



The Advent Coloring Calendar: A Coloring Book to Bless and De-Stress Through the Season

Paraclete Press

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This fall, adults of all ages everywhere who feel stressed and unfocused are quieting their minds and souls by putting away the smart phones and tablets and picking up pencils, markers and crayons to color. At home, in waiting rooms, in churches, on road trips - coloring books for adults are becoming more and more popular. These coloring books for adults from Paraclete are not only a simple path to making something beautiful, it has a spiritual element as well. For anyone looking for some relief from the stress of the season, and for a fun and artistic new activity to count the days until Christmas, this *Advent Coloring Calendar* will provide a daily dose of peace and focus. Create something beautiful by coloring a pattern for each of the the 24 days before Christmas, and then enjoy the Christmas story from the Bible while creating more lovely and seasonal art.

"Sometimes coloring is just coloring. To put crayons to paper and create a rainbow of marks and swaths is relaxing, playful, and maybe even artistically satisfying. But sometimes coloring is more. To put colored crayons, markers, or pencils to paper is to create a pathway to the numinous. Coloring invites the body and the senses into an experience of inner stillness. While the hand moves, the mind and the body slow down. The heart and the ears open carving a space for rich silence and an opportunity for God to speak." —**Sybil MacBeth**, author of *Praying in Color: Drawing a New Path to God*

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