



Advent Calendar 2025

Use this calendar however works best for you! You may wish to prepare by gathering 5 boxes, one for each week of Advent (Hope, Peace, Joy and Love), and the last for Christmas. In these packages you could have items such as stones, leaves, small pieces of paper, seeds, paper strips (for a paper chain), or a candle. Reflect on these symbols of hope, peace, joy, and love each day. You may also want to put some treats in there for your future selves!

Nov 30 [Advent 1]

Open **HOPE** Box: What does hope look like for you? Collect a symbol of hope from your surroundings or take symbols from your box.



Dec 1

How can you share hope with others? Share a symbol of hope with someone today.

[World Aids Day]

2

In your daily life, where is hope needed? Place a symbol of hope in that space.

3

How have you witnessed people being excluded? How can you help work towards full inclusion?

[International Day of Persons with Disabilities]

4

Where do you feel hope is needed in the world? Place a symbol of hope in a prominent spot as a reminder to continually pray for the situation.

5

Give thanks for people and places that have given you hope. If possible, share a symbol of hope with them, or write them a thank-you note.

6

How can we care for each other? Do one hopeful act of caring today

[National Day of Remembrance and Action (Violence Against Women)]

7 [Advent 2]

Open **PEACE** Box: What does peace look like for you? Collect a symbol of peace from your surroundings or take symbols from your box.



[Human Rights Sunday]

8

How can you share peace with others? Share a symbol of peace with someone today.

9

In your daily life, where is peace needed? Place a symbol of peace in that space.

10

In the world, where do people's human rights need defending? Reflect on what you can do to support equal human rights for all.

[Human Rights Day]

11

Who are the peace builders in your community? How can you support them?

12

Learn a traditional song of peace from your community.

13

Light or colour a candle, and spend a minute praying for peace.

14 [Advent 3]

Open **JOY** Box: What does joy look like for you? Collect a symbol of joy from your surroundings or take symbols from your box.



15

How can you share joy with others? Share a symbol of joy with someone today.

16

In your daily life, where is joy needed? Place a symbol of joy in that space.

17

Do three random acts of kindness today.

18

Where do you experience joy? Give thanks for these people and places and leave a symbol of joy there.

19

Turn off the lights and have a 5 minute dance party!

20

Blow bubbles (if safe), place flowers, or add beauty to a place in your life in need of joy.

21 [Advent 4]

Open **LOVE** Box: What does love look like for you? Collect a symbol of love from your surroundings. or take symbols from your box.



22

How can you share love with others? Share a symbol of love with someone today.

23

In your daily life, where is love needed? Place a symbol of love in that space.

24

Have a buy nothing day! Intentionally make something, with love, for someone else.

25

Open **CHRISTMAS** Box: What is a symbol of Christmas for you? Where do you feel most certain that God is with us?

[Christmas Day]



For more ideas visit united-church.ca search "advent unwrapped"