

SEEKING THE KINGDOM

CHURCH OF THE RESURRECTION

ADVENT READINGS, REFLECTIONS
AND ACTIONS ON HOPE, PEACE, JOY
AND LOVE

WEEK TWO, **PEACE**
DECEMBER 6-12

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Advent Week 2: Peace

Sunday December 6 - Light your peace candle

PRAYER

The peace that Christ will bring is announced. [Isaiah 11:1-9](#)

God our Father,
you spoke to the prophets of old
of a Saviour who would bring peace.
You helped them to spread the joyful message
of his coming kingdom.
Help us, as we prepare to celebrate his birth,
to share with those around us
the good news of your power and love.
We ask this through Jesus Christ,
the light who is coming into the world.
Amen.

Response:

Lord Jesus, light of the world,
the prophets said you would bring peace
and save your people in trouble.
Give peace in our hearts at Christmas
and show all the world God's love.
Amen.

Monday December 7 - Light your peace candle

LEARNING

The second candle represents the peace that God has given through His son Jesus Christ and the preparation for the Christ Child, the "Prince of Peace".

THINK

What do you think of when you hear the word peace?
What does peace feel like...inside yourself, in your family, in your school or workplace?
What images speak to you of peace?

WATCH To help us understand what we mean by peace, check out this video about the word peace in the bible:

<https://youtu.be/oLYORLZOaZE>

READ

Isaiah 11: 6-9 (try the Message version)



What is this peace that God has given us? A biblical understanding of peace is not simply the absence of violence. It is the flourishing of all things. It is not about one side winning over the other, but both being able to participate together for the good of all. For example, in your family, you might be having a day when you're not really fighting with each other, but you're also not being really helpful to each other, or showing care to each other. Shalom in your family might look like each person supporting one another to be the person they've been created to be...like your dad taking you to dance class so you can express the gift of your body, or your mom listening to the stories you write and giving encouragement. Peace is not something you can do by yourself. It is what happens between people when they come together.

NOTICE other examples of shalom in our lives:

- Taking care of a pet
- Participating in making your school a safe place that includes everyone
- Helping the plants grow in your garden or pots
- Trying to understand another perspective
- Working out a problem
- In our church community we have many people in many different areas of life who work for shalom in our world. Because shalom is especially connected to justice, community members who work with people who are homeless or experience trauma, addiction and poverty come to mind.

If you're interested, you can check out this video about Wangari Maathai, a Kenyan woman who worked for shalom through care of the earth

<https://youtu.be/yC9wZTJmDqA>

BOOK suggestions (what would you add?)

One Hen, by Katie Smith Milway

<https://youtu.be/3lWAqoYoJgg>

Peace, Todd Parr

<https://www.youtube.com/watch?v=xohl5m-EyYA>

Old Turtle by Douglas Wood <https://www.youtube.com/watch?v=zzT6em0Wqcl>

The advent of justice: a book of meditations

What stories of peace and justice can you add to this list? Post your ideas on Padlet.

Tuesday December 8 - Light your peace candle

REFLECTION

Light the peace candle. Begin by closing your eyes and taking 3 deep breaths, in through your nose and out through your mouth.

In your mind, think back to the day before. What do you remember about your discussion, what you heard or read? Did you see peace in a different way than you have before?

<https://www.youtube.com/watch?v=ysa5OBhXz-Q>

Watch this video about the reintroduction of wolves into Yellowstone National Park. What do you think this story from nature has to do with peace; 'the flourishing of all things'?

Have you ever imagined something remarkable happening to you, like winning the lottery, making it to the NBA or becoming a world famous artist? Have you ever allowed yourself to dream about how your life would be? In a similar way, spend some time imagining peace in the world. You can use these prompts to guide you, or not! It may help to close your eyes.

-Imagine what it would be like to have peace in all your relationships.

-Imagine what it would be like to have peace on the street where you live, in your neighbourhood, in our church and in Toronto. What would peace look like downtown, on the streets, in the office buildings and even in the mall and other places you visit.

-Dream about peace in Canada; in the government, in relationships with First Nations People and more.

-Imagine peace in the whole world. What would it be like for everyone to have justice? Dream about peace for the natural world.

Where did you imagine peace in the world, your community and your family? Try to come up with ten examples. Make a list and post it on the online scrapbook. If you are feeling inspired, draw or paint a picture of one or some of the things you imagined.

Where are we waiting for peace; in the world, in your community and in your family? Talk about these examples too.

Finish with this prayer:

May everyone in this family know HOPE, PEACE and LOVE

May everyone in this city know HOPE, PEACE and LOVE

May everyone in Canada know HOPE, PEACE and LOVE

May everything on our planet know HOPE, PEACE and LOVE

May everyone in the world know HOPE, PEACE and LOVE

Take 3 more deep breaths. Imagine breathing in the peace the Kingdom of God offers and as you breath out, imagine it pouring out into the world around you.

Wednesday December 9 - Light your peace candle

CREATE

Peace Tree

Materials: Small branch with several twigs attached, leaves, coloured card stock, wire hooks or string, marker pen, scissors, thin container to hold your branch

Instructions

Trace leaf shapes onto card stock and carefully cut out. Punch a small hole near the stem end.

On each leaf write the word PEACE in different languages. (Ask neighbours, friends, check internet language translator) Or draw symbols for PEACE onto your leaves.

Attach each leaf onto your Peace Tree with a small hook or string.



Thursday December 10 - Light your peace candle

MEDITATION

Join us on Zoom for a live meditation at 7.30 pm (it will only be about 15 minutes)

<https://us02web.zoom.us/j/6590297609>

Or

https://www.youtube.com/channel/UCAgTmtul15RVEcFjsV99_dg

For a pre-recorded version

Or

Spend some time meditating on hope (you could use Isaiah 11:1-5 or another scripture passage) on your own or with your family.

Friday December 11/ Saturday December 12 - Light your peace candle

ACTION

Pizza and Peace

Make a meal and have everyone in your group contribute something. Think about someone who might be on their own and how you can include them in your 'Peace Party' virtually, with an after dinner walk or online game. Maybe ingredients can be shared, or cooking can be

done 'together' over Zoom. Work together to come up with a plan for food that everyone can eat! Take some pictures of your 'Peace Party' and post them.

Here are some recipes to get you started:

Pizza Dough

1 tbsp or 1 pkg. Quick rise yeast

2 tsp. Sugar

1 cup (give or take) warm water

3 cups flour

1 tsp salt

2 tbsp. Olive oil

Combine half the water with the sugar and yeast. Let stand about 5 minutes, until frothy. Add three cups of flour and salt. Combine the rest of the water with the olive oil add gradually mixing until a dough forms. Adjust with more flour if the dough is too sticky and more water if it is too dry.

Knead for a good 15 min. (A great way to engage the muscles!)

Let sit for an hour.

Heat your oven to 450-500 (hot is best!)

Roll out dough. Add sauce and toppings and bake until the bottom is brown and the cheese is melted.

Here's a link to a gluten free version...

<https://vanillaandbean.com/gluten-free-pizza-crust/>

Serve with a salad and your favourite dessert!

Feel free to post recipes or pictures of your parties on Padlet