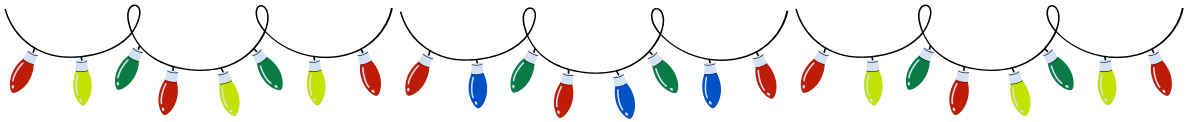
Advent A to Z Action Calendar 2026

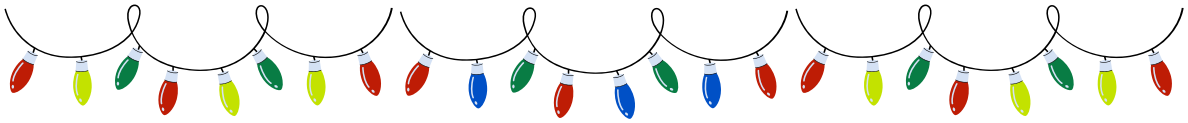


Join with Mothers' Union members this Advent. Each day, take a simple action to show God's love in your family, church, community and beyond.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Nov - **Ask** God to bless five families in your church or community by name.	**30 Nov** - **Bake** or buy a treat and share it with a neighbour, friend, or colleague.	**1 Dec** - **Contact** someone living alone with a phone call, message, or visit.	**2 Dec** - **Donate** a festive food item to a food bank or community pantry.	**3 Dec** - **Encourage** someone by telling them something you admire about them.	**4 Dec** - **Find out** about the 16 Days of Activism Against Gender-Based Violence campaign.	**5 Dec** - **Give thanks** for all the fun, fellowship and fundraising that has happened during our 150th anniversary year.
6 Dec - Second Sunday of Advent **Handwrite** a Christmas card to someone who may not receive many cards this year.	**7 Dec** - **Invite** someone to a Mothers' Union meeting or event, church service, carol concert, or community event.	**8 Dec** - **Join in** prayer with Mothers' Union members around the world for peace and justice.	**9 Dec** - **Keep** a kindness tally: aim to complete five acts of kindness today.	**10 Dec** - **Learn** about a Mothers' Union project in another country.	**11 Dec** – **Make** a donation to support Mothers' Union's work locally or globally.	**12 Dec** - **Nurture** an understanding of our Modern Day Slavery campaign, 'FREE', and tell a friend or family member.

Visit our website to find out more about Mothers' Union today www.mothersunion.org

Advent A to Z Action Calendar 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Dec - Third Sunday of Advent **Offer** hospitality by sharing time, conversation, or a warm welcome.	**14 Dec** - **Pray** for Mothers' Union members in your Wave of Prayer linked dioceses.	**15 Dec** - **Quiet** your devices for 30 minutes and spend the time in prayer, reflection, or conversation.	**16 Dec** - **Remember** families separated by prison in your prayers.	**17 Dec** - **Spread** some festive joy throughout the day.	**18 Dec** - **Tell** someone about Away From It All (AFIA) and how a holiday can help a family thrive.	**19 Dec** - **Update** your church community about the 150th anniversary activities that have taken place this year.
20 Dec - Fourth Sunday of Advent **Visit** someone who may be lonely or arrange a video or phone call if a visit isn't possible.	**21 Dec** - **Welcome** a newcomer by introducing yourself and learning their name.	**22 Dec** - **eXchange** a story of hope by sharing where you've seen God's love at work this year.	**23 Dec** - **Yield** your time to help someone else today.	**24 Dec** - **Zoom** in on Jesus by choosing one Gospel passage and reflecting on it before bed.	**25 Dec** - **Christmas Day** Wishing you a very merry Christmas from everyone at Mary Sumner House!	

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