



Fun Times in Assisted Living

December 17, 2021 Edition

COVID STATUS

Our residents remain safe and well. Covid-Free. We continue to be open to visitation.

Please check our website for the most up-to-date information:

www.oddfellows.com/covid-19



“Christmas is not a story of hope. It is hope.”

~ Craig D.

Lounsbrough



HOPELESS CHRISTMAS

Christmas is a time for hope, joy, love, peace, and not to sound corny, but good will for others. But what happens when you have no hope? Experiencing the Christmas season covered in a sea of hopelessness is like falling into a deep ice cave. Hopelessness on a normal day is beyond hard. But at Christmas time, it's like sinking into an empty void.

Why is this important? Because if I had to guess, more than one of you has experienced that hopeless feeling. I mean Christmas is joy, right? To quote the grinch, "Wrong-O!" Folks, for those of us who feel hopeless, Christmas can feel like is a empty. You want to feel that Christmas joy, more than anything in the world. You want to enjoy buying gifts for the ones you love. You want to enjoy doing something nice for another person. You want to enjoy decorating the tree. But in all honesty, it feels like robotic movements.

I have this wooden sign at my house that says "Joy". A friend gave it to me years ago at Christmas time. In my house we kinda go overboard with the decorations - like I seriously have over 200 nutcrackers and 6 Christmas trees, don't forget the Christmas village. But the one decoration I couldn't find last year was my "Joy" sign. I kept wandering around joking with my kids that we couldn't have Christmas because I couldn't find my joy. I kinda wasn't kidding. Christmas last year felt hopeless and empty. That joy eventually came, but it took some tears and determination.

Christmas joy doesn't have to come in grandiose ways. It could be a bouquet of flowers from someone who cares. It could be a friend who hand you your favorite cookie. It could be a coworker who shows up with your favorite drink, just to make your day better. That joy can come in a quiet moment watching the sunset. It can be anything that makes your Christmas feel just a little brighter. For me, last Christmas it was hanging a sign that said "Joy" on my friend's door knob without her knowing to surprise her. It was her first Christmas without her husband, and she was also struggling. Something about hanging that little sign made me remember.

If you are feeling hopeless this Christmas, take it from someone who has been there, that feeling, it won't last forever. And whatever you manage to accomplish in a day, it is enough. You are enough! Christmas is an amazing season, but it doesn't have to overwhelm you and take away your hope. Because you will be just as important to those around you December 26 and December 27. Because even when you feel hopeless, to those that love you, you are the world!

Wishing you Christmas hope,
Kari



It's beginning to look a lot like Christmas

