

Welcome Union of Saints, Merry Sunday

The Seasonal Arc of Abundance & the Gift of Care

Good Santas, Sisters, and Brothers,

Today we gather in gratitude. We know in our hearts that our world is not perfect, but the Santa Arc **continues**. The seasons change. Our kitchen fills. We remember the art of giving.

Today's teaching is about **abundance, gift-giving**, and the **Seasonal Arc of the Santas**. We offer this truth, that generosity is a year-round pursuit, and that abundance presents itself when we live in alignment with the seasons.

The Seasonal Arc of Gift-Giving

The Santa Arc teaches us that **gift-giving is not just for Christmas, but rather, a year-round holiday!**

- In **Winter**, we give warmth, shelter, and presence
- In **Spring**, we give intention, seeds, and encouragement
- In **Summer**, we give energy, creativity, and shared joy
- In **Autumn**, we give gratitude, harvest, and release

Gifts may be spiritual, they may be for others, or they may be for ourselves. As food, patience, boundaries, or a lovely well-kept kitchen.

Order, Care, and Respect for Nations

As a Union, we are **protective of America**, just as we believe every nation must protect its own citizens to maintain **order, safety, and sovereignty**. We believe in caring for our citizens. We also acknowledge **immigrant rights**, autonomy, and humanity. Both truths exist together. Today's focus, however, is **natural abundance**. When order is honored, generosity flows more freely. When safety exists, sharing becomes possible. Without order, care and respect for nations, safety becomes an issue, and so, we cannot give where our security is jeopardized or we are not able. Natural order & safety must come first, before natural abundance and natural giving.

A Word on Our Teachings & Papers

Many of you have noticed the **growing body of papers, reflections, and educational documents** throughout our Union pages. These are offerings and tools for insight into:

- self-respect
- modern challenges
- psychological autonomy
- clear-vision
- personal sovereignty

They are there to support your journey. We flow through our church with gentle care and read what nourishes US.

A Celebration of Modern Abundance

Santas, we want to pause and say this clearly:
We are living in an era of remarkable abundance.

Compared to say, the early 2000s, the variety, care, and accessibility of food, especially **vegan food**, has expanded beautifully.

We encourage you, with joy, to:

- open the Instacart app
- type “**vegan**” into the search bar
- explore the incredible selection

We are witnessing human evolution! How cool!

Life is fun because we get to:

- refine our cooking skills
- discover new ingredients
- add joyful products to our carts
- learn new dishes over time

We get to experience abundance with intention.

The Santa's Kitchen Philosophy

In a Santa's Kitchen:

- We do not keep milk products
- We do not keep meat products

While this may seem restrictive to some, this is spiritual alignment and freedom from harm for others.

We are **heart-centered, spiritual vegans**. We call ourselves **Sisters, Brothers, and Santas**, **and share a** philosophy of care, generosity, and stewardship.

The kitchen is our very sacred space. It is the heart of our Santa~friendly home. Our own personal monastery.

What we prepare becomes what we offer.



Prayer for Today

May our kitchens be warm. May our carts be full of love and positive intention. May our giving be natural, not forced. May abundance move through us with the seasons May we protect what we love, and share what we can. May the arc continue.



A Santa Spell for Abundance

Say aloud or silently:

“By the turning of seasons and the care of my heart, I welcome abundance that harms none. What I receive, I share. What I prepare, I bless. The arc is open. The gifts are enough.”



Activity for Santas This Week

The Abundance Cart Ritual

1. Open your grocery app or pantry
2. Choose **one new vegan item** you've never tried
3. Plan a simple dish around it
4. Share the meal or the experience with someone
5. Name one thing you are grateful for while cooking

Abundance is for sewn for US!

Also please view the paper in the section below Union of Saints, Seasonal Arc of Abundance, Gifts: Section 4 <3



Recipe for Today:

Santa's Winter Vegetable Skillet

Ingredients

- 1 tbsp olive oil
- 1 small onion, sliced
- 2 cloves garlic
- 1 cup mushrooms
- 1 cup seasonal vegetables (broccoli, zucchini, or spinach)
- ½ cup cashew cream or oat-based cream
- Salt, pepper, herbs of choice
- Optional: nutritional yeast for warmth and depth

Instructions

1. Sauté onion and garlic in olive oil
2. Add mushrooms and vegetables
3. Pour in plant cream
4. Season gently
5. Simmer until warm and comforting

Serve with gratitude. This is a gift.



Closing Blessing

Santas, you are more abundant than you were years ago! Today we have **more choice, more care, and more wisdom.**

Let us continue to give— seasonally, thoughtfully, and joyfully.

May our kitchens glow with what the arc holds and the gifts of our hearts continue all year.

This is our Holiday~Year.