

Advent Activity Packet

Week 2: Peace



Shalom

Generally, we understand that “Shalom” is another word for “peace.” But it is so much more than that. Shalom is meant to represent Full Peace, or Whole Peace, meaning that Peace should fill your body. In a sense, to wish someone “Shalom” is to wish them wholeness through peace.

Remember, Shalom is part of Judaism, so it is important to use it respectfully, especially with the rise in Anti-Semitism in our society, which is not peaceful.

The Scriptures for this Week

During Advent this year we are using the Revised Common Lectionary. The RCL is a resource that helps us move through scripture and work to cover the Bible over the course of three years. So, for your reviewing pleasure, below are the scriptures for the Sunday of Peace to meditate and reflect on.

- Isaiah 40:1-11
- Psalm 85: 1-2, 8-13
- 2 Peter 3: 8-15a
- Mark 1: 1-8


Living in Peace

The second week of Advent is marked with PEACE.

Peace is often thought of as the idea of harmony, that everything is fine, there is no conflict, no fighting, no arguing, etc... But what if that isn't peace? As creation, we are all unique and we hold different views so we will rarely fully agree (and how boring would that be?). Perhaps, peace is recognizing the sacred in each other and working to make sure we are honoring that sacredness. In fact, shouldn't all that God creates be sacred? Consider that this week as you work to live in Peace.

Weekly Symbols

Each week we will be providing symbols in this advent packet. These symbols are for you to reflect on the meaning of. Make sure to read the scriptures with each symbol. Take some time to write down your reflections and consider sharing them on Sunday Morning!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Rainbow Gen 9:12-16	 Clown Philippians 4:4	 Crown Isa 9:6-7	 Feather Psalm 91:14-15	 Fish Matt 15: 32-38	 Watch 1 Cor 13:12	 Whistle Mark 13: 32-37

Activity: Coloring Peace



The symbol above is a symbol of peace. Take some time to draw on it what peace means to you. Feel free to use various colors or draw various things!! You can also just take some time drawing things that bring you peace or that come to mind when you think of peace on a blank sheet of paper or in the Journal you keep!!

Space for Peace

Create a peaceful space in your home (by the fireplace, Christmas Tree or other cozy space). Decorate with Candles, soothing background music, snacks, warm drinks and/or blankets and pillows. Invite all persons of your household to use the space to relax in a way that suits them.

This could be reading, a crossword puzzle, snoozing, meditating, a puzzle or even playing on a phone/computer. You can do things together, but make sure you are open to letting people use the space as they need to. The goal of this space is to be a space to create peace within ourselves by being able to slow down and recharge/renew. Make sure to make notes on likes and dislikes for next year (or keep the space all year as a re-charge space)

Family Prayer for Peace

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Let it be so. In Jesus' name, amen.

-Prayer of St. Francis of Assisi

~Christmas Around the World~

Fun Facts:

- Because December is actually a summer month in some countries (like Australia), many people celebrate Christmas by having a party on the Beach!!
- In Greece, it's not just trees that are decorated with lights, but boats too!!
- In Ghana, Christmas Eve is celebrated with songs, dancing and drumming- Sometimes for the entire night!!
- In Ukraine, Christmas Eve is marked by a twelve-course meatless dinner, with each course representing one of the twelve disciples.
- In Japan, one popular Christmas tradition is to eat KFC at some point during the holiday. People even make reservations because it gets so crowded!!



Questions For Reflection

- What Makes you feel Peaceful? Or when are you most at peace?
- How have you seen unity or oneness bring peace?
- In what specific ways can you bring peace to someone you know this week?

Fattigman

Norwegian Fried Cookie

4 egg Yolks	2 TBS. Cream
1 Whole Egg	1 Tbsp. brandy
5 Tbsp. sugar	½ tsp. ground cardamom
1 Tbsp. melted butter	Flour

Beat eggs and sugar until very thick and light colored. Add remaining ingredients and blend well. Gradually add flour until dough is stiff enough to roll (about 2.5 cups). Roll very thin. Cut into diamond shapes. Cut slit in center and pull one end through. Fry in hot oil (325 degrees) until light brown. Roll in powdered sugar when cool. Makes 6 dozen

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References Used for this Packet

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