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9	10	11	12	13	14	15
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## Time for Inner Reflection -Shed the Past and Embrace the Future

The holiday season should be a time of great joy, filled with fine food, loving family, close friends and abundance generally. However, many people have a different experience of the holidays – particularly after enduring separation and / or divorce. It is our hope and wish that your Holiday season is filled with laughter and love:

May you find serenity and tranquility in a world you may not always understand. May the pain you have known and the conflict you have experienced give you the strength to walk through life facing each new situation with courage and optimism. Always know that there are those whose love and understanding will always be there, even when you feel most alone. May you discover enough goodness in others to believe in a world of peace. May a kind word, a reassuring touch, and a warm smile be yours every day of your life, and may you give these gifts as well as receive them. Remember the sunshine when the storm seems unending.

*"Never let the sum of your memories be greater than your dreams."*  
-Author Unknown



Happy Holidays  
to you and  
yours!



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