





**Tea Recipe**

Translated from the book “Rotbuschtee – fuer Gesundheit und Schoenheit” by Dr. Joerg Zittlau  
 A great combination for the cold winter season: a warming meal with the healing properties of Rooibos tea.

**Rooibos - Pea soup**

(Serves 6 to 8)

1 lb dried peas  
 5 qt. Rooibos tea (made of 9 Tbsp. tea, steeped for 3 minutes)

- soak the peas over night in the tea. The next day cook the peas in the tea until done.

1 onion, diced  
 2 Tbsp. sunflower oil

- roast the onion in the oil

4 oz. ham, diced (can be omitted)  
 2 big potatoes, peeled and grated  
 2 big carrots, washed and grated  
 2 bay leaves

- add diced ham and all vegetables, including roasted onion and seasonings to soup and cook, covered, for another 20 minutes

Salt, pepper  
 - season to taste when done  
 Remove bay leaf and serve with your favorite bread. Enjoy!

**Sereni-tea**

In peaceful repose,  
 I breath in all that I am.  
 I marvel in the simplicity  
 and purity of divine serenity.  
 From this place of perfection I am  
 undisturbed.  
 I am calm and refreshed, most  
 unperturbed.  
 I see God, I fell God, I hear the word.  
 Clearly and calmly,  
 I am one with the Force.  
 I am intact; I am whole, pure and good.  
 I see my reflection of my own perfection,  
 No defects and no deficiencies.  
 Nothing can diminish the goodness and  
 the Godness of me.  
 In serenity ad with deep gratitude  
 I realize God is all of me from within me.  
 So with ease and grace I surrender my  
 pace.  
 I have nothing to fear; there is no race.  
 No rush, no hurry, no finish line.  
 Every day I know victory in the arms of  
 the Divine – my giver, my deliverer, the  
 provider of bliss.  
 I need for nothing, the aches are all gone.  
 My soul is free to be all that it is – love is  
 all it can be, and that’s good enough for  
 me. Amen.

The poem is from the book “Sipping Tea – Celebrating Me” by Dharlene Fahl – Brittian.

The book is for sale at Sereni-tea and includes more beautiful prayers, timeless quotes and serene thoughts.

E V E N T S	<b><u>Tea &amp; Tarot Afternoons</u></b>	<b><u>Tea Leaf Readings</u></b>	<b><u>Tea &amp; Animal Talk</u></b>
	Media celebrity and renowned Tarot teacher <b>Judith Conrad</b> will hold 15 minute recorded Tarot readings on	Come in with your friends, enjoy a cup of tea and have a fun, intuitive tea leaf reading with <b>Linnea Gael</b> .	Come with a picture of your animal companion, have a cup of tea with <b>Victoria Song</b> and hear what your animal companion has to tell you.
	<b>Sat. February 3<sup>rd</sup> / 17<sup>th</sup> from 1 to 4pm!</b>	<b>Sat. February 10<sup>th</sup> / 24<sup>th</sup> from 1 to 4 pm</b>	<b>Wed. February 7<sup>th</sup> / 21<sup>st</sup> from 2 to 5 pm</b>
	Cost: \$30 includes a fragrant cup of tea and a recording of the reading. First come, first serve.	Cost for tea and reading: \$13 Up to 4 people per group. <b>Please call ahead</b> to reserve your time, allow one hour for a full group. <b>Other times &amp; dates for private groups are available upon inquiry!</b>	For 1 animal: 15 min. /\$30 For 2 or more: 30 min. /\$50 <b>Please call ahead</b> to reserve your time / space.