

# Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

December 2023

Vol. 3 No. 12

## The Spirit of Giving

What is giving? It depends on who you ask. Philosophers, religious teachers and even the dictionary will have their definitions. One response might be that "giving is love in action and love is the common thread that runs through every human being. The true spirit of giving is the true nature of human beings: Love."

Christmas is the one season where we focus on giving. But in truth, how much of our giving is with the expectation of a return? Do we expect a reciprocal gift or even a thank you? That is not the true spirit of giving. The true spirit of giving is with no expectation of anything in return.

Laurie Jonas counsels, "Give of yourself without thinking about what you will receive in return. Put no conditions on your giving. Not everyone thinks like you and may not have the same

desire to give. Let that be OK, and be grateful that you do. Not to be better than anyone else, but just to spread as much love as possible - more love will automatically come back to you. You don't have to force it; it's a law of the Universe." She goes on to talk about "invisible invoicing," that voice in our head that keeps score, that looks for the reward, that reminds others how much you have done for them, that makes others feel guilty about not giving as much, that asks what's in it for me?. [Click here](#) to read more.

So this season, search your mind and your heart for these thoughts. Make a habit of being conscious of why you give. Teach yourself to give without expectations of any return.

## December 2023

- 5 Food Distribution & LCC Computer Lab 9-1
- 7 Food Distribution & LCC Computer Lab 9-1  
Food Distribution & Senior CSFP & LCC
- 12 Computer Lab 9-1
- 14 Food Distribution & LCC Computer Lab 9-1

Closed 12/15-1/2

Thought for the month:  
I am thankful for prosperity  
in every area of my life.



# Dollar Tree/Store Christmas Decor

Below are some decorating ideas from items that can be purchase at local dollar stores.



## Christmas Food Hits

Below are some budget-friendly ideas for Christmas holiday meals.

### Slow Cooker Pot Roast

#### Ingredients

- 2 (10.5 oz) cans condensed cream of mushroom soup
- 1 1/4 cups of water
- 1 (1 oz) package of dry onion soup mix
- 5 1/2 pounds pot roast

#### Directions

- Mix soup, water, and dry onion soup mix in slow cooker then place pot roast in pot and coat with mixture.
- Cook on low for 8 to 9 hours or high for 3 to 4 hours.



### Candied Bacon

#### Ingredients

- 2/3 cup light brown sugar
- 1 tbsp. coarsely ground black pepper
- 3/4 tsp. cayenne pepper
- 1 lb. thick-sliced bacon

#### Directions

- Preheat oven to 350 F. Line a large baking sheet with foil.
- In a shallow bowl mix sugar and peppers. Coat both sides of bacon one piece at a time and place on baking sheet.
- Bake about 25-30 minutes until bacon is brown on edges. Transfer to a wire rack. Bacon will crisp as it cools.



### Christmas Breakfast or Brunch Casserole (can be made ahead)

#### Ingredients

- 2 lbs pork sausage
- 12 eggs
- 1 cup sour cream
- 1/4 cup milk
- salt & pepper to taste
- 4 green onions, diced
- 1/2 red and 1/2 green bell pepper, diced
- 2 cups shredded cheddar cheese

#### Directions

Preheat oven. Spray a 9x13" pan with spray oil.  
 Combine eggs, sour cream, milk, cheese, salt and pepper in large bowl. Mix on low speed.  
 Heat a large skillet over med. heat. Add sausage and cook until brown. Remove sausage with slotted spoon—add to egg mixture. Then add onion & peppers to skillet and sauté. Add to egg mixture. Stir mixture and pour into greased pan and bake for 35-50 minutes.



## JONES COUNTY P&R YOUTH BASKETBALL REGISTRATION

Jones County Rec. Youth basketball [registration](#) is here! Teams are 7-9, 10-12 Coed. We can also help place 13-15 year olds. Our goal is to teach fundamentals and skills. All skill levels are welcome. Practice begins November 27, 6:30 p.m. and will start off on Mondays/Thursdays in the Harry Brown Gymnasium.

Games will be held on Saturday mornings beginning in late January at West Craven High School. We are forming teams to practice at Maysville, Comfort, and the Harry Brown Gymnasium. \$30 registration covers team jersey. [Online](#) and paper registrations are accepted.

<https://jonescountync.gov/departments/recreation/>



## BE A SANTA TO A SENIOR—A HOME INSTEAD PROGRAM

While there are many Christmas gift programs for the needy, we ask you to consider being a Santa to a Senior this year. Home Instead facilitates this program for seniors in need in Carteret, Craven, Jones and Pamlico Counties. You choose a tag off the tree, purchase the requested gift or gifts, and deliver the gifts (unwrapped) to a designated drop off location **by December 8th**. [Click here](#) for the locations. If you are so inclined, you are also invited to the gigantic wrapping party on Thursday December 14th 8 to 5 (drop in) at 239 Middle St. (First Baptist Church Family Life Center). There will be food, music and lots of fun.





# Getting Through The Holidays

## A Three Session Series of **GRIEF SUPPORT WORKSHOPS** at The Filling Station in Pollocksville, NC

*The upcoming holidays can be a difficult time for those who are experiencing loss in their lives. Pruitt Health at Home is offering a series of workshops to provide education, information, and support for those who are dealing with grief and loss.*

The workshops are free & open to adults of all ages. Some topics discussed will include:

*Dealing with Difficult Emotions During the Holidays*  
*Survival Tips for Handling the Holidays*  
*Making Decisions About Holiday Traditions and Rituals*

**Tuesday, December 5, 2023 at 10AM**

**Thursday, December 7, 2023 at 10AM**

**Tuesday, December 12, 2023 at 10AM**

Join us at The Filling Station, 221 Main Street, Pollocksville  
Facilitated by Carol Jackson, Medical Social Worker at Pruitt Health at Home

**TO REGISTER, PLEASE CALL 252-514-6016**



# Christmas

ON

## MAIN STREET

Pollocksville, North Carolina



SPONSORED BY  
POLLOCKSVILLE ROTARY CLUB

GRAND MARSHALL  
PENNY M. BENDER

LIGHTING OF CHRISTMAS TREE | PARADE - GOLF CARTS & ANTIQUE CARS  
FOOD VENDORS | HANDMADE CRAFT VENDORS | CAKE WALK  
STOCKING DRAWING + RAFFLE

SATURDAY, DECEMBER 2, 2023  
5:30 - 7:30 PM

FOR MORE INFORMATION PLEASE CONTACT: (252) 229-6545 OR (252) 671-7725





Nutrition · Education · Connection

*Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.*

PO Box 222  
221 Main Street  
Pollocksville, NC 28573  
252.224.1127

[info@fillingstation1075.com](mailto:info@fillingstation1075.com)  
<https://fillingstation1075.com/>  
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

### Board Members

Chair: Bobby Darden

Vice-Chair: Clyde Murphy

Treas: Willie Smith

Secretary: Beverly Collins

Emily Andrews

Ellis Banks

John Bender

Norma Sermon Boyd

Charlie Dunn

Charley Jones

Ella McDaniel

Michael Pretty

Maria Robles

Sheri Smith

Estelle Surles

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

**"WHO CAN ADD TO CHRISTMAS? THE PERFECT MOTIVE IS THAT GOD SO LOVED THE WORLD. THE PERFECT GIFT IS THAT HE GAVE HIS ONLY SON. THE ONLY REQUIREMENT IS TO BELIEVE IN HIM. THE REWARD OF FAITH IS THAT YOU SHALL HAVE EVERLASTING LIFE."**

– Corrie ten Boom

Parade

### Who was Corrie ten Boom?

Cornelia "Corrie" ten Boom (15 April 1892 - 15 April 1983) was a Dutch Christian who, along with her father and other family members, helped many Jews escape the Nazi Holocaust during World War II. She was imprisoned for her actions. Her most famous book, *The Hiding Place* is her family's story—a story of faith, hope, love, and forgiveness in the face of unthinkable evil.

"For her efforts to hide Jews from arrest and deportation during the German occupation of the Netherlands, Corrie ten Boom received recognition from the Yad Vashem Remembrance Authority as one of the 'Righteous Among the Nations' on December 12, 1967. In resisting Nazi persecution, ten Boom acted in concert with her religious beliefs, her family experience, and the Dutch resistance. Her defiance led to imprisonment, internment in a concentration camp, and loss of family members who died from maltreatment while in German custody."

Corrie's most famous quote is "Never be afraid to trust an unknown future to a known God." Words we can all live by in these uncertain times.