



# Advent

## BINGO

Read Psalm 22	Write your own psalm	Do Lions Breath	Ask someone for help	Journal prompt: What does lament mean to you?
Help someone else	Journal prompt: What does trust look like to you?	Attend Hanging of the Greens!	Volunteer	Attend or donate to Santa Parade
Watch Elf at the Cabot!	Ponder a dark night of the soul moment in your life and how it changed you	FREE SPACE	Attend Christmas Eve services!	Journal prompt: What does courage look like to you?
Do something that scares you	Do 'Prayer Pose'	Journal prompt: What does JOY look like to you?	Journal prompt: What does balance mean to you?	Set a ten minute timer for prayer
Watch Ang Sang Wahe Guru video	Shop local	Do something that brings you joy	Share your favorite scripture with someone	Take a perceived obligation off your calendar