

Grüv News



Multi-Generational Entertainment!

Sneak a peek
inside this issue:

CELEBRATION OF
UNITY - PG. 3

The words 'Happy Holidays' are written in a large, elegant, white cursive script across the center of the image. To the right of the text, there are several wrapped gift boxes in red and white paper with gold and red ribbons, set against a dark, textured wooden background.

Happy
Holidays

A GLIMPSE INTO OUR HOLIDAY TRADITION

Whether you embrace **Christmas, Kwanzaa, Hanukkah**, or any other festive occasion, I hope you find time for cheer, love, joy, and peace, surrounded by your beloved family and friends this holiday season.

My family and I celebrate Christmas. It's a time when our family comes together, not for the extravagance of gift-giving but for the priceless gift of togetherness. We believe that every day is a gift in itself, and we don't wait until a particular holiday to show our love and affection to one another. Yet, for my wife, Christmas holds a special place in her heart. It's her favorite holiday, and she ensures our home is adorned with festive decorations well before Thanksgiving.

On Christmas morning, my wife follows our cherished tradition by reading the Christmas story from the Bible. As a family, we take turns sharing what we're thankful for, a beautiful reminder of the blessings that grace our lives. After this heartfelt moment, we open our modest gifts, relishing the joy in giving and receiving. We then gather for a simple yet heartwarming breakfast, followed by moments of pure delight as we huddle on the couch to play video games, watch our favorite holiday movies, or simply relax in each other's company. The day continues with the same sense of love and togetherness, culminating in a family dinner where we savor good food, good company, and the knowledge that our bonds are what truly make this season special.

This December, as we join you in celebrating the magic of the season, we hope you also find time for love, joy, and treasured moments with those you hold dear. Regardless of what you celebrate, may your holiday season be filled with an abundance of warmth, happiness, and togetherness.

A handwritten signature in black ink that reads 'J'sun'.

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THE TRUE SPIRIT OF THE HOLIDAYS: A SEASON OF GIVING AND GRATITUDE

December is here, and with it, the holiday season arrives. It doesn't matter if you celebrate Christmas, Hanukkah, Kwanzaa, or any other festive tradition; what unites us all is the spirit of giving, gratitude, and togetherness.



Gift of Giving

The essence of the holiday season is the act of **giving**. It might be wrapped in boxes or simply the gift of quality time with loved ones. Amidst the busy preparations, remember the most precious gifts aren't in packages but in the love and thoughtfulness we share with others.

In this season of giving and gratitude, may the warmth of the season envelop you, and may you celebrate the holiday spirit with love and meaningful moments.

From all of us at Déja Grūv Band, we wish you a December filled with peace, love, and joy. Happy Holidays!



Attitude of Gratitude

The holidays are a time for reflection and **gratitude**. Take a moment to count your blessings. Practicing gratitude by keeping a journal, noting something you're thankful for each day, can fill your heart with joy and strengthen connections.



Cherished Traditions

Our holiday **traditions** are about togetherness. With decorations ready by Thanksgiving, we come together on Christmas morning for a family reading of the Christmas story. We express gratitude, exchange gifts, and savor the day together with movies, games, and a family dinner.

MUSIC SPOTLIGHT

DECK THE HALLS WITH FESTIVE MELODIES!



As the holiday season brings warmth and cheer, we've curated a special playlist to add a musical touch to your celebrations. From classics to modern hits, these 14 songs are sure to fill your heart with the spirit of the season.

Whether you're wrapping gifts, sipping hot cocoa, or spending quality time with loved ones, our playlist is the perfect backdrop for creating cherished memories. Enjoy this festive collection, and may your holidays be filled with peace, love, and joy!



Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

— NORMAN
VINCENT PEALE



HOLIDAY TRADITIONS ACROSS THE GLOBE: A WORLDWIDE CELEBRATION OF UNITY

The holiday season, while deeply rooted in individual cultures, shares a common thread of warmth, goodwill, and togetherness. Join us on a journey around the world as we explore diverse holiday traditions that paint a vivid tapestry of unity amidst our global differences.

1. **Diwali - India:** The Festival of Lights, Diwali, symbolizes the triumph of light over darkness. Families light oil lamps and candles, burst fireworks, and exchange sweets. It's a time for new beginnings, sharing blessings, and mending relationships.
2. **Hanukkah - Israel:** Known as the Festival of Lights, Hanukkah celebrates the miracle of oil that burned for eight days instead of one. Families light a menorah, exchange gifts, play games, and savor foods cooked in oil.
3. **St. Lucia's Day - Sweden:** Celebrated on December 13th, St. Lucia's Day marks the beginning of the Christmas season. A young girl, clad in a white robe with a crown of candles, leads a procession to bring light to the dark winter days.
4. **Las Posadas - Mexico:** This nine-day celebration reenacts Mary and Joseph's search for a place to stay. Families walk from house to house, asking for shelter, with the journey culminating in a festive party.
5. **Kwanzaa - United States and Pan-African communities:** Kwanzaa, celebrated from December 26 to January 1, honors African heritage and culture. Families light a kinara, exchange gifts, and focus on principles like unity, self-determination, and creativity.
6. **Omizoka - Japan:** On New Year's Eve, Japanese families come together to share a meal and bid farewell to the old year. Temples ring their bells 108 times, symbolizing the 108 human sins in Buddhist belief.
7. **Yule - Scandinavia:** The Yule season spans several weeks in December and January. It's marked by the Yule log, a large piece of wood burned to welcome the return of the sun, and the Yule Goat, a symbol of holiday gift-giving.
8. **Mummer's Festival - Newfoundland, Canada:** Participants, known as Mummers, disguise themselves and visit neighbors, who must guess their identities. It's a quirky and cherished tradition filled with laughter and surprises.
9. **Matariki - New Zealand:** Matariki, or the Māori New Year, is celebrated with dance, music, storytelling, and feasts. The star cluster Matariki, also known as the Pleiades, reappears in the dawn sky.
10. **Dong Zhi - China:** The Winter Solstice Festival celebrates the return of longer daylight hours. Families gather to eat tangyuan, round glutinous rice balls, symbolizing reunion.

This holiday season, let's celebrate our differences and remember that, despite the varying traditions, we're all bound together in our shared humanity. Happy Holidays!

*Disclaimer: While we have made every effort to ensure the accuracy of this information, holiday traditions may evolve and vary within different regions and communities.

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