## December 2023

Happy Holidays to one and all. To me, this is the most wonderful time of the year. (Did you hear the song as you read that?) It seems like most people are more polite and friendly this time of the year. They also seem to be more giving.

There are so many ways to give, and not just with money. Consider helping out at the local food bank or warming shelter. Perhaps your local church has a meal program that you can donate your time to.

Giving really warms your heart and makes you feel good inside. That is what really makes the holiday season bright.

Do nice for someone else. It makes you both feel good. Not to mention, the big Guy upstairs likes when we give of ourselves to those who need it.

I am wishing you and your family the happiest of holidays and a healthy and prosperous New Year.

With love and loyalty, Terri Steller Dept. of Oregon Chaplain

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