

ADVENT 2020 - WEEK 2

PEACE

Each day of the week you can follow the ritual provided below. For more content and depth, see each day for additional ideas.

GATHERING

Sing and/or listen to a verse of a favorite Advent song or verse 2 of Light One Candle.

CENTERING

Transition from busyness to stillness. Invite everyone to take a deep breath: in and out. Simply breathe until each person enters a space of (relative) calm.

WREATH LIGHTING LITANY

Invite folks to respond with, "We wait in peace".

LEADER: It can be tempting to give in to taking sides. ALL: We wait in peace.

LEADER: There are lots of ways duality shows up. ALL: We wait in peace.

LEADER: Division can be a sign of needing help. ALL: We wait in peace.

LEADER: Christ comes to all who are in need. ALL: We wait in peace.

Light the first two Advent Wreath candles.

Let everyone focus on the candles for a moment.

SPIRITUAL PRACTICE/ACTIVITY

Enjoy the daily activity found on the opposite and following pages.

REFLECTION

Integrate the experience with daily questions. Encourage each person to share at least a word or two. Then, hold hands and invite everyone to take a deep breath, in and out.

Say out loud, together: "Hope".

CLOSING

Conclude your time repeating the song from the beginning.

DAILY PRACTICES, READINGS, AND ACTIVITIES

Materials needed for Week 2 Daily Practices/Activities:

Advent wreath + candle lighter + evergreen boughs or sprigs + journal & pens/pencils + blue/white paper cut into 2" strips & blue, gold/yellow writing utensils

SUNDAY, December 6

Sunday's order is slightly different: the spiritual practice/activity precedes lighting the wreath each Sunday of Advent.

Materials Needed: Advent Wreath + candle lighter + boughs or sprigs

Build your wreath

Place the four candles in a circle around the center of the tray

Leave room in the center for the Christ Candle (to be added later)

Spiritual Practice

Share the Wreath Lighting Litany

Sit in silence and observe the wreath

Notice what's there and what's missing

Go Deeper: Learning Together (see footnote)

Reflection Questions

What drew your attention? What did you notice? Where do you see peace? What peace is God inviting you to notice through this symbol?

MONDAY, December 7

Materials Needed: Advent Wreath & lighter + Bible or reading

Spiritual Practice

Read the following text and discuss, using Reflection Questions

Focus Text: Luke 2:25-38 (NRSV or The Message)

Reflection Questions

Who is divisive - and why? Who finds peace - and how? If this were your story, where would you experience division and where would you find peace?

TUESDAY, December 8

Materials Needed: Advent Wreath & lighter + Bible or reading

Spiritual Practice

Read the focus text through three times, with a silence between each reading.

As you read, listen for a word or phrase that seems special.

During the silence, focus on that special word or phrase.

Focus Text: Luke 2:29-32

“Lord, I am your servant, and now I can die in peace, because you have kept your promise to me. 30 With my own eyes I have seen what you have done to save your people, 31 and foreign nations will also see this. 32 Your mighty power is a light for all nations, and it will bring honor to your people Israel.”

Reflection Questions

Invite each person to share the word(s) or phrase(s) they heard with each reading. They might also share what significance these words had, if any.

WEDNESDAY, December 9

Materials Needed: blue/white paper strips + writing utensils

Spiritual Practice: BLUE & WHITE REFLECTIONS

Invite places where you see division on blue paper strips and where you find peace on white paper strips. Invite each person to state where they see division, then fold their Blue Reflection and place it in a gap of the Advent Wreath. Invite each person to name where they find peace or what makes them peaceful. Gather White Reflections and store for later.

THURSDAY, December 10

Spiritual Practice

Spend time wondering together about your day using the following questions and/or some of your own questions.

Reflection Questions

I wonder who you know who could teach you about peace. I wonder how we can find peace when we feel like arguing or fighting. I wonder how God might lead us toward peacefulness. I wonder if God ever needs help feeling more peaceful.

FRIDAY, December 11

Spiritual Practice

Focus on your breath.

As you breathe in, repeat to yourself: Peace within me.

As you breathe out, repeat to yourself: Peace in the world.

Repeat for as long as you like.

Reflection Questions

What did you notice in your body as you slowly breathed and repeated the words of hope? How did pausing to breathe make you feel? What helps you feel more peaceful within yourself? How can you help make the world more peaceful?

SATURDAY, December 12

Spiritual Practice

Hold hands with each other.

Focus on the person to your left.

Breathe in: imagine them being filled with hope.

Breathe out: think of gratitude for that person.

Repeat for the person on your right.

Reflection Questions

Invite each person to share why they are grateful for the person to their left and to their right.