

Online Advent Study

Yearning for Awakening

An online advent calendar guide to build your awareness of bias in wanting to affect change in ourselves and in the world.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 27, 2022	November 28, 2022	November 29, 2022	November 30, 2022	December 1, 2022	December 2, 2022	December 3, 2022
Envisioning Justice and Understanding Bias Theme: What is an ideal world? Does bias exist? What, me biased? Focus Text: Isaiah 64: 1-6 Reading Link	What does an ideal word look like? Creativity is a plus as we gather items to represent our ideal world (collage, picture, music, a list of characteristics, etc.). How does this world look in a perfect light? What role does justice play in this world? Who is included? Listen to this hymn, " Draw the Circle Wide " that envisions everyone included and standing side by side. Draw the Circle Wide	Peanut Butter and Jelly?? What does a peanut butter and jelly sandwich have to do with racism and bias? Learn more about bias by watching this video. PB&J Link	Bias is Natural Let's dig deeper and learn more about biases. Watch this video to learn about bias and removing bias. 12 Cognitive Biases Explained- How to Think Better and More Logically Removing Bias 12 Cognitive Bias Explained	Take this online implicit bias test https://implicit.harvard.edu/implicit/takeatest.htm Activity What surprised you or didn't surprise you about the results? of being a Domino, making change Maybe something is already made we can use as a planning guide or reflection items Click Link Here	Based on Isaiah 64: 1-6 Holy God, You are the God of heavens and mountains. Take our inequities away like a leaf carried off by the wind. Help us to see your vision of justice for the world. Lead and guide us so that we may challenge bias in ourselves and in others. In Jesus's name we pray. Amen. Watch <i>The Hate U Give</i> -PG13 (scenes on YouTube; full movie on HULU) based on the YA novel by Angie Thomas and complete the attached worksheet about bias. "It is not enough to be non-racist ; we must be anti-racist."--Angie Thomas Ijeoma Oluo described anti-racism as "the commitment to fight racism wherever you find it, including in yourself". Angie Thomas Website Link	
December 4, 2022	December 5, 2022	December 6, 2022	December 7, 2022	December 8, 2022	December 9, 2022	December 10, 2022
Comfort and Change Theme: Through the comfort we have in God, we are renewed and changed like the grass in the fields. Focus Text: Isaiah 40: 1-11 Reading Link	Celebrate the process of change and renewal by planting an amaryllis bulb for Christmas, start a journal, revise a paper, get out and try something new. How does God renew you? How are "comfort and change" related in your personal experience? God of Glory and Change	Listen to the hymn " God of Glory and Change ". The lyrics speak of the process of change being a means to celebrate diversity. Change leads us often out of our comfort zones. The hymn reminds us to cast our doubts and fears onto God who is always creating and renewing the world. What fears exist when confronting racial bias? For additional information, read the article at https://www.psychmechanics.com/fear-of-change/ . God of Glory and Change	Seeing things differently is a good thing! Change is good yet hard to walk through. Learn about the process of change here Transtheoretical Model and Stages of Change Transtheoretical Model and Stages of Change	One of the ways to fight implicit bias is through micro-affirmations. Micro-affirmations are small acknowledgements of another person's value. It's a subtle act of inclusion and kindness. Make a "not so random" act of kindness today to share micro-affirmations with others. Watch the short video below for more information. Top 5 Positive Micro-behaviors	Prayer based on Isaiah 40: 1-11 Loving God, You continue to create and renew the world. Sustain us in our process of change, growth and learning about racial bias. Bring comfort to all those who are affected by bias. In Jesus' name we pray. Amen. Watch <i>The Hate U Give</i> -PG13 (scenes on YouTube; full movie on HULU) based on the YA novel by Angie Thomas and complete the attached worksheet about bias. "It is not enough to be non-racist ; we must be anti-racist."--Angie Thomas Ijeoma Oluo described anti-racism as "the commitment to fight racism wherever you find it, including in yourself". Angie Thomas Website Link	
December 11, 2022	December 12, 2022	December 13, 2022	December 14, 2022	December 15, 2022	December 16, 2022	December 17, 2022
Good News and Action Theme: Through God's love of justice and the oppressed, action is possible. We are called by God to seek peace and justice in word and action. Focus Text: Isaiah 61: 1-4, 8-11 Reading Link	"The Urgency of Intersectionality" Intersectionality is the interconnected nature of race, class, gender, etc. To understand taking action it is vital to understand the critical nature of intersectionality. Watch Kimberle' Crenshaw's Ted Talk on "The Urgency of Intersectionality", God understands the full impact of intersectionality and brings good news of deliverance to all. What are your own identities, privileges, groups, and positions that intersect or overlap? Who are the people/groups with power and privilege? Have the groups changed over time? How do you contribute to the marginalization of a group? How can you take different action? Is bias involved? If so, how? The Urgency of Intersectionality	Talking with Children One of the most common action items with racial bias is to talk about it especially with children. PBS kids has a video with all of their favorite characters having open and honest conversations about bias and race. Check out the link below. Starting open and honest conversations with adults is an action item too. On the webpage and included in the initial email is a PDF booklet to help facilitate these conversations. Welcoming America's <i>American Needs All of Us</i> . PBS Website	Action will be Uncomfortable Taking action can feel uncomfortable and that is okay. This video helps us <i>Get Comfortable with Being Uncomfortable</i> by Luvvie Ajayi Jones How do you cope with feeling out of your comfort zone? Has it stopped you from taking action? Get Comfortable with Being Uncomfortable	Social Privilege Activity Get Out and Move! Take action by doing the Social Privilege scavenger hunt in a local store. What surprised you about this activity? What have you learned about bias and social privilege? How has it inspired action? Handout in the original email and on the website.	Prayer based on Isaiah 61, Gracious God, You love justice and bring good news to the oppressed. You cloth us in salvation and righteousness. Help us to live into those garments and lead us to action in the name of your justice. In Jesus' name we pray. Amen. This is a starting point to find podcasts on a variety of issues. Take time, bookmark the site, and go back often to find out more and find ideas to become an advocate for change in our communities. Pod for the Cause Website	
December 18, 2022	December 19, 2022	December 20, 2022	December 21, 2022	December 22, 2022	December 23, 2022	December 24, 2022
Mission and Change Theme: What are we waiting for? Focus Text: Isaiah 7:10-16 Reading Link	Lament is the Christian response to suffering, injustice and pain in the world. Lament allows us to confess, repent and pray in the midst of grief. What grief does bias and racial injustice bring to the surface? What laments are held deeply and personally? Psalm of Lament Handout	In preparation for the longest night, tomorrow, use the handout and create your own Psalm of Lament as designed by W. David O. Taylor. You may wish to reflect on the impact this study has had on your life, how you reacted to the information, and what caused you grief in this season. Psalm of Lament Handout	 Blue Christmas Worship at First Lutheran, Gladstone, MI 7:00 pm EST	The Time is Now Read Isaiah 9:2-7 The time for change is now. If not, when? What is holds change back? What is yearning to be awakened? What awakening is hoped for? What will the Christ child bring to the world? How do we prepare this world to welcome baby Jesus? Reading Link	O come, O come Emmanuel The Advent hymn, O Come, O Come O Emmanuel, tells us to rejoice at the coming of the Christ child. Delight in the coming of Jesus by listening to the hymn here and other Christmas carols that remind of the gifts Jesus brings to the world: salvation and hope. O Come, O Come Emmanuel	Christmas Eve Prayer Holy God, You have awakened me to bias, hidden and seen, in my life and the world. Guide me to make room for change in my heart so that I may effect change in the world around me. Help me to lead others to know the peace, justice and hope your Son brings to the world in his birth. In your Son's name, we pray. Amen.