Church Worker

NEWSLETTER

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LIVING IN THE HOPE, PEACE, JOY, AND LOVE OF CHRIST'S COMING

A FOUR-WEEK ADVENT JOURNEY FOR CHURCH WORKERS

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Advent is a sacred season of waiting, of hearts leaning forward toward the promise of Emmanuel, "God with us." Yet for many church workers, Advent can also feel like a marathon: organizing events, planning worship, and carrying the emotional burdens of those we serve. In a world saturated with consumerism, urgency, and distraction, The Season of Advent invites us to return to something deeper, to dwell not in the frenzy of "doing," but in the quiet strength of "being."

This four-week journey, Living in the Hope, Peace, Joy, and Love of Christ's Coming, calls us to pause, breathe, and receive. Each week offers a spiritual focus and simple practices to help you stay connected, to God, to others, and to your own heart, as you prepare for the coming of Christ.

Your ministry this season matters deeply. Yet God reminds you: your worth is not in how much you do, but in who, and whose, you are. As you light the candles of hope, peace, joy, and love, may you also receive what you proclaim.

"The light shines in the darkness, and the darkness did not overcome it." John 1:5
Breathe in that truth. Rest in it. And let Christ be born in you anew.



We're here for you!

The holiday season can bring joy and stress for church workers. If you need a safe place to process your feelings, reach out to us and be sure to mention the MAP if you work for one of our district churches or schools! More information is on our website

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Week 1: December 1-6
Hope Beyond the Headlines

Theme: Living as People of Promise in a World of Fear
Our world feeds on fear, political unrest, economic uncertainty, climate anxiety. Yet Isaiah's cry, "O that you would tear open the heavens and come down!" (Isaiah 64:1), reminds us that even in chaos, God's promise remains unbroken. Paul writes that as we wait, "we are not lacking in any spiritual gift" (1 Corinthians 1:7). Hope is not passive optimism; it's courageous trust that God is already at work, even when we cannot see it.
Reflection:
Hope emerges when we experience connection, when we know we are not alone in our longing. God's promise to be "with us" meets our deepest attachment need: safety in love.
Mindfulness Practice:
Each morning this week, begin with a breath prayer:
Inhale: "Lord, restore me."
Exhale: "Your face shines; I am saved." (Psalm 80:3)
Notice where fear lives in your body, and invite God's promise to fill that space with calm assurance.
Spiritual Exercise:
Journal each day about one place, however small, where you notice God's hope breaking through the noise. Name it, thank God for it, and share it with someone else.

Week 2: December 7-13
Peace in a Restless World

Theme: Living with Holy Stillness in a World of Noise
The world values motion, productivity, and constant connectivity. But Isaiah declares, "Comfort, O comfort my people," and the Psalmist prays, "Let me hear what God the Lord will speak, for he will speak peace to his people" (Psalm 85:8). Peace is not the absence of noise, it's the presence of Christ's calm in the midst of it.
Reflection:
Restlessness often arises from disconnection, from God, from others, or from our inner selves. In therapy, we help clients slow down enough to feel what they've been running from. Spiritually, Advent invites us to do the same.
Mindfulness Practice:
Create a five-minute "holy stillness" space each day this week.

- Turn off notifications.
- Sit comfortably, eyes closed and breathe deeply.
- With each breath, repeat: "Be still and know that I am God." (Psalm 46:10)

Spiritual Exercise:
Practice "mindful listening" with someone this week. Give them your full attention, no fixing, no rushing, just presence. Notice how peace arises when you hold space for another's heart.



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Week 3: December 14-20
Joy That Defies the World

Theme: Living in Christ's Joy When the World Feels Heavy
The joy of Advent isn't naïve happiness, it's the deep assurance that Christ's light still shines, even in darkness. Isaiah's words, "The Spirit of the Lord is upon me… to bring good news to the oppressed," remind us that joy is born when love is embodied. Joy comes when we participate in God's restoration work.
Reflection:
Joy is a secure emotional connection; it's what we feel when love is received and shared. Even amid pain, we can access joy through gratitude and relational connection.
Mindfulness Practice:
Each evening, pause to notice one "spark of joy" from your day. It might be a child's laughter, a song lyric, or the quiet of candlelight. Let your body feel it fully.
Spiritual Exercise:
Pray Paul's words each morning: "Rejoice always, pray without ceasing, give thanks in all circumstances." (1 Thessalonians 5:16–18). Then practice one act of compassion each day, joy grows when we give it away.

Week 4: December 21-27
Love That Changes Everything

Theme: Living for God's Kingdom in a World of Self
Mary's "yes" to God's invitation in Luke 1 is love in motion. Her humble openness becomes the doorway for God's kingdom to enter the world. Love, God's steadfast, sacrificial love, is always transformative.
Reflection:
Love is the heartbeat of secure connection. It moves us from isolation to belonging, from self-protection to vulnerability. Christ's coming reveals that true love costs something, and changes everything.
Mindfulness Practice:
Throughout the week, practice loving-kindness meditation:

- Breathe deeply and pray:
  - "May I know your love, O Christ."
  - "May others know your love through me."
  - "May your love transform our world."

Spiritual Exercise:
Write a note, make a call, or visit someone who may feel forgotten this season. Offer presence without agenda. Love incarnate is love embodied.



Help us Celebrate!

As we close out our 35th year of being a non-profit, we are grateful for the work that was accomplished, the love of Jesus that was shown, and the partnerships with have with so many church bodies. We would love your support to keep our vision of sharing God's healing and abundant grace in the community going for many years to come.
Visit lcsfl.com/#donate to give back! Help us celebrate our 35th anniversary!