



Unity of Greater Hartford www.unityhartford.org

Our Journey Through The Gifts of Winter

A special time of self-care, self-discovery and spiritual growth

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9 Sunday Celebration Service at 10:30 am – In Person, Facebook, Website: The Gifts of Winter: Awareness How did the Talk today help you with awareness?</p>	<p>10 Pray First! As you pray affirm that you are the light in the world!</p>	<p>11 Read the poem – New Day by Amanda Gorman See a web link on the next page</p>	<p>12 Spend 5 to 10 minutes in silence becoming aware of your physical body and bless it all with love.</p>	<p>13 Watch a sunrise or a sunset.</p>	<p>14 Make a list of 25 things you like or love about you! Can't come up with 25 – ask a friend to help!</p>	<p>15 Listen to the poem The True Love by David Whyte See a web link on the next page</p>
<p>16 Sunday Celebration Service at 10:30 am – In Person, Facebook, Website: The Gifts of Winter: Patience How did the Talk today help you with patience?</p>	<p>17 Pray First! As you pray affirm that you are the light in the world!</p>	<p>18 Start your day with a commitment to be grateful for all that is. Thought out the day proclaim – “I am grateful.”</p>	<p>19 As you go about your day, become aware of any need to have more patience. Affirm that all is in Divine Order</p>	<p>20 Practice saying No with kindness and patience.</p>	<p>21 Call a friend just to chat</p>	<p>22 Take a walk in nature and during your walk take 5 minute breaks to stop and just be and breathe.</p>
<p>23 Sunday Celebration Service at 10:30 am – In Person, Facebook, Website: The Gifts of Winter: Silence How did the Talk today encourage silence?</p>	<p>24 Pray First! As you pray affirm that you are the light in the world!</p>	<p>25 Take time today to stretch every time you rise from a sitting or prone position.</p>	<p>26 Send silent love to someone you are in conflict with or do not like and if possible attend the 7pm Wednesday Meditation on Facebook.</p>	<p>27 Listen quietly to music for at least 20 minutes while doing nothing else.</p>	<p>28 Cook a hot meal of your favorite comfort food.</p>	<p>29 Unplug from technology</p>
<p>30 Sunday Celebration Service at 10:30 am – In Person, Facebook, Website: The Gifts of Winter: Forgiveness How did today's Talk help you with forgiveness?</p>	<p>31 Community Share on Zoom about the Gifts of Winter 6:30 to 8 pm with Rev Christine Join and share what touched your soul, what you learned and how you have grown. Zoom link is on the website</p>	<p>The Gifts of Winter</p>				



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How to use the Gifts of Winter calendar . . .

Each day has a suggested practice to support you in utilizing the gifts of winter to assist you in self-care and in your spiritual journey. Make a commitment to put this calendar into practice every day until the end of January.

On **Monday, January 31st at 6:30 pm**, join us on Zoom to share your experiences and insights. As we all move forward and rise up individually, we all move forward and rise up collectively! The Zoom link will be listed on our website home page beginning Jan 24

Links to two Poems:

January 11 - Read **New Day's Lyrics** by Amanda Gorman: <https://www.dailygood.org/story/2867/-new-day-s-lyric-amanda-gorman/>

January 15 - Listen to the poem **The True Love** by David Whyte - <https://www.karmatube.org/videos.php?id=8866>

Other Important Self-Care Resources:

Ted Talk: How to Stop Languishing and Find Flow - Adam Grant: <https://youtu.be/a3zPgyvCiJl>

Ted Talk: The Cure For Burnout (hint: it isn't self-care) – Drs. Emily Nagoski & Amelia Nagoski: <https://youtu.be/PrJAX-iQ-O4>

And this viewpoint to consider. . .

“...Winter has a gift to give. It comes when the sky is clear, the sun is brilliant, the trees are bare, and first snow is yet to come. It is the gift of utter clarity. In winter, one can walk into woods that had been opaque with summer growth only a few months earlier and see the trees clearly, singly and together, and see the ground they are rooted in... Winter clears the landscape, however brutally, giving us a chance to see ourselves and each other more clearly, to see the very ground of our being.” – Parker J. Palmer