

October 2024

Year of Rest Calendar

Mental	Sensory	Emotional	Social	Creative	Physical	Spiritual
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Journal or list how you experience God's love.	2 Connect with a group of people you value.	3 Make something for someone else.	4 Take a walk. Silently pray for the places and people you meet.	5 Offer a note of gratitude to someone.
6 Begin your day with five minutes of silence.	7 Eat something you associate with Fall. Give thanks for this gift.	8 Ask someone for help today. Do not apologize for needing it.	9 Offer a prayer of petition asking God for what you need.	10 Take time to marvel at something created by another.	11 Take a bike ride or a stroll outside. Enjoy your surroundings.	12 Donate your time or money to something you believe in.
13 Notice your pace while walking and driving today. Slow down.	14 Use your senses to experience signs of the changing season.	15 Spend time remembering the Saints of old.	16 Intentionally greet others as they come and go.	17 Prepare your home for the change of seasons.	18 Stretch for 5 minutes.	19 Find a blessing that speaks to you. Carry it with you this week.
20 Meditate or sit in silence for 5 minutes.	21 Smell something delightful.	22 Call or write someone who lives far away.	23 Listen to a song from a different culture.	24 Carve or decorate a pumpkin.	25 Travel to a place that is new to you.	26 Enjoy a sunrise or sunset.
27 Recount what you are thankful for this month.	28 Get your hands dirty doing something good.	29 Breathe deeply for 3 minutes.	30 Close your eyes. Be mindful of what you notice.	31 Sing a song you love loudly and joyfully.	31 Do something playful.	

Beloved, since God loved us so much, we also ought to love one another.
- 1 John 4:11

But Jesus looked at them and said, "For mortals it is impossible, but for God all things are possible."
- Matthew 19:26

Blessed shall you be when you come in, and blessed shall you be when you go out.
- Deuteronomy 28:6

...and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age. - Matt 28:20

O give thanks to the LORD, for he is good, for his steadfast love endures forever.
- Psalm 136:1