

e-Thoughts — *Dealing with the cycle of life at the holidays*

December 2016 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

This year we're celebrating the holidays after having lost a loved one — and gained a new one. My father-in-law passed away just a month ago. At 99, he was still one of the most vital people we knew. We'll miss him terribly at our gatherings.

We're also celebrating with a brand new member of the family: a bouncing baby girl. How happy and lucky we are!

Such is the cycle of life. It's not easy but it's a fact. As my father-in-law loved to say, "No one gets out of here alive."

Joy and grief can feel a bit like oil and water — it's tough to imagine them both living in the same space in our hearts. Yet they are the natural ingredients in all of our lives.

If you're celebrating with more or fewer loved ones this year, try to take care of yourself. Focus on the good times with your departed loved ones and, if you have newcomers, let that joy wash away some of your grief if you can. Try to keep the "happy" in your holiday season by sharing with others and using your own time here to live, love and make a difference.