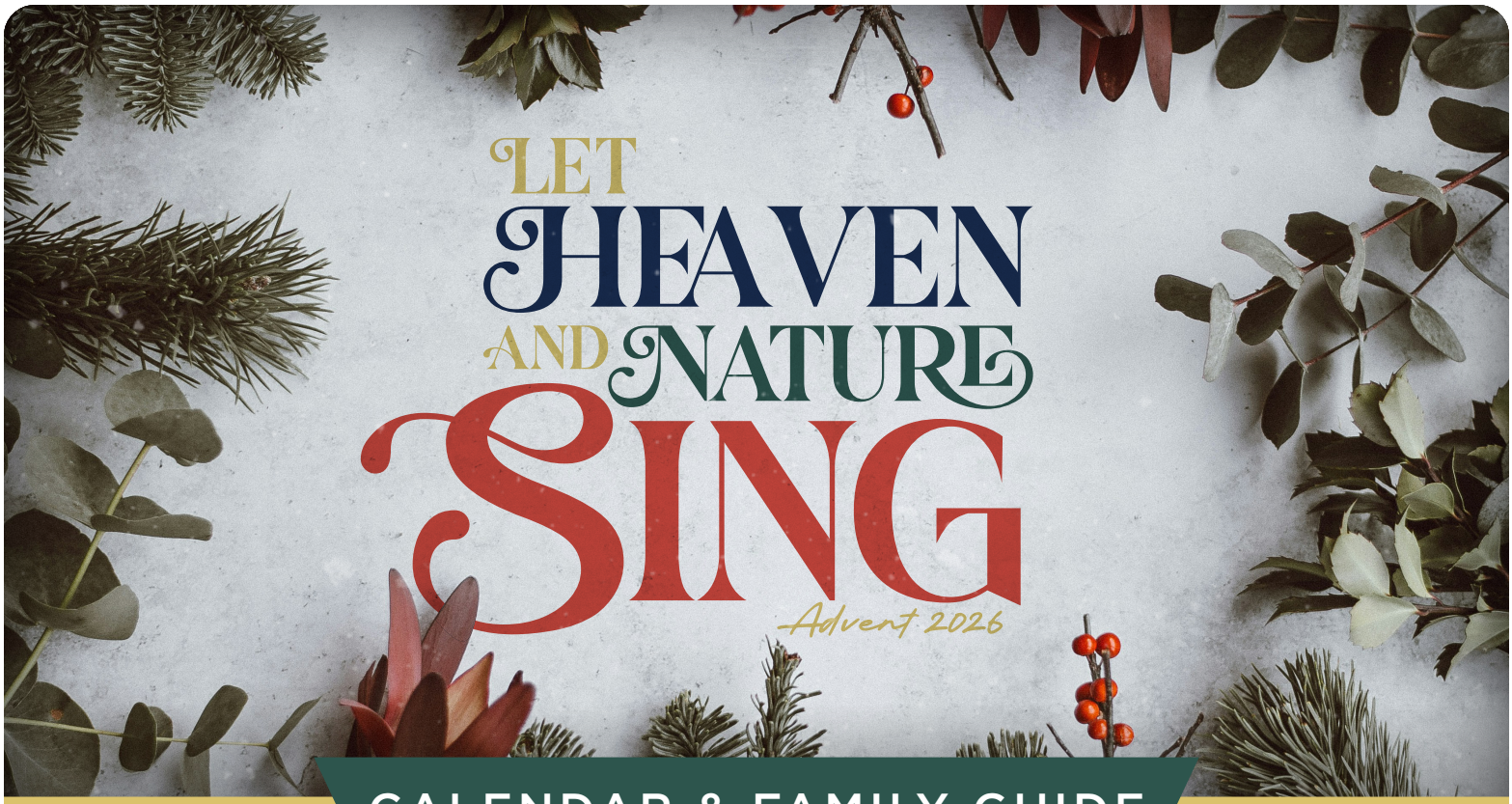

CALENDAR & FAMILY GUIDE

THE SERIES & THE WORK OF ADVENT

Advent begins in a season when the natural world seems to be holding its breath. Trees release their leaves, the earth rests, and the lengthening darkness asks us to pay attention. Yet creation is not silent. Beneath the soil, life is preparing; in the wind, we hear the promise of breath; in water, we recognize the movement of joy; and in fire, we glimpse the warmth and courage of love.

Let Heaven and Nature Sing follows these four gifts of creation through the weeks of Advent: earth and hope, wind and peace, water and joy, fire and love. This is not a journey away from the world toward some distant holiness. Advent is the practice of watching for God within the world we already inhabit, trusting that the Holy One comes among us in flesh and breath, in vulnerability and possibility. Heaven and nature sing because God makes a home here.

HOW TO USE THIS CALENDAR

This calendar offers a small daily practice for the Advent journey, whether you use it alone, with a friend, or around a family table. There is no perfect way to keep Advent, and no need to add another demanding task to an already full season. Give yourself a few minutes each day to notice what is happening around you and within you. Begin with the Scripture, reading the verse slowly or exploring the surrounding passage when you have more time. Then try the Action, a simple, embodied practice that brings the day's theme into ordinary life. Nature's Invitation offers a question rather than a test; you may want to discuss it, write about it, or simply carry it with you. Close with the Prayer, using the words provided or your own.

Each Sunday begins a new week of the journey, with a family practice that can be adapted for children, adults, households of one, or gatherings of friends. You do not need special supplies; everyday things such as soil, breath, water, and candlelight are enough. If you miss a day, simply begin again. Advent is not a race to Christmas or a checklist to complete. It is an invitation to become attentive to God's presence, to practice hope amid uncertainty, peace without control, joy that makes room for justice, and love courageous enough to take flesh in our lives. May the natural world become a companion in your waiting, and may you discover that the song of creation includes your own voice.



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WEEK 1
Earth / Hope — The Hope That Waits
November 29–December 5

Weekly Family Practice: Planting Hope: Light the first Advent candle. Plant a seed or bulb in a small pot, and let each person name a hope. Pray: “God of the waiting earth, help us trust the life You are growing, even when we cannot yet see it.”

November 29 — The Waiting Earth
Scripture: Mark 13:33
Action: Hold a handful of soil or touch the earth beneath your feet. Notice its stillness.
Nature’s Invitation: What might God be growing beneath the surface of my life?
Prayer: God of earth and possibility, awaken hope within me.

November 30 — Stay Awake
Scripture: Mark 13:37
Action: Pause three times today to notice something you might otherwise overlook.
Nature’s Invitation: Where might I be overlooking signs of God’s presence?
Prayer: Awaken my senses, O God, to the holy in the ordinary.

December 1 — Deep Roots
Scripture: Jeremiah 17:7–8
Action: Notice a tree and imagine the roots you cannot see.
Nature’s Invitation: What unseen sources of strength sustain me?
Prayer: Root me deeply in Your love, O Source of Life.

December 2 — Room to Grow
Scripture: Isaiah 43:19
Action: Clear a little space at home or in your schedule for something life-giving.
Nature’s Invitation: What might need to make room for new life?
Prayer: Creating God, make space within me for what is becoming.

December 3 — Holy Ground
Scripture: Exodus 3:5
Action: Stand still for one minute and feel the ground beneath you.
Nature’s Invitation: How might the place where I stand already be holy?
Prayer: God of holy ground, help me recognize Your nearness.

December 4 — The Smallest Seed
Scripture: Mark 4:30–32
Action: Offer encouragement to someone who needs hope.
Nature’s Invitation: What small beginning might grow beyond my imagining?
Prayer: God of mustard seeds, bless the beginnings I cannot yet understand.

December 5 — Patient Hope
Scripture: James 5:7–8
Action: Spend five minutes outdoors without your phone.
Nature’s Invitation: What changes when I allow hope to grow at its own pace?
Prayer: Patient Creator, teach me the sacred art of waiting.



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WEEK 2
Wind / Peace — The Peace That Moves
December 6–12

Weekly Family Practice: Breath of Peace: Light two Advent candles. Use a feather, ribbon, or pinwheel to notice what breath can move. Take three slow breaths together. Pray: “Spirit of Peace, move through our home, loosen what we hold too tightly, and teach us to breathe in Your love.”

December 6 — The Breath of God
Scripture: Genesis 2:7
Action: Take three slow breaths, noticing the gift of each one.
Nature’s Invitation: What changes when I recognize my breath as sacred?
Prayer: Breath of Life, fill me with Your renewing Spirit.

December 7 — Wilderness Voices
Scripture: Mark 1:3
Action: Listen quietly to the sounds around you.
Nature’s Invitation: Whose voice might God be asking me to hear?
Prayer: Spirit of the wilderness, open my ears to unexpected truth.

December 8 — Loosen Your Grip
Scripture: John 3:8
Action: Release one expectation you have for today.
Nature’s Invitation: Where am I confusing peace with control?
Prayer: Wild and Holy Spirit, teach me to trust where You lead.

December 9 — A Gentle Breeze
Scripture: 1 Kings 19:11–13
Action: Make room for quiet listening without filling the silence.
Nature’s Invitation: What might I hear when I stop demanding an answer?
Prayer: God of the quiet whisper, meet me in the stillness.

December 10 — Clear the Air
Scripture: Ephesians 4:31–32
Action: Apologize, extend grace, or begin a difficult conversation with kindness.
Nature’s Invitation: What relationship might need the fresh air of compassion?
Prayer: Spirit of reconciliation, breathe peace into our relationships.

December 11 — Room to Breathe
Scripture: Matthew 11:28–30
Action: Take a genuine break without apologizing for resting.
Nature’s Invitation: What burden have I mistaken for something I must carry alone?
Prayer: Gentle Christ, give rest to my weary spirit.

December 12 — Carried by the Spirit
Scripture: Romans 8:26
Action: Name an unresolved concern in silent prayer.
Nature’s Invitation: Can I trust the Spirit to be present even when I have no words?
Prayer: Spirit who prays within us, carry what I cannot express.



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WEEK 3
Water / Joy — The Joy That Overflows
December 13–19

Weekly Family Practice: Ripples of Joy: Light three Advent candles. Drop pebbles into a shallow bowl of water and watch the ripples spread. Share someone who brought you joy and imagine how to pass that joy onward. Pray: "God of living water, let our joy overflow in ways that bring hope, dignity, and love to others."

December 13 — Joy Recognizes Joy
Scripture: Luke 1:39–45
Action: Tell someone the gift or strength you see in them.
Nature's Invitation: Whose sacred gifts have I failed to notice?
Prayer: God of unexpected prophets, open my eyes to the gifts around me.

December 14 — Living Water
Scripture: John 4:13–14
Action: Drink a glass of water slowly, with gratitude.
Nature's Invitation: What truly nourishes my spirit?
Prayer: Wellspring of Life, refresh the places within me that have grown dry.

December 15 — The Song of Mary
Scripture: Luke 1:46–49
Action: Listen to a song of courage or hope.
Nature's Invitation: What truth is my life longing to sing?
Prayer: God of Mary's song, give me courage to sing of Your justice.

December 16 — Making Waves
Scripture: Luke 1:52–53
Action: Take one small action supporting someone facing injustice or exclusion.
Nature's Invitation: How might God's joy disturb the world's comfortable arrangements?
Prayer: God of justice, let my life make waves of mercy and change.

December 17 — Joy in the Depths
Scripture: Psalm 42:7–8
Action: Spend a moment near water or listen to rain or a flowing stream.
Nature's Invitation: Can joy and sorrow flow through the same heart?
Prayer: God of deep waters, hold all that I carry with tenderness.

December 18 — The Overlooked Prophet
Scripture: Luke 1:41–42
Action: Invite someone often overlooked to share their perspective.
Nature's Invitation: Who might be speaking a word from God that I have not recognized?
Prayer: Holy Spirit, teach me to listen beyond the expected voices.

December 19 — Overflowing Grace
Scripture: Isaiah 55:1
Action: Freely share encouragement, hospitality, food, or time.
Nature's Invitation: What becomes possible when I stop measuring generosity?
Prayer: Abundant God, let Your grace flow freely through my life.



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WEEK 4
Fire / Love — The Love That Transforms
December 20–24

Weekly Family Practice: Carrying the Light: Light all four Advent candles. Name one way each person can carry love into the world. On Christmas Eve, light the Christ candle and pray: “God of holy fire, kindle Your love within us. May the light we have welcomed become the love we carry into the world.”

December 20 — The Courage to Say Yes
Scripture: Luke 1:26–38

Action: Consider an invitation to love, serve, or grow that you have hesitated to accept.

Nature’s Invitation: What might my own courageous yes make possible?

Prayer: God of possibility, give me courage to answer love with love.

December 21 — A Light in the Darkness
Scripture: Isaiah 9:2

Action: Light a candle for someone in a difficult season.

Nature’s Invitation: Where is the world most in need of warmth and light?

Prayer: Holy Light, shine gently where hope has grown dim.

December 22 — Love Made Visible
Scripture: 1 John 4:11–12

Action: Show someone love through a thoughtful, concrete action.

Nature’s Invitation: How does God’s love become visible through ordinary human lives?

Prayer: God of love, make my compassion tangible today.

December 23 — A Holy Yes
Scripture: Luke 1:38

Action: Write down one way you can participate in God’s work of love and justice.

Nature’s Invitation: What might change if I trusted that my response matters?

Prayer: God of Mary and all who answer, let courage grow within me.

December 24 — Let Heaven and Nature Sing
Scripture: Luke 2:1–14

Action: Light the Christ candle. Notice earth beneath you, breath within you, water that sustains you, and the warmth of flame.

Nature’s Invitation: How might I recognize the Incarnation as God’s embrace of the whole created world?

Prayer: Emmanuel, Love made flesh, may all creation rejoice in Your coming, and may our lives become part of its song. Amen.