

# The Centre for Music, Liturgy and the Arts

## Advent Resources 2020

### Advent Calendars

#### Reverse Advent Calendar

Reverse advent calendars work by filling the calendar every day of advent with items that can be taken to a food bank or charity.

Different charities will ask for different kinds of contributions, but generally you could collect clothes, toiletries, toys and entertainment or food. Some suggestions to fill your reverse advent calendar are:

- Toys
- Pencils, crayons, paper, colouring books
- Adult stationery
- Books
- Socks and underwear
- Make up
- Toiletries – soap and hand sanitiser
- Sanitary items
- Baby clothes
- T shirts, jumpers
- Arts and crafts
- Jigsaws and games
- Bath towels, hand towels
- Tinned food
- Dry goods – pasta, rice
- Drinks – long life juice and milk, bottled and canned drinks
- Jam and honey
- Chocolate and sweets
- Biscuits
- Savory snacks
- Tea and coffee and Milo/chocolate

**How-to:** Choose something to gather your advent calendar gifts in. This can be something easy like a basket or cardboard box. You could make individual pockets for each day using strips of cardboard and decorate it.

Every day choose something from your own supplies or from a store to add to your calendar



If you are doing this as a family, as you place the items in the calendar, you might spend some time imagining who you might help and how they might use what you've placed there.

When you deliver your calendar to your charity of choice you might like to add a note with a Christmas greeting to the recipient/s.

An organisation with a ready-made Reverse Advent Calendar list is Foodbank, you can find it here:

<https://www.foodbank.org.au/wp-content/uploads/2019/03/Foodbank-SA-Advent-calendar.pdf>

### **Advent acts of love and joy:**

For the each of 24 days of Advent think of an act of love, peace, hope or kindness that you can do to bring joy to yourself and to those around you. Here are some ideas:

- Do the dishes though it's not your turn
- Forward pay a cup of coffee
- Write a letter/text/email of thanks to someone who has shown you kindness
- Send a friend a joke
- Make a Christmas decoration and give it to someone who you know loves Christmas
- Walk around your neighbourhood and say a blessing for the people and the creatures that live in it
- Donate to a charity – remember small donations are very acceptable
- Listen to a piece of music that you love
- Meet a friend for a cuppa (virtual meetings count)
- Make peace cranes and hang them from a tree
- Take time to do some bird watching
- Do some star gazing
- Make Christmas biscuits and share them
- Give a card to the people who work in the businesses you regularly go to
- Walk the neighbourhood and look at the lights people have used to decorate their houses
- Read a favourite poem or short story (Christmas theme isn't necessary)
- Attend or listen to a Christmas Concert
- Learn a new carol or a favourite carol in another language
- Get a group together to be wandering carollers and walk the streets singing
- Make edible Christmas tree ornaments – e.g. popcorn tinsel or stained-glass biscuits



### **Smart Phone Advent Calendar:**



Jan Sutch Pickard from the Iona Community writes that, 'Advent is a time of wonder and waiting – but that's not a passive thing. We need to walk into Advent with our eyes open.' This can be done by this simple way of marking the days of Advent.

Each day take a photo of something that makes you wonder, or you find wonder-full. Share the photos with friends and family, particularly those who are apart from you. You might create an album that you can revisit throughout the coming year.

### **Virtual Advent Wreath to share with absent friends and family:**

Most people have friends and family that live some distance from each other. This year particularly people who have family and friends living in other nations will not be able to travel to visit or have them travel here. Invite those people to with you over an Advent Wreath. Invite them to create an advent wreath of four candles and do the same yourself, it doesn't need to be elaborate, and find a small litany that might include the readings for the day, a reflection or poem, and a prayer that you could use as part of the candle lighting. If possible, you could send the makings for the wreath and printed litanies to people.



Set a time on each Sunday in Advent to light the candle and participate in the readings. You may like to choose the time so that you can meet virtually and simultaneously, or you could choose a set time of the day when you know people are likely to have the space, e.g. 5.30pm, and ask them to participate in the ritual at this set time wherever they. You may like to write your own litany or use a published one, there are many available.

### **Watery Advent**

An Advent litany written by Ps Annette Buckley using the imagery of water instead of fire. The idea is to have a 'wreath' with empty glasses instead of unlit candles, and a glass is filled with water each week instead of a candle being lit. If you are interested in this contact CMLA.