



Winter 2009  
Christmas Issue



# Connections

[www.beulahgardenhomes.com](http://www.beulahgardenhomes.com)

Beulah Garden Homes  
Society  
3350 East 5th Ave  
Vancouver, BC  
V5m1P4

Phone 604-255-7707  
Fax 604-255-7633

## BRINGING LIGHT INTO THE DARKNESS

### Celebrating Christmas At Beulah

Check out the many different activities and celebrations happening around the Beulah campus and at the Thunderbird Centre

You can find details in the December calendar.

One of my favourite days of the year is December 21<sup>st</sup> when in the grand balance of our solar system the sun stops it's journey away from us in the northern hemisphere and begins to return promising the longer and warmer days of spring and summer. There are many ways in which we and the generations who have come before ours, have observed and celebrated this change of the seasons.

The Christian church recognized the significance of this seasonal change signalling the return of the life giving sunlight early in the history of Christianity by celebrating the birth of Jesus at this time of year. One of the writers of the New Testament in the Bible describes the birth of Jesus by

saying – "People sitting out their lives in the dark saw a huge light; sitting in the dark, dark country of death, they watched the sun come up."

We have many ways in which this understanding is expressed in Canada today as decorations, music, special community and church events and other traditions remind us that the Advent (a time of waiting)/Christmas season can be a time of hope and anticipation. We all have opportunities to bring some light to the darkness of our own places of influence with family, neighbours and others in need (especially after this rather gloomy and wet November!). The sharing of our lives with friends, the exchange of gifts, the benevolence of donat-

ing money and time to help those who are less fortunate than ourselves and the daily caring attitudes we bring to our homes and communities where we live are all ways in which we can bring hope to someone who needs encouragement. Let us all commit to at least one small act of kindness for someone else as we experience the next few weeks. There are several opportunities listed in the monthly calendar for our Beulah Garden Homes community to come together for a time of celebration and sharing the season together. If you would like some suggestions for personal reading resources, then contact Sara through the office. All of us have the potential to daily make a difference to our

neighbour and others we live with here at Beulah. Let us all take the time to write a note, speak a word of greeting or in some other way bring encouragement to someone else. We appreciate your contribution to our community here at Beulah Garden Homes. I want to wish you and your family a meaningful, happy and healthy Christmas season on behalf of the staff and the board of directors. We are looking forward to all that 2010 has for us as we share this time of our lives together.

Dr. Paul Pearce  
Executive Director

### INSIDE THIS ISSUE:

Bringing Light Into The Darkness	1
Community News	1,2
Christmas Gifts from the Season of Advent	3
Exercise with Dana	4
Upcoming Events	4

## COMMUNITY NEWS

### Meals at Beulah

As we celebrate the season of giving and receiving at Christmas, we want to give you an update on the meal program at Beulah Garden.

**Thanks** to all who have participated! We are so

glad that you have enjoyed the meals throughout the fall. Without knowing it, you have probably helped many people feel community for the first time. By coming together, you have created a place for more people to receive a nutri-

tious meal and to participate in good conversation on a weekday evening – here in their own homes. We've even met more friends and family because you have invited them to come with you! The administration has been very

pleased to see this happening and to hear the pleasure you have with the quality of the meals!

Continued on page 2...



## COMMUNITY NEWS ...Continued from page 1

### MEALS AT BEULAH

However, to many things there are two sides, and we also want you to know that we have been hearing the ideas for a lower cost meal with a buffet option, particularly because this is what is being offered at Thunderbird.

So, we have looked into lower cost options and spoken with a member of Thunderbird. As a result, we have found glowing support from Thunderbird for the cost and quality of the meal we are able to offer to the residents of Beulah Garden. Because they are a community center, they receive lots of financial support and this makes

room for the wonderful opportunities they make available to the broader community. They understand that we are in a different bracket and not eligible for the same financial support.

The end result is that the administration would like to continue to offer this catered, nutritious \$5 option with a main, salad and dessert if the residents of Beulah Garden find it helpful. We do not want to compete with Thunderbird. We are very pleased that our campus is so close to this wonderful resource and that many of you are attending on a regular basis

and taking advantage of the programs and relationships offered there.

We would like to hear from you. As it stands, Wednesday, December 30<sup>th</sup> at 5pm will be our last planned meal at Beulah Garden Homes unless enough residents tell us they would like it to continue (around 20). The menu will be honey mustard chicken with rice, salad, and zucchini cake! Why don't you sign up early and come out to give it one last chance?

I want to give you confidence that your participation makes it possible for other people who will find

it hard to leave campus during winter – maybe even too difficult to make it to Thunderbird. If you still think the meal is too expensive or not enough food is offered, let me persuade you to get to know your neighbors and find out who needs help getting to Thunderbird this winter.

Either way, as the days darken and the weather gets colder and wet, we need to be eating well and spending time with people. It will help our ailments, delay sickness, and heal us faster. Let's take care of each other!





## CHRISTMAS TIPS & IDEAS

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6,7*

### Take Care of Yourself

You know the rules for taking care of yourself – get enough sleep, eat right, exercise, drink plenty of water. It's just following the rules that is tough. The busier you are, though, the more important it is that you take care of yourself. You won't be any good to anyone if you get sick.

Whether or not you regularly write in a journal, try keeping a holiday journal. A journal will help you next year remember what you enjoyed and what you didn't enjoy. You can also use it to reflect on your blessings and

your spiritual journey through the Christmas season. By adding to your journal each year, you will create a wonderful keepsake for your family as well as a record to help you make Christmas better each year.

### Give other people a break.

Putting pressure on others to meet your expectations adds a lot of unnecessary stress on them. Remember, they're facing the same things you're facing during the holidays. If people can't make it to your holiday gathering, the world won't stop turning. Cutting people some slack will go a long way toward doing what you can to help others reduce their holiday stress level.

### Set a Budget and Stick to It

Extra expenses can certainly make you feel stressed out. If you have a large family you buy presents for, suggest some ways to help reduce

costs for everyone:

- Buy gifts just for the children
- Draw names so everyone buys a gift for only one person
- Set a limit on the cost of gifts
- Give homemade gifts

When you do go shopping for gifts, shop early in the Christmas season to avoid the last-minute crowds. Also consider shopping online. Many retailers offer free shipping during the holidays.

### An easy cheese ball

For entertaining, a quick and easy cheese ball is to mix together: softened 8 oz. cream cheese, 1 cup EACH shredded swiss and cheddar cheese, pepper to taste. Combine in a platter: 1 tbsp. each sweet paprika, sesame seed, chopped pistachio nuts. Form cheese mixture into a ball and roll (covering completely) in

dry mixture. Serve with good crackers.

### Too hard to decorate the tree

If you find it harder each year to decorate a Christmas tree, consider buying the fiber-optic type; lights already there and no need for ornaments. Keep some of your beautiful ball ornaments and place in large clear vase as table decoration, crowned with small greenery.

### Special poinsettias for home

Purchase at craft store one (or more) large, silk poinsettia 'bouquet(s)', bottle each of glitter-gold and glitter-green Tulip fabric paint. Paint the 'veins' and edges of poinsettia bracts (the red leaf), and the 'inside' (the actual flower) with gold, and half of the other leaves with green. Let dry at least 24 hours. A really beautiful effect.



## CHRISTMAS GIFTS FROM THE SEASON OF ADVENT

Everywhere we look, holiday decorations remind us that a large part of the world is celebrating the Christmas season. What we don't hear a lot about is the Season of Advent, which precedes Christmas Day.

Every year, for four consecutive weeks before December 25<sup>th</sup>, the celebration of Advent reminds us of the coming of Jesus Christ of Nazareth. Each of the four weeks represents something different about what this coming of Christ, on Christmas Day, will bring to humanity. On Beulah's campus, the order of the weeks is remembered as follows: **Hope, Love, Joy and**

**Peace.** Every Sunday at 2pm, at The Cedars, an English speaking chapel is offered to all who would like to come and likewise for the Chinese community – a Cantonese chapel every Monday at 1pm.

If attending chapels isn't appealing to you, I encourage you to give time to these four areas each week preceding Christmas. It is often hard for us to think about hope, love, joy and peace at a time when life is difficult or unkind. It is rare that our lives or the events of the world offer only optimism! However, these are the true gifts of the season in which we are submerged

all of December.

Sometimes, we have to let go in order to receive them. We have to let go of our anger, our hurt, our grief, our loneliness, and our expectations of others and ourselves. This is not easy, but we have to make room for the gifts of the season. We have to make room in our lives and our hearts for the gifts that multiply from these gifts and lead us to a place of forgiveness and hope that we often neglect in our day-to-day lives.

Often I wonder why the Christian God, would come to earth as a baby to be human, when being human is

so hard at times. Knowingly, this little baby – grown to 33 would die on a cross and be resurrected from the dead. Not exactly part of the stories we hear during the holidays. So, I leave this thought with you this Christmas... Why would Jesus be born to live among humanity – and how can we enter into the spirit of Christmas by making room for the gifts that were part of his Jewish/Christian divinity?

Sara Bywaters-Baldwin



Continued on page 4

*Beulah Garden Homes would like to  
extend our love and prayers to you this  
Christmas.  
Merry Christmas and Blessings to you in  
2010!*

### *What Christmas Is All About*

Christmas will always be for us  
A time to reflect on Christ  
The gift God gave to all the world  
Was the gift of His life

We know Christmas is not about  
tinsel  
Nor fancy Christmas wreaths  
Nor is it about all the decorations  
That adorns our Christmas trees

And it's not about Holly or Mistle-  
toe  
Hanging from our doors  
Nor is it about the gifts that are  
left  
By the jolly Santa Claus

Christmas is more than all of this  
And the only reason why  
We celebrate Christ's birth to-  
gether  
And the wonder of His life

So remember as you celebrate  
Just what it's all about  
And invite the Lord to join with you  
Instead of leaving Him out

For He will always be the reason  
We celebrate this day  
No substitute the world may offer  
Can take that meaning away

© By M.S.Lowndes ~ 2007

### *Exercise with Dana*



I really enjoyed exer-  
cising with all of you  
who came to exercise  
with me on Fridays in  
November! It was  
really nice to be away

form the office and just have fun  
with you! It is exciting to see you  
all work so hard and motivated to  
get in shape! I also enjoyed pray-  
ing with you.

I am hoping to continue running  
this class in January but with the  
office being as busy as it is, I may  
need to think of another alterna-  
tive. We will work out something.

We will however be running exer-  
cise videos Monday and Wednes-  
day at 11:00 am for those of you  
who want to do this.

If you have any thoughts or sug-  
gestions please let me know.

Thanks again for coming to play  
with me !!

God Bless You ! Merry Christmas!

Dana Menzies



### UPCOMING EVENTS

[Kiwanis Senior Christmas Dinner](#)

December 10th 6:30pm

[Thunderbird Christmas Party](#)

December 16th 5:00pm-7:00pm

[Thunderbird Chinese Christmas  
Party](#)

December 18 5:00pm-11:00pm

[Beulah Christmas Party](#)

December 21 4:00

