

@The Donna Seebo Newsletter

November 1, 2025



A Moment with Donna...A Rock, A Pot, and a Village

An atmospheric river is trolling through the Pacific Northwest letting us know that Mother Nature is giving us fair warning that Father Winter is anxious to take his place in the cycle of changing seasons. However, Mother Nature does not like being pushed around, so she won't be giving up her fashionable and colorful presence anytime soon. It seems like this year she has outdone herself with spectacular displays of vermillion, golds, browns, oranges, and greens...I have been in awe of the array of color dynamics that fill the edges of our roadways, neighborhoods, and parks...a feast for the visual senses I say.

Recently a story crossed my desk that I hadn't heard/read for many years. I thought it would be perfect for this month's edition. If you are not familiar with this story it has traveled around the world, written by an unknown soul at a time when little hope existed in the minds of many.

Stone Soup

Some travelers come to a village, carrying nothing more than a large empty cooking pot. Upon their arrival, they inquire about purchasing some food. The villagers, very suspicious of these strangers, are unwilling to share any of their meager food stores with the very hungry travelers. So, the strangers, the travelers, go to a stream and fill their big pot with water, dropping into the pot a large stone they found in the same stream, having cleaned it well, placed it in the big pot, over a fire.

One of the villagers, a child, becomes curious and asks what they are doing. The travelers answer that they are making "stone soup", which tastes wonderful and which they would be delighted to share with the villagers, although it still needs a little bit of garnish, which they are missing, to improve the flavor.

The village child, who anticipates enjoying a share of the soup, runs home and tells his mother what the travelers say about the 'stone soup'. Would she give him some carrots to take to add flavor to the soup the strangers are making? She does not mind parting with a few carrots, so the child takes these carrots to the travelers and these are added to the soup. Another villager upon hearing the child's tale, is most curious and decides to walk with the child, and upon meeting the travelers, inquires about the 'stone soup'. The travelers again share the story about their stone soup, which has not yet reached its full potential, and how they are willing to share it with everyone in the village when it is ready.

The 'stone soup' story quickly make the rounds of the village. More, and more villagers walk by, each adding another ingredient, like potatoes, onions, cabbages, peas, celery, tomatoes, sweetcorn, meat (like sausages, chicken, pork, and beef), milk, butter, salt, and pepper. Finally, the stone (being inedible) is removed from the pot, and a delicious and nourishing pot of soup is enjoyed by travelers and villagers alike.

Although the hungry travelers have tricked the villagers into sharing their food, (the villagers figured that out early on), the travelers, true to their word, were more than happy to share the delicious meal that the villagers contributed to. Everyone's stomach was full and trust, plus a revitalized fellowship in their community, came together in a wonderful way.

This is a month where traditions of the past are welcomed in the present. Thanksgiving is enjoyed by millions around the world, who share with friends, families, and even strangers, food, conversation, and time to just appreciate the abundant blessings we have...being grateful for the gift of life, even with the challenges we face in everyday living.

I wish for you all a happy November and don't forget Veterans Day on November 11th.

Donna Seebo

Lower Thought for October

"A hundred times a day I remind myself that my inner and outer life are based on the labors of other men, living and dead, and that I must exert myself to give in the same measure as I have received. ~Albert Einstein

October's Thuckle

Last year I underwent major GI surgery. The procedure went well but as a result, I now suffer from uncontrollable bouts of flatulence, often at inopportune times. My brother came up with the perfect solution for how I should handle these embarrassing moments.

"Next time you pass gas in public," he said, "Grab your phone and pretend to answer it. After a short conversation, hang up and say, 'I really need to change my ringtone'" CM-MI

The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 24th year of positive and informative programming with 'The Donna Seebo Show', its 11th year with 'Warriors for Peace' and its 2nd anniversary of The Donna Seebo Television Show, "Special Editions". Currently people in over 128 countries, including the United States, have listened 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...<https://delphiinternational.com/donna-seebo-show/>

There you will find a player that enables you to connect to the 'live' show 8:00 pm to 9:00 pm, Monday through Friday, Pacific Time. The latest 13-15 hours of programming is available 24/7 on the network's player, plus 100's of programs are listed in the archives, available 24/7. Callers are welcome during the second half of the program – Call in number - 253.582.5597.

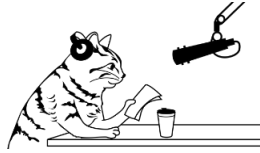
"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

"The Donna Seebo Television Show, Special Editions" is aired 3 day a week on TCTV media and programs are also on U-Tube, my website, and other venues for viewing 24/7.

We are featuring The Author's Showcase. You are invited to visit our addition to The Donna Seebo Show & Warriors for Peace show page. You have direct links to their interview and can listen anytime.

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: Programming can be heard via these additional connections: IHeart Radio, I Tunes, Alexa, TuneIn, and Spotify.



Featured Radio Guests on the Donna Seebo Show & Warriors for Peace - November 2025

- 3...Understanding Autoimmune Disease – Nicoletta Skoufalos*
 - 4...A Pilgrim's Guide to Walking Wisdom – Renee Baribeau*
 - 5...Success is a Numbers Game – Kyle Young*
 - 6...Manhattan Triptych – Catherine Butterfield*
 - 7...There is No Other-Ram Dass – Parvati Markus*
 - 10...Pure Unlimited Love – Stephen G. Post*
 - 11...Veteran's Day – New Consciousness – Anton Grosz*
 - 12...36 Spiritual laws – Diane Cooper (England)*
 - 13...The Witching Stones – Nicholas Pearson*
 - 14...To be announced*
 - 17...Youth Contact Sports & Broken Brains – Bruce Parkland*
 - 18...Guidance from the Universe – Jill Amy Sager*
 - 19...Race to Innovation – Roy Zwahlen*
 - 20...To be announced*
 - 21...To be announced*
 - 24...To be announced*
 - 25...To be announced*
 - 26...Life Switch – Joel Steele*
 - 27...Thanksgiving Day - Pre-recorded program – Have a fabulous holiday with Family & Friends*
 - 28...The Tao of Addiction & Recovery – Doug Hilton & Mantak Chia (Canada)*
- Warriors For Peace*
- 5...Thinking Ethically – Scott Gelfand*
 - 12...Warriors Return - Ed Tick*
 - 19...Potato, How the Humble Spud Rescued the Western World – Larry Zuckerland*
 - 26...Final Approach & The Cold War – Chris Adams*

Upcoming Events & Broadcasts - November 2025

November 22, Saturday & November 23, Sunday - Thurston County Fairgrounds, 3054 Carpenter Road, Lacey, Washington, 98503. Hours: 10:00am-6:00pm, Saturday, & Sunday, 10:00am to 5:00pm. I will be a keynote speaker on each day and doing mini-readings, plus having lots of books to check out. For more information go to www.MeWeFairs.com.

The Donna Seebo Television Show, "Special Editions"

The filming for "Special Editions"- year two- started in April 2025. If you are an author and would like to be featured on one of my upcoming programs, please contact my office-253.582.5604, or email me your contact information, donnaseebo@comcast.net, and we'll share the details of becoming a part of this special show.

The filming for Episode #18, "Mexico, Exploring Wineries & Phenomenal Cuisine." Guest/Author Michael Higgins, has been completed. It was aired on TCTV starting the 1st of October. Tap the links below and you will connect directly with the U-Tube television channel and the posted videos.

My television program, The Donna Seebo Show-Special Editions is featured, on TCTV media, Channels 3,22,26,77, three air-times a week. 2:00pm, Sunday...4:00pm, Tuesday & Friday, Pacific Time. You can go to TCTV's website <https://tcmedia.org> to download their app for 'live streaming' or you can scroll down to the 'Watch Button' to watch the programs. Also, if you want to have an app for your phone there are apps at the bottom of the initial website page you can put on your phone. We are posting the television programs on U Tube, my website, and other venues. Upcoming programs will be announced via social media and my radio shows.

<https://delphiinternational.com/personal-empowerment-videos>
<https://youtube.com/@donnaseebodelphivisioninte9974/videos>

The audio portion of the programming will be heard on my radio show...watch for the postings in my newsletter, website, and social media. Be sure to like and subscribe if you enjoy the programming.



The Recipe Box... Pumpkin-Orange Custards

Fall is in full form and pumpkins are everywhere. This recipe is a classic one and so easy to prepare. You can double or triple the recipe if you are having a large group of people and you can also prepare it in advance. The flavors marry quite nicely if made the day before your gathering.

Ingredients: 1 cup canned or mashed cooked fresh pumpkin, 2 eggs-slightly beaten, ½ cup firmly packed light brown sugar, ½ tsp salt, dash of ginger, ½ tsp ground cinnamon, 1 cup light cream or milk, 1/8 tsp grated orange rind.

Directions: Mix pumpkin with eggs, sugar, salt, and spices. Stir in cream and orange rind and pour mixture into custard cups. Set cups in a shallow pan of hot water high enough to come almost to the top of the cups. Bake in preheated slow oven, 325 degrees, for 40-50 minutes, or until custard is firm. 4 servings.

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. Do put *The Donna Seebo Show* in the subject line. 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 contact information and 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 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 order God's Kiss, The Magic Hat, and The Woodcutter & The Tree, my three award-winning illustrated books and audio books. Go to my website, fill out the information and I will be delighted to personalize the books for that special child. We are celebrating our 29th anniversary of 'Classics' publications and now have a website showing all of my children's publications and other products. Both e-books and audio e-books are now available as well.

You can listen to a 'free' preview of the audio book and view some of the art as well on <https://mrsseebosclassics.com>. Ed Gedrose is the illustrator for *God's Kiss* and Carol Ann Johnson is the illustrator for *The Magic Hat* and *The Woodcutter & The Tree*.

Go to my website to order directly on Amazon, Create Space, and Kindle. To order, contact me via my website, <https://mrsseebosclassics.com> or call my office directly to find out more information. Be sure to like us on Facebook, LinkedIn, and X (Formerly Twitter).

Have a magnificent day and remember....

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

Donna Seebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and Radio/Television Talk Show Personality. Host/Producer of the International 'Donna Seebo Show'... 'Warriors for Peace' radio shows, also The Donna Seebo Show, "Special Editions" television programs

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