

oolor me. **BREATHE IN ADVENT**

It's grae to give TO yourself as much as you give OF yourself.



Shalom, Sabbathing SOULjourner! During this Advent season, I want you to place this calendar where you will see it each day, to notice + nurture + embody each theme in your life as we bless some of our revolutionary mothers of the faith. Whether in grief or gladness of heart, we BREATHE.

Instructions:

Use the [Advent journaling guide](#) to reflect with me + our soul care sistahood on the podcast + blog.

HOPE	<p>oolor me.</p> <p>WEEK 1 Living Waters of HOPE with Tamar</p>	<p>WEEK 1 25 days living waters of buoyancy</p>	<p>WEEK 1 24 days living waters of endurance</p>	<p>WEEK 1 23 days living waters of wisdom</p>	<p>WEEK 1 22 days living waters of integrity</p>	<p>WEEK 1 21 days living waters of audacity</p>	<p>WEEK 1 20 days living waters of commitment</p>	<p>WEEK 1 19 days living waters of listening</p>
PEACE	<p>WEEK 2 Covenant Meal of PEACE with Ruth</p>	<p>WEEK 2 18 days covenant meal of generosity</p>	<p>WEEK 2 17 days covenant meal of gratitude</p>	<p>WEEK 2 16 days covenant meal of honor</p>	<p>WEEK 2 15 days covenant meal of creativity</p>	<p>WEEK 2 14 days covenant meal of forgiveness</p>	<p>WEEK 2 13 days covenant meal of encouragement</p>	<p>WEEK 2 12 days covenant meal of preparation</p>
JOY	<p>WEEK 3 Unspeakable JOY with Mary</p>	<p>WEEK 3 11 days unspeakable joy of strength</p>	<p>WEEK 3 10 days unspeakable joy of perseverance</p>	<p>WEEK 3 9 days unspeakable joy of communion</p>	<p>WEEK 3 8 days unspeakable joy of utterance</p>	<p>WEEK 3 7 days unspeakable joy of praise</p>	<p>WEEK 3 6 days unspeakable joy of lament</p>	<p>WEEK 3 5 days unspeakable joy of rising</p>
LOVE	<p>WEEK 4 Revolutionary LOVE with Rahab</p>	<p>WEEK 4 4 days revolutionary love of the intercession</p>	<p>WEEK 4 3 days revolutionary love of the outsider</p>	<p>WEEK 4 2 days revolutionary love of embodiment</p>	<p>WEEK 4 1 day revolutionary love of solidarity</p>	<p>WEEK 4 Christmas revolutionary love of Emmanuel</p>	<p>Kwanzaa begins Umoja (oo-MO-jah): Unity</p>	<p>Tune in to the Mohawkmomma Soul Podcast to follow along in the Advent + Kwanzaa series.</p>