



A Moment with Donna...Community

Here we are entering the second quarter of 2020 and we all are experiencing something new...quarantine! Spring has arrived with its usual variances of weather here in the Pacific Northwest and we are wondering if we'll be past this unique cycle of change that has presented itself, or will it go on indefinitely? Of course we will get through these changes. One of the things I have noticed is how various people are coping with this unexpected shift in our daily lives.

Some people feel as if this is a sign of Armageddon, some feel it is a mini-vacation, some feel it is opportunity to be innovative, some are panicky, some feel they should go with the flow...not getting stressed over any of it, taking one day at a time.

To be honest, I have been pleased to see how people have been concerned about others, how we can assist those whose jobs have been closed down, provide food and other items to food banks, churches, and families that are in need. Neighbors have taken time to check on the elderly in their neighborhoods, making sure they are ok. Teachers are inventing new ways to interact with their students via the technology tools available to them. Families are spending time doing various projects at home, many of them quite creative. Businesses within communities are finding new options to serve those who need their skills/services, sometimes creating a whole new process and/or product. The adaptability and resilience of the human spirit is tremendous.

Roosevelt said, 'The only thing to fear is fear itself.' Those words hold true today, just as they did in the past. When we stop looking at our worst fears and instead, face what we can do to put them in their rightful place...behind us, facing them down...then we find solutions to resolve the challenges we are dealing with. Clear thinking, resolution of action, and moving forward with awareness means we can develop an attitude of preparation on multiple levels successfully, not only with this current situation, but with any that may develop in the future.

When 9/11 occurred, we as a nation pulled together, determined not to be defeated. This is a different kind of war, a war with microbes; one that mankind has fought with since the beginning of our existence. This enemy is an invisible one and can be very difficult to conquer. However, we are up to the challenge and who knows what we will discover in the process that will make our world a healthier place.

Easter is coming up shortly, a celebration of renewal. Celebrate life and its gifts, even its challenges, for it is with the challenges we find out the stuff we are made of. Personally, I feel you all are pretty special, and I have faith that the right action will follow and we'll be back on track soon.

Have a fabulous month. Enjoy the video. <https://gratefulness.org/resource/stop-look-go/>

Donna Seelbo

April's Power Quote

'Through unity of action we can be a veritable colossus in support of peace. No one can defeat us unless we first defeat ourselves. Every one of us must be guided by this truth.' ~Dwight D. Eisenhower

April's Chuckle

A man came through a checkers lane at the grocery store with a jug of wine and a bouquet of roses. But before he paid the checker, he set the two items aside and said, "I'll be right back." He ran off, only to return a minute later with a second jug of wine and another bouquet of roses.

The checker couldn't resist asking, "Two girlfriends?"

"No," he said. "Just one really angry one!" ~J.F. No. Carolina

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 19th year of positive and informative programming with 'The Donna Seebo Show' and 'Warriors for Peace'. Currently people in over 128 countries, including the United States, are listening to the shows.

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is 'Personal Empowerment'. Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to '**The Donna Seebo Show**' page. **Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

There you will find a player that enables you to connect to the 'live' show 8:00 pm to 9:00 am, Monday through Friday, Pacific Time. Callers are welcome during the second half of the program – **Call in number - 253.582.5597.**

"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

To listen to any of the broadcasts at any time - click on the tower icon in the past show archives box- then choose the program you are interested in. Shows are available 24/7.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can "**Light Up Your Life with A Little Bit of Insight**". Be sure to tell your friends and family about this positive, informative programming available 24/7.

Special Note: We are now available on Alexa...if you have the app, check us out! "Alexa open the Donna Seebo Show".



Upcoming Guests - April 2020

- 1...Dancing to the Darkest Light – Soheila Andelipour
- 2...Grief 2 Growth – Brian Smith
- 3...Love, Life & Lucille – Judy Gamon
- 6...New Baby Blueprint – Whitney Casares
- 7...Advice I Ignored – Ruby Walker
- 8...Why Does Daddy Look So Sad – Jude Morrow (Ireland)
- 9...Scripting Your Life – Royce Christin
- 10..California’s Deadly Women – Michael Barry
- 13..Perception – James Purpura
- 14..Conscious Confidence – Sarah Mane (Australia)
- 15..Reverse Depression – Michelle Honda
- 16..Know Your Blood, Know Your Health – Dr. Kristeni McGary (Costa Rica)
- 17..Let the Samurai Be Your Guide – Lori Whaley
- 20..Female Firebrands – Mikaela Kiner
- 21..Brush with Death – Jody Summers
- 22..Chrysalis Crisis – Frank Pascuiti
- 23..To be announced
- 24..To be announced
- 27..To be announced
- 28..An Energy Healers Book of Dying – Suzanne Worthley
- 29..Slippery Slope of Healthcare – Dr. Kussin
- 30..To be announced

Warriors for Peace

- 1...Indomitable – Margery Leveen Sher
- 8...Plains Indians, Regalia & Customs – Bad Hand
- 15..Four Sacred Gifts – Dr. Anita Sanchez
- 22..Our Story, Human Rights, Stories in Fabric – Susanne M. Jones
- 29..To be announced

Mrs. Seebo's Classics

<http://mrsseebosclassics.com/news-events/>



What's Your Story?

I am in the process of putting together a publication “Stories People Tell Me”. I have had a number of submissions and I am looking for an additional 25 stories about paranormal experiences, UFO’s, aura’s and the unique and unusual not logical happenings that make us aware that life is anything but boring. Please send submissions to donnaseebo@comcast.net. Do send your contact information as well (phone number, etc.) Thank you.

Upcoming Broadcasts & Appearances April 2020

All public appearances have been cancelled until further notice.
My daily broadcasts are being continued with guests from around the world and know you can tune in via Alexa. Just mention open *The Donna Seebo Show* and you’ll be connected to the player. Past shows can be picked up via the archives.

Golden Nuggets
True Stories about Real People

This is a very special video that was shared with me by a friend. A video that expresses so well the importance of family, friends, and community, brings forth a lovely reality that is being experienced right now around the globe. Enjoy and *thank you Carla for sharing.*

<https://youtu.be/kFQBOEmjHU>



The Recipe Box....German Apple Pancake

Sunday brunch is always special and this particular recipe has been a Seebo family favorite for years. With Easter coming up you may want to try it. The flavors are awesome and believe me, you'll fix this more than once and it will always be a hit. This recipe is for 6-8 people. I cut the recipe in half sometimes and it works beautifully.

Ingredients-Batter: 8 extra-large eggs, 1 cup unbleached all-purpose flour, 2 Tbls. sugar, 1 tsp. baking powder, 1/8 tsp. salt, 2 cups milk, 1/4 cup (1/2 stick butter)melted, 2 tsp. vanilla, 1/4 tsp. grated nutmeg.

Ingredients-fruit Mixture: 1/2 cup unsalted butter, 1 1/3 cups sugar, 1 tsp. cinnamon, 1/4 tsp. grated nutmeg, 2 large tart apples peeled, halved, cored and thinly sliced (2 cups).

Directions-for batter: Combine first 6 ingredients in mixing bowl and blend with spoon or electric mixer until smooth. Add melted butter, vanilla and nutmeg and blend. Let batter stand at room temperature for 30 minutes or in refrigerator overnight.

Directions for fruit mixture: Position rack in center of oven and preheat to 425 degrees. Divide butter evenly and melt in two 10-inch ovenproof skillet, brushing butter up sides of pan. Remove from heat. Combine sugar, cinnamon and nutmeg and blend well. Sprinkle 1/3 cup over butter in each skillet. Divide apple slices and layer evenly over butter. Sprinkle remaining sugar mixture over apples.

Place skillet over medium-high heat only until mixture bubbles. Divide batter evenly and gently pour over apples. Transfer skillet to oven and bake pancakes 15 minutes. Reduce heat to 375 degrees and bake an additional 10 minutes. Slide onto heated serving platters, cut into wedges and serve immediately.

Special Comments

A special 'thank you' to the many people who join me weekdays to hear '*The Donna Seebo Show*' and '*Warriors for Peace*' from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas and/or information you think my listeners might be interested in, please email the information to me. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/DVD publication along with your press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to donna@delphiinternational.com or donnaseebo@comcast.net . Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to check out and order my 3 award winning illustrated books, e-books, e-audio books, *God's Kiss*, *The Magic Hat*, and *The Woodcutter and The Tree*. They are a great addition to any library and children love to hear the stories again and again. We are looking forward to book #4 in 2021.

I invite you to go to my website www.mrsseebosclassics.com and view the art, even listen to the audio clips of the narration of the stories. Should you desire to have the publications personalized just fill out the information as requested and I will be delighted to autograph and personalize the book for that special child.

We are celebrating our 26th anniversary of 'Classics' publications and now have a website showing all of our publications and products. E-books and e-audio books are available, and you can also purchase the publications on Amazon. Publications are also available on Kindle.

Have a magnificent day and remember....

"You are the Master of your Fate, the Captain of your Soul".

Donna Sebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and Host of the International 'Donna Sebo Show' and 'Warriors for Peace'

P.O. Box 97272, Lakewood, WA 98497-0272 --- (253) 582-5604

donna@delphiinternational.com or donnaseebo@comcast.net

www.delphiinternational.com www.mrsseebosclassics.com

<https://www.linkedin.com/in/donnaseebo> <https://www.facebook.com/donna.sebo>

<https://www.facebook.com/donnaseeboshow/> <https://twitter.com/donnaseeboshow>