



Friendship

This is the time of year I love - I am in Brittany, France, for our annual holiday and reunion with old friends. Each year 14 to 16 of us gather here to have fun, relax and catch up with each other's lives. We go to the same bars, same beaches, same restaurants. We also have a fancy dress party where we make total fools of ourselves, startle the neighbours and laugh ourselves silly! Every year my husband and I think maybe this will be the last one - everyone must be getting bored with the format but after a week of laughter and more laughter we know we must do it at least one more year. We have been doing this for 18 years now! The reason we cannot let it go is that the fun and laughter we can share with our friends is a rare commodity. The older the friendship the more intense the experience as we share so many funny experiences from the past - again more opportunity for laughter. We all need the powerful the uplifting experience of laughter in our lives and the warmth and love from our friends. No matter how close you are to your family its important to make time for friends - they are great medicine!!