



Advent & Christmas 2022: Dusk to Dawn



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>27 First Sunday in Advent Set up your creche. Hide Jesus in the dark, and put a blanket or napkin shadowing the rest of the figures.</p>	<p>28 Daily morning ritual for Advent: first thing, go outside with face in the sun for 5 min. Science & faith agree this aids health!</p>	<p>29 Read Psalm 139:12: “Night shines like the day.” How can this be true? Ask around.</p>	<p>30 Any day you wake up an hour before sun-up, step outside and listen for the Dawn Chorus.</p>	<p>1 Like St. Francis, preach to the birds this morning. Then let them preach back. What do they say?</p>	<p>2 It’s an art day! Create. Use dusk-deep blue and sunrise orange to make something beautiful.</p>	<p>3 If you wake up in the night, count blessings instead of sheep.</p>
<p>4 Second Sunday in Advent Take hands around a candle as the sun sets & say: “God, though the shadows grow long, You are with us, and the light will return.”</p>	<p>5 Wear the deep blue of the early night sky today. Notice that color everywhere you go. It’s God winking at you.</p>	<p>6 Sing Canticle of the Turning at the top of your lungs, especially “wipe away all tears/ for the dawn draws near...”</p>	<p>7 Stare at the moon, and feel it staring back at you. Let it fill you with light—it will take a while, a slower light than the sun.</p>	<p>8 Let yourself feel lonely in the middle of the night. Pray for all the other lonely midnight people. You belong to each other.</p>	<p>9 Light a candle & pray for night workers—hospital staff, factory workers and security guards, for whom “day” is different.</p>	<p>10 Move Jesus closer to the creche but keep him in the dark.</p>
<p>11 Third Sunday in Advent Put a bowl of water in your yard/front walk—a birdbath! Every time you walk by, baptize yourself.</p>	<p>12 Christmas carol on your morning commute. Sing with gusto! Birds don’t judge their own voices.</p>	<p>13 Close the shades and take a rest. Growth comes in darkness.</p>	<p>14 Darkness protects by camouflaging. Grab the darkness tonight and wrap it around you like a cloak of invisibility.</p>	<p>15 Print bird photos from the internet & tape them around your advent wreath or creche.</p>	<p>16 Count how many different kinds of birds you see today. Identify one you don’t know. A new friend!</p>	<p>17 Write a <3 letter to a canary in a coal mine: a political or religious leader who risked themselves to protect others.</p>
<p>18 Fourth Sunday in Advent Wear your best plumage today, even if you’re not going anywhere special. Be the bird.</p>	<p>19 Turn off the lights and turn on a slow jam. Groove low and slow.</p>	<p>20 Mark a Star Path for the Wise Ones: move them closer to the creche nightly, contemplating their night-journeying and all they are feeling.</p>	<p>21 Winter Solstice Go for a night walk with someone. Take turns closing your eyes, trust walking, and listening more closely to it all.</p>	<p>22 Light your house entirely by candlelight, LED or real fire, tonight.</p>	<p>23 Take a night walk around your ‘hood and stop in front of faith communities, taking in the light they emit. Pray for the people inside.</p>	<p>24 Christmas Eve Make a nest. Inhabit it as faithfully as a mother hen incubating eggs.</p>
<p>25 Christmas Day Be the early bird today: sing your household awake. Ask them to join you in song: Sinatra, Crosby, Lizzo, Mariah.</p>	<p>26 Migrate south today, even if it’s just 100 steps. See the world from a new hemisphere.</p>	<p>27 Hide under the canopy of a large bush or climb a tree. Peep-peep as people pass by.</p>	<p>28 Feed a beloved like a baby bird. Then ask for your own turn to be the baby. We all need care and feeding.</p>	<p>29 Search “Big Bird” on Youtube with a young friend, and watch what comes up together.</p>	<p>30 Sometimes the Dawn Chorus is more functional than beautiful. Cock-a-doodle-doo at the top of your lungs. We all need more waking up.</p>	<p>31 New Year’s Eve Write a 1-paragraph story from 2022: something you thought was ending that was really beginning.</p>

