The Gift of 'Being with':
Suggestions for Giving the Present of Presence

The following are suggestions for 'being with' others during Advent, one for each day of the twenty-five days before Christmas. You may think of other ways to share your presence in order to deliberately choose 'being' over 'doing'.

Be with someone who needs you.
Be with a person who gives you hope.
Be with those who live in terror and fear.
Be with an older person.
Be with someone who has helped you to grow.
Be with one who is in pain.
Be with a war-torn country.
Be with yourself.
Be with someone who has written to you.
Be with a child.
Be with a refugee who is fleeing from harm.
Be with an enemy or someone you dislike.
Be with a farmer losing his or her land.
Be with someone who has terminal illness.
Be with the homeless.
Be with those who suffer from substance abuse.
Be with hungry children.
Be with a co-worker.
Be with those whose hope is faint.
Be with world leaders.
Be with someone in your family.
Be with men and women in prison.
Be with someone working for justice.
Be with those who are abused and neglected.
Be with your loved ones.

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