

# *P2AB*

# *OBSERVER*

*What's to Become of  
Traditions?  
Let the Holiday Journey  
Begin  
Spiritual Traditions and  
Customs*

*October 2020*





# P2AB

## What's to Become of Traditions?

I just heard that the 94th annual Macy's Thanksgiving Day parade was cancelled and will be held virtually. The Rose Parade was cancelled as well (we can talk about that in January). But, but, .....the Macy's Thanksgiving Day parade was cancelled!! When I think back to Thanksgiving growing up, I think of the rivalry football game being played at the local high school, (we rarely won but we had high hopes each year) and coming home half frozen and frostbitten to the smell of the Turkey and other savory delicacies of the season wafting through the air. But always, always, there was the Macy's Thanksgiving Day parade on the television subtly playing in the background as if it were hiding quietly waiting for attention.

What caught our attention were the enormous balloons, the high school bands that had longed to be invited to this stellar event and of course, the whipped cream on the pumpkin pie; was Santa Clause. It was Santa's arrival that marked the beginning of the Christmas season. The feeling of his impending arrival 15 minutes before the end of the parade was palpable throughout living rooms and across generations throughout the country. When he arrived until the ending goodbyes of the Masters of Ceremonies, we were locked in our own visions of sugar plums dancing in our heads. As Santa and Mrs. Clause (if she was up for the long journey) waved goodbye, our focus turned to our other sense, the sense of smell. That blessed smell of turkey and all of his trimmings on slow roast in the oven.



Although the traditional foods may still be plentiful over the holidays, how many people will still be traveling over the hills and through the woods to join grandparents, aunts and uncles and cousins? Many are crying, "it just won't be the same this year!". The announcement of the cancellation of the Macy's Day parade came from Governor de Blasio where he said, "it will not be the same parade we're used to." But he promised, "they are reinventing the event for this moment in history and you'll still be able to feel the spirit and the joy of that day on television, online." Macy's executive producer, Susan Tercero, stated that the Macy's Parade is their love letter and gift to the city of New York and the nation so this cherished holiday tradition must go on." (Deadline.com September 14, 2020 author of article Greg Evans).

What can we take away from all of this, the cancellation of cherished traditions, the family table possibly looking different this year? We can take away the idea of new traditions, maybe marking this year with pictures in the album where we learned a dose of gratitude for what we still have. Gratitude for the people who are working hard to try to salvage normalcy, whatever that may look like to you. There are to be lessons to be learned in all things and it is our attitude that will make this very unique year one



that is remembered with love or one that goes down in the books as one of the worst.

Why am I talking about this in the October newsletter? Because if we are going to start new traditions, we need to begin early. At Peace 2 All Beings we are committed to helping you find peace through the transformation of your mind, body, and spirit; now might be a good time to jump on board. Let's get started!

## Let the Holiday Journey Begin

When you think about it; these are our children's, "good old days," days they will look back on with loving, nostalgic thoughts; days they will want to share with their own children and grandchildren. Traditions are one way we can pass on a legacy to the next generation and generations to come. No matter what we may think of, "these days", we need to remember to make lasting memories with our children. During these months filled with festivities, we at Peace 2 All Beings will be sharing ideas and fun project ideas to work on with your families and friends or even alone for some well-deserved quiet, creative time.

Before you begin your projects let's get into the holiday mood by peaking all of your senses. Make a list of 5 of your most nostalgic memories from your childhood or a time when you felt the most peaceful in your heart. What was it that

made these memories stand out the most? What set these memories apart? For me it was often the colder weather, the smells in the air, the promises of the upcoming holidays and the trusted traditions. Even those of us who grew up in tumultuous families can help heal from our past by trying to find the positive moments in the past.

One of the best ways to make a lasting memory is to use all your basic senses. Smell, hearing, taste, touch, and sight. Let's get started with the sense of smell, the one most closely associated with our memory. What smells conjure up wonderful memories? The smell of the candles that light the Menorah, the sweet pungent fragrance of the Christmas tree, the crisp fall/winter air? Let's set the stage while you begin this Journey by creating a potpourri of the season. Begin with a pot of boiling water on the stove add about add about a tablespoon of whole cloves, 4-5 cinnamon sticks, 1 tablespoon of orange peels (what the heck throw in a whole orange), you can even add some calming dried lavender buds or apples to the mix, get creative with this bouquet,

make it your own. After it has come to a slow boil, turn the heat down to a slow simmer and allow this calming fragrance to waft throughout your kitchen for as long as you like, making sure to add water periodically so it does not burn. **Gift idea:** write down the recipe to add to the memories you are creating for your family.

Now let's turn to your sense of hearing, what are your favorite sounds

or songs of the holiday season? Might I suggest Spotify for this venture. Play these





favorite choices loud and joyfully. **Gift idea:** make a playlist of your most memorable songs to share as a stocking gift or add in a basket filled with other memorabilia.

I know you were waiting for sense of taste and here we are. What is your favorite holiday flavor? I remember making Marzipan cookies and the flavor (and smell) of the butter and almond melding together is a taste I will never forget. Make your favorite flavor first if possible. Enjoying a quick, simple, homemade chocolate cookie or sufganiyot, can bring old-fashioned memories crashing back. **Gift idea:** Write your favorite recipes on a 3x5 or 4x6 card and include them in a food gift. Don't forget to take a picture of your creation preferably with the people present while the baking experiencing was taking place.

The sense of touch, the most important sense of all to all living creatures is one of the hardest to define during when it comes to holiday memories. What are memorable touches? A hug, a tender touch on the shoulder, the feeling of tissue paper, the prickle of the Christmas tree branches, the sting of chilly air on your cheeks and nose. A fun holiday memory I have was carving the pumpkin on Halloween and feeling the pumpkin innards; believe it or not, it was a refreshing contrasting feeling; the warmth of the inside of the pumpkin compared to the cold temperature outside. We would then clean off the seeds, salt them and toast them up. **Gift idea:** In this year of social distancing we can still speak a language of love and friendship while staying safe. Our words will have to carry us this holiday season. Write a note to your loved ones, offer the gift of your favorite book with an inspiring note on the inside of the cover.

Ahh sight, What are some wonderful holiday sights for you and your family? Christmas lights, A carved pumpkin on Halloween, succulent Thanksgiving Turkey, the lights on the Menorah? How about the best sights of

all; seeing our loved ones. **Gift idea:** Pictures, and lots of them. Take pictures worthy of remembering, pictures of every detail of the holidays and mostly pictures of your loved ones engaging with one another. Send pictures and videos to those who cannot be with you this holiday season.

As 2020 comes to an end, let's take these last few months to brighten our lives and the lives of our loved ones in an old-fashioned way. Make new traditions, teach old traditions to children and grandchildren, and record them all through pictures, writing and mostly spending time together even if it is virtual. These are the gifts that will keep on giving from generation to generation.

Namaste,

*Peace  
Leslie*





# Spiritual Traditions and Customs

When asking students from non-liturgical traditions what they celebrate during the fall and winter season, the majority will answer: Thanksgiving and Christmas. When you ask the same question to students from a liturgical tradition, they might have many responses: All Saints Day, Thanksgiving, Advent, Christmas (all 12 days) and Epiphany. And then there is still another group that would include Halloween, Rosh Hashanah, Yom Kippur, Oktoberfest and Hanukkah to name just a few.

Amidst these days that are marked on many calendars there are things we do that are referred to as traditions and customs. The difference between the two is traditions are those things that a large number of people have done for a long time, whereas customs are typically those things that a smaller group of people do (family, society, local church).

One fall tradition that comes to mind is Trick-Or-Treat. Kids dress up in costumes that range from ghostly characters to Disney characters (and everything in between) and go from door to door with a bag, ring the doorbell (or knock on the door) and yell “Trick-Or-Treat”. The door is opened, and candy is usually put in their bags.

A fall custom for some, might be to have a family or a church Barbecue on the first cold snap. Everyone brings a dish of their favorite side dish while the men break out grills and slap on the steaks and chicken. And don't forget that the women will be bringing pies—hoping theirs will be the one gobbled down first.

I'm wondering what traditions and customs you might celebrate this fall? With all the

commercialism around what is now called the “holiday season”, it's hard to focus on family and friends while spending all your time and money running to all the stores that are advertising their sales. Are there some special things that you look forward to during this season of weather and wardrobe change?

Consider that God rested on the Sabbath. He created a day of rest so we too can step



aside from our everyday chores to reflect, be still, and see what all He has done for us. Let me challenge you to take a break this fall and do your traditions, if it's enjoyable, relaxing and fun for you. But also, maybe create a new custom for yourself with your family and friends.

Life is short, and it's getting shorter. Take a moment to slow down, breathe, meditate, and reflect on how good God has been to you. Then, do something new. Start a new custom. Who knows... It just may become a brand new tradition.

Blessings,

Ken Rushing





10 minutes prep time  
15 minutes cook time  
About 150 cal per serving

## Ingredients:

35 corn tortilla chips  
1/2 can bean dip  
1/2 cup grated cheese  
1 can sliced jalapenos  
3 cups shredded lettuce  
1 red tomato  
1 container low fat sour cream  
1 jar salsa



## Quick and Easy Nachos

FROM THE KITCHEN OF: Peace 2 All Beings

## Directions:

Place whole tortilla chips flat on cookie sheet.

Spread a little bean dip on each chip. Place a jalapeno slice on each chip. Sprinkle cheese over all chips. Dice tomato and sprinkle over all chips. Place in oven at 450 degrees and bake until all cheese is melted and corners of chips begin to turn brown.

Remove from oven and sprinkle lettuce over all chips. Add sour cream and salsa to taste.



A tasty complimentary idea is Creamy Corn and Pickle Soup

10 minutes prep time  
15 minutes cook time  
About 150 cal per serving



## Ingredients:

3 tbsp butter for sauteing  
4 stalks of celery  
4 cloves of garlic chopped  
garlic kosher pickles (to taste, I use about 5)  
2 onions  
2 cans of corn  
1 32oz package of vegetarian "No Chicken, Chicken Broth"  
1 cup extra creamy plain oat milk  
3 tbsp of light cream cheese

## Creamy Corn and Pickle Soup

FROM THE KITCHEN OF: Peace 2 All Beings

## Directions:

Using an Instant Pot or heavy soup pot, saute onions, garlic, celery, and pickles together until slightly brown.

Add corn, vegetarian broth and milk; stir in cream cheese.

Cook on soup setting on Instant Pot or medium for soup pot for about 20 minutes.

Serve topped with shredded sharp cheese and croutons if desired.

## 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.*

Peace 2 All Beings  
19046 Bruce B Downs Blvd  
PMB 112

Tampa, FL 33647

Phone: 727-470-8533

Email: [P2AB@Peace2AllBeings.com](mailto:P2AB@Peace2AllBeings.com)

Web: <https://peace2allbeings.com>

