

Day #349. The holiday season is here and 2010 is almost over!

Seasons Greetings dear family, friends, and loyal readers of Rx. WOW, Christmas Day is almost here! Is your Christmas tree up? The lights and decorations? What about the gifts? All the names checked off yet? Lots to think about and get done huh? The preparations can get stressful, but the end result is so much fun isn't it? I love Christmas and the special good times that come with it. I'm sure you do too. Let's not forget the true meaning of it all though. Let's not forget the reason for the season — "For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life."

On that note, I wanted to share with you something I read the other day which included a list of suggested gifts. Gifts not to be given just at Christmas time, but throughout the entire year. To be given, as the author states, unselfishly, without announcement, or obligation, or reservation, or hypocrisy. To be given, I believe, in the name of love.

Mend a quarrel.
Seek out a forgotten friend.
Write a long overdue love note.
Hug someone tightly and whisper, "I love you so."
Forgive an enemy.
Be gentle and patient with an angry person.
Gladden the heart of a child.
Find the time to keep a promise.
Make or bake something for someone else. Anonymously.
Release a grudge.
Listen.
Speak kindly to a stranger.
Enter into another's sorrow.
Smile.
Laugh a little.
Laugh a little more.

Take a walk with a friend.
Lessen your demands on others.
Play some beautiful music during the evening meal.
Apologize if you were wrong.
Turn off the television and talk.
Treat someone to an ice-cream cone (yogurt would be fine).
Do the dishes for the family.
Pray for someone who helped you when you hurt.
Fix breakfast on Saturday morning.
Give a soft answer even though you feel strongly.
Encourage an older person.
Point out one thing you appreciate most about someone you work with or live near.
Offer to babysit for a weary mother.

– Charles R. Swindoll

Gifts from the heart, no doubt.
Now 2010 draws to a close and it's time for this blogger to sign off to spend much anticipated quality time with loved ones this holiday season. As I set out to write this post I thought about the kind of year it has been and all that has transpired since that night of noisemakers, blow whistles, champagne toasts, and midnight kisses. Thoughts and images came in and out of my mind creating a bittersweet collage of days gone by. Another year of extremes in nature, survivor stories, economy nightmares, political torment, personal adversities, Glee-ful days, and yes, yet more things that start with the letter "i." A montage of life experienced by others, and experienced by me. And I thanked the Lord. I thank Him for all the snapshots that fill the album that my life is.

My family and friends, this new year let's all walk forward with a spirit of optimism and hope, and carrying a list of intentions that reads like the one above. I leave you with my sincere best wishes for the merriest of Christmas to you and your loved ones. May your new year be filled with all the blessings you desire and deserve, may the good Lord provide you with a daily dose of serenity, strength, courage and wisdom, may the light of Jesus live in your

hearts always, and may He bless you with innumerable memorable snapshots.

> “You never see the bad days in a photo album but it’s those days that get us from one happy snapshot to the next.”

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