

SPARK WEEKLY



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CAMP FIRE GREEN COUNTRY NEWSLETTER

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Santa Claus ACROSS THE WORLD

In European countries, you'll notice many variants of Santa Claus because traditionally, European countries have folklore with winter solstice gift-bringers. You'll notice predictable versions of Santa Claus in parts of the world where Christmas had to be introduced.

Iceland: The Yule Lads are 13 trolls from folklore that have become Santa figures.

Chile: Viejo Pascuero, Old Man Christmas, brings gifts to stockings left near the window for Christmas which is celebrated in Winter.

Turkey: The story of Santa Claus can be traced back to Greek Christian Bishop, Saint Nicholas.

Austria: Only good children get gifts from St. Nicholas. Bad children get punished by a beast-like creature named Krampus.

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Local Resources and Events

Monthly Wellness Wednesday
12/16 @ 11:00 AM - 12:00 PM
An hour for your well being on [Eventbrite](#)

Youth Services of Tulsa
Evening Group
12/17 @ 6:00 PM - 8:00 PM
Email mraye@yst.org

Youth Services of Tulsa
Evening Group
12/18 @ 6:00 PM - 8:00 PM
Email mraye@yst.org



OKEQ's Alphabet SOUP
12/19 @ 5:00 PM - 8:00 PM
A youth group where all letters are welcome! Click [HERE](#) to read more.



ETC's "[A Christmas Carol: The Musical](#)"
12/20 @ 7:30 PM
Tune into this Facebook live event.

SocietyX: Making a Home for Houseplants
12/21 @ 11:00 AM
Register for this plant parent workshop on [Eventbrite](#).

Youth Services of Tulsa
Evening Group
12/22 @ 6:00 PM - 8:00 PM
Email mraye@yst.org

Weekly Spotlight

HANUKKAH

Hanukkah 2020 began on the evening of Thursday, December 10, and ends on the evening of Friday, December 18. Hanukkah, also called Chanukkah, is an 8-day celebration in the Jewish tradition. It commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem. The Hanukkah celebration revolves around the kindling of the nine-branched menorah. Other Hanukkah customs include playing with dreidels and exchanging gifts. Dreidel was created as a way for Jews to study the Torah and learn Hebrew in secret when it was illegal.



Mindfulness

Neuroplasticity

Scientists used to believe once the brain was fully grown that the brain could not develop any further, learn anything new, improve memory, or recover from brain injury. However, research over the past 20 years revealed all those things are possible for everyone at any age. New neurological pathways can be built and old ones can go away. With this discovery, called neuroplasticity, people have developed ways to work with the flexible abilities of our brains. Modern mindfulness is based on neuroplasticity. The idea is through practice you can change your brain and thus change your thought patterns and emotions for the better.

Mindfulness During the Holidays

The winter holidays can be a stressful time of year for various reasons. Mindfulness can be a useful tool to cope with stress from planning or being around family or whatever other holiday shenanigans bring you passionate overwhelming emotions. In general, any moment you are fully aware of what is in front of you and what really is, instead of what was or what will be, you are practicing mindfulness. Mindfulness is a great skill for soothing anxiety.

3 Mindfulness Exercises

1

FOCUS EXERCISE

Find an object you can see right now. Shift all of your focus onto the object. Notice how it feels, looks, smells, and (if safe) tastes.

2

GRATITUDE JOURNAL

Simply write what you are grateful for right now. Maybe you are grateful for the internet for connecting you to others, your legs for taking you from one place or another, or the rain for nourishing the plants outside. Anything you can think of.

3

REARRANGE SPACE

There is a lot of power in rearranging your space. You can rearrange your closet, your desk, or your entire room. Hopefully, you reach a flow state. Hopefully, you become aware of the details of your possessions and surroundings.

Want to get on the Spark Weekly mailing list? Click [HERE](#)

Have a suggestion? Want to be featured? Email glowry@tulsacampfire.org.