


RHYTHMS AVENT Calendar

Random Acts of Kindness—one a day

Smile at a stranger	Turn a negative thought into gratitude	Pay someone a compliment	Buy a friend a coffee	Write a card for someone
Offer to help someone	Do something that makes you happy	Donate to the foodbank	Say thank you	Send an encouraging text message
Send someone a small gift	Go on a prayer walk	Invite someone to a Christmas service	Donate to a charity shop	Give someone your time to really listen
Buy a gift for a children's charity	Make cookies for someone	Let someone go in front of you	Be less judgemental today	Pray for the homeless
Take a walk look afresh at creation	Wish someone Merry Christmas	Share a bible verse		
Thank God for the gift of Jesus				

MERRY CHRISTMAS

do justice, love kindness,
and ...walk humbly with your God—MICAH 6:8