

SEASON OF LIGHTS, 2021
Christmas, Hanukkah, Winter Solstice, Kwanzaa

ADVENT: 4 Sundays leading to Christmas

Ideas for all ages

Created by Kathy Harwood Long, Minister

FRIENDS OF UNITY / kathy@friendsofunity.org

We honor all the gifts of creation through the weeks of Advent by honoring a different “kingdom” each week. All is integral and interrelated in the manifestation of Christ consciousness. By fostering mindfulness, care and value through the Season of Lights, we magnify light in the world. Consider creating a ‘sacred table’ in your home where you and/or your children add items throughout each week.

1st Sunday of Advent November 28, 2021

Honoring the mineral kingdom: emphasis on rocks, stones, crystals, bones...

Take walks with an eye for rocks that speak to you! Look through your home for items.

Child activity: Science experiment growing crystals! There are many instruction sites and videos online. The following link is great for growing large crystals:

<https://www.thoughtco.com/diy-giant-borax-crystals-606240>

2nd Sunday of Advent December 5, 2021

Honoring the plant kingdom: emphasis on living plants, seeds, food...

Choose your tree for the season (indoors or outside). Bring home a poinsettia. Plant tulips for the spring. Make birdfeeder cones with seeds and nut butters.

3rd Sunday of Advent December 12, 2021

Honoring the animal kingdom: emphasis on creatures

Take a walk outside, listing all the creatures you see and hear. Volunteer at the local animal shelter. Feed the critters near your home with seeds and nuts. Make decorations/ornaments with pictures of creatures.

4th Sunday of Advent**December 19, 2021**

Honoring the 'kingdom' of humanity: emphasis on the human species, all colors, ages, and expressions

Bring out pictures of relatives. Make a paper chain of the names of family members and loved ones. Assemble pictures of people from around the world. Listen to music made by people from other cultures.

Christmas**December 25, 2021**

Honoring Christ consciousness: emphasis on celebrating Jesus and the birth of Christ consciousness in humanity. Stories abound of those who give selflessly--share these stories. Invite children to remember when family members have shared selflessly. Stories of those that love generously--random acts of kindness--paying it forward. Christmas is a time to celebrate the evidence of Christ consciousness!

Epiphany**January 6, 2022**

Honoring the Wise ones gifting the Christ child: emphasis on bringing gifts in honor of the Christ.

Start the day as a family and explore what it means to give to each other without buying presents. Depending on the age of the child, explore what it means to give to the greater Self of another person. Perhaps identify ways that giving already occurs. Build on this by asking what ways we give to each other that emphasizes what we see and value in the other. Ex: mentioning the strengths we see in someone; displaying the art made by a family member. Jump start with gift ideas such as: back rubs; foot baths; cooking together; hugs; reading a book together. End the day reviewing with appreciation all that was noticed and given. Epiphany is discovery also. Discovering new understanding of others. If you are single, consider calling others with the intent of learning more about them.