

## **Christmas: A Time for Family**

Once again we are in the midst of the busy Christmas season. There are decorations to hang, gifts to purchase, cards to address and mail, cookies to bake, parties, concerts and school plays to attend, meals to plan and prepare...whew!! It certainly can be a hectic season!

With so much planned this month, I wonder: Have we forgotten the true meaning of the holiday? Are we so engaged in preparing for Christmas that we do so in a robotic way without appreciating the beauty of the holiday and time spent with friends and family? I encourage you to take some time this season to be still and enjoy the simpler, quieter moments. Spend time with loved ones – we are not promised another Christmas with any of them, so make each moment around your house meaningful and memorable this year. I would venture to guess that gifts purchased this year will be remembered far less than the time spent with each loved one making memories. Enjoy holiday traditions that have been passed down through the generations, or perhaps begin a new tradition this year.

Here are some simple activities that cost little or no money that you may enjoy adding to your family's Christmas traditions. All are meant to draw family and friends together and fill your holiday season with love and memories – you may even find yourself feeling like a “kid at Christmas” again!

- Make decorating the tree a family event. Play Christmas carols and recount stories behind special ornaments as you place them on the tree.
- Bake and decorate cookies together.
- Have a snowball fight in a local park – encourage others to join you.
- Don a Santa hat and go caroling in your neighborhood – take a plate of cookies for your neighbors. You will surprise them and put a smile on their faces – even if your singing is a bit off key.
- Make a thermos of hot chocolate and walk through Conwell Park at night. The lights are spectacular!
- Bundle up and go sledding. Take plenty of snacks and hot chocolate or cider!
- Drive through neighborhoods and admire the Christmas lights. As a family, choose your favorite and present the home's owner with a simple gift.
- Have a family game night. Make popcorn and hot chocolate to enjoy as you play.
- Do a random act of kindness for someone who is sick or whose family lives far away.
- Camp out in your living room in sleeping bags under your lit tree.
- Watch home movies of past Christmases.
- Decorate gingerbread houses – you may even want to make a competition of it.
- String popcorn and cranberry garland to decorate a tree outdoors.
- Build and dress a snowman/snow family in your yard or at a local park.
- Attend a Christmas Eve or Christmas Day service at your place of worship.

Whatever it is that makes your Christmas special, time with loved ones is the most precious of all. From all of us at the Injury Law Firm, we wish you the Merriest Christmas and Happiest New Year!

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