

Family Matters

December 1, 2020
Volume 7, Issue 5

Official Newsletter of the Gillyard-Johnson-Mahoney Family and Family Reunions



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Christmas and Traditions

By: Bettie G. Griggs

Merry Christmas!

I am sure most of us would agree that 2020 has been like no other. We have been affected by the coronavirus, and the economic crisis, celebrated Thanksgiving differently, and we saw a record number of people exercise their right to vote.

Now as we prepare to celebrate Christmas and the birth of Jesus Christ, the greatest gift to receive, we are thankful that he died for us. That is our focus as we prepare for a darker winter. We know that Jesus, the reason for all seasons will light our way.

Christmas brings family traditions, and those traditions promote stability and create deep roots that bind us as family. Many of these traditions have been passed from parents to children. We attend worship services, exchange

gifts, spend hours baking and cooking, gather for large family dinners, sing carols, and on and on. My mom would always bake fruitcake for Christmas, and I still cannot go a Christmas without eating at least one slice of fruitcake. Thanks to my sister Daisy, I know I will always have one as a gift. That is tradition. But as we celebrate Christmas this year, our traditions may include extra vigilance, wearing masks, and avoiding indoor non-distanced gatherings. It is a way of protecting those we love.

Celebrating Christmas, family traditions and good food are almost inseparable. Can you imagine thinking of Christmas dinner without your favorite macaroni and cheese dish. Traditions are truly the glue that binds families together. Interested in trying a new recipe this year? Try this cake from Favorite Recipes from the Gillyard Johnson

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Family Spotlight



Oreluwa and Linda Mahoney

Center in Nashville, TN.

In 2001, by faith he heard God's voice and answered God's call on his life. He and his wife Linda are co-founders of Connect U2 Christ Ministry located in Kingston Springs, TN. They have shepherded their ministry into a focus on mission trips, internet training, conferences, teaching in local churches, bible studies, and various gatherings with the emphasis being on the Word of God, and having a personal relationship with Jesus Christ

Oreluwa and Linda married on October 30, 2010. They reside in Kingston Springs, TN, share two adult children and six grandchildren.

Psalms 34 and Isaiah 61 speaks to and plays a major role in how Oreluwa lives his life.

In his spare time, he enjoys gardening, and he admits to being a bit of a tech-nerd.

Family Matters is shining the spotlight on Oreluwa Mahoney. Oreluwa is the son of Joseph and Elsie Mahoney of Dayton, Ohio, and the grandson of the late Roy Mahoney.

Oreluwa (Nigerian, meaning gift from God), received a bachelor's degree from Miami University located in Oxford, Ohio, in 1994. He went on to receive a MSW from the University of Michigan in Ann Arbor, Michigan. He currently works as a Social Worker for the VA Medical

Upcoming Events

February 1, 2021
Next Family Matters
Newsletter

(submit any news or articles by
Jan 1, 2021)

July 30-August 1, 2021
The 9th

Gillyard Johnson Mahoney
Family Reunion

Check our website, Facebook
page and your email
frequently for all the latest
information on our family
and the 2021 Family Reunion

CRANBERRY SPICED CHEESECAKE

Cake:

- 1 ¼ c. Gingersnaps cookie crumbs
- 6 Tbsp. butter (melted)
- 3 (8 oz.) pkg. cream cheese, softened
- 1 ½ tsp. pumpkin pie spice
- ¾ c. sugar
- 1 tsp. vanilla
- 3 eggs

Mix crumbs and butter, press onto bottom of a 9-inch spring-form pan. In bowl, beat cream cheese, spice, sugar, and vanilla with an electric mixer on medium until fluffy. Add eggs, one at a time, and mix well. Pour over crust, and bake at 325 degrees for 1 hour

until center is almost set. Chill overnight before removing from pan.

Topping:

- 12 oz. fresh or frozen cranberries
- 1 c. sugar
- 1 ½ c. orange juice
- 2 Tbsp. corn starch

Combine all ingredients in a saucepan and stir over medium heat until cranberries soften. Cool sauce, and spoon over cheesecake to serve.



Favorite Recipes from the Gillyard Johnson Mahoney Family and Friends

Making a Snow Globe



How to Make A Snow Globe



Materials:

- Jar with Screw-top Lid
- Distilled Water
- Sandpaper
- Glycerin
- Glitter

- Oil-based Paint
- Paint Brush
- Clear-drying Epoxy
- Holiday Figurines of your choice

1. Paint the lid a seasonal color
2. Sand the inside of the lid until the surface is rough
3. With Clear-drying Epoxy, glue the figurine(s) inside the lid and let dry.
4. Fill the jar almost to the top with distilled water, add a pinch of glitter and a dash of glycerin to keep the glitter from falling too fast.
5. Screw on the lid tightly. Turn the jar over and back again...ENJOY!



By: Velma Dumas

For this edition, I have summarized information from these articles: **Holiday Healthy Eating Tips from a Registered Dietitian and How Nutritionists Eat Healthy Doing the Holidays.**

Whether it is sitting around the family dinner table or munching on endless snacks at a party, the holidays mean food. Lots of food. While the holidays may be notorious for rich, indulgent dishes, and overeating in general, it is easier than you think to eat a balanced diet. Consider following these tips:

Do not Skip a Meal Skipping a meal will set you up to be overly hungry when the meal begins and can cause you to overeat. Skipping meals and overeating when you eat is bad for your metabolism, which operates better when it has a consistent supply of food.

Honor Your Fullness During the holidays it is easy to fill our plates

with all the delicious foods. Overeating can leave you sluggish and sick. "Eating past fullness isn't honoring your body" say Newman a RD, LD, Philadelphia based nutritionist. "Remember you can always come back for seconds". Focus on eating the food you love; do not eat something just because it is a holiday food.

Dessert Three-Bite Rule Dessert is a beauty thing. There will be endless assortments of desserts at your holiday meal. Holiday desserts are often loaded with heavy cream, sugar, and butter. It is okay to have some and enjoy it. Choose one dessert per meal and have three bites of it. By doing this, you will avoid an extra 200-500 calories by reframing from consuming the whole piece.

Watch What You Drink Avoid sugary holiday drinks. Added sugar is an empty calorie meaning you get the calories without much nutritional value. You can drink alcohol, but in a healthy way. Like dessert, alcohol is just empty

calories that provide minimal nutrition.

Think Like a Christmas Tree. Get Those Leafy Greens in Any vegetables should do. They are hydrating and high fiber makes them a great volume of food for few calories.

Get Moving After the Holiday Meal Skip slumping on the couch watching football or holiday movies for at least a half-hour or so after eating. Exercise even in small amounts. Exercising will help the sugar and calories that were just consumed in your bloodstream to be used for fuel rather than stored as fat. You should try going on a walk or playing a physical game with family or friends.

Remember the holiday is about celebrating and connecting with family and the people you care about. When you focus more on the fun, it is easier to focus less on the food.

Family Poetry

By: Mrs. Joyce Wilson-Simpson

CHRISTMAS LOVE



It was a calm, holy night
When Christ came down to dwell on earth.
A radiant light shined through the blackness of indifferent sin,
and entered our hearts which had been hardened so long.
He gave us the joy, the peace, the calm, the love within.
That's what we call Christmas love.



If we like Christ were meek and mild,
We wouldn't take care of the needy only on Christmas Day.
The love we give each other will always be felt.
Give Him your life and all that it yields.
May God bless you with the best of health.



Instill in your heart the "Word of God", sent from above.
Deliver the message of a Savior who heals, provides and cares;
That's what we call Christmas love.

Written: November 14, 2020



New York Times Article

Family Reunions Mission:

To focus on the things that shape us rather than the circumstances that divide us; to strengthen and preserve family as God orders our steps. We value God's Plan, Family, Tradition, and Service.

We are on the Web!
gilyard-johnson-mahoney.com

Email Us:
gjmfamilyreunion@gmail.com

The GJM Family History team's Voting Project is featured in an article for the October 20, 2020 print edition of the New York Times. The article, *Covid Hinders Vital Get-Out-the-Vote Events: Black Family Reunions*, was written by NYT reporter Evan Nicole Brown. It summarizes a brief history and the reason for the project. The reporter interviewed several family members for the article. You can read the online article at:

<https://www.nytimes.com/2020/10/19/us/politics/black-voters-2020.html>



Bettie Gilyard Griggs

Christmas and Traditions

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Mahoney Family and Friends cookbook (page 2). It is easy to bake and so delicious, and there is a little red for the Christmas season.

Perhaps though before indulging in that slice of cake read *Eating Healthy for the Holidays* (page 3) and maybe eat only three bites.

There is so much good in this edition of *Family Matters*. Take a little time to enjoy it all. Our family poet laureate, Joyce Wilson-Simpson wrote a poem just for Christmas, titled *Christmas Love* (page 3). Get to know Ore

Mahoney in our Spotlight and for some fun with the little ones enjoy making a snow globe.

It is nice to reflect on family at this special time of year. Thinking of all of you, I can honestly say, you all brighten my life and warm my heart. I pray that we all experience the joy and blessings that truly make this a most wonderful time of the year.

Enjoy Your Blessings
Merry Christmas!

Bettie

