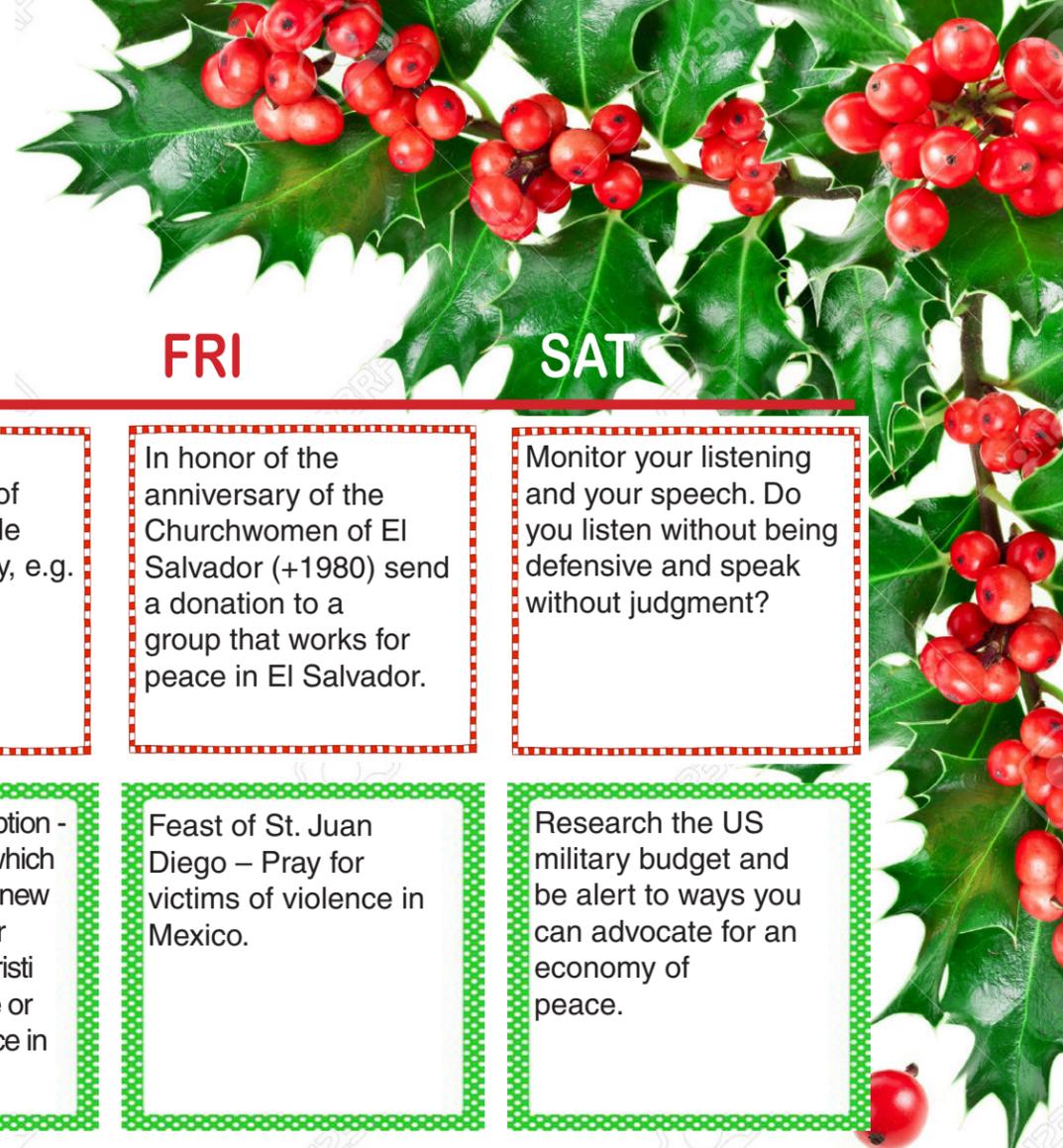


ADVENT CALENDAR 2016

Journey to Gospel Nonviolence



SUN

MON

TUES

WED

THUR

FRI

SAT

Nov 27 - Dec 3

Read the statement "An Appeal to the Catholic Church to re-commit to the centrality of Gospel nonviolence" and decide how it will influence your living of Advent season

Turn off anything that supports violence on TV, movies, and the internet.

Pray for a transformation of heart of those inclined to violence.

How will you live more gently on earth this Advent – reducing your use of fossil fuels?

Begin the day by sending thoughts of peace to the people you will meet today, e.g. coworkers.

In honor of the anniversary of the Churchwomen of El Salvador (+1980) send a donation to a group that works for peace in El Salvador.

Monitor your listening and your speech. Do you listen without being defensive and speak without judgment?

Dec 4 - Dec 10

Place a photo of victims of violence in your prayer space and make them the focus of your attention and prayer this week.

Drive with tolerance and patience.

Before Christmas shopping, reflect on Daniel Berrigan, SJ: "The United States has made the world a horrendous sweatshop – where the many sweat and the few shop."

Feast of St. Ambrose: "You never give to the poor what is yours; you merely return to them what belongs to them... The land was given for everybody, not just the rich."

Immaculate Conception - Traditional Day on which Sisters of Charity renew their vows. Consider making the Pax Christi Vow of Nonviolence or make a vow of peace in your own words.

Feast of St. Juan Diego – Pray for victims of violence in Mexico.

Research the US military budget and be alert to ways you can advocate for an economy of peace.

Dec 11 - Dec 17

Place a photo of a great peacemaker in your prayer space and make him or her the focus of your prayer this week.

"Our Lady of Guadalupe, you call us again in this dark time to create a space where all your children are welcomed, offered bread, roses, and what grace we can gather." - Jane Deren

Release your hostages today – people you hold hostage to the past.

Constructively channel your anger and frustration into physical activity (doing sit ups, taking a walk, washing windows.)

Grow in peace with yourself by positive self-talk and refusal to put yourself down.

Find ways today to praise when you are tempted to criticize.

Send Christmas cards with a peace motif and include a message about peace in them.

Dec 18 - Dec 24

Place a picture of a world leader in your prayer space and pray for leaders to be instruments of peace.

Take time to tell a family member or friend how much they mean to you.

When you see evidence of crime, vandalism, or graffiti, say a prayer of blessing over the place.

Winter Solstice – Fast from electricity today. Eat by candlelight.

What helps me to oppose injustice, not people?

Start your New Year's resolutions now. What is something you can do in 2017 to be a person of creative and active nonviolence?

Place a picture of refugees in your prayer space today and see in them the refugee Holy Family.