AN ADVENT JOURNAL · 2026–2027

Making Spirits *Brighter*

Familiar Lyrics. Unexpected Truth.



Faith · Peace · Joy · Love

Rev. Kathy Beasley

Unity Spiritual Center near The Villages®

A Note from Rev. Kathy

Dear Friends,

I’m curious about what happens when we give a familiar song our full attention. We can sing a line for years and then, one December, hear it right in the middle of something we’re living. I made this journal to give us a little room to listen for those moments together.

I’m also curious about what happens after we close the journal. Where does faith show up when we have a decision to make? What happens in a conversation when we give peace a breath? Who experiences a little more joy or care because we made time for it?

Take a page at a time. Light a candle, play a song, try a prompt, or start with the word search if that’s what sounds like fun. Some days you may have a whole page in you. Some days one honest sentence will do. You can bring the day you’re having, exactly as it is.

When the music changes and the decorations come down, I hope there’s one thing from these pages you’ll want to keep practicing. Give it a place in a regular Tuesday. That’s where I’m interested in finding out what Advent has opened in us.

I’m glad we get to make this journey together.

With love,

Rev. Kathy

Making Spirits Brighter

Familiar Lyrics. Unexpected Truth.

December has a soundtrack. A song can find you in the grocery aisle and bring back a whole room full of people, right there beside the cranberry sauce. This Advent, we'll spend time with four familiar songs and listen for what they might say about the lives we're living today.

We'll begin with Mary and the faith it takes to say yes while a question is still on your lips. With Joseph, we'll practice the kind of peace that gives us time to respond with care. Elizabeth will remind us how good it feels to be greeted with joy. And with the shepherds, we'll ask what changes when we take the love we've experienced back into our ordinary lives.

Light a candle, read a little, and try one practice during the week. Follow the prompts that make you curious. There are puzzles, a place to doodle, and room to write down a wish you might finally give some time. Bring a pencil and whatever kind of day you're having.

After Advent, we'll make time to release what has run its course and choose an intention for the year ahead. You can come back to the candle in January or any time you need a moment to listen inward and decide what's yours to do next.

An Affirmative Prayer for the Season

I come back to myself as this season unfolds within and before me. The light of Spirit is the life I am, right here among the errands, the memories, and the people I love. I trust the quiet yes within me. I give peace a breath, joy a little time, and love something to do. As the year turns, I bless what is complete and listen for what is mine to live next. And so, it is.

Unity Spiritual Center near The Villages®

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Love’s Pure Light

Mary · Luke 1:26–38

Some of the most important decisions begin with a quiet yes. In Mary’s story, there’s room for a question and a yes in the same conversation. What if that’s how faith feels in real life? You sense something worth saying yes to, ask the questions that matter, and take the next step with what you know today.

From Carol to Practice

Silent Night

Joseph Mohr wrote the poem in Mariapfarr, Austria, in 1816. On Christmas Eve two years later, he brought it to schoolteacher and organist Franz Xaver Gruber, who set it for voices and guitar. They sang it that evening at St. Nicholas Church in Oberndorf. Apparently, “Can you have this ready by tonight?” has been part of church music for more than two hundred years.

Silent night, holy night,
Son of God, love’s pure light,
Radiant beams from thy holy face.

Third verse, English translation by John Freeman Young

The carol gives us a moment when love has a face. Luke takes us back to Mary while her life still holds a question. Her yes gives what she senses within her a place in the world. This week, let one small yes give the love you feel somewhere to go.

A Prayer for Faith

There is room in me for a question and a yes. Like Mary, I can hear something new taking shape in my life and ask what it means. Spirit is present in the asking and in the answering. Today I trust what I know deeply enough to take one honest step. That is how the love I am enters this day. And so, it is.

Vocal Recording · The Tabernacle Choir

Instrumental · Josh Turner Guitar

Song History · Silent Night Association

Verse · Hymnary

Light a Candle for Faith

Light a candle and take a breath. As you notice the glow, think about Mary. She had a question, and her question belonged in the conversation. Yours does, too.

Say Aloud

I trust the wisdom within me and take the next honest step.

Ask yourself, “What is one small yes I can act on this week?” Write it down, along with when you’ll do it. Then blow out the candle.

One Small Yes

Each morning, ask, “What deserves a yes from me today?” Write down one action you can take in ten minutes or less. Make the call, open the notebook, or ask the question. In the evening, jot down what taking that step helped you discover.

After Advent

Return to this ritual whenever a decision needs some breathing room. Light the candle, give your question a little time, and choose one step. Any day of the year will do.

A Note to My January Self

When I feel stuck waiting for certainty, one thing I can remember is…

Journaling Prompts

01 What keeps coming to mind when I have a quiet moment? What about it feels worth exploring?

02 Where am I waiting for an answer that experience might help me find?

03 When have I taken a small step and learned something I couldn’t have figured out by thinking it through?

04 What is one yes I can live out this week? What time or space will it need?

Find the Words

Find these words from “Silent Night.” Look across, down, and diagonally. Some words may run backward.

M	Z	V	P	K	N	O	P	K	B	Q	Z	B
G	U	Q	V	E	C	U	Q	C	T	A	F	K
L	L	D	Y	B	R	F	E	H	O	L	Y	V
Y	I	U	G	E	D	I	G	W	E	T	N	E
L	R	Y	R	E	Y	I	C	D	H	V	A	V
I	A	F	A	Y	R	J	P	G	D	J	B	O
G	D	Y	C	B	I	H	I	P	N	I	Q	L
H	I	D	E	J	S	N	E	K	E	N	G	L
T	A	T	D	M	I	X	M	X	O	A	C	S
E	N	M	A	X	L	X	D	L	C	A	C	P
K	T	K	W	E	E	J	Q	C	A	X	Y	E
W	L	N	N	L	N	A	W	G	K	C	O	D
A	I	E	N	D	T	V	O	Z	L	O	H	N

SILENT · NIGHT · HOLY · CALM · BRIGHT · LOVE
PURE · LIGHT · RADIANT · DAWN · GRACE · PEACE

Clue by Clue

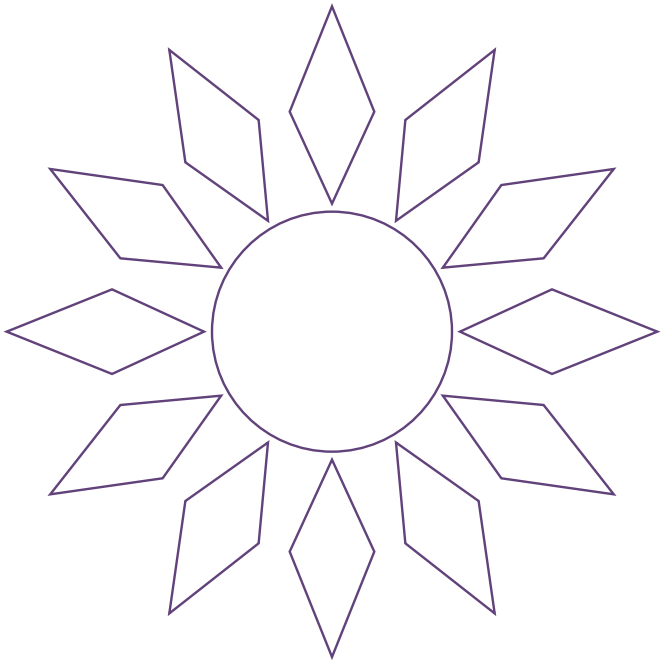
Write one letter in each box. The answers come from the song or Mary’s story.

1. The woman who had a question for the angel. ☐☐☐☐
2. What begins to break at the start of a new day. ☐☐☐☐
3. What the song calls “pure light.” ☐☐☐☐
4. A small word that can change what happens next. ☐☐☐
5. What the song calls “heavenly.” ☐☐☐☐☐

Answer key on page 9.

Color the Light

Pick a color for what you know, one for what you're still wondering, and one for the step you're ready to take. Color a few shapes with each. In the center, write a word you want to remember.



Doodle a Possibility

Draw what your small yes might make possible. Stick figures are welcome. A few lines can say plenty.

Making Room

Imagine you could put a little more trust in what’s possible. What would you make room for? Write a few wishes, from the everyday to the one you usually keep to yourself.

Something I’d love to begin

Something I’d love to ask for

Something I’d love to try, even as a beginner

Give One Wish a Date

Circle the wish you want to spend time with first. Write one thing you can do this week and the day you’ll try it.

Answer Key



Clue by Clue

1. MARY

2. DAWN

3. LOVE

4. YES

5. PEACE

Peace on Earth, and Mercy Mild

Joseph · Matthew 1:18–25

Joseph had a plan for how his life would go. When that plan changed, he had to decide how he would respond and how he would treat Mary. I wonder how many of our own tense moments might change if we gave ourselves a little time between hearing the news and deciding what it means.

From Carol to Practice

Hark! The Herald Angels Sing

Charles Wesley published the original hymn in 1739. George Whitefield revised the opening in 1753, and William H. Cummings later paired the words with music Mendelssohn had composed for a celebration of printing. The familiar carol took shape through several hands and more than a century.

“Peace on earth, and mercy mild”

The carol puts peace and mercy side by side. In Matthew, Joseph has a decision to make about Mary. A dream opens another possibility, and he changes course. The next time you’re sure you know what someone meant by a text, try asking one honest question. That little pause can change what happens between you.

An Affirmative Prayer

I return to the peace within me before I reply. In that breath, I remember how much of a story can change when I hear one more sentence. The wisdom of Spirit is here in the space between what I hear and what I do. I let mercy shape my next words, and I leave room for a different ending. And so, it is.

Listen to the Song

Song History **Vocal Recording** **Instrumental Recording**

Candle Ritual and Practice

Affirmation

I make room for peace and choose my response with care.

The Ritual

Light a candle and take a breath. Think of one conversation you've been replaying. Say the affirmation, then ask what you know and what you're filling in. Write a question you could ask with care. Extinguish the candle.

A Pause Before the Reply

Once a day, pause before answering a message, responding to a request, or continuing a tense conversation. Take one easy breath and ask, "What do I know, and what am I filling in?" Choose one response that honors your needs and the other person's dignity. A clarifying question counts.

Journaling Prompts

01 Where in my life am I quickest to fill in the blanks about someone else's intentions?

02 What is a conversation I could enter with a good question instead of a rehearsed reply?

03 What boundary or honest request would give me more room to breathe this week?

04 What changed in my words or my tone when I gave myself a moment to choose?

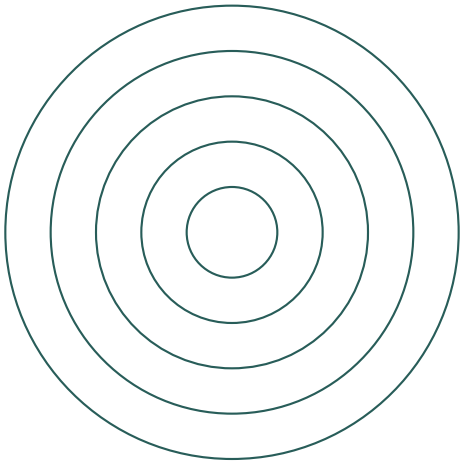
Making Room

A conversation I’d love to approach differently

A boundary that would give me room to breathe

Colored Pencils

Use one color for what you know, one for what you’re imagining, and one for what you’d like to ask. Place those colors in the rings in any order.



Doodle

Sketch a place where you can hear yourself think.

Find the Words

Find these words from the song. Look across, down, and diagonally. Some words run backward.

Z	S	R	X	Y	Y	P	Y	Y	S	O	H
A	T	C	D	J	D	E	D	O	A	V	P
V	K	G	M	I	A	L	L	L	Z	E	M
A	X	Q	U	R	I	C	X	K	C	C	R
N	R	J	T	M	J	J	O	E	Y	A	U
G	W	H	W	S	O	J	A	W	C	E	L
E	L	O	N	C	Y	M	S	R	R	P	P
L	D	N	Q	Z	F	Y	T	P	E	M	Q
S	I	N	S	P	U	Q	Q	Z	M	A	S
H	Y	E	B	W	L	Q	V	D	W	T	N
G	N	I	S	P	E	P	H	D	U	W	O
V	P	W	Y	R	O	L	G	R	I	R	M

PEACE · MERCY · MILD · ANGELS · EARTH · GLORY · SING · JOYFUL

Clue by Clue

Write one letter per box. Use the song, story, or practice to help you.

1. Peace and this quality stand side by side in the refrain. ☐☐☐☐☐

2. He had a dream in this week’s story. ☐☐☐☐☐☐

3. The carol invites us to listen with this old word. ☐☐☐☐

Answer key on page 14.

Peace Answer Key



Clue by Clue

1. MERCY

2. JOSEPH

3. HARK

Oh What Fun!

Elizabeth · Luke 1:39–56

When Mary arrives, Elizabeth’s joy turns into a greeting. There’s something generous about that. Think of how it feels when someone’s voice changes because you walked in the room. Joy can begin in a moment as ordinary as that, and there’s room for it even on a day when we have plenty on our minds.

From Carol to Practice

Jingle Bells

James Pierpont’s song appeared in print in Boston in 1857 as “The One Horse Open Sleigh.” The sheet music calls it a “sleighing song” and lists it as arranged for piano. The verses get some comedy out of the ride itself, including a spill. Apparently, a good outing and a graceful one are two different things.

“O what fun it is to ride”

The song invites us along for the ride. Elizabeth does something similar when Mary arrives and her greeting turns into a blessing. Think of someone whose whole voice changes when you call. This week, give someone the pleasure of hearing that delight in yours.

An Affirmative Prayer

I know the joy of being welcomed by someone whose whole voice changes when I call. The same joy is alive in me. I give it a little time today, even in the middle of everything else I’m feeling. I can laugh, linger over a song, or greet someone the way Elizabeth greeted Mary, with the delight of having them here. And so, it is.

Listen to the Song

Song History **Vocal Recording** **Instrumental Recording**

Candle Ritual and Practice

Affirmation

I give my attention to what delights me, and I share my joy freely.

The Ritual

Light a candle and remember something that made you laugh or smile recently. Give the memory a full breath. Say the affirmation and write down one delight you can make time for this week. Extinguish the candle.

Give Delight a Minute

Once a day, spend a full minute with something you enjoy. Play a favorite song, savor the first sip of tea, or linger over a funny memory. Notice the detail that makes it yours. Before the week ends, tell someone about a moment they made more joyful.

Journaling Prompts

01 What has made me laugh or smile lately? What do I remember about that moment?

02 What did I once do simply because it was fun? How could I make a little room for it now?

03 Whose presence delights me? What would I love for them to know about the difference they make?

04 Where did joy find me this week, even with other feelings present?

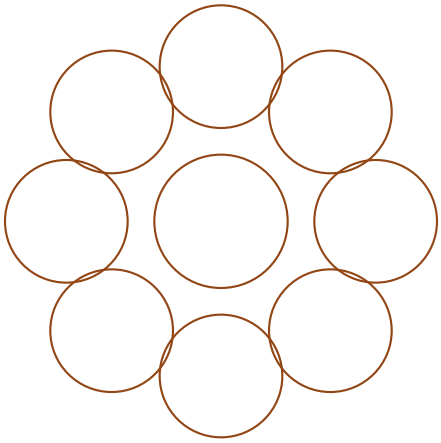
Making Room

Something I’d love to do just for fun

Someone I’d love to share a little joy with

Colored Pencils

Give a circle to each small delight you can name. Pick its color and write or draw the delight inside it.



Doodle

Sketch something that made you laugh, even if your drawing makes you laugh again.

Find the Words

Find these words from the song. Look across, down, and diagonally. Some words run backward.

F	L	B	T	F	I	J	V	T	C	U	V
K	J	E	S	D	L	E	I	F	C	I	Y
U	I	L	E	L	G	N	I	J	N	Q	H
F	X	L	K	L	H	M	O	M	F	Z	O
L	X	S	Z	K	T	D	Y	G	Y	B	K
W	R	I	D	E	P	I	Q	D	I	Y	N
O	N	M	S	H	G	I	E	L	S	U	C
N	Y	F	I	S	C	C	L	Z	F	U	T
S	R	X	Y	Q	N	C	A	P	H	G	B
D	J	S	U	Y	Q	V	U	C	R	A	S
U	D	T	E	K	O	A	G	E	A	A	U
K	U	L	Q	J	Q	M	H	P	O	G	M

JINGLE · BELLS · SLEIGH · SNOW · FIELDS · LAUGH · RIDE · FUN

Clue by Clue

Write one letter per box. Use the song, story, or practice to help you.

1. These make the sound in the song’s title. ☐☐☐☐☐

2. Mary’s relative who greeted her with joy. ☐☐☐☐☐☐☐☐☐

3. The vehicle in Pierpont’s original title. ☐☐☐☐☐☐

Answer key on page 19.

Joy Answer Key



Clue by Clue

1. BELLS

2. ELIZABETH

3. SLEIGH

From Now On

The shepherds · Luke 2:1–20

The shepherds return to their ordinary lives after a night they'll remember. The work is familiar, and they have something new to say about what they've experienced. As Advent comes to a close, imagine returning to your own familiar places with one small change in how you show up for yourself or someone else.

From Carol to Practice

Have Yourself a Merry Little Christmas

Hugh Martin and Ralph Blane wrote the song for the 1944 film Meet Me in St. Louis, where Judy Garland sings it to comfort her younger sister. The family expects to leave St. Louis, and the child is afraid of losing the life she knows. An early draft was bleaker. The film version gives the sadness room and offers the sisters something to hold onto together.

"From now on"

Those three words turn our attention toward what happens next. Garland's character offers her sister comfort right where they are. The shepherds take what they've experienced back to familiar work. When you return to your routine, let love take a form someone can feel: a call you make, a chair you pull up, or a promise you keep.

An Affirmative Prayer

I am the love that remembers how you take your tea. That's one way the Divine becomes familiar in this world. Like the shepherds, I return to the life I know with something worth sharing. Today I choose one act of care and give it an actual time. Someone gets to experience the love I am because I showed up. And so, it is.

Listen to the Song

Song History **Vocal Recording** **Instrumental Recording**

Candle Ritual and Practice

Affirmation

The love I am takes shape in what I do.

The Ritual

Light a candle and bring to mind someone who helped you feel cared for. Say the affirmation. Write down a gesture you can offer someone this week, including yourself, and give it a place on your calendar. Extinguish the candle.

Put Love on the Calendar

Choose one relationship, including the one you have with yourself. Pick a gesture of care you can repeat after Christmas. Make it specific and give it a place on your calendar. Try it once this week and notice what happens when care becomes something you can count on.

Journaling Prompts

01 When did I feel genuinely cared for this year? What did someone do that made the difference?

02 Where would I welcome more care in my own life? What specific request could I make?

03 Who could use some of my attention this week? What can I give freely and follow through on?

04 When the holidays are over, what do I want a regular Tuesday to feel like? What could I practice that would help?

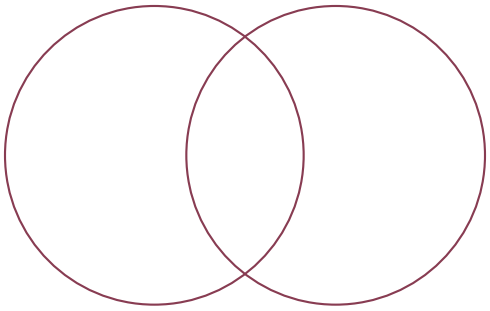
Making Room

A way I’d love to be cared for

A way I’d love to show up for someone

Colored Pencils

Give one circle to care you receive and one to care you offer. In the overlap, write or draw an act of love you’ve experienced both ways.



Doodle

Draw a small gesture of care you’d remember a month from now.

Find the Words

Find these words from the song. Look across, down, and diagonally. Some words run backward.

E	L	T	T	I	L	V	A	G	J	T	T
L	Q	Y	A	S	Q	T	R	B	T	G	A
A	J	P	R	D	S	F	E	J	V	H	N
Q	V	T	A	R	R	O	C	P	Y	F	N
M	K	Y	Y	I	E	T	H	G	I	R	B
U	S	H	E	L	S	M	G	R	F	L	H
I	A	N	X	H	P	V	Q	P	J	H	L
W	D	Z	E	P	F	S	Z	O	Q	R	V
S	H	A	X	D	B	X	X	P	U	S	G
X	R	X	C	H	R	I	S	T	M	A	S
T	I	U	M	O	Y	V	L	Y	E	R	Z
I	Q	G	N	N	D	T	S	Y	U	V	M

MERRY · LITTLE · CHRISTMAS · HEART · BRIGHT · FRIENDS · DAYS

Clue by Clue

Write one letter per box. Use the song, story, or practice to help you.

1. The people who went back to their fields after visiting the child. ☐☐☐☐☐☐☐☐☐

2. What love makes tangible through a small gesture. ☐☐☐☐

3. The opposite of dim in the song’s opening verse. ☐☐☐☐☐☐

Answer key on page 24.

Love Answer Key



Clue by Clue

1. SHEPHERDS

2. CARE

3. BRIGHT

A Place for the Light

On Christmas Eve, everything can feel close to the surface. There’s joy at the table, a familiar ache where someone used to sit, or the quiet relief of finally being home. In Luke’s story, the child comes in the middle of an ordinary night. Whatever this night brings, there is room here for you.

An Affirmative Prayer

I sit with the light for one more breath. I hold the names I love, the ones I can say across the room and the ones I say quietly now. Spirit is present in the love I feel and in the ache that belongs to it. Everything I bring to this night has a place here, including me. And so, it is.

A Simple Practice

Light a candle and listen to “Silent Night” using the recording in Week 1. When the song ends, sit for one more breath. Speak the name of someone you’re holding in love, including yourself. Extinguish the candle.

Write a Line to Remember

What would I like to make room for tonight?

Love Has a Place Here

The shepherds go looking for a child and return with something to share. Christmas can happen that way in a kitchen, in a phone call, or in the pleasure of someone remembering how you take your tea. There are many ways to give the love within you a place in this day.

An Affirmative Prayer

I recognize the sacred in the ordinary life of this day. I receive the warmth of a voice, a seat at the table, or a moment of quiet that is mine. The love I am has hands and a voice today. Through a small thing I do with care, someone can feel that there is a place for them here. And so, it is.

A Simple Practice

Choose one little act of care. Make the call, save a place for someone, or give yourself ten quiet minutes. Later, write down one thing that made the day feel like Christmas to you.

Write a Line to Remember

Where did I experience love today? What made it feel real?

New Year’s Eve / December 31, 2026

What I’m Ready to Put Down

A bowl of water and a slip of paper

Some things deserve a thank-you before we put them down. An old habit may have helped us through a hard season. A role may have given us somewhere to belong. We can honor what it gave us and recognize when our life is asking for something different.

Listen Again

Silent Night

Return to the carol from Week 1, first sung with guitar on Christmas Eve in 1818.

“Sleep in heavenly peace”

The carol ends its opening verse with rest. Let that sound remind you what it feels like to put one thing down and leave it there for a breath.

An Affirmative Prayer

I bless the part of me that learned to do what it took to get through. I thank it for getting me here. As this paper softens in my hands, I recognize the freedom of Spirit in me to choose again. The room I make is mine to live in. I breathe here for a moment and let it feel like mine. And so, it is.

Listen to the Song

Song History **Vocal Recording** **Instrumental Recording**

New Year’s Eve / December 31, 2026

A Bowl for What’s Complete

Affirmation

I bless what has served me and make room for what serves my life now.

The Ritual

Set out a bowl of water and a small piece of plain, uncoated tissue. With a pencil, write a word for what you’re ready to release. Say the affirmation, then lower the tissue into the water. As it softens, gently pull it apart with your fingers. Pause long enough to name what you’re making room for. Scoop out the wet paper and put it in the trash.

Make Room in One Ordinary Place

Over the next few days, notice when the old pattern asks for your attention. Try a small response that matches the space you’re making. You might leave one evening free, let someone help, or answer a request after taking time to think.

Journaling Prompts

01 What did this pattern once give me or protect?

02 How do I recognize when I’m picking it back up?

03 What do I have more room for when I put it down?

New Year’s Eve / December 31, 2026

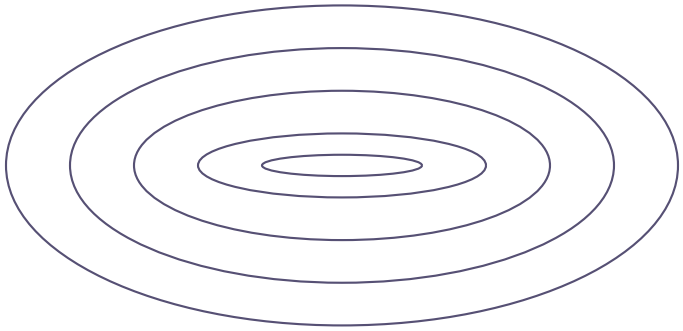
Making Room

Something I’d love to have more room for

One way I’d love to use that space this week

Colored Pencils

Start in the center with a color for what you’re releasing. Work outward with colors for what you’ll have room for. Leave a little space white if you’re still discovering what belongs there.



Doodle

Draw your hands after they’ve put something down. What could they reach for now?

Find the Words

Find these words from the song. Look across, down, and diagonally. Some words run backward.

J	K	E	X	Q	M	Z	O	M	P	R	H
I	U	C	A	Q	D	T	P	F	G	B	S
H	A	A	S	D	H	W	M	J	I	R	L
V	Y	E	Y	G	D	S	J	T	C	I	C
D	H	P	I	H	J	A	N	P	G	L	M
K	Z	N	P	G	E	C	W	H	P	B	O
Z	C	O	C	T	C	T	T	N	Y	F	Z
L	L	P	R	N	A	O	Z	L	A	W	M
A	G	A	J	E	R	G	O	E	K	G	L
J	M	X	J	L	G	H	X	Y	P	X	A
F	D	Z	T	I	D	H	U	Q	T	V	C
H	K	T	Z	S	X	Q	M	P	W	T	Y

SILENT · NIGHT · HOLY · CALM · LIGHT · PEACE · DAWN · GRACE

Clue by Clue

Write one letter per box. Use the song, story, or practice to help you.

1. What the tissue softens in. ☐☐☐☐☐

2. What the song describes as heavenly. ☐☐☐☐☐

3. What becomes available when I put something down. ☐☐☐☐

Answer key on page 31.

Release Answer Key



Clue by Clue

1. WATER

2. PEACE

3. ROOM

New Year’s Day / January 1, 2027

From Now On, I Choose…

An intention for the life you’re living

Before you choose a word, turn back through these pages. Look for the sentence that still feels alive to you. Maybe it’s the question you finally asked, the person who brought you joy, or the quiet that came after you put something down. Your next intention can begin right there.

Listen Again

Have Yourself a Merry Little Christmas

Return to the song Judy Garland sang in Meet Me in St. Louis. The words that named our week of love now give us the start of a sentence.

“From now on”

Take a second before you finish it. Think about a regular day in January. What quality would you like someone to experience in the way you live that day?

An Affirmative Prayer

I hold this word in my hand and feel the life it asks of me. Spirit expresses as me in the familiar places where I’ll practice it. I give my word a time and a place today. When I meet it again on the kitchen counter or in my pocket, I remember that I can begin with the very next thing I do. And so, it is.

Listen to the Song

Song History **Vocal Recording** **Instrumental Recording**

Candle Ritual and Practice

Affirmation

I choose how I want to show up, and I give that choice a place in my day.

The Ritual

Light a candle. Say the affirmation and finish the sentence “From now on, I choose to practice…” Write one word from your answer on a card, or on a smooth white stone if you have one. Read the word aloud, name one way you’ll live it tomorrow, and put it where you’ll find it. Extinguish the candle.

Give Your Word an Appointment

Choose a time to live your intention this week. If your word is “listen,” you might put your phone away during a conversation. Check in a week later. Ask where the word showed up and what would help you keep practicing.

Journaling Prompts

01 Which line from this journal still feels alive to me?

02 How would someone experience my intention in an ordinary conversation?

03 When will I return to this page to notice how it’s going?

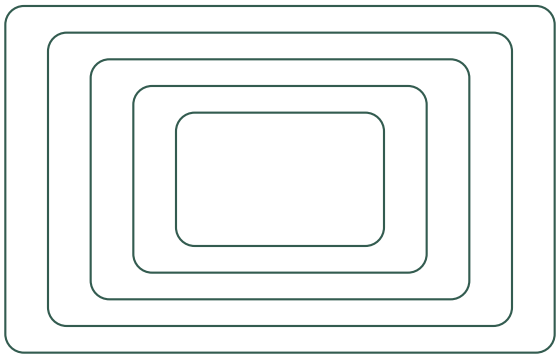
Making Room

The quality I’d love to bring into January

One small thing I’d love to do with that quality this week

Colored Pencils

Put your word in the center. Give each band a color for a place you can live it, such as home, work, or a conversation with someone you love.



Doodle

Sketch a regular day with your intention somewhere in it. Give it a time, a place, or a person.

Find the Words

Find these words from the song. Look across, down, and diagonally. Some words run backward.

M	E	R	R	Y	O	N	M	S	E	X	T
J	C	S	N	B	Y	Q	A	G	O	Q	M
L	H	Q	R	R	M	M	E	H	M	I	D
G	P	P	V	R	T	E	T	R	S	S	J
K	X	D	T	S	Z	L	S	R	X	D	S
I	P	Z	I	H	K	T	X	V	A	N	E
G	K	R	P	R	G	T	G	V	H	E	D
I	H	L	B	S	F	I	F	G	H	I	H
C	G	H	Y	B	R	L	R	V	Y	R	U
S	C	A	B	F	D	D	B	B	B	F	R
O	D	P	T	O	W	M	A	A	T	O	L
I	G	W	X	M	X	N	M	B	U	N	L

MERRY · LITTLE · CHRISTMAS · HEART · BRIGHT · FRIENDS · DAYS

Clue by Clue

Write one letter per box. Use the song, story, or practice to help you.

1. The simple object you might write your word on in the ritual. ☐☐☐☐☐

2. “From now on, I ___ to practice…” ☐☐☐☐☐☐

3. The month when you can try your intention on an ordinary day. ☐☐☐☐☐☐☐

Answer key on page 36.

Intention Answer Key



Clue by Clue

1. STONE

2. CHOOSE

3. JANUARY

Closing Words

Take It with You

The decorations will come down, and there will be a day when the radio plays something else. The life you practiced here goes with you. You can say a small yes in February, make room for peace before a difficult conversation, give an ordinary afternoon a little joy, or turn a loving thought into a phone call.

Put your word somewhere you'll find it. When you do, give yourself a breath and ask where it might show up today. And when you need a place to begin again, light the candle.

One Last Note to Myself

When I need a place to begin again, I want to remember…