



Make worship an integral part of the holiday season

The hustle and bustle of the often hectic holiday season can make it easy to overlook religion during this special time of year.

Come the holidays, adherents of Judaism celebrate Chanukah while many Christians celebrate Christmas. Though different, the two holidays share some similarities.

In celebration of Chanukah, families gather for an eight-day commemoration to honor the rededication of the Second Temple of Jerusalem and a miracle in which a small amount of oil illuminated a menorah for eight days. Perhaps because it falls during the holiday season, Chanukah has become one of the most well-known Jewish celebrations, even for those who do not adhere to the Jewish faith.

For devout Christians, Christmas isn't about eggnog and Santa Claus. Christmas (Christ's Mass) is a celebration of the birth of Jesus Christ, who Christians believe is the son of God. Christmas is a day of great joy in the Christian faith because it marks the beginning of Jesus time on earth.

Both Chanukah and Christmas, while joyous celebrations, are laced with solemnity. The Second Jewish Temple was desecrated by Greek-Syrians, who had erected an altar

to Zeus and sacrificed pigs within its sacred walls. At this point in time, Jews had to practice their faith in secret, reading the Torah underground and using dreidels to simulate games and confuse Greek soldiers. However, the Jews, led by a small group of rebels known as the Maccabees, persevered, marking the joy of Chanukah for years to come.

The period leading up to Christmas known as Advent is a time for repentance and preparation for the grace and miracle of Jesus birth. According to Christianity.com, the word Advent is derived from the Latin word Adventurous, meaning coming. Advent is a time to both reflect on the past and look forward to the future. Much like Lent, Advent is intended to be a season of fasting, prayer and reaching out to God.

During the holiday season, houses of worship customarily host prayer sessions and special holiday-related events. The faithful are encouraged to participate in these events in celebration of their faith.

Prayer can help remove distractions during the holiday season, helping individuals reconnect with the true meaning of the holiday season.

Ways to show your pet you care this Holiday

During the holidays, there are endless ways to show the humans around you how much you love them. Finding ways to extend the joy of the season to pets who are a part of the family takes a bit more creativity.

Here are five ideas for celebrating with furry friends this holiday season:

1. Spend quality time together: Between shopping, cooking and decorating, the hustle and bustle of the season can be distracting. However, no matter what's going on, it's important to spend quality time with your pet each day. So, go on some extra long walks with your dog, extend your cat's playtime sessions and brush your pet's coat.

These activities may help alleviate situational anxiety brought on by shifting holiday routines.

2. Pamper your pet: The holiday season can be tiring and stressful on every member of the family, including your dog. Gift your dog relaxation and better health with Pet Releaf CBD-infused Edibites. Whether your dog is in incredible health or is experiencing discomfort, these chews offer a needed immune system turbo boost, making them a great daily supplement. Not only that, they have calming and soothing properties, which may help ease your pet's situational anxiety should travel or houseguests be part of your plans this season. Containing human-grade ingredients, no fillers and no chemical preservatives, these

handmade chews come in flavors like Peanut Butter & Banana, Blueberry & Cranberry and even Pizza!

3. Stuff your pet's stocking: A whopping 72 percent of pet parents plan to give their pets a gift or stocking stuffer this holiday season, according to a recent Pet Releaf survey conducted by The Harris Poll. Not only is hanging a stocking for pets a fun way to include them in a family tradition, it's also a great opportunity to give products a test run. Look for pet products offered in trial or small sizes, such as CBD-infused Edibites Hemp Oils, Liposome Hemp Oils, or Hemp Oil Capsules.

4. Decorate safely: When selecting holiday décor, prioritize your pet's safety above all. Steer clear of plants

toxic to pets, like holly, poinsettias and mistletoe; and avoid stringy items such as tinsel, curling ribbons or other tree and gift trimmings that when ingested, can cause intestinal blockage.

5. Outfit your pet: Taking a festive family portrait for this year's greeting card? Just want your pet to be comfortable and stylish on all those winter walks in the months ahead? With several major retailers offering ugly holiday sweaters for pets in a variety of sizes and designs, it's easy to get your pet in on the fun.

For more pet parent tips and insights, visit petreleaf.com/blog.

The holiday season is all about showing loved ones you care. This year, make sure that also includes furry friends.

