



Advent

December 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Mission Service	2 Learn about the work of Global Ministries (www.UMCMission.org) and ways you and your church can get involved.	3 Learn about covenant relationships (www.mtnskyumc.org/missionaries) with UM missionaries or participate in a UM Volunteers in Mission Team (https://umvimwj.com).	4 Talk with others in your church to explore how you can increase your involvement in mission service or connect with others who are involved.	5 Read Micah 6:8. How does this Scripture relate to ways you might seek to serve others?	6 Send an email to a missionary connected to the Mountain Sky Conference (mtnskyumc.org/missionaries) thanking them for their service.	7 Identify one thing you can commit to doing or learning in the next month related to the work of the missionary you emailed yesterday.	8 Consider participating in a UM Volunteers in Mission team (https://umvimwj.com) or establishing a covenant relationship with a UM missionary (mtnskyumc.org/missionaries).	
	Community Issues	9 Consider how you might expand your relationships with people in your community. Who are the people in your community in need of care and mutual respect?	10 Have a conversation with someone you know and identify one issue you both care about that impacts your community.	11 Learn/research some basic facts about the issue impacting your community you identified yesterday.	12 Read Matthew 25:35-36. How does this Scripture influence your engagement with individuals in your local community?	13 Schedule a meeting with a community leader (teacher, city council member, nonprofit staff, etc.) to learn first-hand about how the issue you chose Monday impacts your community.	14 Share with a friend or family member about the issue you are learning about. Invite this person to go with you to the meeting with the community leader.	15 Identify one thing you can do today that will benefit those impacted by the issue you are learning about.
Mental Health		16 "No person deserves to be stigmatized because of mental illness." Learn more about what The UMC believes and pledges to do about mental health. UM Social Principles ¶162.X	17 Learn more about mental health and how you and your congregation can be welcoming and supportive of persons and families living with mental health issues. www.nami.org/faithnet	18 Do you or someone you know have a mental health issue that isn't being addressed? Have you reached out for help? Who might be someone who could assist you?	19 The United Methodist Church affirms Romans 8:38-39, "Nothing can separate us from the love of God." How does this Scripture help you understand struggles with mental health?	20 Learn about Mental Health First Aid and how you and others in your community can be trained. www.mentalhealthfirstaid.org	21 Is information about finding help for mental health issues readily available in your church, workplace, school or other community gathering places? If not, what can you do to ensure it is easily available?	22 Save the Mental Health Crisis Services hotline number in your phone in case you or someone else ever needs it. 844-493-8255
	Christmas	23 Read Romans 12:4-8. Consider what gifts you have been given and where you might be called to serve others in the coming year.	24 Christmas Eve: Light a candle and pray for those in mission service, those struggling in your community, and those facing mental health challenges.	25 Merry Christmas! Celebrate today the birth of Christ!				<h3>COMMUNITY ENGAGEMENT</h3> <p>Living Faithfully Acting Courageously Loving Boldly</p>
							<p>If you have any questions about this Advent calendar, please email Laurie Day, Director of Community and Congregational Engagement, at lday@mtnskyumc.org.</p>	