

Keeping the Joy in Our Holidays

For most people, there's no better time than the holidays. Families gather and enjoy one another's company. We reflect and give thanks for all the blessings we experienced, and look forward with hope and anticipation to what's in store in the New Year.

Families share long-held traditions, passed down from one generation to another. They spend time with some of the most important people in their lives enjoying such traditions as children's programs, caroling, concerts and family feasts.

Among all this tradition and the joy it brings, there is potential for disappointment, conflict and hurt feelings. So what can we do to keep the joy in our holiday?

- If it's not possible for the full family to gather at this time, begin now to plan a summer holiday reunion and enjoy the anticipation of being together.

- If a family member has changed a tradition you've always enjoyed, consider the possibility that you'll actually enjoy a new experience, and that you're a part of creating a new tradition. Every generation has had their turn to leave an imprint on family traditions. Appreciate the legacy you've left, and embrace being part of something new.
- If you have a limited budget this year and you're unable to buy gifts for everyone you'd like, consider writing a brief account of a shared experience you've had with that person, telling about the joy of the day, and their presence in it, gave you. Talk about how you felt being able to share time with them, what they did that brought you joy. Whether a few sentences, or pages, it's a gift no one else will be giving them. And don't forget to wrap it...after all it is an amazing gift you're giving.

I wish you a blessed holiday, and a new year full of promise and joy.

*This article is a reprint of a blog posted by
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