



## Couples Corner December 2007

### The Spirit of Christmas

So Christmas is here again. I must admit I have felt in the past that it has been hijacked by the commercial world and that the true spirit of Christmas has been lost amongst the stress and pressure to buy the perfect gift, to stretch the budget to give the children the best and latest gadget and so on. However, I believe we can all just give it back the spirit that it needs – for ourselves. We can decide; to think more about the love behind the gift; to celebrate the message of love that Jesus brought; to take this time to think of others; to enjoy catching up with old friends as we write our cards and so on. We can either be overwhelmed by the pressure or we can enjoy the hustle and bustle of the build up in the city. We can look for the love in the festival or the commercialism – it's up to each one of us to find the good in it and focus on that. When we buy our cards from a charity we are giving to people in need somewhere in the world – just think of them as you write your card. When you have fun with friends and work colleagues in the build up – allow yourself to be joyful and enjoy the the moment. When you share the holiday with family feel the closeness and support this gives you – just enjoy – for it is the festival of JOY.

Love and blessing

Anne