

P2AB

OBSERVER

*What Have You
Learned?*

The Gift of Thanks

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All About?*

November 2020



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What Have You Learned?

Here we are the night before the big election, what a year it has been. Rather than focusing on all the bad that has happened this year; a good question to ask ourselves might be, what did I learn throughout the chaos? How did I grow during the times of frustration and confusion? After all we know that it is through adversity that we make changes; changes that help us adjust our collective sails. If it were not for the painful times, would we change at all. You know the proverb, "If it ain't broke, don't fix it," (possible origin; Bert Lance <https://www.phrases.org.uk/meanings/if-it-aint-broke-dont-fix-it.html>), I believe this rings true for most people.

What have I learned? I have learned that I can easily live without Walmart being open 24 hours a day. I have learned that cloth napkins work just fine and that my daughter is a germaphobe. I have learned not to allow fear to control me and that I really am okay not knowing all the details. I have learned to pray with great sincerity for those whom I do not even know, and I have learned that the world is a lot smaller than I ever imagined.

How did I grow? I have grown in my love for my country. I have grown in creativity in making holidays, and birthdays quite possibly even more special than they were before 2020 began. I have grown as a professor through trying to reach online students in a meaningful way. And I have grown in my reliance of God because I know I cannot control what is going on around me, and that's okay with me.



What about you? How are you stronger for what has happened this year? What will you write on your list of the areas of growth? When someone comes up to you and says, "Ugh, 2020, what a year, nothing good happened!" look at them and ask them what they have learned and how they have grown. In this season of Thanksgiving, let us give thanks for all that we learn, how much we grow and the situations and people that bring toward that growth. Do not allow adversity to define you, let strength, patience and love guide and define you, after all it is a choice, we get to make every day.

In this month's newsletter, we will be taking a journey through the season of Advent—a wonderful time for learning and growth. Also, we are excited to be adding links this month to videos we will be doing which will be both instructional and inspirational. And of course, there are the recipes and fun activities to look forward to. Remember we are just getting started, we look forward to some feedback, suggestions and even photo submissions. Let the holidays begin!!

Hey, don't forget to write your list of how you have grown and what you have learned from 2020, we'd love to see it.

*Peace
Leah*

The Gift of Thanks

The holidays are upon us. This is a great time to bring back some good old-fashioned traditions, like time honored expressions of gratitude. How do you thank people for the gifts that you receive? In days past people used to write thank you notes, or at least give a phone call. It seems like now-a-days people might send a quick text at best, but is that enough? Why would I write a whole blog on writing thank you notes? When you read next month's P2AB Observer, you will see a calendar (a new addition to each newsletter); December 26th happens to be, "National Thank You Note Day." I believe now more than ever; we need to offer a more personal touch to expressing thanks to those we love. We are living in a time where loneliness abounds because technology, which seems to keep us in the know; separates us from intimacy.

To compound matters social distancing due to the COVID-19 Virus has compounded this epidemic of loneliness.

Let's think of a scenario: You have a good friend or close family member; you want to give them a wonderful Chanukah or Christmas gift; you go to the store, shop around for days maybe even weeks for that perfect gift that you know they will love and cherish. You carefully wrap it in hand-chosen paper, get your scissors and curl the ribbon add the handmade tag, pack it and send it off..... and you wait..... Awkward thoughts begin to emerge; "I wonder if they got the gift," comes to mind. "Should I call to make sure, or is that too pushy?" "Did they like it?" or worse, "Did they hate it?" so you call; the last thing you wanted to do, only to get a casual response of, "Yes, it was very nice thank you, so how are you doing?" Or "Didn't you get our text telling you we got it?" Kind of deflating isn't it?

A wonderful handwritten thank you note would have made all the difference in the above scenario. By the way, this is not only for gifts that are shipped to you but

gifts that are exchanged in person deserve a special response. This all seemed like a lost and dying tradition until I got a feeling of hope when I saw a store called, "Write Touch," on San Marco Blvd in Jacksonville FL. In this mecca of "Civilized Communication," tools there were blank note cards, cards with sentiments already written in them, pens, and pencils and best of all, there was a plethora of stationary thirsty to be written upon. A sight for sore eyes. And guess what, after you have picked out the perfect stationary or



blank note cards and brought them home, you can shop on Amazon.com and look for Wax Seal stamp sets to make this lost art complete. I can feel the refreshing breeze of simpler times as I write this.

Writing letters is a wonderful tradition to teach children and grandchildren. There is nothing more sentimental than seeing a thank you note written in a child's handwriting long after the child is grown, what a keepsake. I have a letter from my grandmother given to me when I was a child and I cherish just seeing her handwriting, she passed away in 1993 but that note gives me something to hold on to, literally.

If we continue to live in a world of texting for all means of communication, we will not have these rich treasures. Another plus for thank you notes, and letters is bringing back another lost treasure of cursive writing. Cursive writing is an art form all unto itself. Even learning calligraphy and simple drawing lends itself to a more personalized note of gratitude. The thank you note will be a treasured gift, maybe even for generations to come.

Namaste,
Leslie

What is Advent All About?

In last month's newsletter we talked about traditions, customs, holidays, etc. This week Let's talk about a season and how it's celebrated. The season is the time following

Thanksgiving and preceding Christmas. It is called the season of Advent.

Advent simply means "coming." There are 4 weeks of Advent—the 4 Sundays preceding Christmas—that help us to prepare for the coming of Christ. But there is a bit of a twist in the order of things. It is reversed from the natural order of things. You would think that we would first prepare for His coming as a Child in a manger. However, that is not the case here. First, we prepare for his coming again—His return—then, each week the preparation changes to His first coming, the Incarnation, God becoming man in the person of Jesus Christ.

Each week of Advent is also given a theme. There are several themes that are used, and none of them are designated as the "only" theme. For instance, some use Hope, Peace, Joy and Love. Other popular themes are God's People, Old Testament Prophets, John the Baptist, and Mary. Or maybe Waiting, Accepting, Journeying, and Birthing. There is no one set theme.

An Advent wreath is often used during this season to hold weekly candles. The wreath symbolizes many things. The greenery symbolizes God's nurturing and maybe our growth. The circle it creates symbolizes eternity—never ending. Also, it may symbolize that God is Alpha and Omega—the beginning and the end. There is a candle for each week, three purple or blue candles symbolizing royalty, one pink candle symbolizing joy or rejoicing, and one white candle in the middle symbolizing Christ—it's the Christ candle. All these produce light and point to Christ as the light of the world.

Advent begins a time of waiting, with great anticipation and joy, for the birth of Jesus. There is much mystery surrounding this

season and a certain magic is in the air. This is the season for Santa Clause, long awaited gifts, relatives coming from afar, even the anticipation of cold weather and possibly snow. Hustle and bustle fill our lives as we prepare for the big day!!! The day the tree is lit, the gifts are opened, and the food is eaten!

But have we have forgotten the reason for the season? This is the season that we celebrate the birth of the long-awaited Messiah over 2000 years ago. The church, during Advent, looks back upon Christ's coming in celebration while at the same time looking forward in eager anticipation to the coming of Christ's Kingdom when He returns for His people. In this light, the Advent hymn "O Come, O Come, Emmanuel" perfectly represents the church's cry during the Advent season.

To balance out these two points of anticipation, the first two Sundays in Advent look forward to Christ's second coming, and the last two Sundays look backward to remember Christ's first coming. Over the course of the four weeks, Scripture readings move from passages about Christ's return in judgment, to Old Testament passages about the expectation of the coming Messiah, to New Testament passages about the announcements of Christ's arrival by John the Baptist and the Angels.

We get so caught up in the commercialism of Christmas that we forget that Advent—much like Lent--should be a time of fasting, and reflection upon the state of the world and our need for a Savior. It is through rejoicing in the birth of Christ that we become aware of our need for the second coming of the Lord.

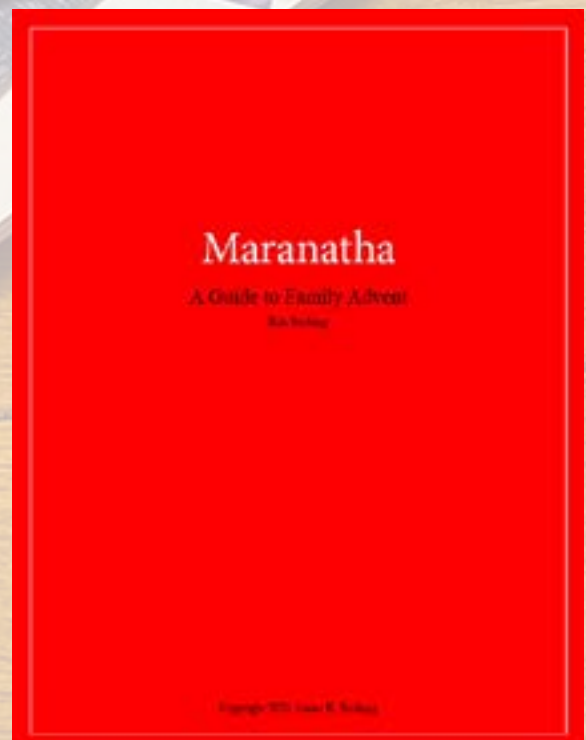
Advent, more than any other time, is a time for stillness. A time, as the scriptures di-

rect us to "Watch therefore, for you do not know what hour your Lord is coming" (Matt 24:42 NKJV). Advent is a time to pay attention and to anticipate God's activity in our lives. In Advent we are called to see how God is just over the horizon preparing to do a new thing in the midst of our everyday lives.

God is always working to create a new thing in us, and the season of Advent should make us aware of that. But we must take the time to notice it, and to acknowledge it so that we can claim it and embrace it. This Advent season may we meditate on the new thing that God is about to do in our lives and in the world around us.

Pax,
Ken

A gift for you. Click on the image below for an Advent Guide for you and your family this Advent Season.



Eating healthy is one of the many ways we can take care of our beings 😊. And cooking together is great social event, even if it is virtually (Zoom together with friends and family if necessary).

Recipes for a Healthy Being



Simple grilled salmon:

1 lb of fresh salmon (wild caught if available)
Olive Oil
Salt and pepper to taste
Quickly rinse fish and pat dry
Lay fish on parchment paper (with aluminum foil underneath). Enough of each to make a tent over the fish.
Drizzle olive oil over fish *add salt and pepper to taste.
Bring parchment paper and foil together into a tent and fold lightly making sure to pinch the ends of the foil tightly to avoid losing any of the juices.
Bake for 20 minutes at approx. 400 degrees
Do not overcook!!! Fish dries out very quickly.
*Seasonings that fit your pallet, for example: Seasoned salt, Smoked paprika, Cajian, Old Bay.

This recipe works well on a grill as well.

Sauteed Celery

1 Package of organic celery
Butter
*Salt
Clean and lightly peel celery to remove any spots
Place 1 tablespoon of butter in a pan add celery and sauté stirring vigilantly (to avoid burning). Cook approximately 5-8 minutes depending on personal preference for doneness.
*Seasonings (light seasoning is best for this delicate recipe), that fit your pallet, for example, 4 Tbsp. Crispy Fried Onions, seasoned salt, chopped herbs, pepper

Super Greens Salad

4 cups of mixed "Super Greens," Or lettuces of your choosing
½ Tomato
4 TBSP Feta Cheese
Roasted Chickpeas (see recipe below)
And pickles of course

Toss all ingredients together.
For this salad I used a lemon vinaigrette dressing

Roasted Chickpeas

1 can chickpeas hulled and well rinsed
Olive oil to coat the chickpeas
Cracker pepper-to taste
Salt- to taste
Smoked Paprika- to taste
Mix ingredients together and bake at 400 degrees until the Chickpeas begin to get crunchy.

Dark Sweet Cherries over Vanilla Ice Cream

Bryers vanilla bean ice cream snack cups
Dark sweet cherry pie filling - Chill cherries for at least an hour before adding to the plate.
Dark chocolate pieces

Turn ice cream cup upside down on a chilled plate. Surround the ice cream with cherries. Add chocolate on top for garnish. A sprig of mint would be a nice touch as well.

Our Vision

The Vision is quite simple--

Peace 2 All Beings is dedicated to assisting you on a journey toward a transformation of your unique mind, body, and spirit.



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