HELPING HANDS

One of our most important affirmations is "I Will Live My Life In Love and Service" The holiday season is upon us. While it's a time for revelry and gifts and over eating and indulging, it's one of the most important times of year to give back and be of service. It does not have to be money, it can be and if you have it, then I suggest donating what you can to help feed the homeless. You can also donate gently worn clothes and coats. And I think nothing really makes you feel as useful as donating your time. Go online and see who is serving meals this holiday season and sign up. I know in NYC the holiday spots are all taken. I'm going to serve lunch to 1000 people the day before Thanksgiving, as it was all I could get. But don't just do it now, do it all year. But start now, this holiday season. Love and Service Gratitude and Trust. Write down here the ways you can give back - then do it and check them off. It's a gift you give to others and yourself and nothing feels as good as being useful and loving and kind.

GRATITUDE AND TRUST.

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