How to use Sacred Seasons, Advent 2026, with your church or group

Invite people to **pray with the app each day** during the week. Choose a time to gather once a week, on Zoom or in person, to **listen to each other into speech** and share what God is doing in this season of preparation.

Two ways to gather

1. Listen to each other

People pray with the app each day. When you gather, you take that listening into listening to each other: a short check-in where no one responds, a shared conversation, and prayer for each other.

Use: the Weekly gathering guide. 60 or 90 minutes.

2. Pray Lectio Divina together

The group gathers to pray one short passage of Scripture together: four readings, with silence and sharing. There is a guide for each week's Gospel, and you can use the same process with any short passage.

Use: the Lectio guide for the week. About 25 minutes.

Choose one way, or alternate. Both begin with people praying with the app during the week.

1 Choose your gathering

5 minutes

Pick one day and time each week, the same every week. Choose Zoom or in person. Advent runs November 29 to December 24. Gather any day of the week, once people have prayed a few days.

2 Invite people

5 minutes

Send the invitation below, with the app link. Send it about a week before Advent begins.

3 Share the guide you chose

2 minutes

Give everyone the app link. Give whoever leads the gathering the guide for the way you chose (see above).

4 Pray each day, gather each week

Weekly

Each person prays with the app for 10 or 20 minutes a day. Then you gather. Anyone can lead, and the role can rotate.

An invitation to copy and send

I would like to invite you to pray through Advent with me. Sacred Seasons is a free web app from Dr. Julene Tegerstrand. Each day there is one guided prayer, 10 or 20 minutes, and you can read along or listen. We will meet once a week on [day] at [time] [on Zoom / at place] to listen to each other and share what God is doing in us this season. Advent begins November 29. Start here: sacredseasons.julenetegerstrand.com

Scan to open the app

If this resource was helpful and you would love to see more, let me know. To support the Sacred Seasons project with a contribution (not tax deductible), give on Venmo: venmo.com/u/Julene-Tegerstrand. Or send a check made out to **Everyday Peacemaking**, with **Sacred Seasons** in the memo line, to 20 Rockland House Rd. #303, Hull, MA 02045.