

## **Advent in Action Calendar: Instructions and Additional Information**

This calendar activity is an initiative of MNO Synod young adults, but anybody of any age is welcome to participate. Join others from throughout the synod with this 'Advent in Action' calendar. Each day (Nov. 29-Dec. 25), follow the instructions on the calendar. Post a photo or story to social media using #mnosynod or #mnosynodadvent. Follow the MNO Synod Facebook page and Instagram accounts (@mnosynod, @mnosynodya) for reminders or messages related to this calendar.

**“Soul Care”:** These simple spiritual/contemplative practices invite a moment of pause and reflection to strengthen your spiritual life. Feel free to replace these suggestions with other spiritual practices that are meaningful to you (lighting a candle, going on a walk, reading a devotional, etc).

**“In the Box”:** In January, drop off collected food items to The Urban (Winnipeg), or a food pantry or food shelf in your community. The items listed are items specifically requested by The Urban, so if your donations will go to another food shelf, consider what might be useful to them. Please be attentive to contact/gathering guidelines and restrictions to protect your safety and that of others.

**“Tally it Up!”:** Keep track of the financial donations throughout Advent, and in January make an electronic donation to MNO Synod through [www.mnosynod.org/donate](http://www.mnosynod.org/donate). Make a note that your donation is part of the “MNO Advent in Action calendar”, and the donation will be combined with others in a donation to CLWR towards a [Mobile Health Clinic](#) in the West Bank. The suggested donation for this gift is \$75.

**“Acts of Kindness”:** Feel free to adjust the Acts of Kindness to simple actions that inspire you or connect with your context and situation.

Questions, pictures or stories can be emailed to Deacon Michelle Collins (mcollins@elcic.ca).