



Holistic Christian Life Presents My Beautiful Advent

My Beautiful Advent will help you focus on Christ and bring you peace during this hectic and stressful time of year. Also known as the Nativity Fast, it is the Church's ancient prescription leading up to the birth of Christ, and we will help you follow it!

- Meal plans:** Historically, Christians fasted from animal products and oils at this time. Not sure what to eat during the fast? We provide meal plans, including recipes and grocery lists, freeing you up to focus on the spiritual side of the Nativity Fast without worries about what you are going to eat!
- Virtual Health Coaching:** Are you frequently eating chips, bread, and Oreos because they are "fast friendly?" Make this Advent a healthy one! Join your host, Cynthia Damaskos, a Certified Health Coach, and author of **The Holistic Christian Woman** as she coaches you through a healthy fast. You will enjoy the feast even more when you feel healthy and full of energy!
- Weekly Interviews:** Education and inspiration are waiting for you with interviews that will support your journey. Just go to our website to see the special guests we have lined up for you this year.
- Daily Ascesis:** Tough to stick to your prayer rule during the stress of the season? Need to establish or re-establish the discipline of spending time taking care of your spiritual, emotional and physical health on a daily basis? Short daily teachings from the Saints, tools to aid in structured and silent prayer, and exercise videos will support you during the fast.
- Community:** Do you feel alone during the fast, as many friends and family members focus on the secular trappings of the season? A private Facebook page is set up as an optional place to go to meet Cynthia, converse with like-minded friends around the world, and share the journey leading up to the birth of Christ. The ability to communicate with each other is also available on the members only portion of the My Beautiful Advent website.

We want you to look forward to the Nativity Fast with anticipation, and we want you to come out on the beautiful day of the feast, shouting "Christ is Born!" energized, and armed with knowledge and skills that will carry over and support you into the coming year. **The Journey Starts November 15th!**

Find Out More By Visiting www.mybeautifuladvent.com