

# Monthly Theme: Compassion

## December 12 & 13: **Kindness**

“God has helped servant Israel, in remembrance of God’s mercy, according to the promise God made to our ancestors, to Abraham and to God’s descendants forever.”

~ Luke 1:54-55

### ADVENT PHOTO-A-DAY 2022

Each day during Advent, we will post a word of the day. We invite you to pause, reflect and post a response on Instagram, Twitter or Facebook. Your post should illustrate how you perceive each word of the day. No explanation needed.  
You can share a photo, poem or even a simple thought.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 27	READY	AWAKE	PROCLAIMING	PREPARE	CONFESSING	WORTHY	POWERFUL
December 4	BAPTIZE	TELL	HEAR	SEE	BLESSED	MESSENGER	GREATER
December 11	LEAST	FOUND	RIGHTEOUS	SPIRIT	NAME	SAVE	UNTIL
December 18	LIGHT	DEEP	JOY	RESTS	ENDLESS	PEACE	JUSTICE
<b>Christmas Day: FOREVERMORE</b>							

What have you **FOUND** during Advent? What is **RIGHTEOUS** today? Take a picture of a scene or object that represents what either/both might look like.

share your pictures on social media or with a friend.

Invitation to Kindness



*Center with joy:*

### A Place for Kindness

For you who are exhausted . . .  
 The body that holds pain . . . joints that ache . . .  
 the brain filled with fog . . . nerves overstretching . . .  
 Notice these places . . .  
 Show compassion on them . . .  
 Thank your body for working so hard  
 to carry you here . . .  
 As you breathe, allow the Spirit to tend it . . .  
 Speak kindly to your body:  
 You are no burden. You are good.



Share a gratitude with the group on [GroupMe](#)



—or—

Write a hand-written note to someone

—or—

Try the eirenicole podcast 10-Day Mindfulness Challenge

