



Feature Article: Equity, Independence and Loss

Throughout the world, in every country and culture, people struggle with the desire for equity, independence and freedom. It is an inherent human drive to be in control of our lives, our decisions, our activities. It is also a human necessity to work cooperatively with others in building families, communities and nations.

While these are all natural, human needs the implementation of these individual needs are often impacted by conflict. The desire to impose our individual needs on to others through control and power, whether between individuals, communities or nations, hinders the equity and independence of all creating individual and communal loss...

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National Human Rights Month

December recognizes National Human Rights Month. This month and every month to follow, everyone in the United States is encouraged to come together and stand up for equality, justice, and the dignity of all humans.

"Where, after all, do universal human rights begin?

In small places, close to home — so close and so small that they cannot be seen on any maps of the world. Unless these rights have meaning there, they have little meaning anywhere.

Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

-Eleanor Roosevelt



Family Time

Learn more about a specific culture (or several) that may make us uneasy or hesitant. Spread the word about the importance of treating everyone around us with respect, dignity, and kindness no matter their gender, age, race, political views, or social status.

- **December 1st to 24th Advent:** Advent is a season observed in many Christian churches as a time of expectant waiting and preparation for the celebration of the Nativity of Jesus at Christmas as well as the return of Jesus at the second coming.
- **December 6th:** Feast of St Nicholas, Patron Saint of Children and model for the Legend of Santa Claus
- **December 14th to Jan 22th Hanukkah:** Jewish festival, lasting eight days from the 25th day of Kislev (in December) and commemorating the rededication of the Temple in 165 BC by the Maccabees after its desecration by the Syrians. It is marked by the successive kindling of eight lights.
- **December 21 Winter Solstice:** The winter solstice, also known as midwinter, is an astronomical phenomenon marking the day with the shortest period of daylight and the longest night of the year. It occurs when one of the Earth's poles has its maximum tilt away from the Sun.
- **December 25th Christmas:** Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration.

- **December 26-Jan 1- Kwanzaa:** Kwanzaa is an African-American and Pan-African celebration of family, community and culture. Each day of Kwanzaa celebrates one of 7 principles, known as Nguzo Saba. These include Unity, Self-determination, Collective work and responsibility, Cooperative Economics, Purpose, Creativity and Faith.
- **Happy Birthday Walt! December 5th** is Walt Disney's birthday Walt Disney was born in 1901



Senior Corner

Continue family traditions with all the generations in your family through sharing recipes, baking together, singing favorite holiday songs, passing down holiday decorations and keepsakes. Everyone benefits when they are connected through traditions even if they cannot be together in person.

Read more in our article "Preserving Family Traditions"

[READ ARTICLE](#)

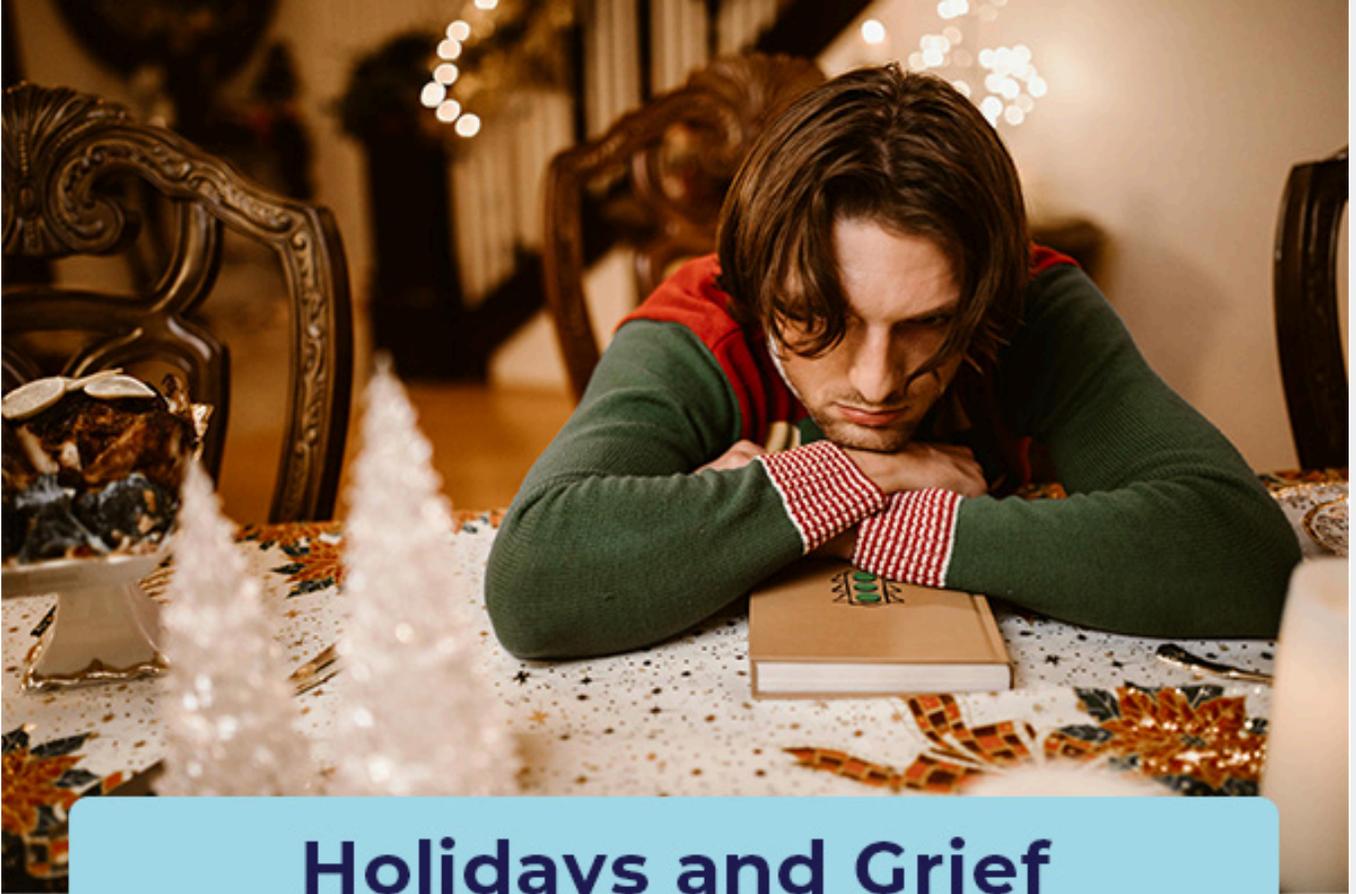


Faith Leader Thoughts

As church leaders, whether you serve as a Rabbi, Iman, Priest, Pastor, Deacon, Elder, or Ministry head, you are tasked with guiding others on their spiritual journeys while maintaining your own walk in Faith. The role can often feel weighty, filled with decisions that impact the lives of others, both inside and outside of the faith community walls.

Consider these Five (5) principles and scripture readings for your December devotions.

- 1) The Weight of Leadership (Timothy 3:5)
- 2) Leading with Integrity (Proverbs 10:9) (Surah Al-Anbiya Ayat 73)
- 3) Servant Leadership (Matthew 20:26)
- 4) Navigating Poor Decisions (2 Samuel 11)
- 5) Empowering Others (Ephesians 4:12)



Holidays and Grief

With the many devastating events around the world; wars, wildfires, hurricanes, harsh winter weather etc many people and families are struggling emotionally and physically this holiday season.

We offer these Tips for Coping during the holidays when grieving:

- Choose to participate in the activities which are meaningful and bring you comfort.
- Balance your days between active tasks and quiet times.
- Allow yourself time to feel the sadness of missing your loved one or other losses.
- Give yourself permission to limit the traditional activities this year.
- Surround yourself with friends and family who give you support.
- Find special ways to remember your loved one and special activities, events and memories.

November is...

CHILDREN'S GRIEF

Awareness Month

Recognition of National Children's Grief Month:

In a commitment to raising awareness of the grief and Loss experienced by children, The Stephan Center partnered with Leaders in the City of Corona, Counties of Riverside and San Bernardino and The Calif State Assembly and Senate to recognize November as National Children's Grief Month.



Remembrance Art Event

The Stephan Center hosted the First Remembrance Art Event where families came together to create a "Memory Art Piece".

This will become an annual event each November.



What's Happening at The Stephan Center



FREE Classes for Foster/Kinship Parents (Virtual)

ENGLISH

DATE	TIME	TOPIC
Mon Dec 8th	10:00-12:00	Family Unity through Grief
Wed Dec 10th	6:00-8:00	Modeling Self-Care when Grieving
Wed Dec 17th	10:00-12:00	(Kinship) Coping with Holiday Stress and Trauma

SPANISH

DATE	TIME	TOPIC
Lunes Dec 10th	10:00-12:00	Unidad Familiar en Medio del Dolor (en ZOOM)
Jueves Dec 18th	10:00-12:00	Unidad Familiar en Medio del Dolor (en ZOOM)

[VIEW CLASSES OR REGISTER ONLINE](#)

Healing Through Art

Winter Series Begins: January 28th

FREE 6-week sessions are open to children/teens ages 5-17 who are grieving a loss.

Registration opens on January 12th.



It Is Not Too Late To Give For Giving Tuesday!

Donations support these unique programs

- Free Weekly tips to maintain positive Mental Health
- Free Foster Parenting tips (appropriate for all parents/grandparents)
- Free Monthly e-newsletter with a variety of resources, articles and information
- Free Robust website with information, resources, articles and educational opportunities with Special designated pages for Fathers and in Spanish

- Website is a resource for agencies and service organizations internationally

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Mental Health and/or Foster Parent tips!



The Stephan Center | PO BOX 77813 | Corona, CA 92877 US

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