

# PRACTICES ADVENT 1 - HOPE

- » Light a candle. Say a prayer. Breathe in hope; breathe out hope.
  - » Call or connect with a relative or friend who lives far away, and sing his or her favorite Christmas carol together.
  - » Conversation starters: In your most difficult times, what gives you hope? What signs of hope, near or far, have you seen this week?
  - » More light: Read "Prayer" by Maya Angelou, and "Hope is the thing with feathers" by Emily Dickinson.
  - » Many nonprofits do work that boils down to giving people hope, from Amnesty International to mental health organizations to refugee advocates. Choose one, set aside an hour to research them, and find out how you can help. Give the gift of hope!
  - » Particularly in an age of pandemic, hope can be hard to come by –and creation can be a source of solace. Get out and up as high as you can: on a rooftop, or a hilltop, or a mountaintop. "O that you would tear open the heavens and come down..."
- » Wake up early one morning this week, wait in the darkness, and welcome the dawn, that universal sign of hope. Think of this as a time for mindfulness, of "keeping alert" for God's presence.