

Suggested items for your Advent Box

1 box of cereal
 1 jar of peanut butter
 1 bottle of apple juice
 1 box of stuffing mix
 1 box of instant potatoes
 1 box mac n cheese
 1 can of fruit
 1 can diced tomatoes
 1 can/package tuna
 1 cake/quickbread mix
 1 jar applesauce
 1 can sweet potatoes
 1 can cranberry sauce
 1 can of baked beans
 1 box crackers
 1 box/package of rice
 1 box oatmeal
 1 box of pasta
 1 jar spaghetti sauce
 1 can soup
 1 can corn
 1 bottle of ketchup
 1 can/box broth
 1 small bag flour or sugar
 1 box instant cocoa

Day 1 Pray for people who work in grocery stores	Day 2 Pray for others who need prayer today—write down their name	Day 3 Pray for hospital workers	Day 4 Take a brief walk and thank God for three beautiful things	Day 5 Pray that you will respond to everyone with kindness
Day 6 Light a candle and pray how you might share God's light	Day 7 Pray for those who have lost jobs and now search for a job	Day 8 Practice gratitude—list things for which you are thankful	Day 9 Pray for firefighters, EMTs and local police	Day 10 Matt 18:21-35 – pray for help to forgive someone who hurt you
Day 11 Pray for our schools, students, teachers and admin	Day 12 Pray for those who are lonely and unable to cope with life	Day 13 Practice waiting ... in silence ... and know God's peace	Day 14 Compliment a stranger today	Day 15 Pray for your mail/delivery persons today
Day 16 When you see road construction people, pray for them	Day 17 Pray for the families living in motels off Limekiln Road	Day 18 When seeing Christmas lights, imagine angels singing for joy	Day 19 Pray for your neighbors by name—learn a neighbor's name	Day 20 Luke 15:11-24 – ask God to forgive you/your wrongs
Day 21 Ask God to help you show respect for all people	Day 22 Pray for our troops and their families	Day 23 Pray for those who are suffering ... Lord in your mercy	Day 24 Write a note to someone you've not seen since March	Day 25 Pray for church nearby, for people to know the love of God

What is a Reverse Advent Calendar?

A Reverse Advent Calendar centers our hearts on giving something rather than receiving something behind a small cardboard door each day.



What if I can't find an item on the list?

If any of these items are not available, please freely substitute your choice.

Should I do this alone?

This can be a time to connect with God alone or you are welcome to share in this giving project as a family or collect items with a friend nearby!

What do I do after I've collected the items?

Please return full boxes to Salem by **Sunday, January 3rd** in the area located just outside the church office door.

What happens to the boxes once they are returned to Salem?

Boxes will be distributed on Thursday, January 7th at the Food Pop-Up.

Advent is ...

The word "Advent" is derived from the Latin word *adventus*, which means "coming." Advent is the four week season of preparation for the celebration of the birth of Jesus Christ at Christmas.

There are several meanings of that word 'coming' described in Advent. The first, and most thought of, 'coming' is when Jesus came into the world as a baby, to grow and live as a man and fulfilled his earthly purpose – the cross and the resurrection. The second meaning of 'coming' is Jesus abiding with us now as he calls us to live and do ministry as followers of his kingdom made real in us – the body of Christ. And the third meaning of 'coming' is when Jesus comes and returns to earth as King and Judge, not a child.

In Advent, we prepare our hearts and homes for Christ's birth through prayer, reflection, music, and good deeds for the birth of Christ. Some people fast during Advent to help them more deeply focus on preparing for the coming of Jesus.

The centerpiece of Advent is the Advent wreath, made of evergreen encircling four candles, with one candle being lit each progressive week until all four candles are lit on the four week. Most Protestant congregations use the color blue for the candles of the Advent. The Roman Catholic Church uses purple for three of the four candles, with one pink or rose candle. Why is one candle pink? Ahhh ... the case of the pink candle. Remember that Advent has its roots in Lent. In Lent, a special Sunday called Gaudete was marked to remind us of the JOY that the world experienced at the birth of Jesus, as well as the JOY that the faithful have reached the midpoint of Advent. Pink in Advent = JOY.



Reverse Advent Box with Prayer

