

Reverse Advent Calendar



<p>This year let's focus on what we can give rather than what we will receive! This advent calendar is designed to help you collect things needed for your local food pantry or shelter. Find a box and start collecting the items listed. (Please no glass items.) In addition to collecting things to give away you will collect faith and care practices throughout these 25 days! Don't get stuck on one day if it does not work for you. Just skip it and pick back up on the next day.</p>							<p>1. Canned green beans and/or canned corn</p>
<p>2. Focus your prayers today on farmers, crop workers, and migrant workers.</p>	<p>3. Dishwashing detergent</p>	<p>4. Find an extra chore or task you can do today to help someone.</p>	<p>5. Macaroni and Cheese</p>	<p>6. Compliment someone today. It may feel cheesy to you, but it could make their day!</p>	<p>7. Peanut Butter</p>	<p>8. Every time you eat today be sure to thank the person(s) who assist(s) you in being fed – even if it is yourself!</p>	
<p>9. Baby wipes</p>	<p>10. Find a baby/younger picture of yourself and take a moment and be thankful for those who have helped you grow.</p>	<p>11. Laundry detergent</p>	<p>12. Do something kind for a neighbor. You can shovel their walk or write a nice note/card.</p>	<p>13. Chicken Noodle Soup</p>	<p>14. Focus your prayers today on those who are sick. Take a minute to send them a note to let them know you are praying.</p>	<p>15. Plastic water glasses</p>	
<p>16. Pay attention to all the times you use water throughout the day. Give thanks for water every time you use it.</p>	<p>17. Oatmeal packets</p>	<p>18. What's for breakfast? Take time during your first meal of the day to give thanks for those you will encounter online or in your space.</p>	<p>19. Can opener</p>	<p>20. Turn off the lights and light a candle. Give thanks for all those who work to bring electricity and other services to your home.</p>	<p>21. Can of your favorite soup</p>	<p>22. Who are your favorite people? Reach out to them and let them know that they are loved with a kind word, text, note, or call.</p>	
<p>23. Scrub brushes or sponges to wash dishes</p>	<p>24. Send a note or goodies to a nurse, doctor, or medical professional to let the know how much you appreciate their hard work.</p>	<p>25. Your favorite cereal or non-refrigerated breakfast item</p> <p>Merry Christmas!</p>	<p>You did it! Congratulations on collecting items needed and taking time to develop a grateful spirit throughout the season.</p> <p>Contact your local food pantry or shelter to see when you can drop off the items you have collected.</p> <p>Some of this calendar was adapted from resources from Crossover Downtown Outreach Ministry (https://www.crossoverministryflint.org).</p>				