYTERIAN CHURCH MIDDLE SCHOOL 5-6:30PM HIGH SCHOOL 6-7:30PM





MCMINNVILLE YOUTH COLLECTIVE

Wednesday, December 20 from 6-7 pm @ Nancy Jo's

BRING MONEY FOR DINNER, FRIENDS ALWAYS WELCOME.



Children, Youth, & Family



Ongoing Activities

Weekly Bible Study Wednesdays at 10:00 am

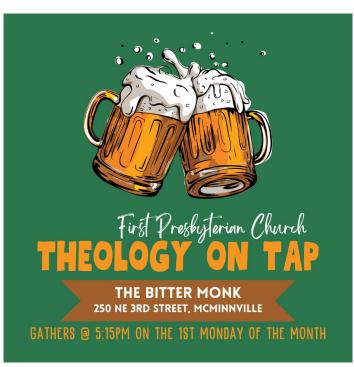
A weekly Bible study, led by Pastor Matt, on the scripture reading for the following Sunday meets on Wednesday mornings at 10:00 am. It meets in-person in the Witherspoon Room. If you would still like to attend on Zoom, there will be a link in the weekly E-news for you to join. We will not meet on Dec. 27th or Jan. 3rd.



Social Justice Book Club

The Social Justice Book Club meets monthly on Zoom, during the program year, to discuss a book selected by the group. The next book will be "Poverty, By America" by Matthew Desmond.

We will meet on Tuesday, Jan. 23rd at 4 pm on Zoom. Contact Kate Satterstrom for the Zoom link or for more information.



Join Pastor Matt on Monday, December 4th.



Presbyterian Women

Sarah Circle

No meeting in December

Priscilla Circle

December 18th 6:30 pm Hostess: Sharon Laddusaw Lesson 4: Sandra Sherwood

Agape Circle

December 20th 9:30 am Hillside Manor Room 315



Prayer Requests

Contact Carley Bushart at 503-560-0183 or prayer@fpc-mac.org

Nuts & Bolts

DOLLAR S&CENTS

FINANCIAL REPORT

(Operating Fund)

October:	<u>Actual</u>		<u>Budget</u>		
Receipts	\$ 32,768	8.9%	\$ 30,542	8.3%	
Expenses	24,508	5.9%	34,554	8.3%	

 Year to Date:
 Actual
 Budget

 Receipts
 \$ 316,676
 86.4%
 \$ 305,421
 83.3%

 Expenses
 318,266
 76.8%
 345,540
 83.3%

Receipts for October were more than budget. Expenses were less than budget, resulting in a surplus for the month.

Thank you for your continued support.



Attention All Ministry Teams & Committees!

It is that time once again to be thinking about your contribution to the Annual Report. All reports need to be turned in to the church office by **January 8**, **2024**. Please email the report to Nancy at nancym@fpc-mac.org.

Thank you!

If you would like to see a copy of last year's report contact the office and we will be happy to get a copy to you.



The church office will be closed

December 25th and 26th January 1st January 15th

Session Highlights

Action taken and information items are summarized for the Portfolio monthly. Here are the highlights of the November 15th meeting:

- 1) Session approved serving communion at the Candlelight Christmas Eve service.
- 2) Session spent time discussing the 2024 budget. More to come on that.
- 3) Dave Widen gave a report on the 11/3/23 Presbytery meeting. A new moderator was installed, and Presbytery passed the giving of the Laurelhurst property to Barbie's Village which will benefit Indigenous People.
- 4) Session approved spending \$6057 for installing LED lights in the sanctuary and the Johnson Room.

Staff Out of the Office

Nancy will be on Family Leave Monday, Dec. 11th through Friday, Dec.22nd.

Pastor Matt will be on vacation Tuesday, Dec. 26th through Thursday, Dec. 28th and Thursday, Jan 4th through Jan. 7th.

Kate will be on vacation Tuesday, Dec. 26th through Thursday, Dec. 28th.

Marcia will be gone Saturday, Dec. 30th through Tuesday, January 9th.

Next Portfolio Deadline: December 26, 2023

Portfolio Staff

Managing Editor: Matt Johnson Editor: Nancy MacDonald

Church Staff

Pastor: Matt Johnson mattj@fpc-mac.org

Administrative Coordinator: Nancy MacDonald

nancym@fpc-mac.org

Director of Children, Youth, & Family Ministries:

Kate Satterstrom kates@fpc-mac.org

Director of Music: Marcia Stratman marcias@fpc-mac.org

All in the Family



Anneke Van Uchelen	1st
Matie Hendrix	9th
Mary McBride	9th
Cathy Haugeberg	10th
Min Coburn	11th
Roger Krug	12th
BJ Barlow	13th
Linda Berg	20th
Bob Irish	20th
Gudie Pfendler	20th
Kalea Garrettson	23rd
Shawna Garrettson	25th
Kennedy Bushart	26th
Marj Howard	28th
Marin Sterling	28th
Bill Wittenberg	28th
Carol Qualey	30th
John Sagers	30th
Shirley Crenshaw	31st
Lee Niederer	31st

HAPPY BIRTHDAY!





December Prayer Calendar

"Devote yourself to prayer, being watchful and thankful." Colossians 4:2 Please lift each household name or group listed below in prayer on that day of the month.

- 1. Messiah Concert
- 2. Children's Christmas Celebration
- 3. June Burgess
- 4. John Bush & Pam Jackson
- 5. Curtis & Carley Bushart
- 6. Wednesday Breakfast
- 7. Kennedy Bushart
- 8. Community Christmas Cantata
- 9. Kinsey Bushart
- 10. Colin & Candice Cameron
- 11. Agnes Chegwyn
- 12. Eric Chroust-Masin & Shanda Tryon, Archer & Dax
- 13. Martin & Monika Chroust-Masin
- 14. Jim Churchwell & Kathy Scheib
- 15. Jeff & Sharie Clevenger
- 16. Community Dinner
- 17. Nathan Clevenger
- 18. Min Coburn
- 19. Victor & Denise Collins
- 20. Session
- 21. Greg & Leslie Copeland
- 22. Alice Craven
- 23. Shirley Crenshaw
- 24. Mike Curry
- 25. Peace on Earth
- 26. Shirley Cushing
- 27. Maggie Custer, Jackson & Maddy
- 28. Rich & Ann Custer
- 29. Brian Dailey & Denise Hill
- 30. Linda Davison
- 31. Eve Dewan

Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 10:30am Worship 11:30am Fellowship Time 2:00pm Messiah Rehearsal 5:00pm MYC Middle School Youth 6:00pm MYC High School Youth	9:00am Monday Morning Maintenance 12:00pm Oak Valley Bridge Club 5:15pm Kidventure 7:00pm Priscilla Circle	9:00am Earth Care Committee 9:30am Women in the Word Leadership 10:00am Staff Meeting 4:00pm Social Justice Book Club on Zoom	Portfolio 8:30am Wednesday Breakfast 10:00am Bible Study 5:30pm Women's AA Group 6:00pm MYC Dinner 6:30pm Messiah Dress Rehearsal	30 Nancy vacation day 9:30am Women in the Word 11:00am Decorating Crew 5:45pm Bell Choir Rehearsal 7:00pm Choir Rehearsal	1 Office Closed 7:00pm Messiah Concert	2 10:00am Children' Christmas Celebration 5:00pm Community Dinner (take out only) 7:00pm Messiah Concert
3 1st Sunday of Advent Advent Communion 10:30am Worship 5:00pm MYC Middle School Youth 6:00pm MYC High School Youth	4 9:00am Monday Morning Maintenance 12:00pm Oak Valley Bridge Club 5:15pm Kidventure 5:15pm Theology on Tap	5 9:30am Women in the Word Leadership 10:00am Staff Meeting 11:30am Soroptimists Meeting	6 8:30am Wednesday Breakfast 10:00am Bible Study 1:30pm Stewardship, Budget,& Finance Team 5:30pm Women's AA Group	7 9:30am Women in the Word 3:30pm Mission Team 5:45pm Bell Choir Rehearsal 7:00pm Choir Rehearsal	8 Office Closed 12:30am 99 GAL Friends 7:00pm Community Christmas Cantata	9 5:00pm Community Dinner (take out only)
2nd Sunday of Advent Giving Tree Gifts Due 10:30am Worship 1:00pm Piano Recital 5:00pm MYC Middle School Youth 6:00pm MYC High School Youth	11 Nancy on Family Leave 9:00am Monday Morning Maintenance 12:00pm Oak Valley Bridge Club 1:00pm 99 GAL Friends 4:00pm Building & Grounds Team 5:15pm Kidventure	12 Nancy on Family Leave 9:30am Women in the Word Leadership 10:00am Staff Meeting 11:30am Soroptimists Meeting	Nancy on Family Leave 8:30am Wednesday Breakfast 10:00am Bible Study 1:00pm YCCO 4:30pm Personnel Committee 5:30pm Women's AA Group	14 Nancy on Family Leave 9:30am Women in the Word 5:45pm Bell Choir Rehearsal 7:00pm Choir Rehearsal	15 Nancy on Family Leave Office Closed	16 Nancy on Family Leave 10:00am Parent's Day Out 5:00pm Community Dinner (take out only)
17 3rd Sunday of Advent Christmas Joy Offering Communion Nancy on Family Leave 10:30am Worship 5:00pm MYC Middle School Youth 6:00pm Investment Club 6:00pm MYC High School Youth	18 Nancy on Family Leave 9:00am McMinnville Garden Club 9:00am Monday Morning Maintenance 12:00pm Oak Valley Bridge Club 5:15pm Kidventure 6:30pm Priscilla Circle	19 Nancy on Family Leave 10:00am Staff Meeting 11:30am Soroptimists Meeting	20 Nancy on Family Leave 8:30am Wednesday Breakfast 9:30am Agape Circle 10:00am Bible Study 5:30pm Women's AA Group 6:00pm MYC Dinner 7:00pm Session	21 First Day of Winter Nancy on Family Leave 9:30am Women in the Word Sm Group 1:30pm Longest Night Taize Service 5:45pm Bell Choir Rehearsal 7:00pm Choir Rehearsal	22 Nancy on Family Leave Office Closed	23 5:00pm Community Dinner (take out only)
24 4th Sunday of Advent Christmas Eve 10:30am Worship 7:00pm Christmas Eve Candlelight Service	25 Christmas Day Office Closed	26 Kate on vacation Nancy vacation day Office Closed Pastor Matt on vacation	27 Kate on vacation Pastor Matt on vacation Portfolio 8:30am Wednesday Breakfast 5:30pm Women's AA Group	28 Kate on vacation Pastor Matt on vacation	29 Office Closed	30 Marcia on vacation 5:00pm Community Dinner (take out only)
31 Marcia on vacation						

10:30am Worship

DECEMBER 2 DECEMBER 3 DECEMBER 5 DECEMBER 1 DECEMBER 4 On a piece of paper. Take a photo inspired by On a piece of paper. Write about a time Breathe deeply and write a list of everythe word, "Joy." Text it to write down everything joy surprised you. pray. With every exhale, thing-big and smalla friend or post it online that makes you weary. What was unexpected release something that that brings you joy. Tape Then, rip the paper into about that experience? for others to see makes you weary. With your list to your fridge or small pieces as a way to every inhale, ask God for Tag us! @sanctifiedart #howdoesawearyworldrejoice display it somewhere you release it all and something that brings will see it daily. offer it to God you joy. Mh DECEMBER 9 Milly. SWIN DECEMBER 6 DECEMBER 10 DECEMBER 7 DECEMBER 8 After nightfall, spend Write, text, or call Look at the list you Take a photo Bake, cook, or some time looking up someone who might be wrote on December inspired by the word, eat something at the stars. feeling weary. Tell them, "Connection." Text it that fills you 1st (the things that How do you feel? "I've been thinking to a friend or post it bring you joy). with delight. Offer a prayer to God. about you." online for others to see. Do something on that list. Tag us! @sanctifiedart #howdoesawearyworldrejoice Nilly, Milly DECEMBER 14 DECEMBER 15 DECEMBER 12 DECEMBER 11 DECEMBER 13 Make a donation to Write a letter to Write, text, or Read the poem, Write a kind note for a an organization doing [i carry your heart with stranger to find. Place the a loved one who call someone who needed work in your note in a public place: a park me (i carry it in] by local community. If you has passed on. Tell brings you joy. bench, on a car windshield. can't give financially, e. e. cummings. in a mailbox, etc. Fill the them what you Tell them, "I read about what the Dedicate the poem to note with a message you organization is currently love and miss appreciate you." someone you know. would like to hear such as, working on and consider about them. how you can participate. DECEMBER 16 DECEMBER 20 DECEMBER 17 DECEMBER 18 DECEMBER 19 Go on a walk in a Read about and Write about the Read the poem, Take a few minutes to look familiar place. As at some of the images online reflect on the word, "Don't Hesitate" by last time you were often as you can, "Attunement." of the cosmos captured Mary Oliver. Reflect on truly amazed. by NASA and the Hubble stop and look up. What does it look like how you might savor How did you feel? telescope. How do you feel? for you to practice love's "plenty" today. Pay attention to Offer a prayer to God. attunement this season? all the details you usually miss. 1 Mily, ENth, DECEMBER 22 DECEMBER 23 DECEMBER 25 DECEMBER 21 DECEMBER 24 Reflect on 3 things Listen to or sing the Look at the list you Take a photo inspired by Read the poem, the word, "Amazement. song, "O Holy Night." "i thank You God for you are deeply wrote on December Text it to a friend or post most this amazing" What gives you a 1st (the things that grateful for. Offer a it online for others to see. by e. e. cummings. "thrill of hope"? bring you joy). prayer of gratitude Offer it as a prayer. Tag us! @sanctifiedart #howdoesawearyworldrejoice Do something on to God. that list. DECEMBER 27 DECEMBER 28 DECEMBER 29 DECEMBER 30 DECEMBER 26 Take a photo inspired by the word, "Hope." Text it to a friend or post it online for others to see. Close your eyes and breathe deeply. Slowly scan every part of your body, starting with your toes and moving slowly all the way up to the top of your head. Notice how each part of your body feels. Notice where your body holds Ask someone who is older Read the poem, Look at the list you Tag us! @sanctifiedart #howdoesawearyworldrejoice "Touched By An Angel" than you what gives them wrote on December by Maya Angelou. hope. Then ask someone 1st (the things that Santilli, who is younger than you Consider where in your bring you joy). what gives them hope. life love has arrived. DECEMBER 31 weariness. Continue to breathe Do something on What did you learn? deeply and do a body scan aga this time inviting each part of your body to hold joy. Reflect on the past year. What that list. are the moments and memories that are filled with joy?



