



Random Acts of Kindness for Yule

When the Yule season rolls around, it's easy to find ourselves frustrated and anxious because of the frenzy of the holidays. Sometimes, it's a good idea to take a step back and just perform small random acts of kindness, to help put things back into perspective. Doing nice things - even small ones - for other people not only helps them, but can help get you back on track, focusing on what Yule means to you. Obviously, there are so many more things you can do besides the ones on this list, but just to get you started, here are 19 random acts of Yuletide kindness.

- 1. Drop off pet food at your local animal shelter.** During the cold weather months, animal shelters are often full to capacity. It's hard to feed dozens, or even hundreds of animals on a limited budget. If there's an animal facility that's made a difference in your life, drop off a bag or two of pet food. It will go to good use. For an even better gift, volunteer for a few hours to help ease the workload.
- 2. Rake leaves or shovel snow for an elderly person.** Is there a senior citizen nearby who has trouble getting yard work done? Sneak over when no one is watching, and clear the driveway and sidewalks, or rake leaves from the yard. Show up with a ladder, and offer to hang holiday lights in hard-to-reach places.
- 3. Leave a gift card in your favorite book at the bookstore.** What's your favorite book in the whole world? Go to the bookstore, buy a gift card for the cost of that book, and then tuck it inside the cover. Put the book back on the shelf, so the next person to pick up the book will find the card. Leave a note saying, "I hope you love this book as much as I do."
- 4. Donate toiletries and clothes to a shelter for domestic violence victims.** Victims of domestic violence often escape with only the clothes on their backs, and not much else. Check with a domestic violence shelter to see what sizes of women's, kids and teen clothes they need. You can also contribute toiletries like shampoo, soap, toothpaste, deodorant, and feminine hygiene products.
- 5. Babysit a single parent's kid so he or she can get some free time.** Single parents don't often get a lot of time to themselves, especially if they don't have close family in the area. If you have a friend who's single, invite their kid to spend the day with you and your family, so

- their mom or dad can get some "me time" without worrying about their child's safety.
- 6. Say something nice to a stranger.** A lot of times, random compliments and kind words go a long way. This doesn't need to be creepy - it can be something as simple as "Hey, I love your hat!" or "Those boots are awesome!"
 - 7. Leave treats for people who work in your community, like the mailman, your librarian, and teachers at your child's school.** Sometimes we take people for granted because we don't see much of them, but they're still working hard to make our communities thrive. Leave treat bags or baked goods for someone to let them know they're appreciated.
 - 8. Pay for the order behind you in the drive thru lane.** This is a fun one to do at your local coffee shop - one morning I was in the drive thru lane, and the barista told me that I was car number 27 in a pay-it-forward string. I wasn't about to ruin things for anyone else, so I paid for the coffee of car number 28. After all, I didn't pay for my own, the person in front of me did.
 - 9. Send a thank you card to someone in customer service who has helped you out.** We've all had horrible customer service experiences, but have you had an exceptionally good one? Make sure you thank the person who went above and beyond. Keep in mind that during the holidays, customer service folks are even more stressed out than usual, so a kind word goes a long way.
 - 10. Leave a gift on a neighbor's door.** Put together a small gift for someone in your neighborhood - a potted plant, a holiday wreath, or a box of cookies. Leave it so they'll find it the next time they open the door - you don't even have to sign your name if you don't want to!
 - 11. Donate books to a nearby children's hospital.** Illness doesn't take a break during the holidays, and there are sick kids in the hospital all year long. Donate new or gently used children's books as reading material. Better yet, partner with your local bookstore or school and organize a book drive.
 - 12. Drop off a dinner for the firefighters and EMTs at your local fire station.** While you're celebrating Yule with your family and friends, medics and firefighters are still on shift in case they're needed. Get a group of friends together, put together a dinner, and drop it off for the folks who work 24/7 to keep us safe.
 - 13. Leave a bucket of tennis balls or**

- Frisbees at the local park, so people's dogs can play with them.** Do you have a dog park in your neighborhood? Leave a bucket of tennis balls or inexpensive Frisbees so people can play catch with their canine companions.
- 14. Do something to help a homeless person.** When someone asks you for spare change, chances are good that they really do need help. If you're not comfortable giving them cash - and many people aren't, which is okay - consider some other option. Pick up an extra cup of hot coffee, or a burger and some fries, or even make a blessings bag to help out the needy on a chilly winter day. Want to make an even bigger difference? Volunteer for an afternoon at a shelter or soup kitchen.
- 15. Help a total stranger take their groceries to the car at the store.** There are few things as frustrating as trying to navigate a loaded grocery cart to your car through several inches of snow. If you see someone having a hard time, take an extra moment out of your day to lend a hand. Give yourself bonus kindness points if it's a senior citizen or a parent of small children.
- 16. Donate canned goods to the food pantry.** The demand at food pantries nearly always exceeds the supply, especially during the holidays. If your grocery store is having a sale on canned goods, buy a dozen cans of your favorite item and drop it off. It won't cost you much, and can help a needy family.
- 17. Buy coffee for people whose jobs force them to be outside in the cold.** If you're lucky enough to work inside during the winter, count your blessings. Not everyone gets to do it. Cops, road workers, and utility crews are often working outdoors no matter what the temperature is. Go to your favorite coffee shop, get some coffee (along with the additional cream and sugar packets) and drop it off for a road crew.
- 18. Tape change to the front of a vending machine.** How many times have you wished you could grab a snack and realized you were a few nickels short? Tape a few coins to the office vending machine to help someone refuel during the day.
- 19. Smile at everyone you meet today.** Okay, maybe it sounds corny, but when you smile - a real, genuine smile - you just feel better about life in general. Having a positive outlook is a gift you can share with anyone, even strangers, and it doesn't cost you a thing.

Classes & Events

December

- 6th Grounding & Centering
- 8th White Light Warriors
- 14th Finding the Goddess in Judaism
- 18th Yule Ritual 6pm
- 25th Closed

January

- Tarot Workshop Begins Jan 8th continuing through March 12th. Please call to inquire about this class.
- 13th & 20th Spells, Ethics and How to Write Them. This is a 2 part class. 7:30p \$20 per person.
- 29th Imbolc Ritual 6:30p Free

Classes are approximately 1 1/2 hours to 2 hours long.

Rituals are family friendly and free to attend.

Please check our website abithas.us for more upcoming classes, events and readers information.





Welcome to what feels like a busy month...not only because it is the holiday season, but also due to the myriad of planetary configurations we are experiencing at this time!

The Truth inspires freedom.

Sagittarius is most popularly known to represent freedom, exploration, and adventure. It's a big picture way of living that is, in many ways, incurably optimistic. Sagittarius believes that there is an opportunity for growth and expansion in everything.

That said, Sagittarians can be known to run from commitment and structure for fear of being held back or contained. Sag does not want to be "fenced in" with few or no opportunities for growth. This applies to both professional and personal circumstances and relationships. Not many Sagittarians will be found in very long-term positions or relationships – not unless those roles provide a lot of learning and teaching opportunities for the Sag natives involved.

Sagittarius does not only consider physical or formal educational experiences as sources of knowledge. They also are drawn to philosophy and religion as paths to insights about themselves and others. As Sagittarians move along these paths, they are exposed to many thought and belief systems. And as they explore these systems, they begin to see the dark side of philosophy and religion...which in turn helps them see the Light: "The Truth will set you free."

Sixth sense is a big part of in December 2016 (in business as mentioned below) and in keeping you safe – little inklings that come from nowhere can help you remember things just in time or make sudden changes in decision or destination, which can be very fortuitous.

Relationships with siblings are important in December 2016 – you may travel to help a sibling who has just had a baby, or maybe help out a sibling who is moving home or who just needs your support. That bond you have with a sibling is very important and almost spiritual now, and you can connect on a deeper level, via sacrifices you make for them.

You are very creative with a camera and may re-discover a love for photography or even making films. In fact, a camera or camcorder is a great idea for your Christmas present – you may begin to take pictures seriously or as a hobby or you can take video's and pictures to place on YouTube, Pinterest, Facebook groups etc. to enhance your business profile and SEO for your brand or products.



Celtic Yule Cakes

- 2-3 Tablespoons Boiling Water
- 1/2 Teaspoon Vanilla Extract
- 3/4 Teaspoon Baking Powder
- 2 Cups Powdered Sugar
- 2/3 Cup White Sugar
- Grated Orange Zest
- 1 1/3 Cup Sultanas
- 1 Tablespoon Milk
- 1 1/4 Cup Flour
- 1/2 Cup Butter
- 2 Eggs (Beaten)

Beat eggs, butter, vanilla, orange zest and sugar together. Add flour and baking powder. When well mixed add the tablespoon of milk and sultanas. Pour into a well floured/greased cup cake tin and bake in an oven preheated to 375 degrees F for 20 to 25 minutes. In a small bowl blend boiling water and powdered sugar to make the icing. Lace over celtic cakes in the form of a five-pointed star before serving.

Moon Cycle

New Moon	First Quarter	Full Moon	Last Quarter
November 29 5:18 am Micro Moon	December 7 2:03 am	December 13 5:05 pm Super Moon	December 20 6:55 pm

The following definitions are used at timeanddate.com:

- Supermoon: A Full or New Moon that occurs when the center of the Moon is less than 360,000 kilometers (ca. 223,694 miles) from the center of Earth.
- Micromoon: A Full Moon or New Moon that takes place when the center of the Moon is farther than 405,000 kilometers (ca. 251,655 miles) from the center of Earth.

Starting December 1st and running through December 17th our hours will be extended.

HOLIDAY HOURS

- Sunday Closed
- Monday Closed
- Tuesday 10am – 8pm
- Wednesday 10 am – 8pm
- Thursday 10am – 8pm
- Friday 10am-8pm
- Saturday 10am-8pm



3906 CENTRAL AVE SE,
ALBUQUERQUE, NM 87108
(505) 262-0401