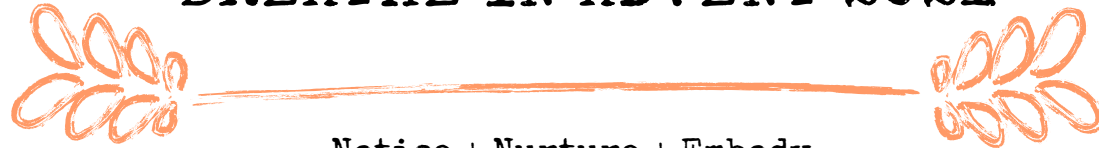


BREATHE IN ADVENT 2021



Notice + Nurture + Embody

Shalom, Sabbathing SOULjourner! During this Advent season, I want you to place this calendar where you will see it each day, to notice + nurture + embody each theme in your life as we bless some of our revolutionary mothers of the faith.

Instructions:

Use the [Advent journaling guide](#) to reflect with me + our soul care sistahood each Sunday of Advent on the podcast + blog.

HOPE	WEEK 1 Living Waters of HOPE with Tamar	Nov 28 SUNDAY living waters of buoyancy	Nov 29 MONDAY living waters of endurance	Nov 30 TUESDAY living waters of wisdom	Dec 1 WEDNESDAY living waters of integrity	Dec 2 THURSDAY living waters of audacity	Dec 3 FRIDAY living waters of commitment	Dec 4 SATURDAY living waters of listening
PEACE	WEEK 2 Covenant Meal of PEACE with Ruth	Dec 5 SUNDAY covenant meal of generosity	Dec 6 MONDAY covenant meal of gratitude	Dec 7 TUESDAY covenant meal of honor	Dec 8 WEDNESDAY covenant meal of creativity	Dec 9 THURSDAY covenant meal of forgiveness	Dec 10 FRIDAY covenant meal of encouragement	Dec 11 SATURDAY covenant meal of preparation
JOY	WEEK 3 Unspeakable JOY with Mary	Dec 12 SUNDAY unspeakable joy of strength	Dec 13 MONDAY unspeakable joy of perseverance	Dec 14 TUESDAY unspeakable joy of communion	Dec 15 WEDNESDAY unspeakable joy of utterance	Dec 16 THURSDAY unspeakable joy of praise	Dec 17 FRIDAY unspeakable joy of lament	Dec 18 SATURDAY unspeakable joy of rising
LOVE	WEEK 4 Revolutionary LOVE with Rahab	Dec 19 SUNDAY revolutionary love of the intercession	Dec 20 MONDAY revolutionary love of the outsider	Dec 21 TUESDAY revolutionary love of embodiment	Dec 22 WEDNESDAY revolutionary love of fasting	Dec 23 THURSDAY revolutionary love of stillness	Dec 24 FRIDAY revolutionary love of solidarity	Dec 25 SATURDAY revolutionary love of Emmanuel

Tune in weekly to the [Mohawkmomma Soul Podcast](#) to follow along + align your soul.