

Calendar of Care

How Will We Enter the Doorway of December?

Presented by Stop Breathe Believe® & Dianne Morris Jones



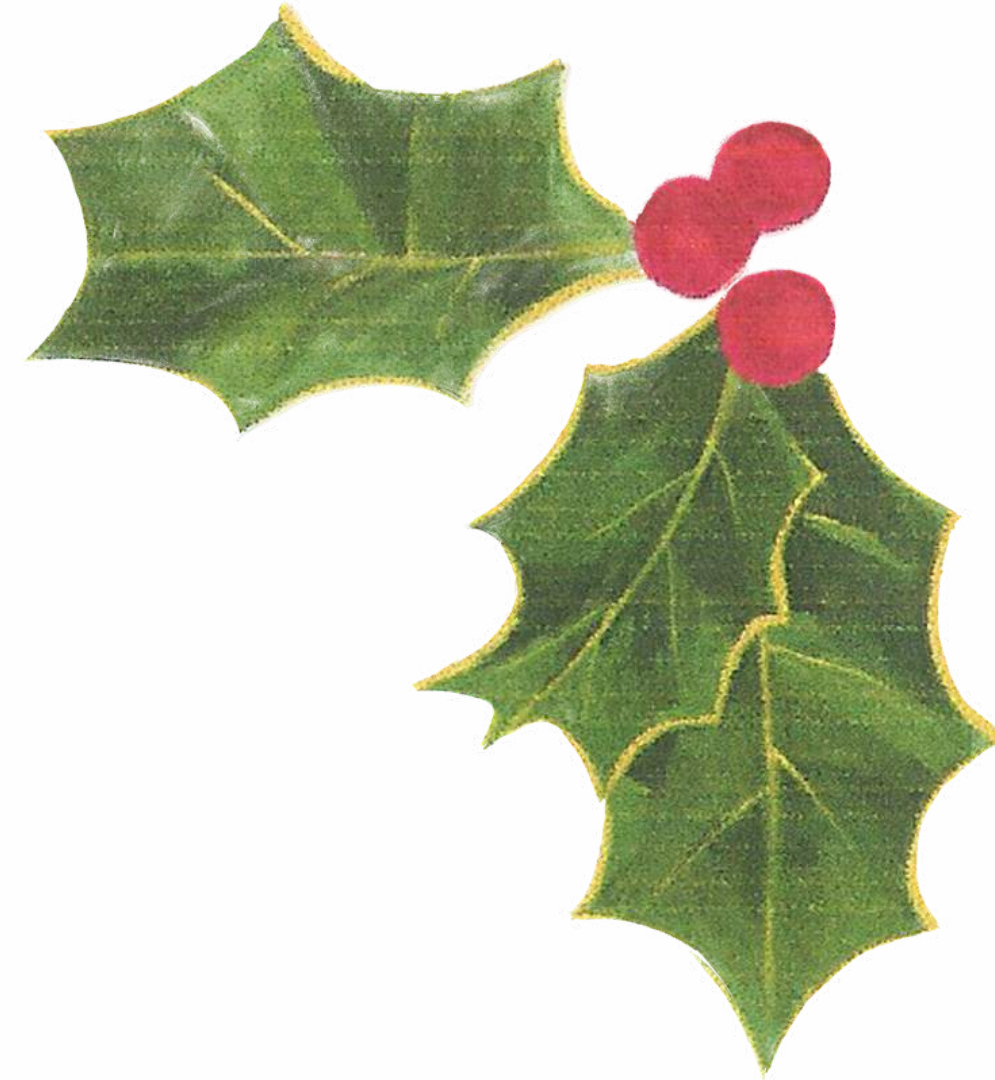
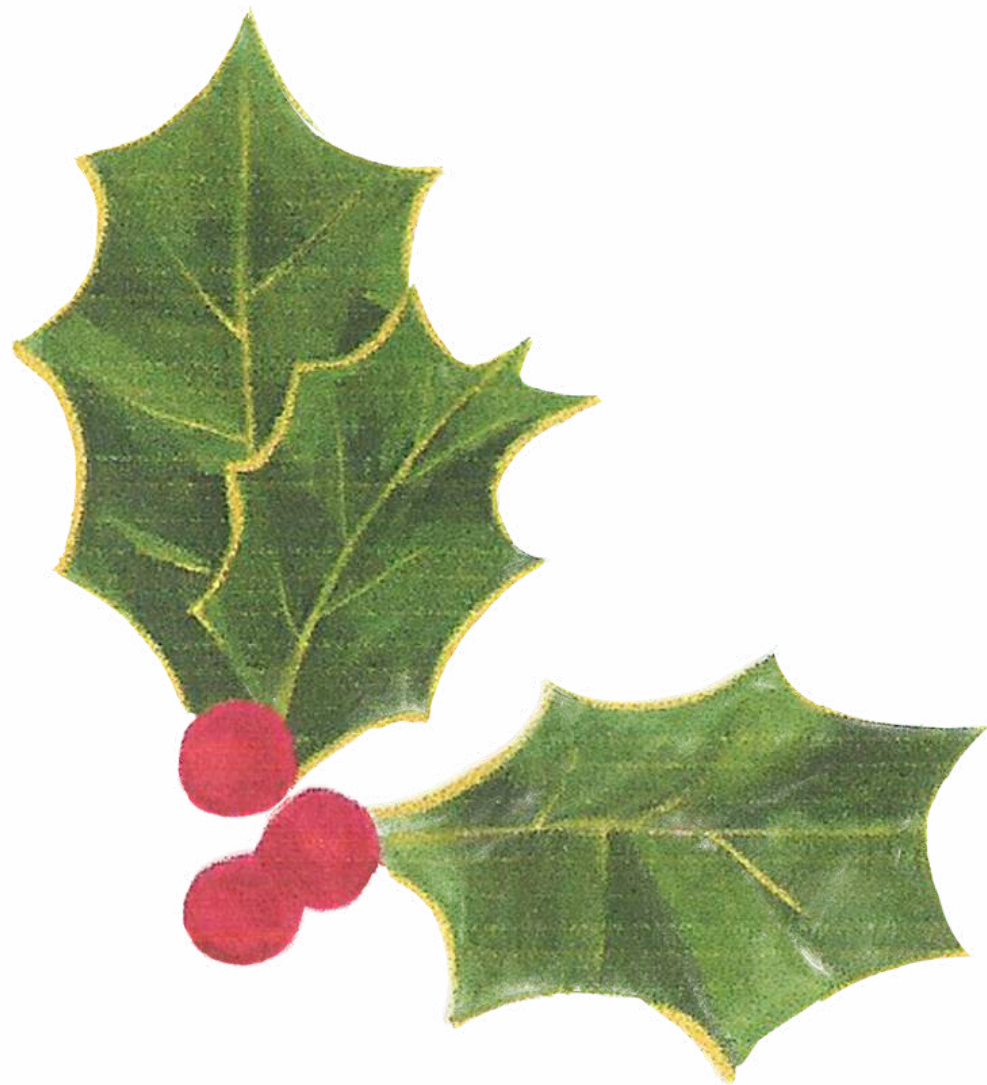
Artwork by Nawal Ghali

To Care

...is a choice
I have today.
Well, every day I suppose.
Sometimes I feel that my
ability to care is worn out—
I mean with all that's
going on out there.
Then I see, a smile
of a neighbor—
that lights up my day,
a call from a dear friend
lifts my spirits,
a note from a colleague offers
condolences that my aunt died,
and dinner with old friends
awakens warm memories.

So the open, arching portal
of choice awaits patiently,
it invites me today—
come and enter—
choose **to care**.

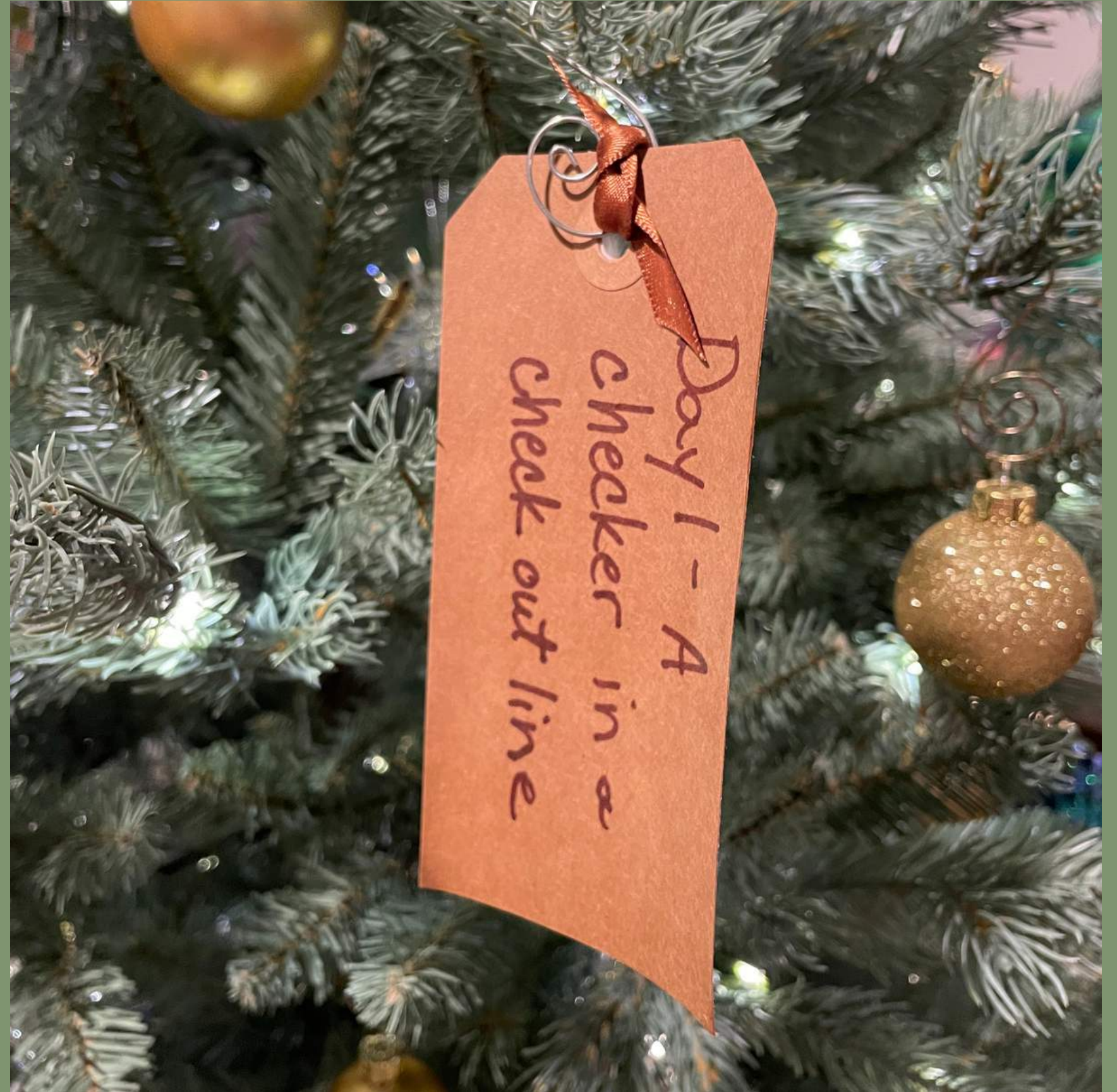
- by Roger C. Jones



Whether it is to offer a greeting, send a card, send a text, give a phone call, offer a prayer, or invite to coffee/lunch - below are some prompts to think of others we might lovingly care for this December as we walk through a portal of love an offer intentional care to another.

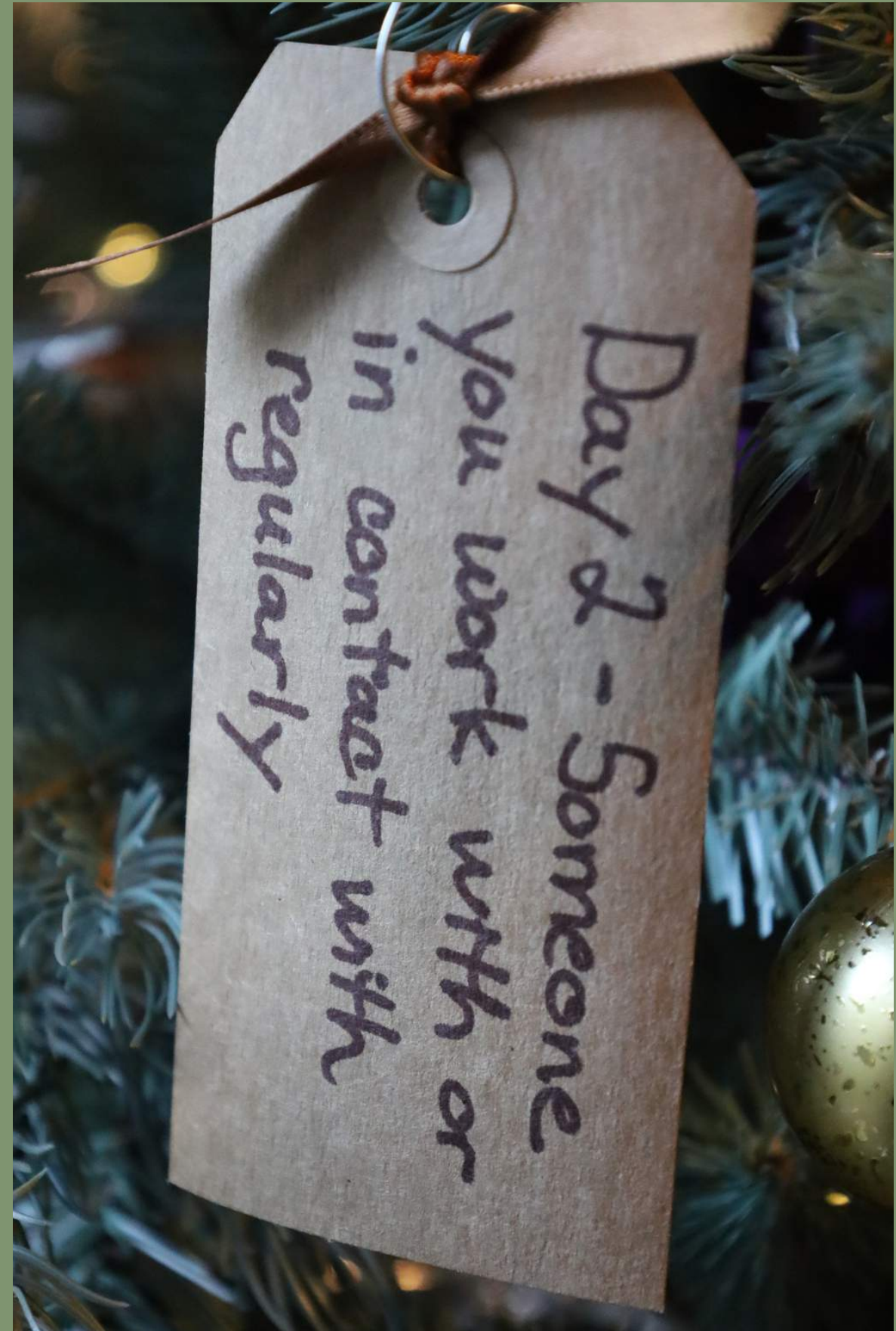
DAY 1

A checker in a
checkout line.



DAY 2

Someone you work with or in contact with regularly.



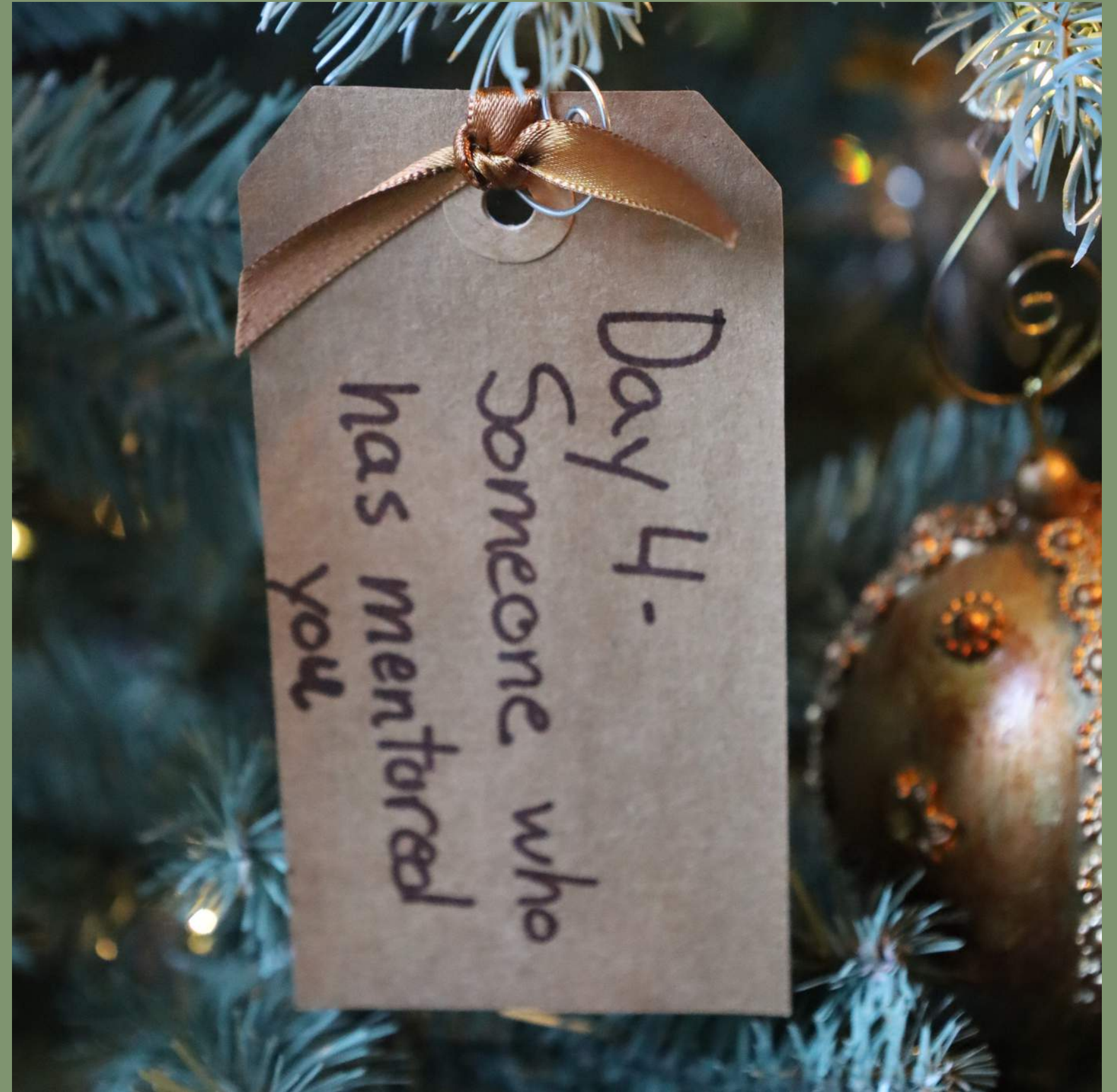
DAY 3

Someone you live
nearby.



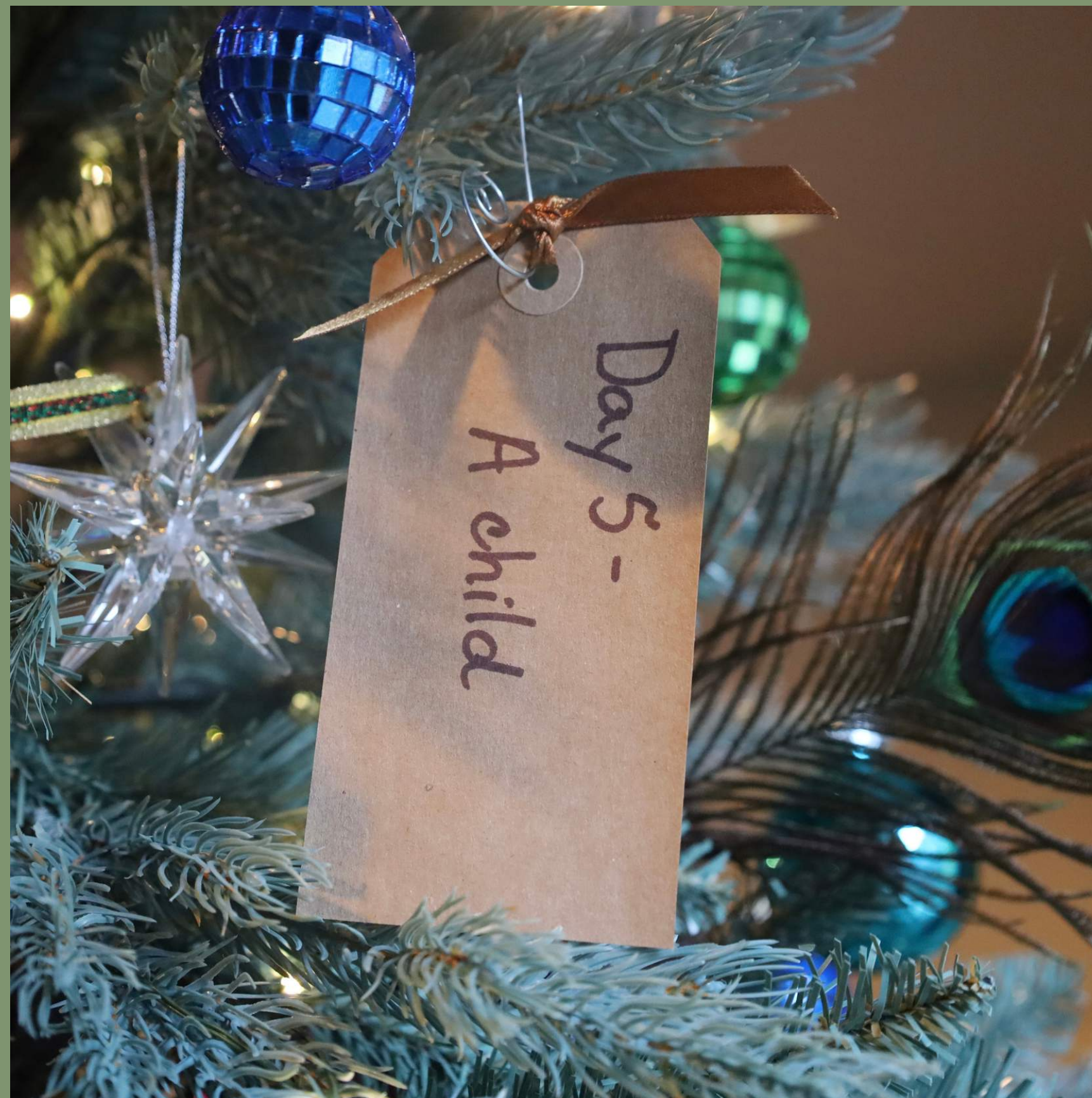
DAY 4

Someone who has mentored you.



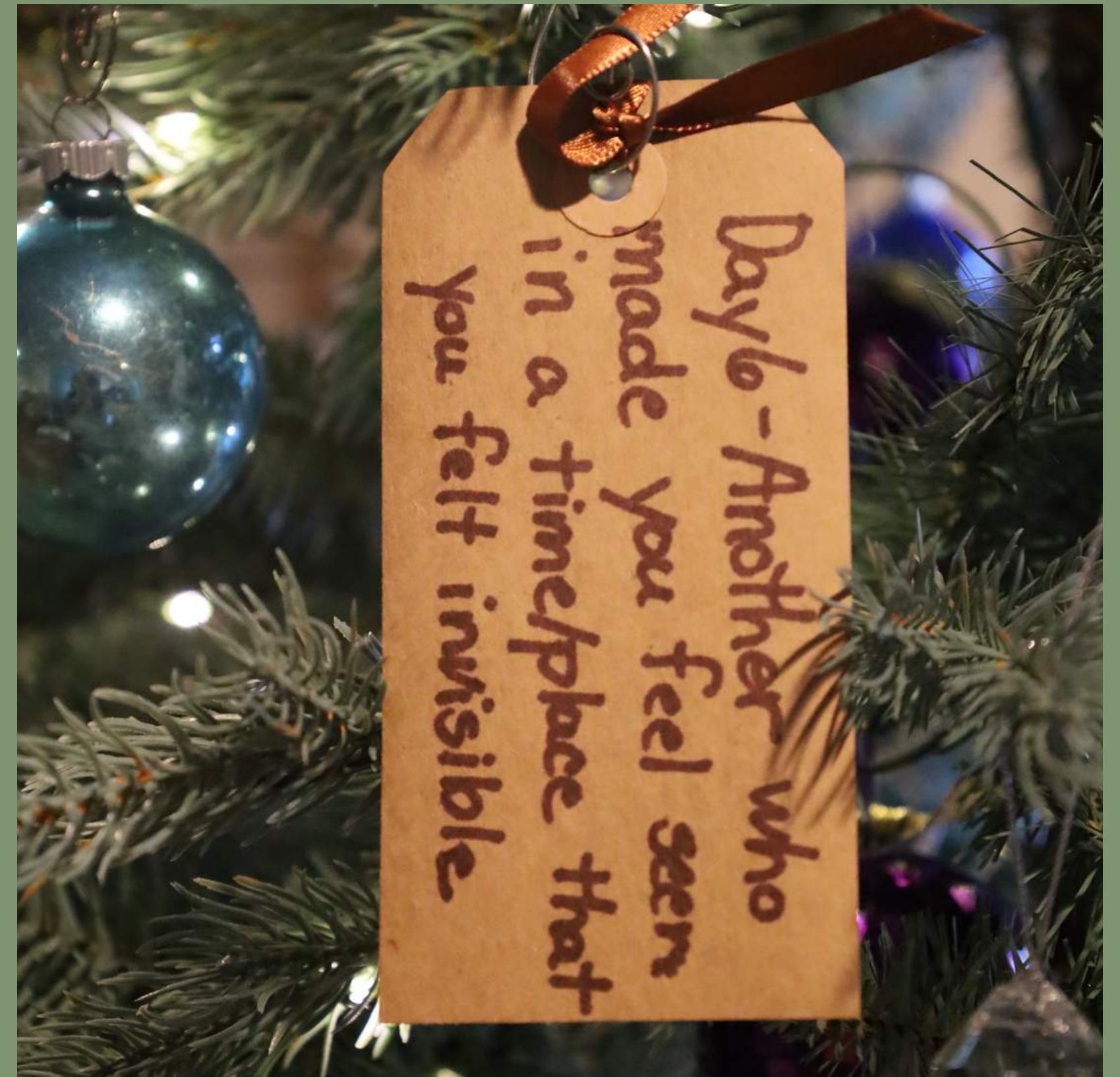
DAY 5

A child.



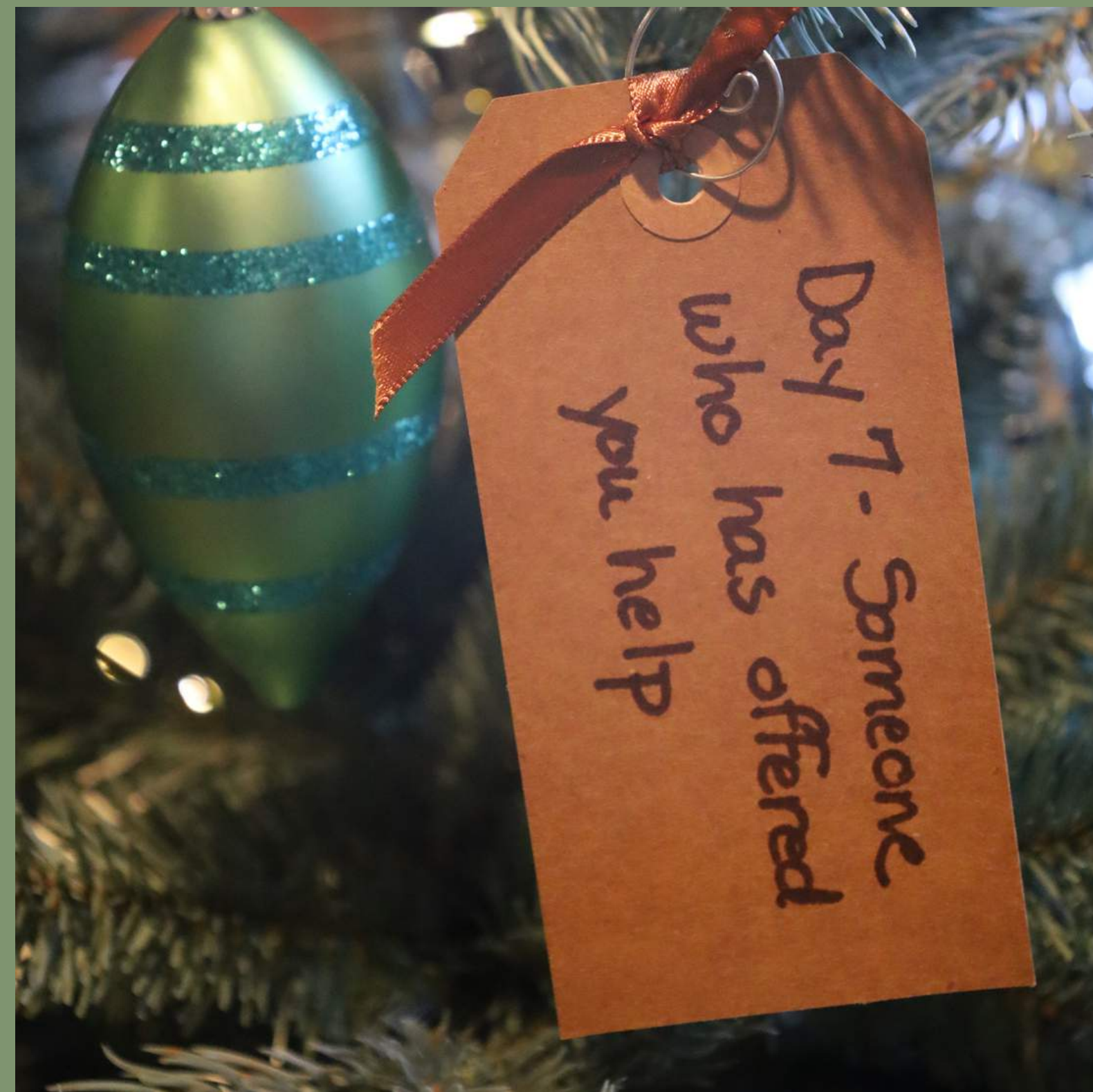
DAY 6

Someone who made
you feel seen in a
time/place that you
felt invisible.



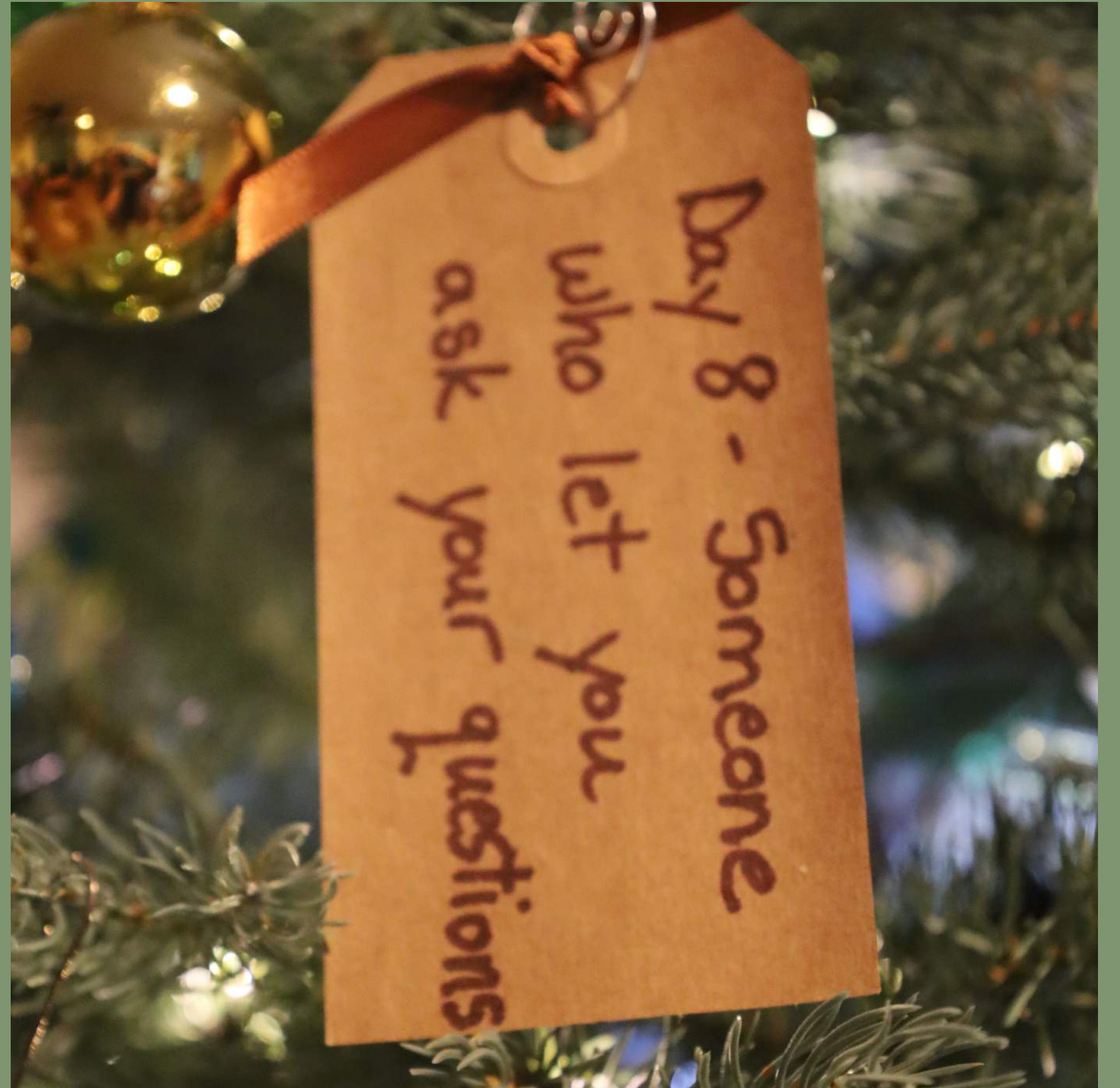
DAY 7

Someone who has offered you help.



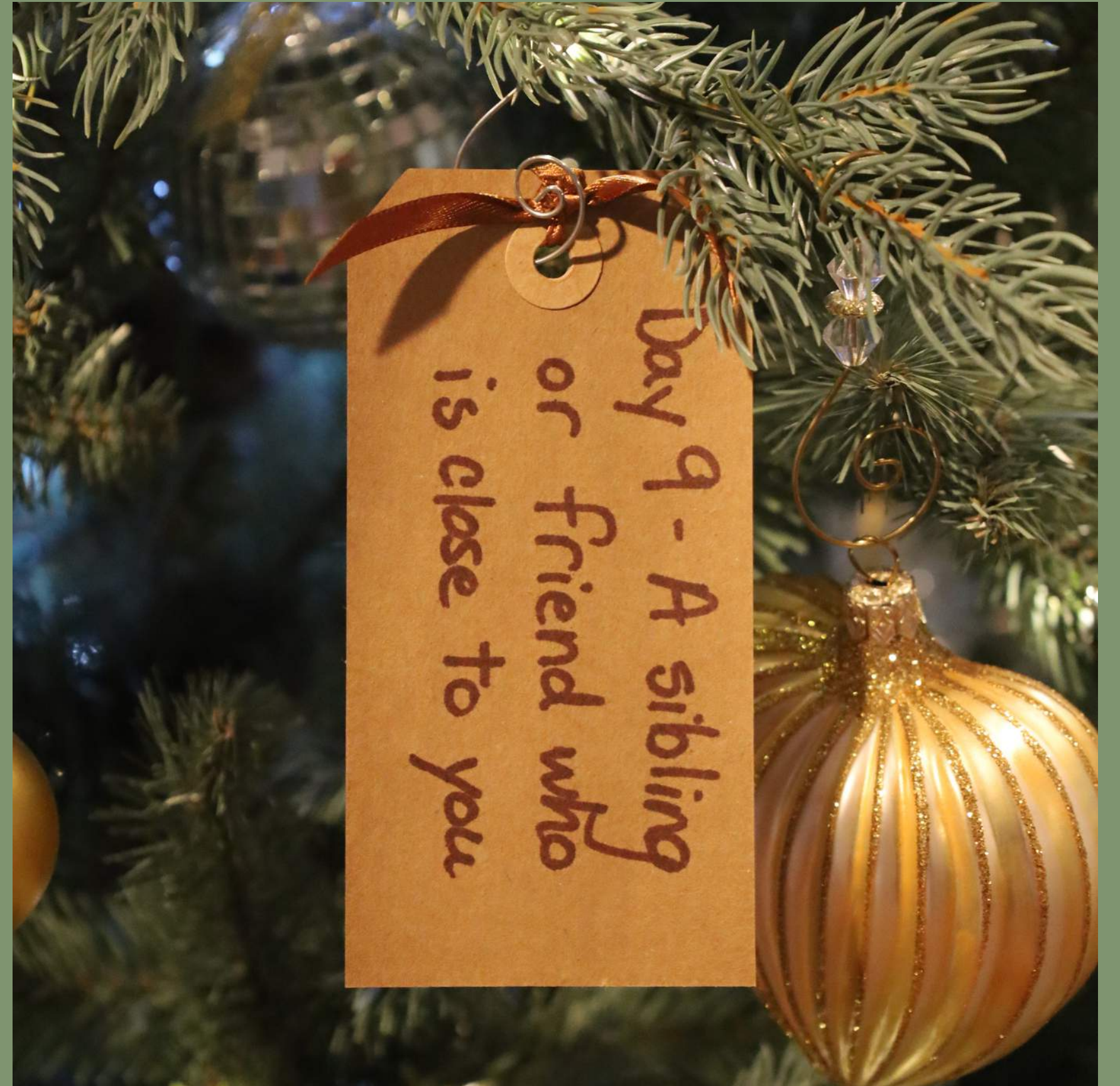
DAY 8

Someone who let
you ask your
questions.



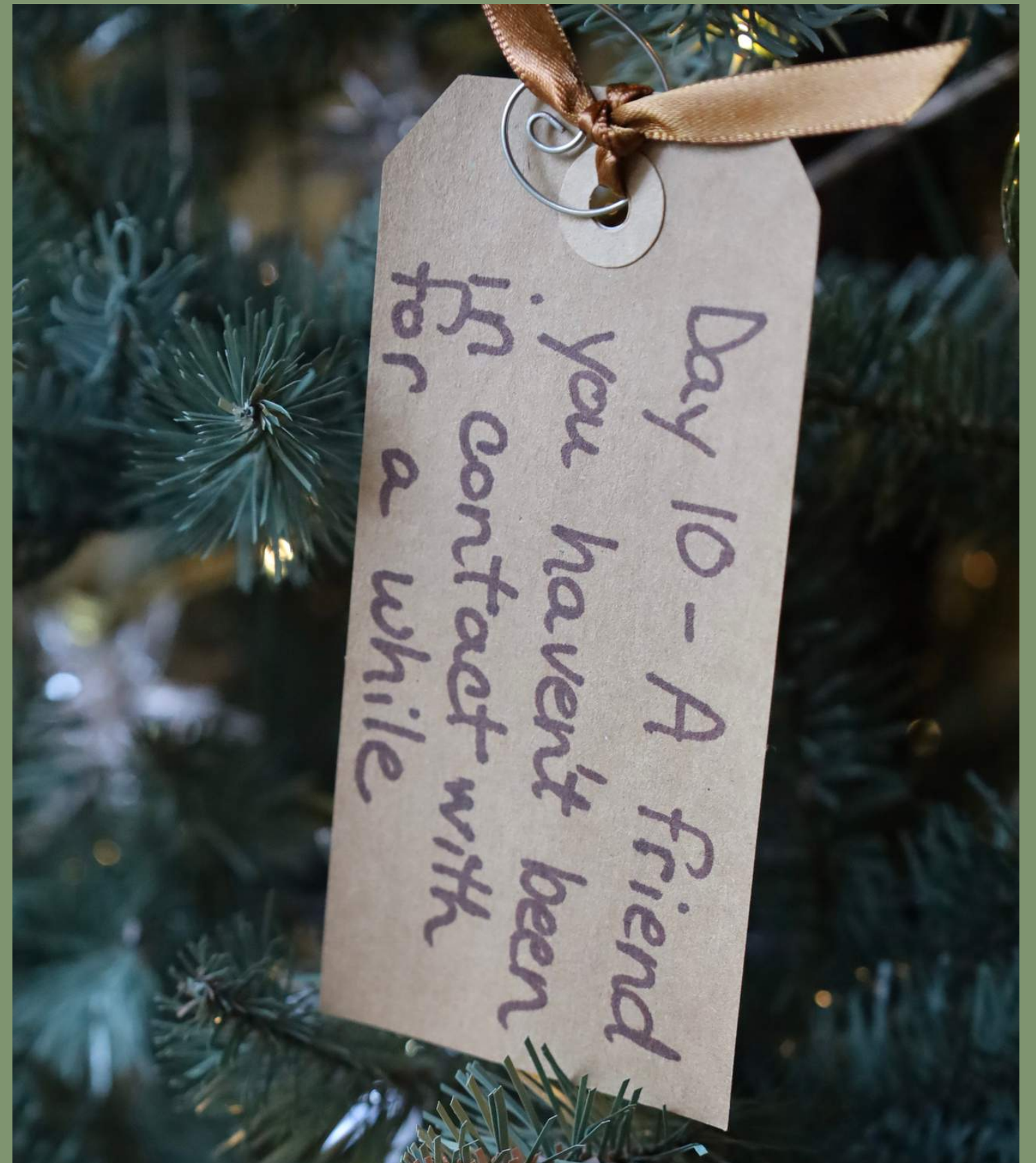
DAY 9

A sibling or friend
who is close to you.



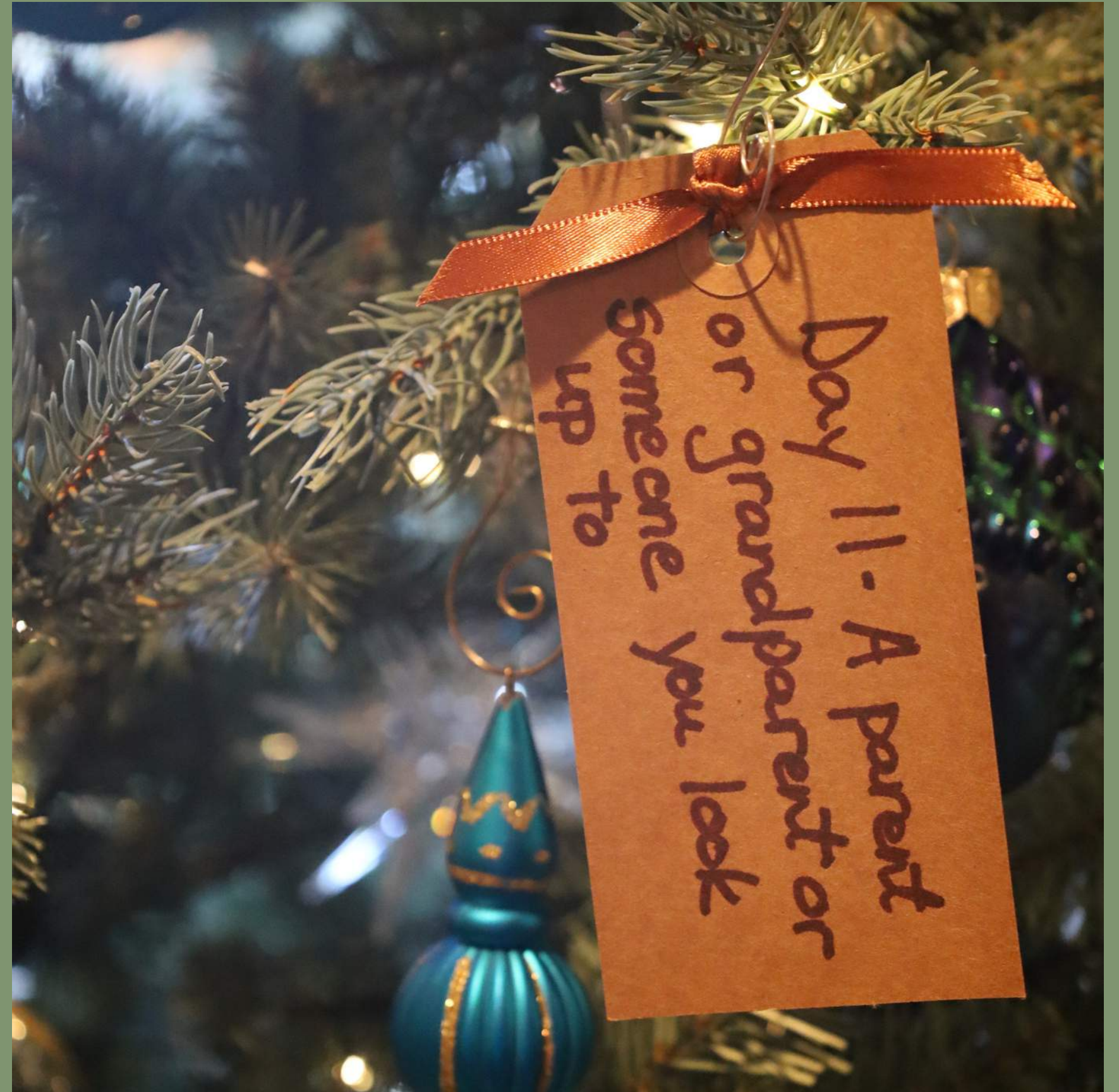
DAY 10

A friend you haven't been in contact with for a while.



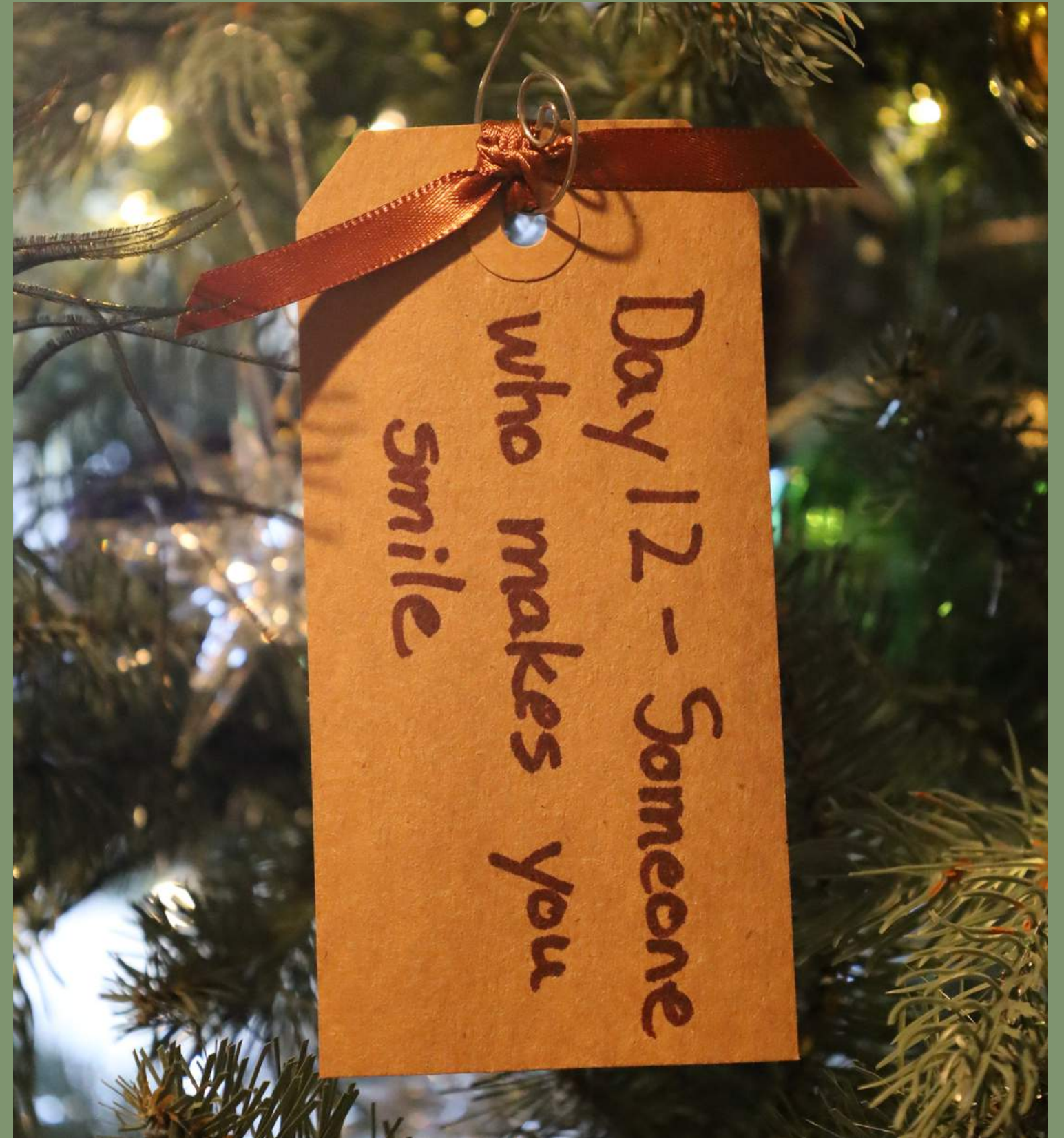
DAY 11

A parent or
grandparent or
someone you look
up to.



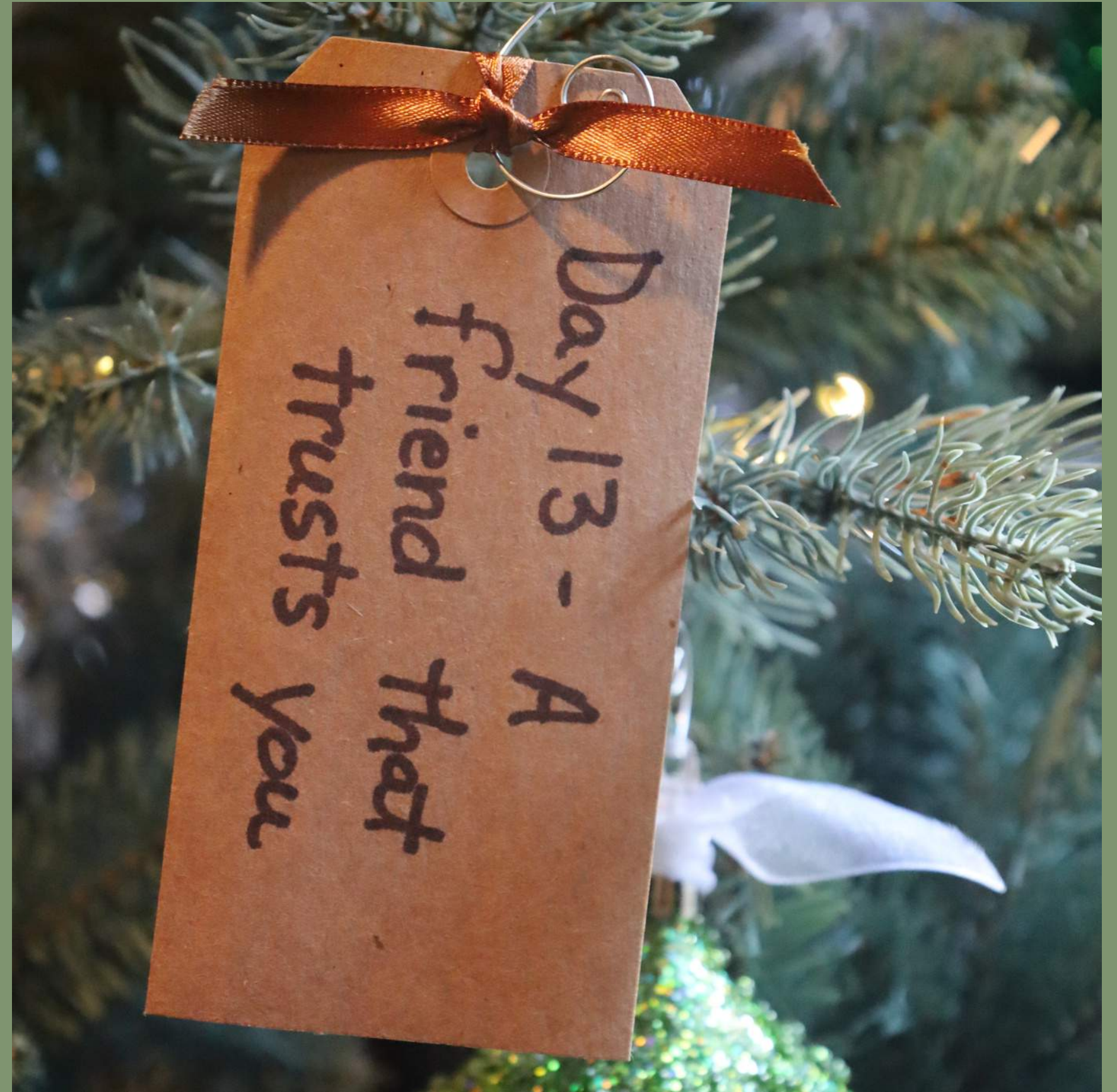
DAY 12

Someone who makes
you smile.



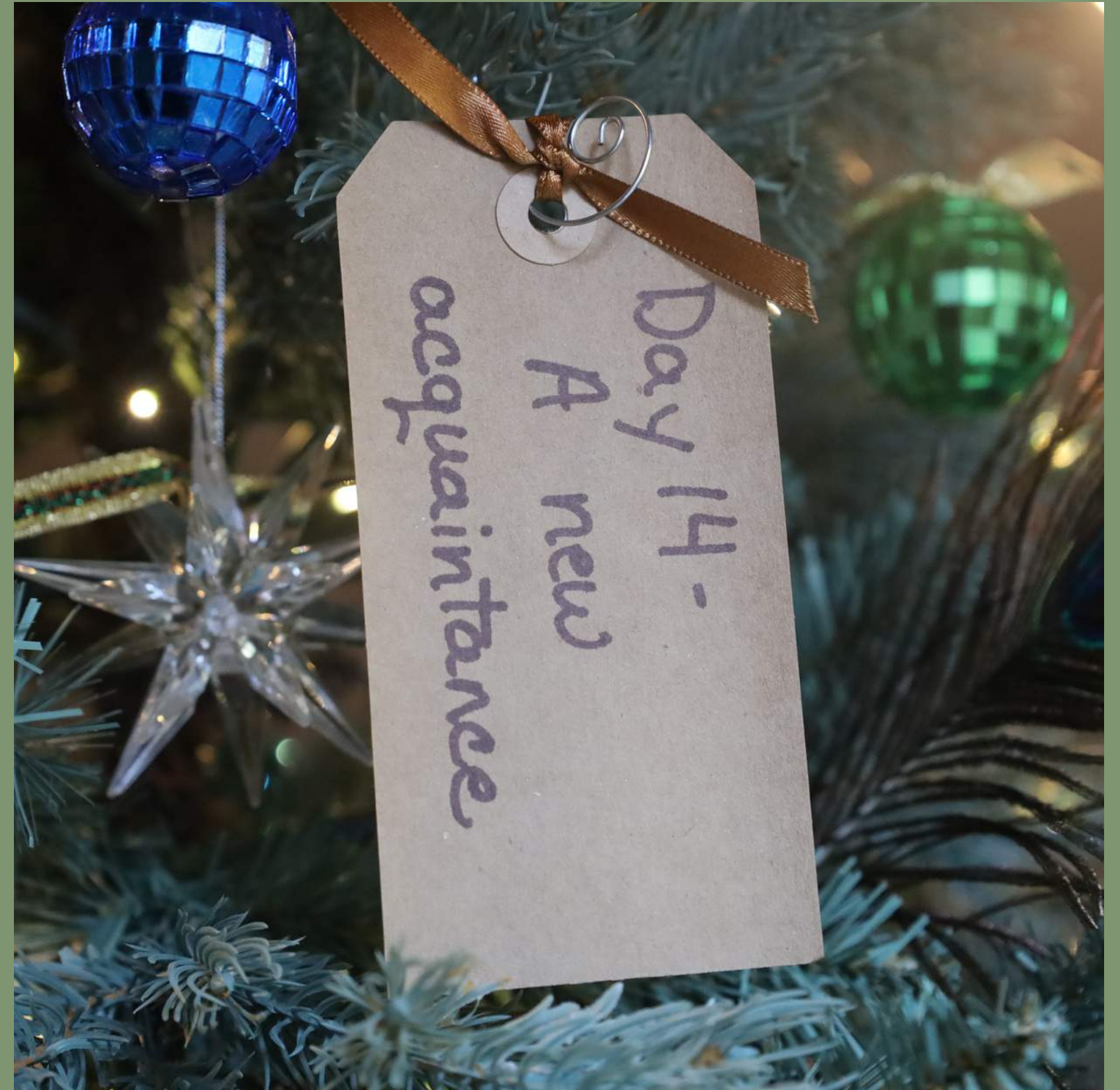
DAY 13

A friend that trusts
you.



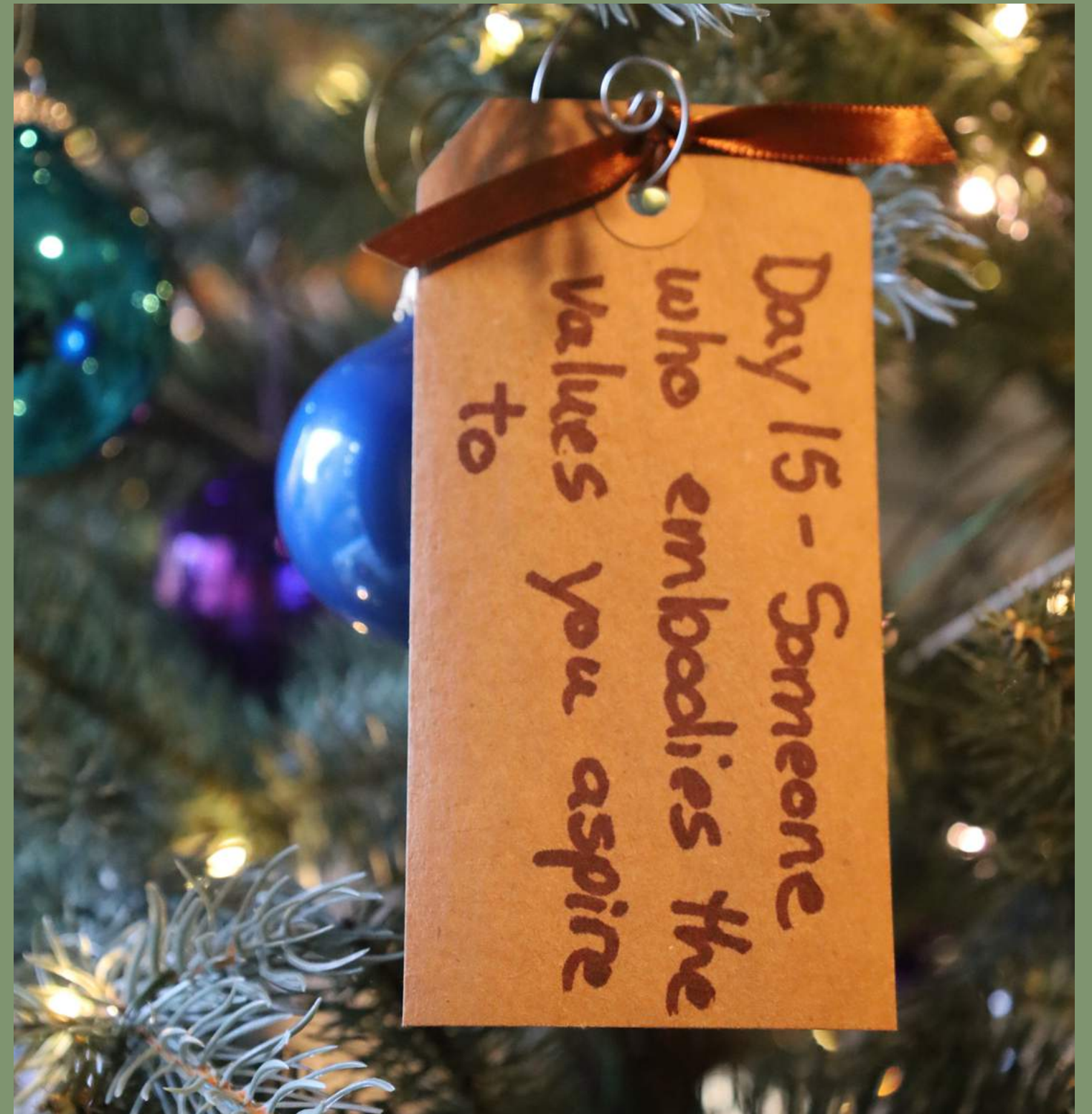
DAY 14

A new acquaintance.



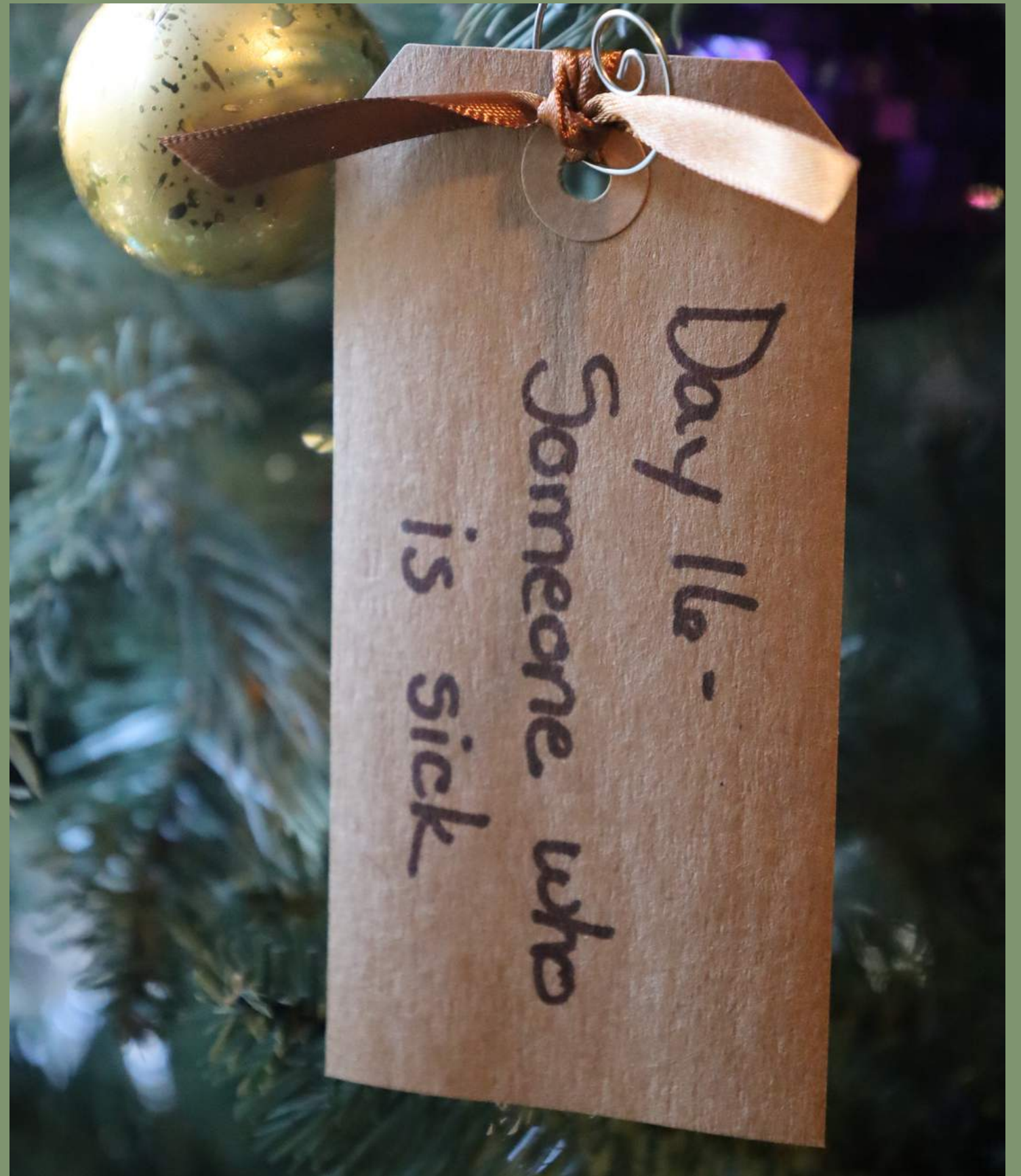
DAY 15

Someone who
embodies the values
you aspire to.



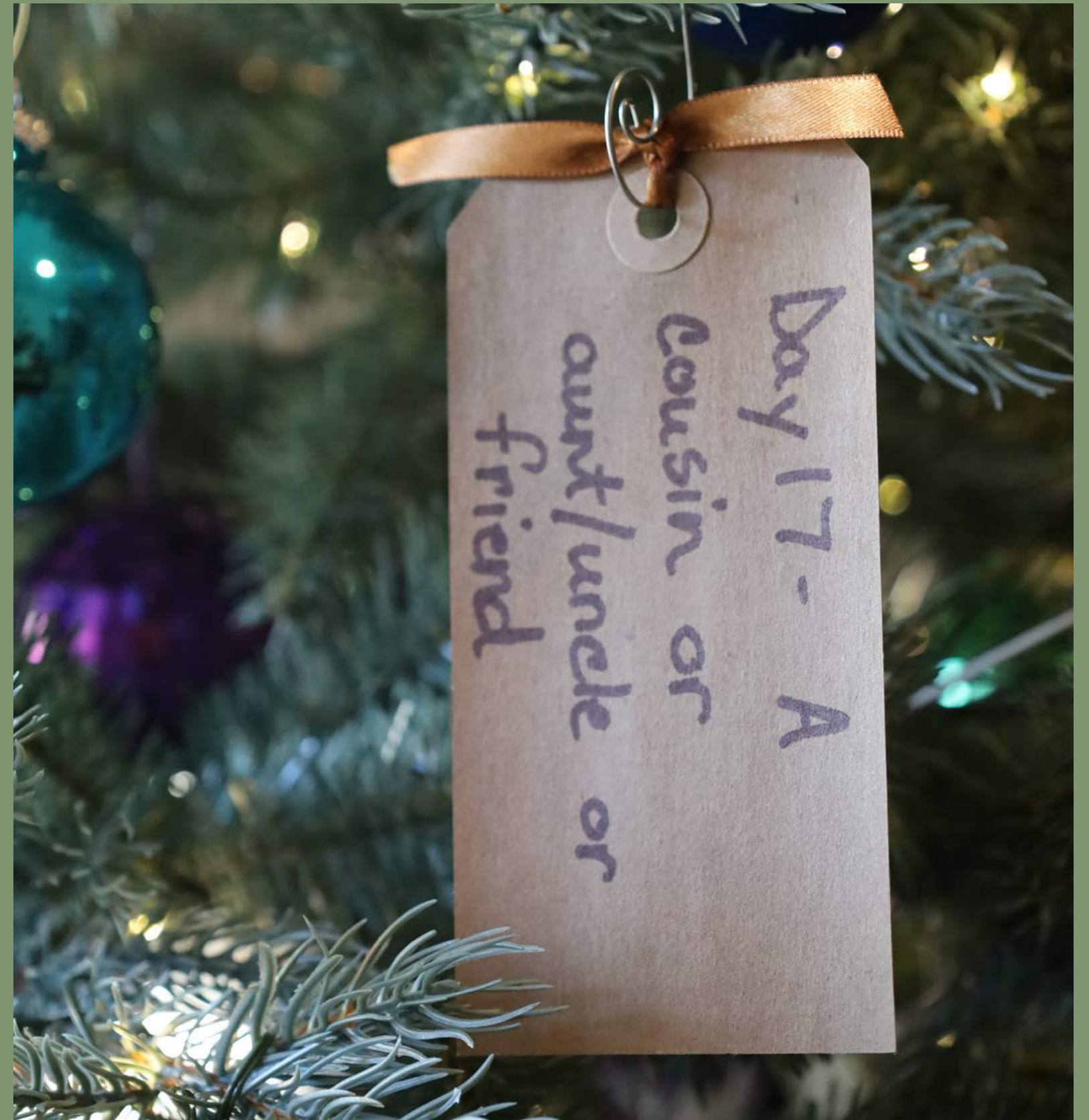
DAY 16

Someone who is sick.



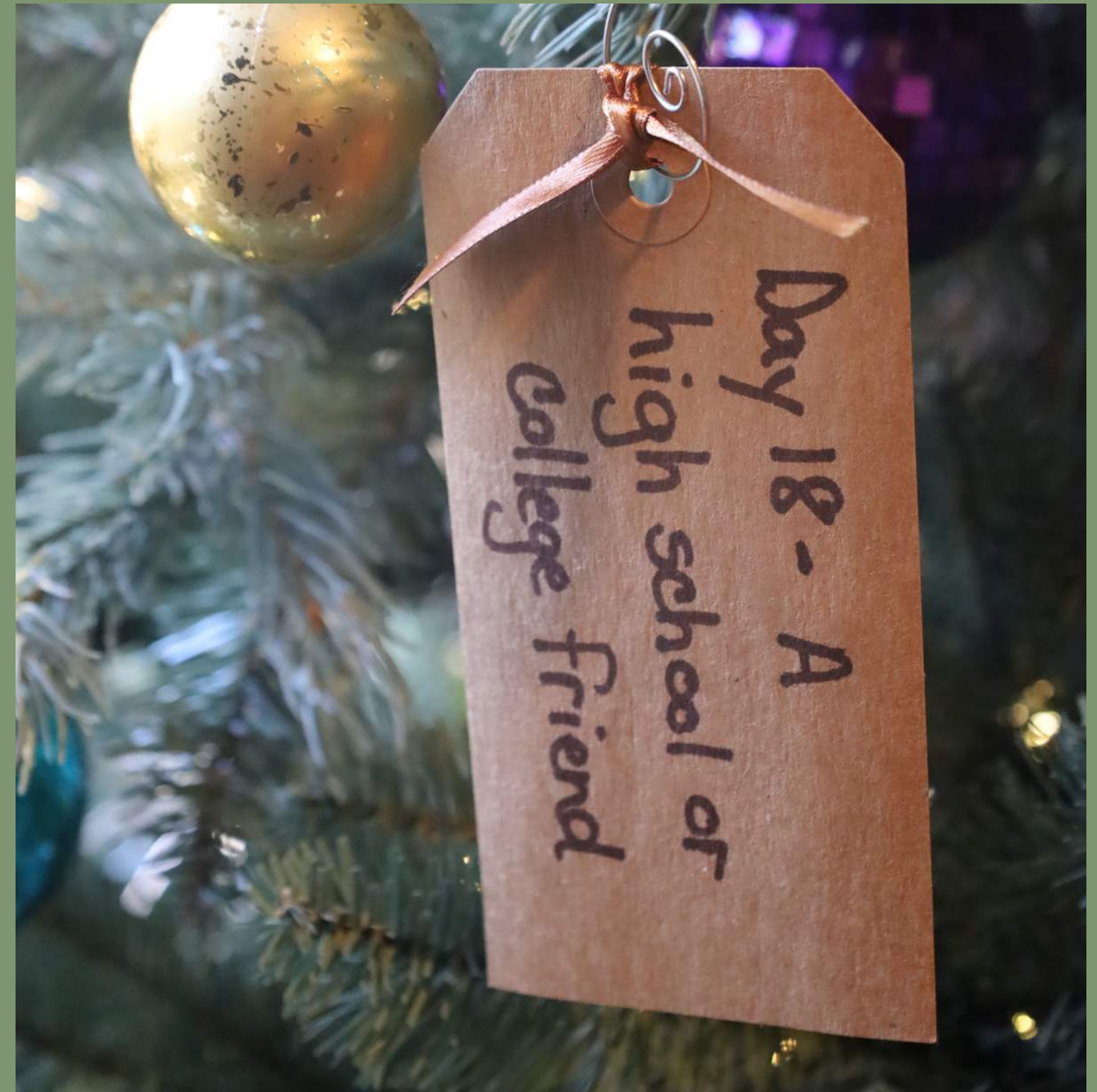
DAY 17

A cousin or
aunt/uncle or friend.



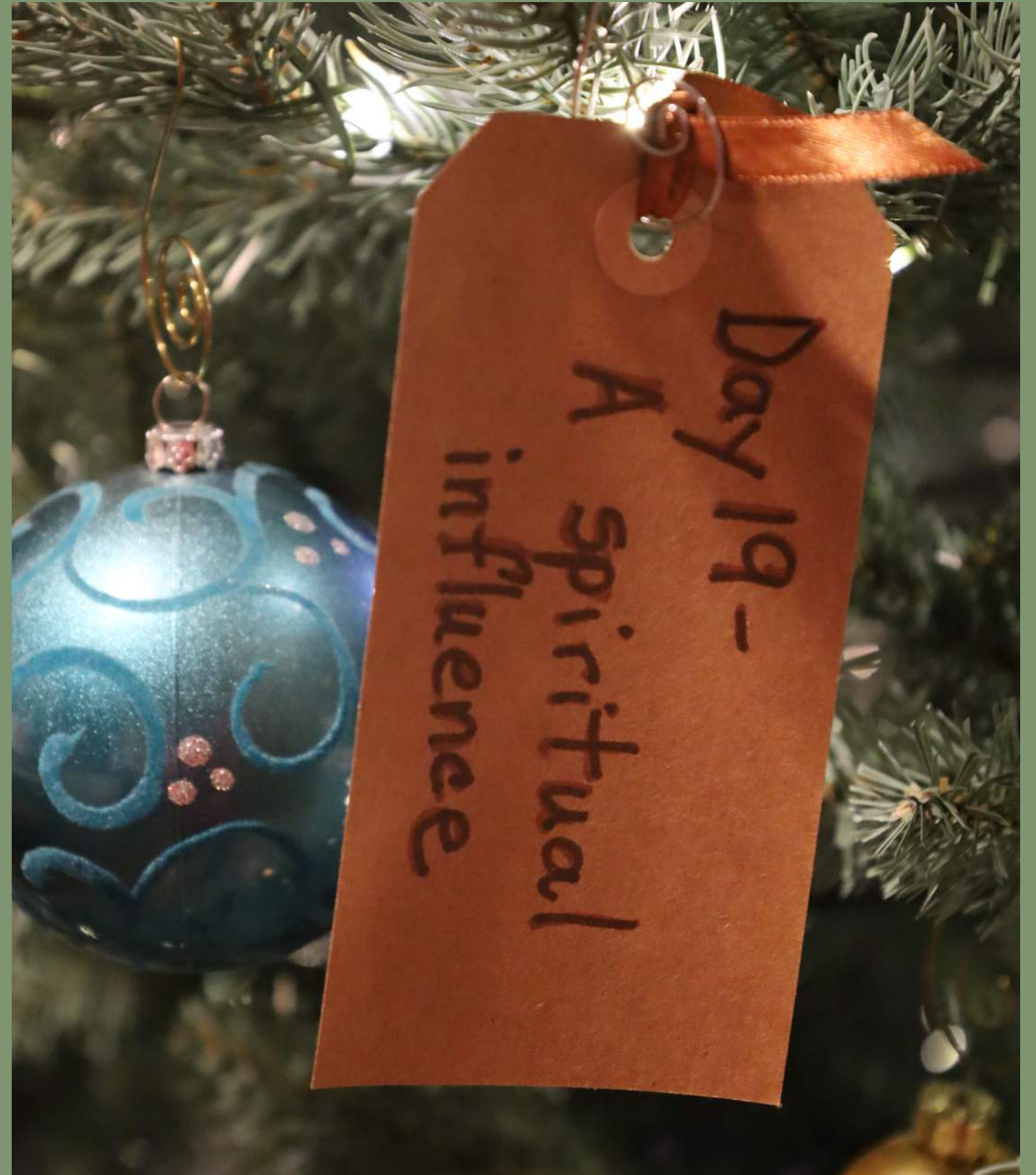
DAY 18

A high school or
college friend.



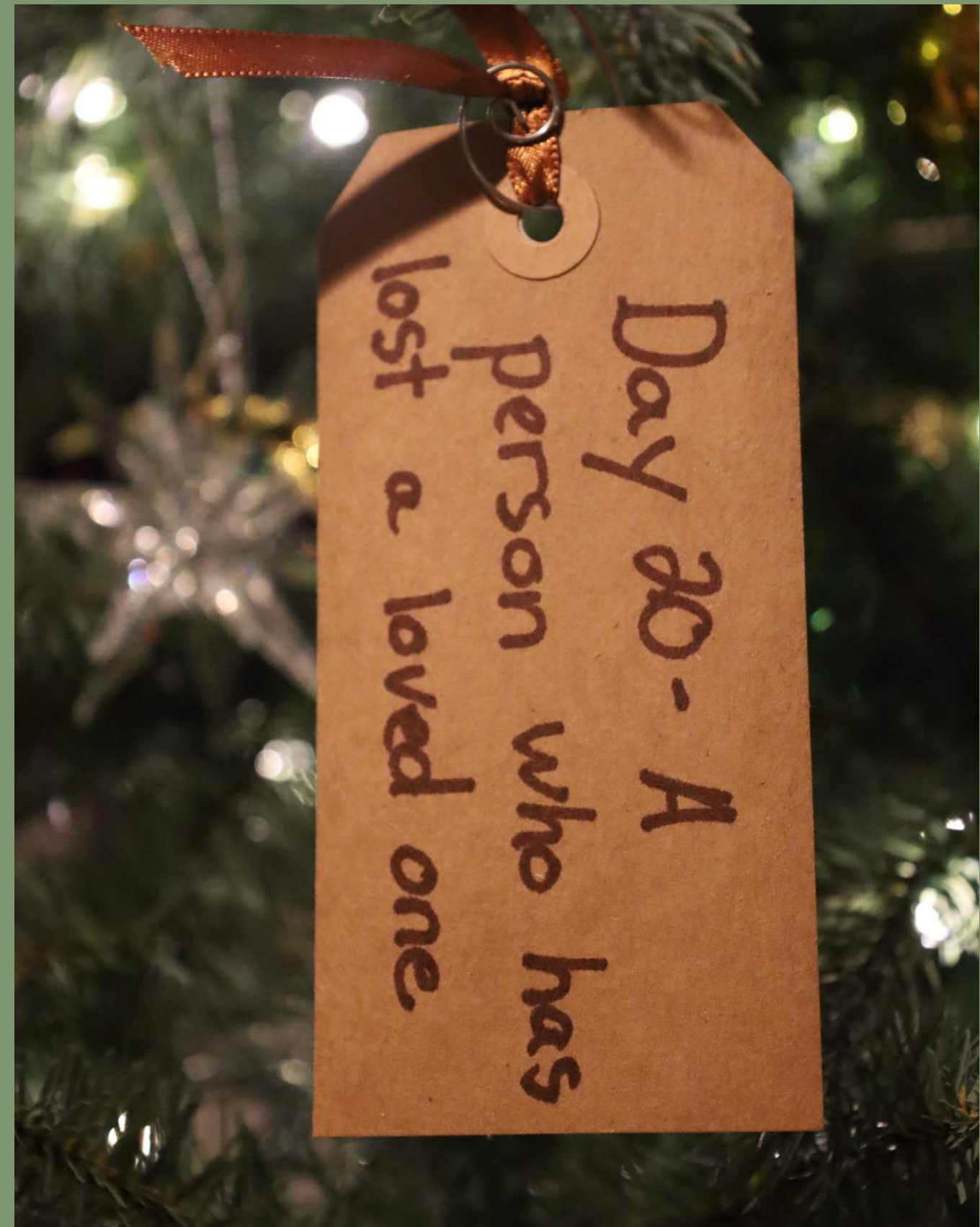
DAY 19

A spiritual influence.



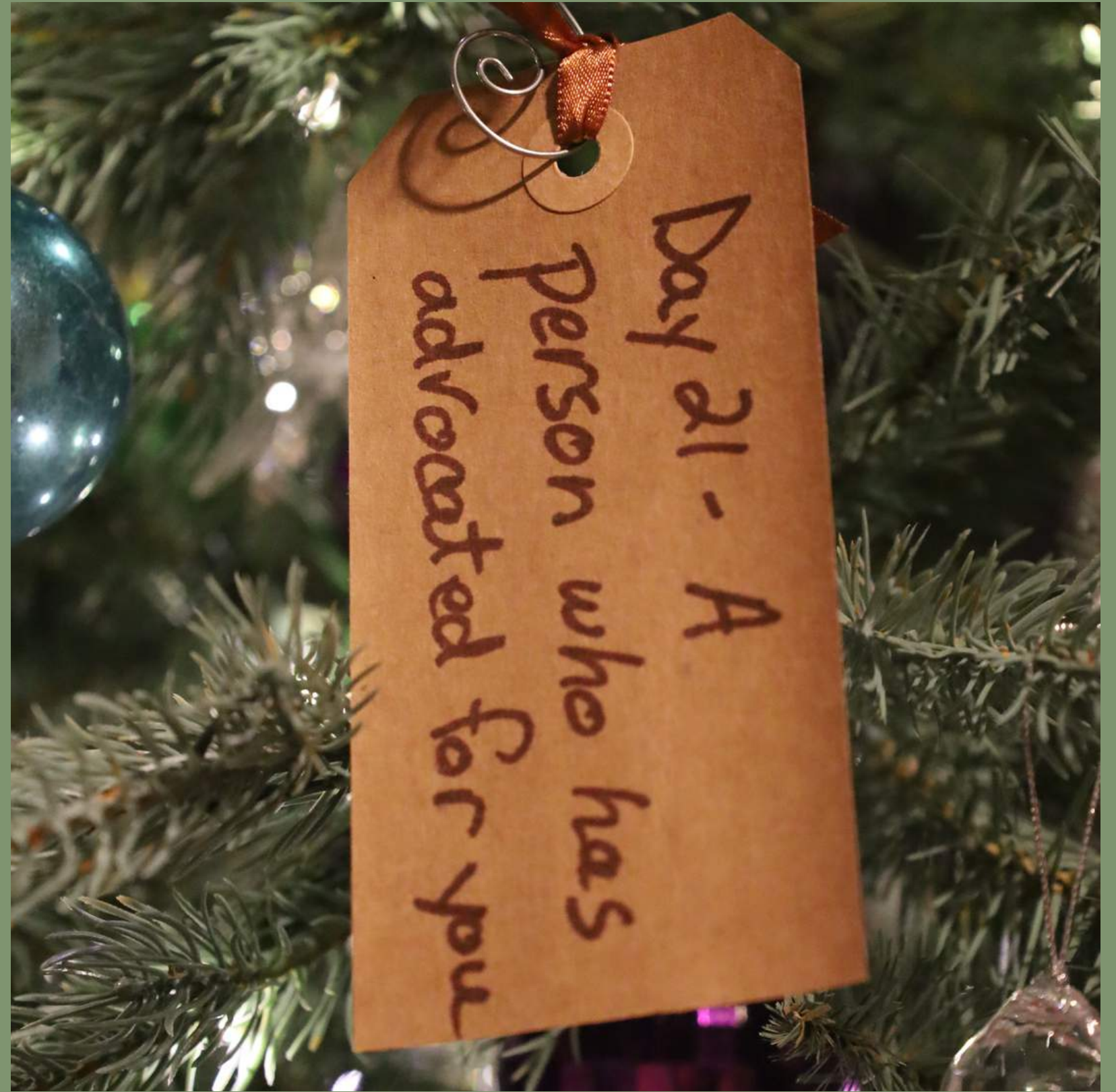
DAY 20

A person who has
lost a loved one.



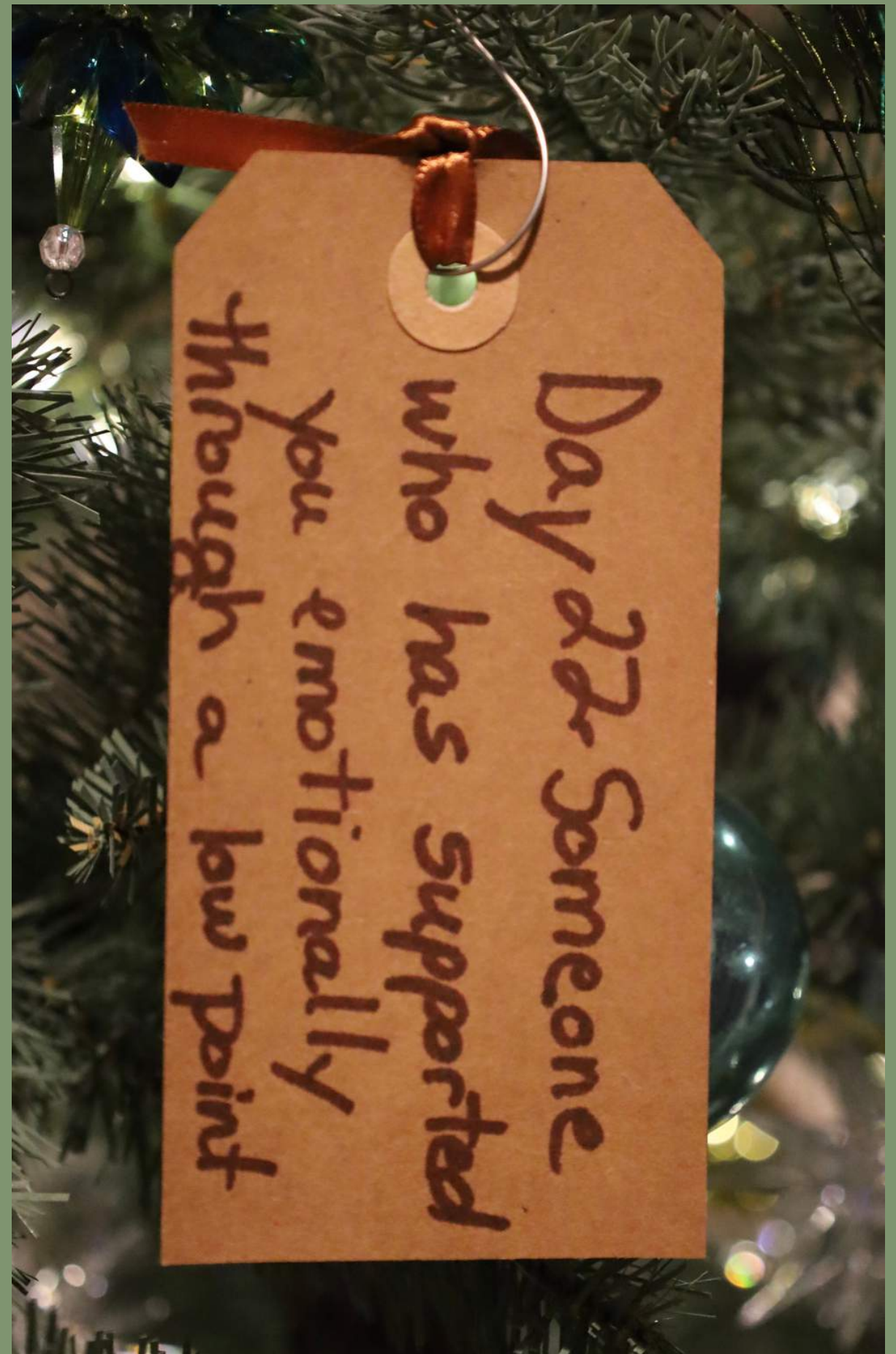
DAY 21

A person who has
advocated for you.



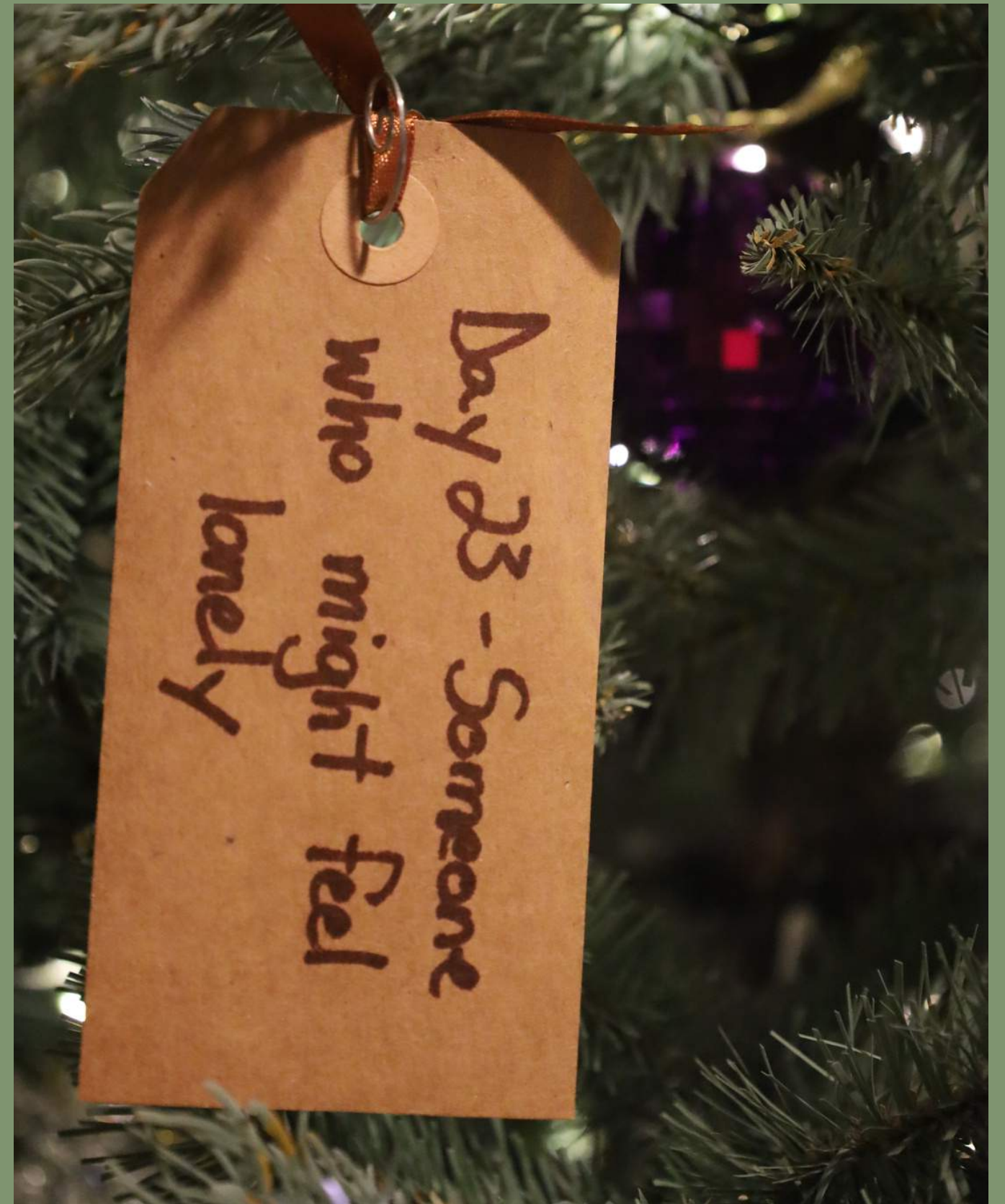
DAY 22

Someone who has supported you emotionally through a low point.



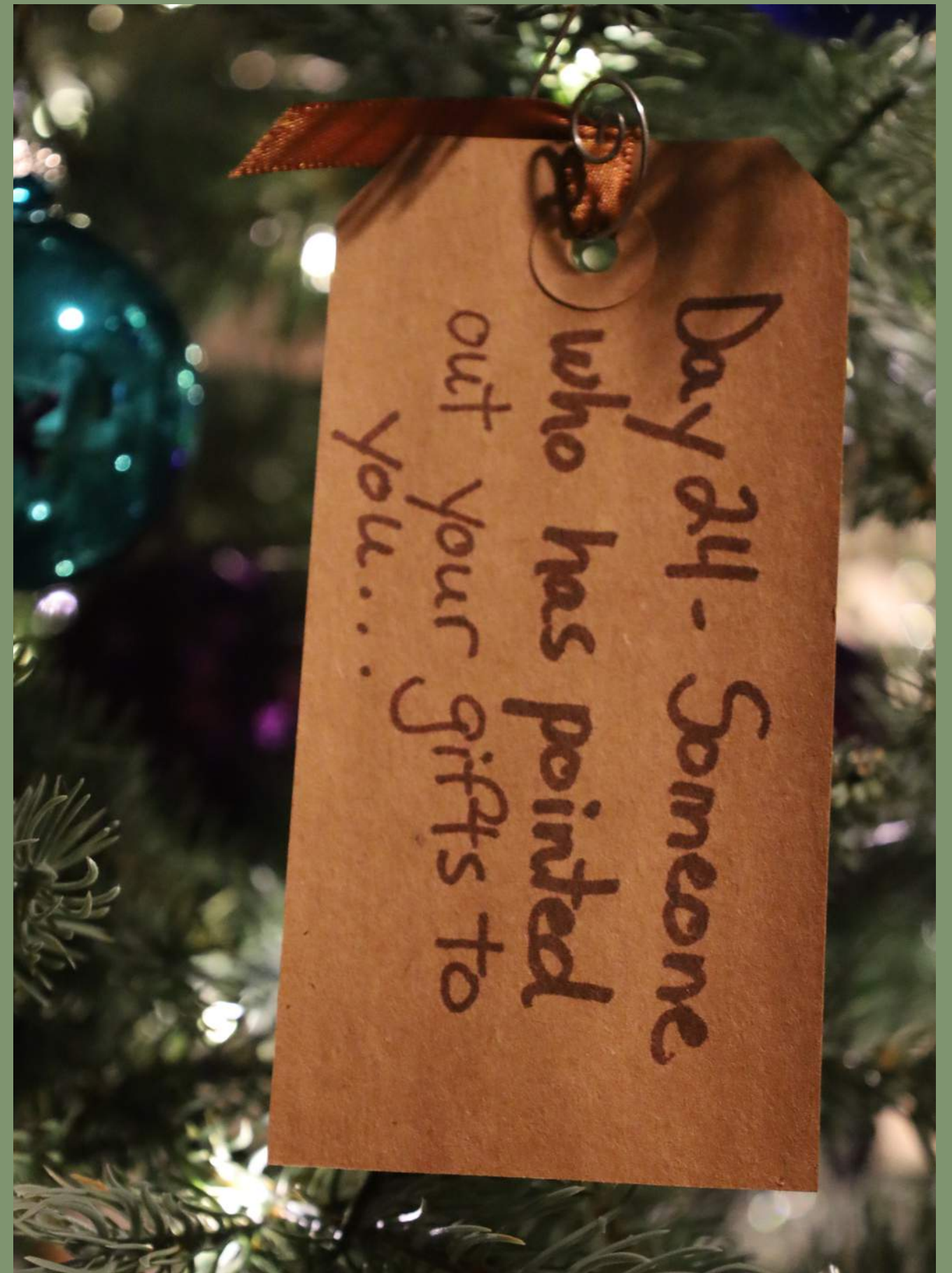
DAY 23

Someone who might
feel lonely.



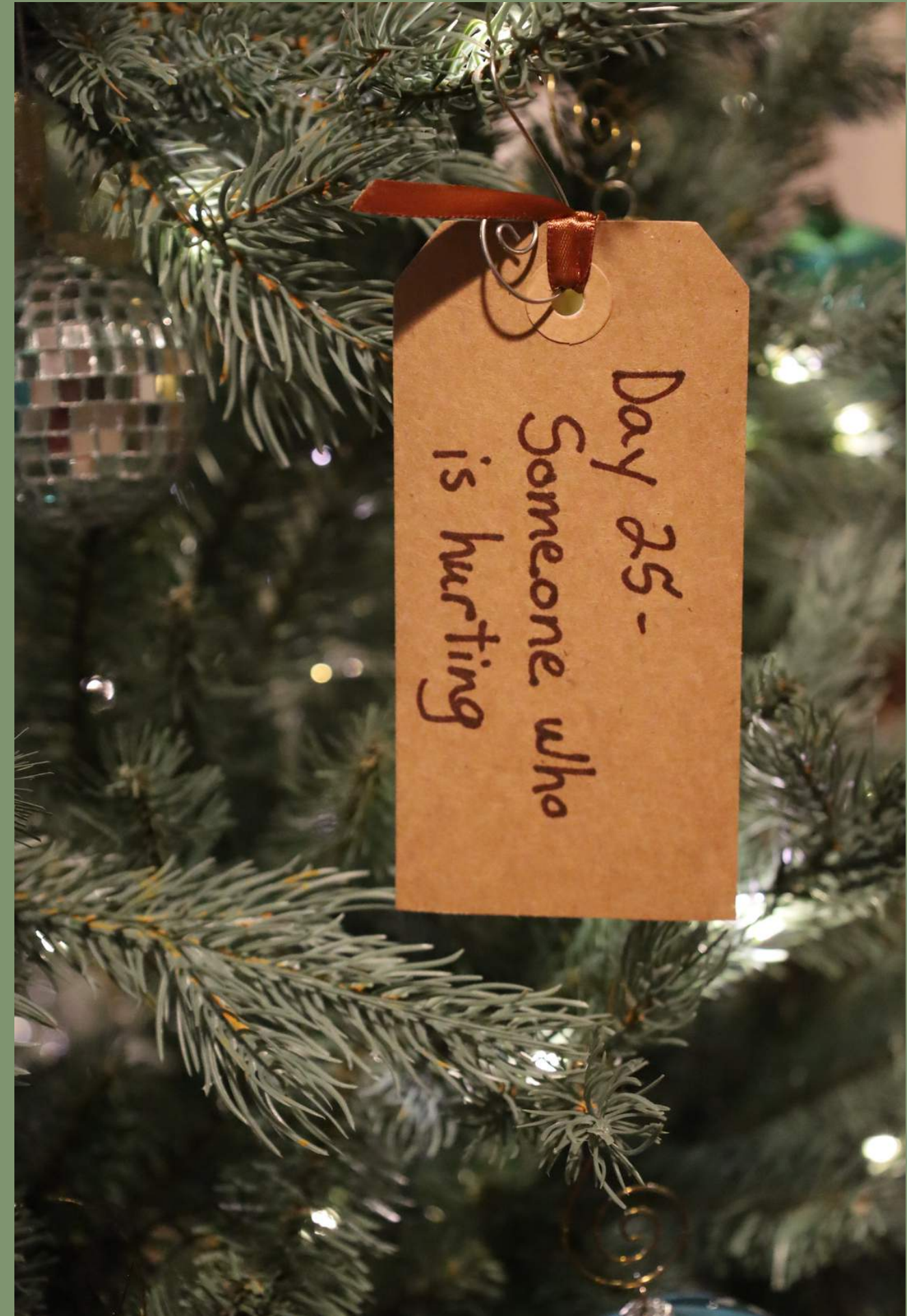
DAY 24

Someone who has pointed out your gifts to you.



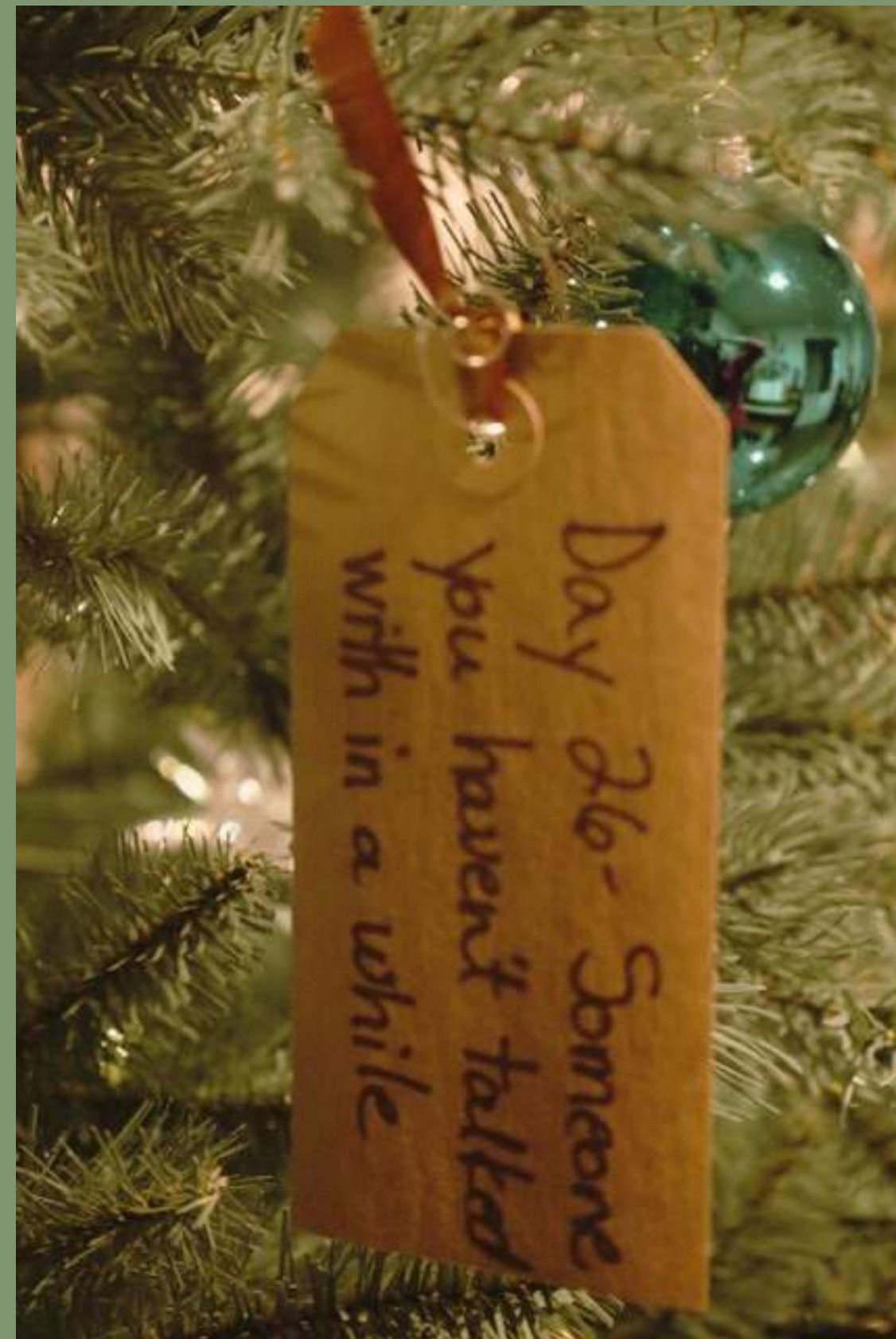
DAY 25

Someone who is
hurting.



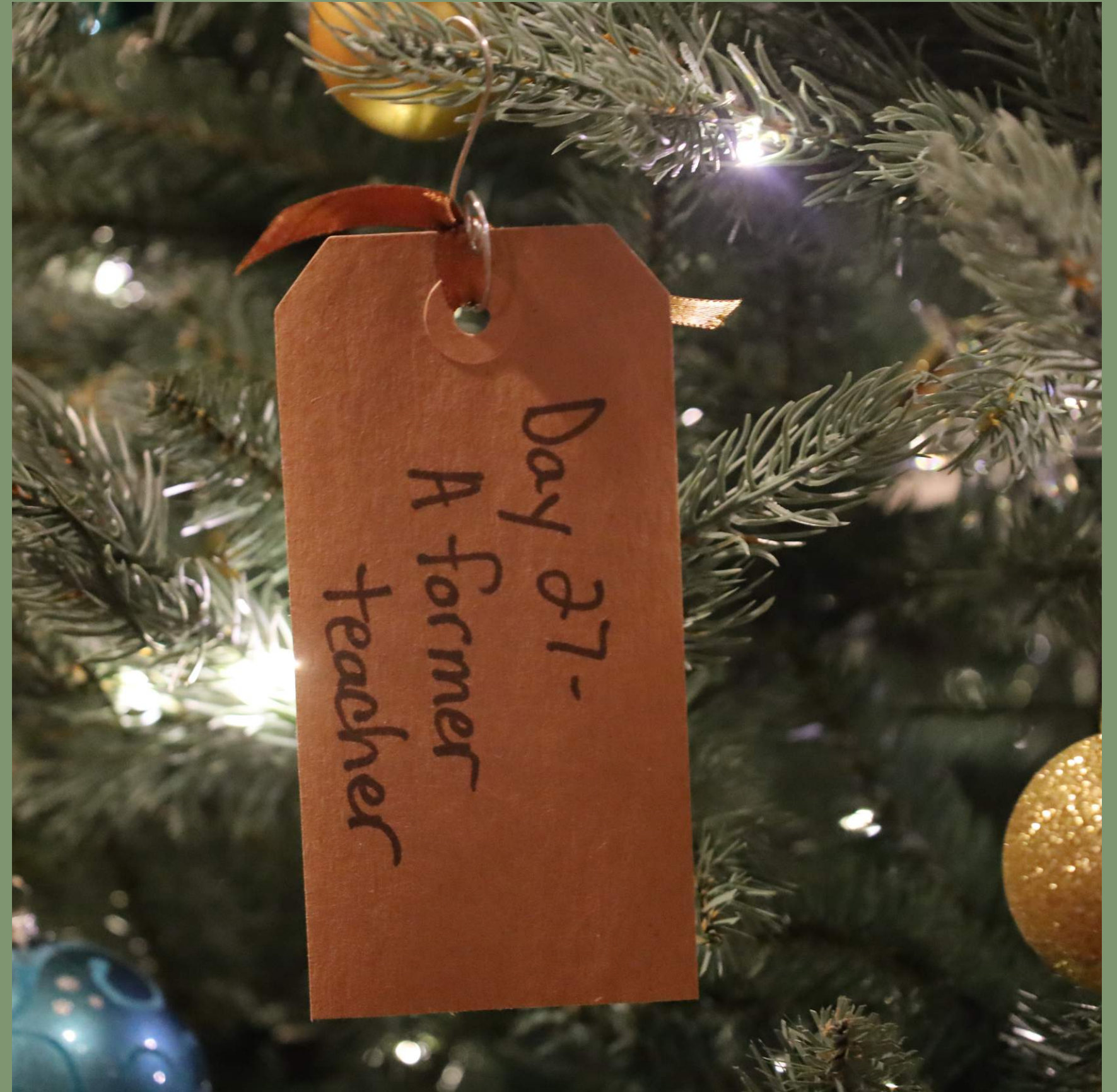
DAY 26

Someone you
haven't talked with
in a while.



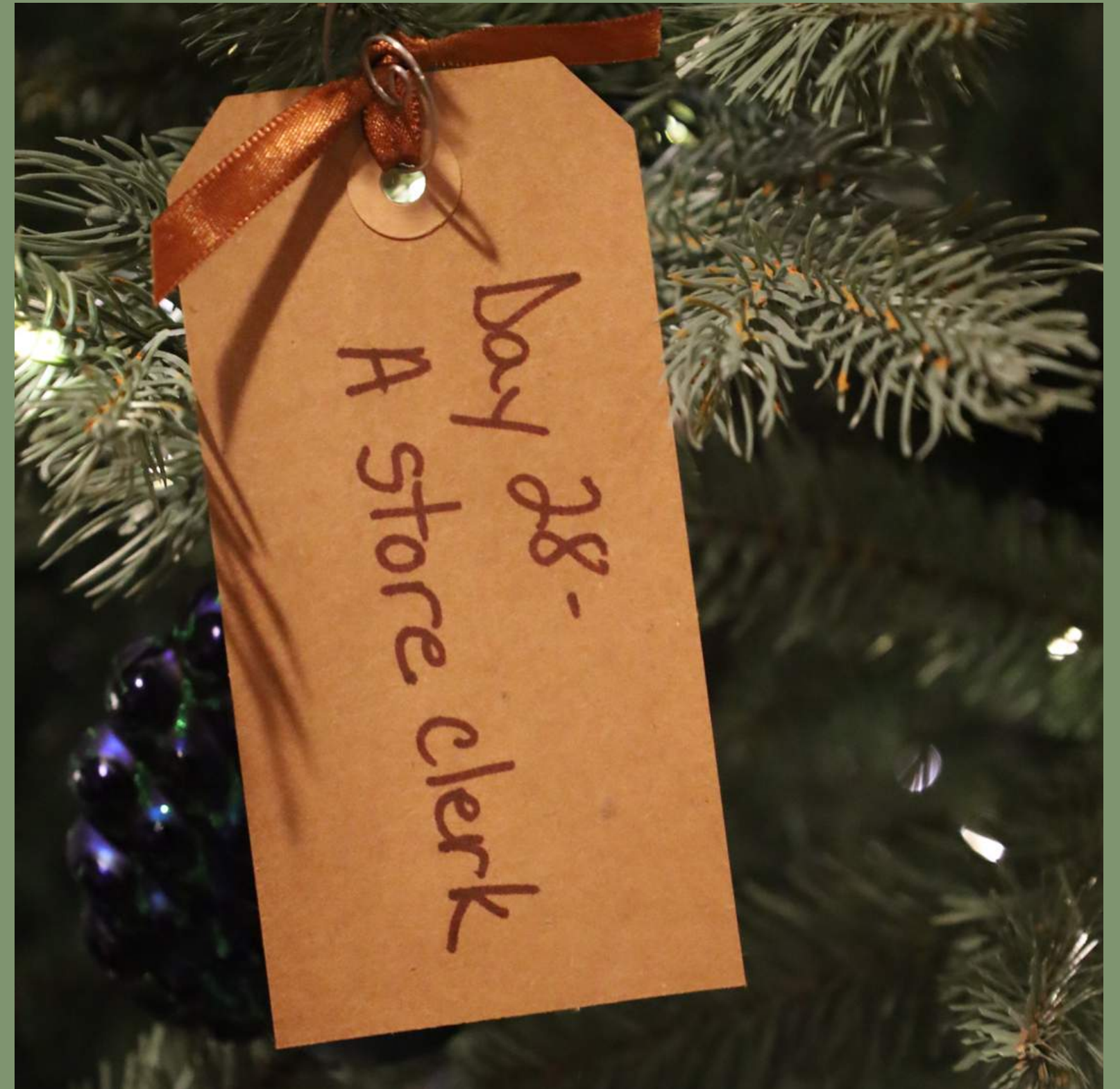
DAY 27

A former teacher.



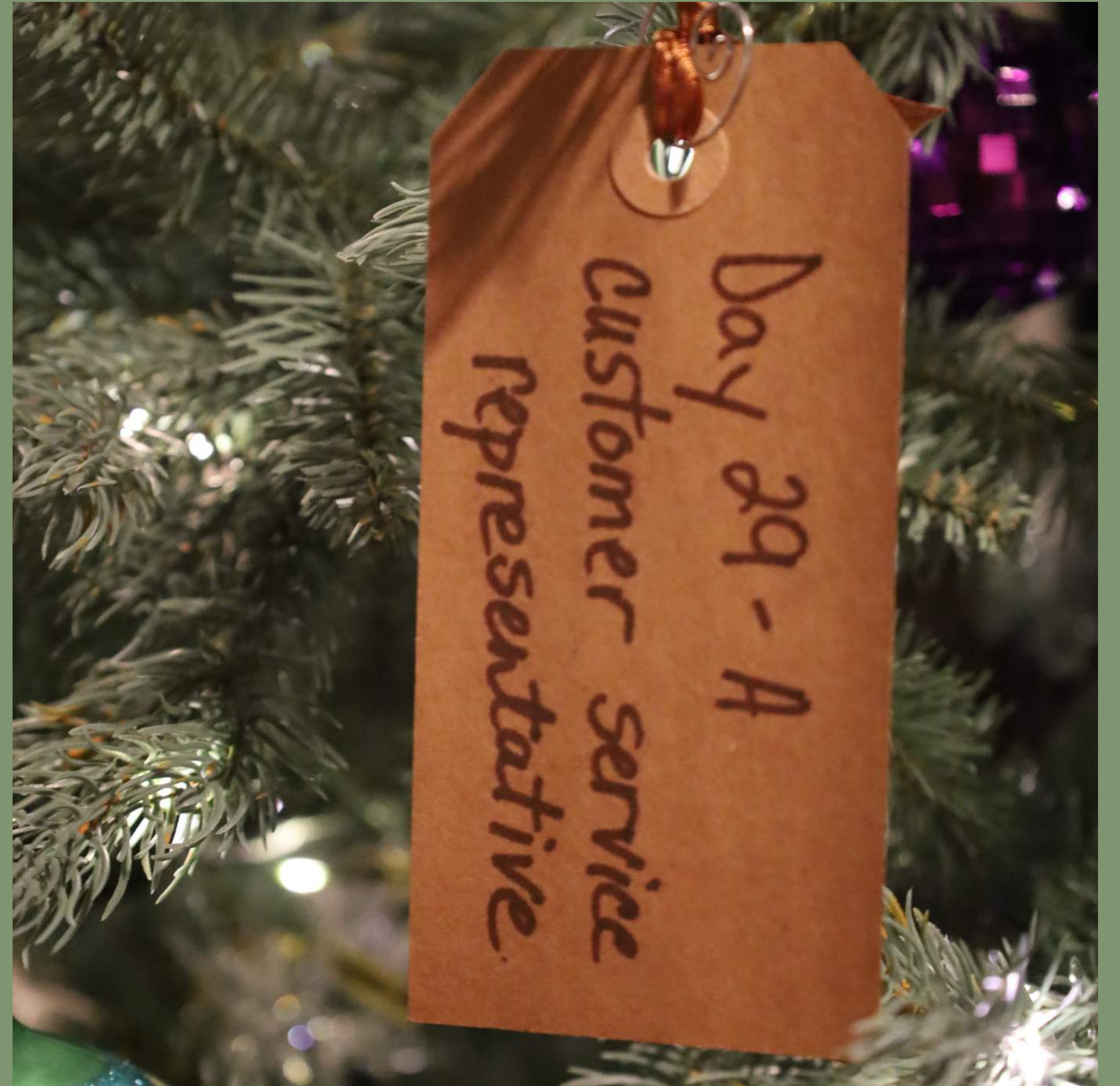
DAY 28

A store clerk.



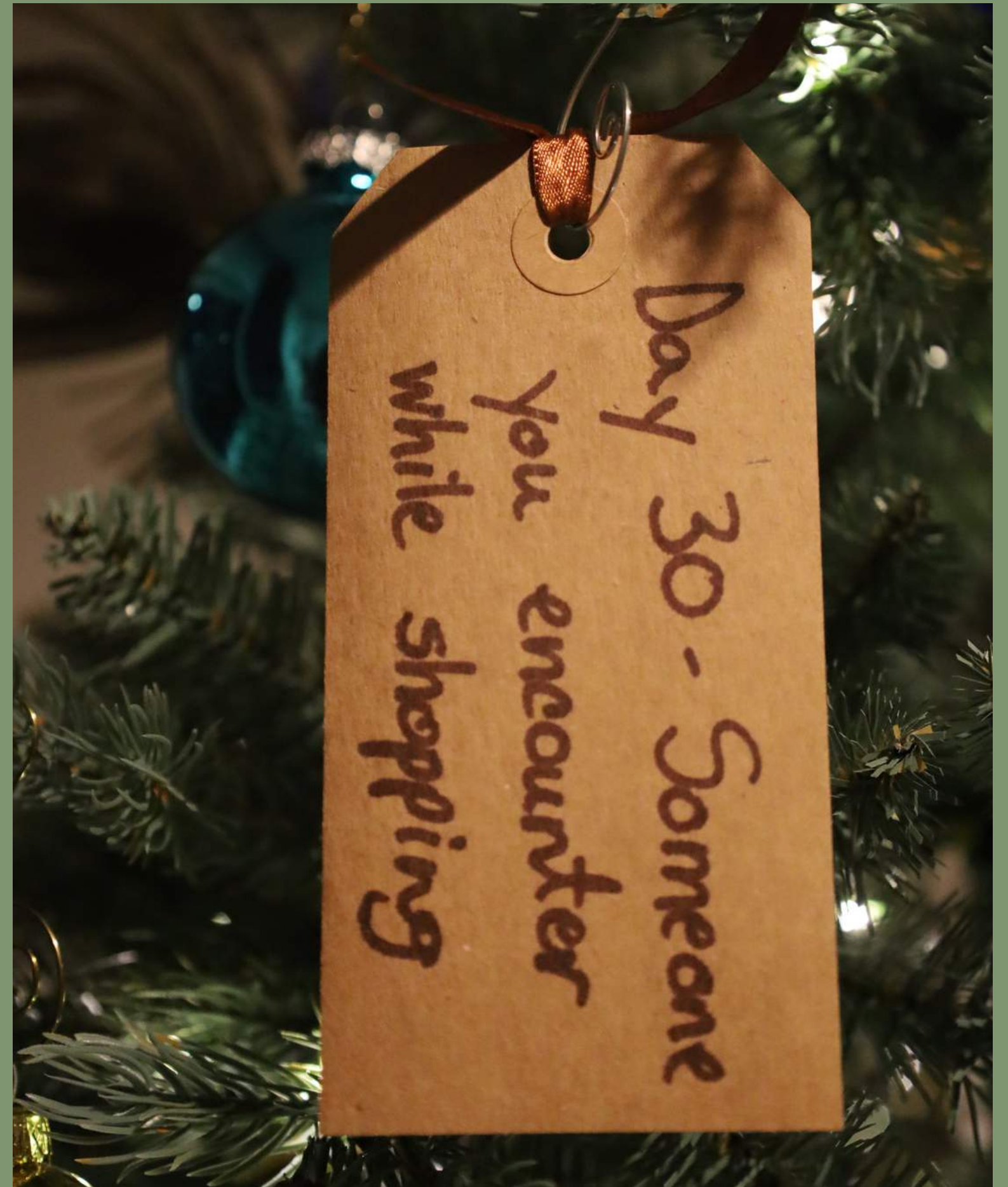
DAY 29

A customer service representative.



DAY 30

Someone you
encounter while
shopping.



DAY 31

Someone you are
grateful for.

