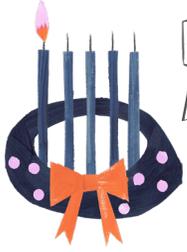


A "LESS IS MORE" CHRISTMAS

Week One



Hope Devotional (page 4)

Make

Cut paper snowflakes and hang them in your front windows

Body Meditation (page 5)



Awesomeness

Go around the dinner table and list 3 awesome things that gave you hope this week

Less is More

Organize a gift drawing with your friends and family, where each person gives just one gift to one other person on the list (or give a donation to a nonprofit in the recipient's honor, or both)

Create

Make a holiday playlist together



Week Two



Body Meditation (page 5)

Peppermint

Take a hot bath with peppermint essential oils, or make a hot chocolate and stir it with a candy cane (peace is closer than you think!)



Peace Devotional (page 7)



Wish Lists

If you're buying presents this year, have each person in your family fill out a "Family Christmas Wish List" (page 9)

Feast of Saint Nicholas December 6 (page 8)



Stargaze

Go on a winter night walk and stargaze with the shepherds

Peace Prayer

Go around the dinner table and lift up 3 countries, families, or situations that need peace today. Take a deep breath in, and together imagine breathing out God's peace that passes all understanding...

Week Three

Joy Devotional (page 10)

Simplify

Forget the cheese balls and countless kinds of cookies; this year, focus on a few simple foods that give your family joy



Feast of Saint Lucia December 13 (page 11)



Sing!

Make a video of everyone singing their favorite Christmas song, and send it to someone you love

Joy

Go around the dinner table and list 5 people who give you joy

Body Meditation (page 5)

Light a candle and breathe (it's almost always enough!)



Gift Giving

Take a cue from the Magi and buy only three gifts per kid

Week Four

Love Devotional (page 12)

Love Letters

Draw names and have each person write a "love letter" for one other family member (you can read them on Christmas morning!)



Gratitude List (page 14)

Love

Go around the table and say 5 things you love about yourself



Body Meditation (page 5)

Self Care Check-In (page 13)

Pray

Bring all the Christmas cards you've received to the dinner table one night, and say a little prayer for each person, family, and pet



Christmas Eve Devotional (page 16)

