

WEEKLY MESSAGE: January 5, 2019



CŌSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



January 5, 2019

Epiphany Eve, the 12th day of Christmas

As we conclude the Christmas-Epiphany Season in the Second Advent Community, we recognize that a new solar age has dawned and that its effects are now only beginning to be felt by all living things. As all living things are undergoing a change from the energies radiated thereof, this change is occurring too within the flesh of man and woman – within the framework of our form – for we all are miniature suns and star systems connected to the greater suns and stars of the Universe.

This new energy is filled with the Intelligence of God, and men and women are experiencing an alteration of being, either positive or negative. Just as we have used the energy locked up within the Earth, we have the ability to use the energy of the Sun directly, and so our Consciousness is also being altered in this new solar age come upon the world. .

The intelligence released by the use of solar energy presses upon us and molds us and speaks to us in a way our material ears cannot hear, as the other part of us, which is the greater part of us – our Light Body – is awakened and stirred and our minds shine forth as the Sun. And we indeed think new thoughts.

In due time, the mutation of the form and being of Man will cause a new species to walk the Earth. And time and space and dimension shall change. Men and women of Light shall multiply and explore new worlds that are presently beyond the range of our physical senses. Such people the world has never seen since the beginning of the creation. And science will know that Man is a glorified being who walks with God.

Great beauty, happiness and peace shall come to humankind through its new Form, Being and Consciousness. And God shall merge with men and women of Light. And those of Darkness shall be swallowed up. And those of Light shall see everlasting Light and shall never sleep or see darkness again.

The is the great epiphany of which Jesus spoke and exemplified. This is the promise of the Second Advent which we in this Community come to announce to the world. And I wish you bountiful blessings on the great day of Epiphany.

Gene

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2019 Epiphany Eve Celebrated

Cena de Epifanía Mexicana

A Mexican Epiphany Eve Dinner

Programa de Eventos

Program of Events

6:30 PM -- Welcome 6:35 PM Candle Lighting and Remembrance
6:55 PM Grace Before Meals: "Grant Life Unto Me" 7:00 PM Dinner
8:30 PM A Visit from Santa Claus 9:00 PM Exchange of Gifts

Menú

Sobre la Mesa — On the Table

Totopos con salsa mexicana, guacamole y pico de gallo
Tortilla chips with Mexican salsa, guacamole and pico de gallo

Platos Principales — Main Dishes

Caldo de pollo con fideos, cebolla verde y culantro
Chicken broth with noodles, green onions & cilantro

Ensalada con maiz, frijoles y aderezo de aguacate
Salad with corn, beans & avocado dressing

Arroz Mexicano Mexican Red Rice

Frijoles y frijoles refritos Whole and refried pinto beans

Enchiladas verdes con pollo y Enchiladas con queso
Corn tortillas stuffed with chicken or with cheese, both in green sauce

Tamales de pollo y Tamales de verduras
Cornmeal rolled with chicken and cornmeal with vegetables

Postre — Dessert

Flan de la vainilla y flan chocolate
Custard with vanilla and custard with vanilla & chocolate

Bebidas — Beverages

Sangria roja y Sangria blanca Red Sangria and White Sangria

Horchata A non-alcoholic beverage made with rice, cinnamon and sugar

Café e té Coffee and tea

International Community of Christ ♦ Church of the Second Advent
Thirty-Eighth Annual Celebration ♦ January 5, 2019
Rectory-Abbey ♦ 2025 La Fond Drive ♦ Reno, Nevada

[Click here to view full-size menu.](#)

On the evening of January 5th, Epiphany Eve in the Second Advent Calendar, resident members of the Community, their families, and guests, were invited to the Rectory-Abbey by Bishop Gene Savoy to celebrate the holiday with dinner and a visit from Santa Claus. Nearly seventy guests gathered in the great room at the Rectory for the event. Some of the action was captured in photos by attendees, and the Communique staff put together a gallery of these photos for your enjoyment.



Guests arriving at 2019 Epiphany Eve Celebration PHOTO CREDIT: Jim Eaglesmith



Guests gather at tables before dinner PHOTO CREDIT: Jim Eaglesmith



Gifts gathered at the Rectory fireplace PHOTO CAPTION: Jim Eaglesmith



Bishop Gene addresses the gathering on the significance of the day of Epiphany PHOTO
CAPTION: Jim Eaglesmith



Candelabra holding candles of remembrance
PHOTO CAPTION: Jim Eaglesmith

Services for the Week of January 5, 2019



Saturday, January 5, 2019
7:13 AM SUNRISE DIVINE SERVICE
Church of New Epiphany
Leave: 6:15
Gate: 6:45
Sunrise: 7:24
RR Gene Savoy Jr.
Concelebrant: RC Robert Petrovich
Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

10:00 AM COMMUNION

Chapel of The Holy Child

Suspended due to Christmas-Epiphany Vigil

6:00 PM Epiphany Eve Banquet

Rectory-Abbey

Host: RR Gene Savoy Jr.

Sunday, January 6, 2019

EPIPHANY DAY

7:13 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:45

Sunrise: 7:24

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

Suspended due to Epiphany Holiday

Wednesday, January 9, 2019

12:00 N COMMUNION

Chapel of the Holy Child

Rev. James Elliott

Friday, January 11, 2019

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

Rev. Barbara Whitney

Services for the Week of December 29, 2018



Saturday, December 29, 2018

7:13 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:45

Sunrise: 7:24

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

10:00 AM COMMUNION

Chapel of The Holy Child

Suspended due to Christmas-Epiphany Vigil

3:00 PM CHILDREN'S TEA

Rectory-Abbey

Officiant: RM Elizabeth Reece

Assistant: Sabrina Savoy

Sunday, December 30, 2018

7:13 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:45

Sunrise: 7:24

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

Church of the Christian Churches
Church of the End Times

RC Ted Staver
Rev. Barbara Whitney

Monday, December 31, 2018
7:13 AM SUNRISE DIVINE SERVICE
Church of New Epiphany
Leave: 6:15
Gate: 6:45
Sunrise: 7:24
RR Gene Savoy Jr.
Concelebrant: RC Robert Petrovich
Assistant: Rev. Barbara Whitney
Organist: RC Gary Buchanan

Wednesday, January 2, 2018
7:13 AM SUNRISE DIVINE SERVICE
Church of New Epiphany
Leave: 6:15
Gate: 6:45
Sunrise: 7:24
RR Gene Savoy Jr.
Concelebrant: RC Robert Petrovich
Assistant: Rev. Barbara Whitney
Organist: RC Gary Buchanan

12:00 N COMMUNION
Chapel of the Holy Child
Rev. Dorothy Kubiak

Thursday, January 3, 2018
7:12 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 7:00

Sunrise: 7:27

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

Friday, January 4, 2018
7:12 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:30

Gate: 6:45

Sunrise: 7:27

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

RM Rebecca Willis

WEEKLY MESSAGE: December 24, 2018



CÔSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



December 24, 2018

Christmas Eve

Tomorrow is Christmas Day, the first day of Christmas of the Christmas-Epiphany Season, and we will be celebrating the birthday and the life of Jesus Christ. For twelve days, we of the Second Advent Church Community observe the Christmas season, which culminates on the thirteenth day, the Day of Epiphany, on January 6. We know that Jesus was not born on the 25th of December, but that is not important. What is important is what we celebrate this Season.

We know the word epiphany comes from the Greek, meaning manifestation or appearance. In the early Church, January 6 was the day that commemorated Jesus's baptism at the Jordan by Saint John. The day celebrated the "shining forth" or the revelation of God in human form in the person of Jesus Christ – his manifestation as the Son of God to the world. That means that the Word of God incarnated in Jesus. The date of Epiphany was very early fixed in the ancient church, and the old liturgies speak of "illumination," "manifestation," and "declaration."

The Gospel of Matthew says, *"Then Jesus came from Galilee to John at the Jordan to be baptized by him. And John would have prevented him and said, I need to be baptized by you, and you come to me? But Jesus answered, saying, Let it be so, for it is proper for us in this way to fulfill righteousness. And then John consented. And when Jesus had been baptized, as he*

came up from the water, the heavens were opened, and he saw the Spirit of God descending like a dove upon him. And a voice from heaven said, This is my Son, the Beloved, with whom I am well pleased." The Gospel of Luke also says, *"Now, when all the people were baptized, and Jesus also had been baptized, the heaven was opened and the Holy Spirit descended upon him in bodily form, and a voice came from heaven, You are my Son, and with you I am well pleased."*

Other biblical scriptures also help to shed light on this statement. For instance, in the book of Acts, it says, *"You are my Son; today I have begotten you."* And in the Letter to the Hebrews, similarly, *"For to which of the angels did God ever say, you are my Son; today I have begotten you."* So if we insert these lines from Acts and Hebrews, which have their roots in the ancient hymnal of Israel's Psalms, we discern the statement *"You are my Son, with whom I am well pleased – today I have begotten you."* The event occurred on the day of January 6.

Now, in the ancient Christian Church, this divine event – this appearance or epiphany – was a manifestation of Jesus's immortal spiritual nature. The day commemorated the manifestation of Jesus as the Christ, the moment when God appeared in His divine Light and ordained Jesus His Son. Thus, Jesus was given a new birth. So we know that Jesus was not born the Son of God but indeed became and was declared the Son of God when the divine Logos, the Word, incarnated within him, giving him a new life of spirit. And this was a fundamental concept in the Messianic Church: that Jesus had become the Christ. And this is why Epiphany, and the Christmas-Epiphany Season, is so important to us in the Second Advent Community: It represents and symbolizes the birth of spirit – the birth of our spirits, which is the epiphany and the illumination of the reborn, conscious Soul.

Here there is a similarity to Buddhism, where the birthday of Siddhartha is celebrated on April 8, but the day of his

enlightenment is recognized on December 8 – the day when he became the Enlightened One, the Awakened One, at sunrise.

So we honor the birth of the man Jesus on December 25, a date which was adopted by the Roman Church in 336 CE – the same time of the year when several Roman festivals were observed: the Winter solstice; Saturnalia, a time of merrymaking and the exchange of gifts; as well as the birth of Mithra. But it was also the festival of the Birth of the Unconquered Sun, the *Natalis Sol Invictus*. Linking Jesus to the Sun was supported in early times by various Biblical passages, including Malachi's reference to the "Sun of Righteousness." And, of course, John in his gospel describes Jesus as "the light of the world."

Such solar symbolism indeed supports more than one possible date of birth. In the year 243, a work known as *De Pascha Computus* linked the notion that God's Creation began at the Spring equinox, on March 25, with the conception or birth of the cosmic Sun according to the Genesis account. In early times, it was debated if Jesus was born at this time, on March 28. One writer says, "*O the splendid and divine providence of the Lord that on that day, the very day on which the sun was made, March 28, a Wednesday, that Christ should be born.*" It continues to say, "*For this reason, Malachi, the prophet, speaking [about him] to the people, fittingly said 'Unto you that revere my name shall the sun of Righteousness arise with healing in its wings.'*" In 200 CE, Clement of Alexandria even hypothesized the birth dates as being March 21 or sometime between April 15 – 21.

Importantly, the date we celebrate is the day of spiritual birth, the day when the Word of God entered into Jesus and he assumed the Office of Christ. And this we do on January 6 as a promise of the spiritual birth – the rebirth that we are all heir to in the Second Advent of God's Appearance.

Many celebrations are held at this time of the year. Northern

Europeans celebrate Yule late in December and also in early January. There is a festival from November 28 to January 6 that is observed as the festivals of lights, the birth of the Cosmic Christ. We know that the Japanese honor the sun god on December 22. And in ancient Egypt, from December 21 to December 25 was celebrated the festival commemorating the birth of the god Horus. Native Americans celebrate December as a time of purification and renewal, as do Hindus, who celebrate their festival of lights in the early part of December. From this we can see that this is a time that is universally recognized, when we come out of darkness and into light.

The message of this season is life of spirit; and this is the essence of Christ's teaching. And this is what this period of time represents: life, birth and rebirth, which is the cycle of spiritual renewal. This time of year also represents goodwill, friendship, generosity, joy and happiness. Let us not forget these valuable attributes.

This is a time to spend with family and friends. So I encourage you all to bear that in mind and not be consumed by the commercialism that comes with the season. Our Community is what is most important – our true Family. Along with the Sun of Righteousness, these are the greatest gifts we have!

And at this time of year, we enjoy quoting the Odes of Solomon. These particular lines talk about the feeding or the nourishment of our spiritual bodies. This is Ode 36:

"I rested in the Spirit of the Lord and the Spirit raised me on high and made me stand on my feet in the height of the Lord before His perfection and His glory while I was praising him by the composition of his songs. The Spirit brought me forth before the Face of the Lord, and although I was a son of man, I was named the Illuminate, a son of God. For according to the greatness of the Most High, so He made me. And like His own newness, He renewed me, and he anointed me with His

perfection. And I became one of His neighbors, and my mouth was opened like a cloud of dew, and my heart poured out, as it were, a gushing stream of righteousness, and my access to Him was in peace, and I was established by the spirit of His Kingdom. And I went up to the Light of Truth, which preserved me, and He became to me a haven of salvation and set me in the arms of immortal life."

I believe that this scripture conveys the message of the Christmas Season. So let us renew our commitment to each other, which is to love one another, to forgive the transgressions of those we love, and to make whatever amends may be needed. And this, once again, is the Teaching of Christ. If each of us can accomplish this, then we can truly exemplify Christ in our daily lives. As it has been recorded in the Gospels, *"Love one another as I have loved you."* And this is our mission. This is also the Teaching of the Holy Child Jamil. Thus, with understanding, we exemplify the Light and we are on the path of Christ. And this is the message of our Community: It matters not who you are or where you came from, but if you are of the Light, then you will be one with the Light. And this is the promise of the Second Advent.

So with that in mind, I wish you a very merry Christmas and wish you all the best for the new year, which I hope will be filled with God's many bountiful and beautiful blessings.

In conclusion, please remember that these days are days of special blessing. As we here in Reno gather each morning at the Sanctuary through the morning of Epiphany, I encourage you also to reflect and join with us in our communion with the Sun of Righteousness. God bless you.

Very truly yours in Light+,

Gene

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Services for the Week of December 22, 2018



Saturday, December 22, 2018

10:00 AM COMMUNION

Chapel of The Holy Child

RR Gene Savoy Jr.

Lector: RC Gary Buchanan

Cantor: Rev. Greg Klinedinst

Reader: Rev. Dorothy Kubiak

Organist: RC Gary Buchanan

Sunday, December 23, 2018

7:11 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:30

Gate: 6:45

Sunrise: 7:26

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

Church of the Races of Man

Rev. Dorothy Kubiak

Church of the Americas

Claudia Grady

Tuesday, December 25, 2018

CHRISTMAS DAY

7:11 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:30

Gate: 6:45

Sunrise: 7:26

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

11:00 AM COMMUNION & CANDLELIGHTING

Chapel of the Holy Child

RR Gene Savoy Jr.

Lector: RC Ted Staver

Cantor: Rev. Michael McIntyre

Reader: Dea. Radheka Savoy
Scriptural Reader: RC Robert Petrovich
Organist: RC Gary Buchanan

Wednesday, December 26, 2018
7:11 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:45

Sunrise: 7:26

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

12:00 N COMMUNION

Chapel of the Holy Child

Rev. Amanda Buchanan

Thursday, December 27, 2018
7:12 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 7:00

Sunrise: 7:27

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

Friday, December 28, 2018
7:12 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:30

Gate: 6:45

Sunrise: 7:27

RR Gene Savoy Jr.

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

RC Gary Buchanan

Mexico Project: The Next Step



El Cardonal Retreat 6

This year, 2018, the Church has been diligently working on the initial design phase of the ongoing project in Mexico: Cosolargy International's Retreat at El Cardonal – Healing Center & Spa.

This phase involves the creating of site plot maps, floor plans, elevation drawings and various building schematics – all towards developing the master plan .

This is an ambitious project and will, no doubt, have to be completed in phases. To learn more about the present stage of the project and about future stages, read the Head Overseer's recent letter.

If you are a Community member, by now you have received the letter on advancements in the creation of Cosolargy International's Retreat at El Cardonal – Healing Center & Spa by email or standard mail.

[To access a PDF of the letter, click here.](#)

[To find out how to make a pledge towards the project, click here.](#)

[To see a sampling of elevation drawings of the proposed center online, click here.](#)

WEEKLY MESSAGE: December 14, 2018



CÕSOLARGY.INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



December 14, 2018

As we approach the Christmas-Epiphany Season beginning on December 25th and culminating on January 6th , we are reminded that the teaching of Christ Jesus was one of Light. It is believed by the old churches that Man is redeemed by the blood shed by Jesus, and that by the drinking of that blood and by

the eating of his flesh salvation is attained. However, we of the New Church, under the command of the Sun of Righteousness, declare that man and woman are redeemed by God's Light and not by the body of His Son and Messenger.

The death of Jesus on the tree was not a sacrifice worthy of the God of Light but rather a disgrace to those who caused it. Jesus spoke in parables and taught that it was by the eating of God's Light come from the Sun that Man's bright, spiritual nature could be repossessed. He taught that he was of Light, as are all Holy Ones of God. And he taught men and women how to partake of Light so that they would never hunger or thirst again.

For Jesus ate of the Bread of Light and was therefore of that Light.

The ancient Israelites who ate manna in the desert did not attain salvation by eating it. For all things of flesh and of matter pass away. But those who partake of the Light that comes from Heaven – the Bread of God, which is His Image – do not die. For the Light of God is the living Bread which He gives for the life of the world. God gives this Bread through the Light of the Sun.

But men and women rejected this Bread, and it was withdrawn. Therefore, all people should rejoice that God has sent anew the Bread of Life from the Tree of Life – the spiritual Sun – which fed the First Man and the First Woman. This New Bread has come under the direction of God the Father. Surely God as Father would that all the human family – His children – know of the Truth and benefits thereof and turn away from untruths.

That is the purpose of the New Church.

Once again, please feel free to ask me any questions by calling 775-786-7432 or emailing me at messages@cosolargy.org. I am always at your service.

In Light+,
Gene

[VISIT COSOLARGY.ORG](http://VISIT_COSOLARGY.ORG)

Services for the Week of December 15, 2018



Saturday, December 15, 2018

10:00 AM COMMUNION

Chapel of The Holy Child

RR Gene Savoy Jr.

Lector: RM Elizabeth Reece

Cantor: Dea. Stephan Fuelling

Reader: Rev. Michael McIntyre

Organist: RC Gary Buchanan

Sunday, December 6, 2018
7:08 AM SUNRISE DIVINE SERVICE

Church of New Epiphany

Leave: 6:15

Gate: 6:45

Sunrise: 7:23

RR Gene Savoy Jr

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

Church of the Christian Churches RC Gary Buchanan

Church of the End Times Rev. Amanda Buchanan

Church of the Americas Rev. Michael McIntyre

Wednesday, December 19, 2018

12:00 NOON COMMUNION

Chapel of the Holy Child

Rev. Amanda Buchanan

Friday, December 21, 2018

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

Dea. Radheka Savoy

Sabrina Josephine Savoy
Emancipated



Bishop Gene Savoy Jr. poses with his daughters Sophia, Sabrina, and Sonya

Sabrina Josephine Savoy, daughter of Bishop Gene Savoy Jr., was received into the Jamilian University of the Ordained for initial studies on Saturday, November 24, 2019, during the Rite of Emancipation. Officiating the rite was Bishop Gene Savoy Jr. Rev. Mother Elizabeth Reece assisted in the public

ceremony as Reader and Sabrina's sisters, Sonya and Sophia Savoy, as Acolytes. Rev. Canon Robert Petrovich and Rev. Francine Petrovich, as Godparents of Sabrina, stood in during the service for the father, Bishop Gene Savoy Jr., and mother, Simona Campos (nee Sharp).



Rev. Mother Elizabeth Reece reads the Act of Emancipation

The Sacrament of Emancipation is administered to youths of the Church at fifteen years of age, who, upon personal request and with the consent of their parents, wish to make a renewed commitment to a life in the Second Advent Church.

The proceedings are divided into two parts – private and public – each involving a series of important aspects. The private ceremony, held in the Bishop's Chambers at the Apostolic Chancellery, is restricted to the youth's immediate family members, close friends, and godparents. It is at this time that the youth undergoes the Rite of Confirmation prior to being received into the seminary of the Church. The youth received ablutions from the bishop, who asks God to cleanse her for the True Baptism of Light in the Second Advent. Following the ablutions, the bishop invests the candidate with the shirt, sacred cord, collar, and garment of the seminarian. The initiate then elevates a prayer to God asking for assistance in her new life and pledges obedience and respect to her appointed spiritual teacher. The bishop's anointing of the youth with sacred chrism and the reading of the benediction conclude the private ceremony.

The vested seminarian then proceeds to the chapel where, in company with her godparents and the bishop, the public ceremony takes place before the Assembly of the Faithful.



Rev. Robert Petrovich delivers his blessing as godfather

At the public ceremony, after the ritual blessings delivered by the godparents, the youth and her godparents sign the official Act of Emancipation.



Sabrina signs the Act of Emancipation

Following the inscription, the seminarian is called upon to deliver her address to the congregations, at which time she makes public her wish to pursue seminary studies in the Sacred College.



Bishop Gene Savoy Jr. delivers his blessing

The bishop ends the ceremony with the Final Blessing. A reception at the Rectory-Abbey followed, at which the youth's family served a traditional banquet of sweetened rice, bread, nuts, and fruits.