

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>November 30</b></p> <p>Memories ground us in our humanity... Let go of the pain of the past when you are ready and tell stories to help you retain the good. (A. Bozarth Campbell "Life is Goodbye, Life is Hello")</p>	<p><b>December 1</b></p> <p>So long as we live, they shall live for they are now a part of us as we remember them.  (Gates of Prayer)</p>	<p><b>December 2</b></p> <p>You have the right to treasure memories. Find others with whom you can share them.</p>	<p><b>December 3</b></p> <p>"Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept." (Anna Taylor)</p>	<p><b>December 4</b></p> <p>"Life is a fragile chain of experiences held together by love."  (T. Murtaugh "Gentle Words of Endearment")</p>	<p><b>December 5</b></p> <p>I am grateful for _____  I will telephone _____</p>
<p><b>December 6</b></p> <p>Balance solitude with sociability. Solitude can renew strength. Connecting with people you care about can be equally important.</p>	<p><b>December 7</b></p> <p>Whoever has compassion can be brave.  (Lao Tzu "Tao Te Ching")</p>	<p><b>December 8</b></p> <p>At times you may find yourself wondering if the pain will ever lessen...our experience is that it generally does with time.</p>	<p><b>December 9</b></p> <p>There is a sorrow beyond all grief which leads to joy, and a fragility out of whose depths emerges strength. (Roslani "Out of Brokenness")</p>	<p><b>December 10</b> <b>HANUKKAH</b></p> <p>Reach back with the other hand to those who follow you." (T. Murtaugh "Gentle Words of Endearment")</p>	<p><b>December 11</b></p> <p>Sometimes the most important thing in a whole day is the rest we take between two deep breaths. (Etty Hillesum)</p>	<p><b>December 12</b></p> <p>It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary. (Mandy Hale)</p>
<p><b>December 13</b></p> <p>I am no longer that old person and not yet the new. (Peter Matthiessen "The Snow Leopard")</p>	<p><b>December 14</b></p> <p>Making conscious choices, in the light of change, eases the passage through the Holidays, especially this year during Covid 19</p>	<p><b>December 15</b></p> <p>Decide to do a few special things with a few special people, whether safely in person or remotely via the phone or video.</p>	<p><b>December 16</b></p> <p>I am grateful for _____  I will telephone _____</p>	<p><b>December 17</b></p> <p>Doing nothing has become one of the lost luxuries in these hectic times. But doing nothing, even for five minutes, can be rejuvenating. (Go for it: You – unplugged. – Joan Marquies)</p>	<p><b>December 18</b></p> <p>Doing things a little bit differently can preserve the Holidays while recognizing change.</p>	<p><b>December 19</b></p> <p>Just a reminder in the Winter far beneath the snow lies a seed that with the sun's love in the Spring becomes a rose.</p>
<p><b>December 20</b></p> <p>Be gentle with yourself. Treat yourself with care.</p>	<p><b>December 21</b></p> <p>Winter Solstice/Yule Winter Begins You have the right to experience grief "bursts"...contact someone who understands and will listen.</p>	<p><b>December 22</b></p> <p>If death is to have any meaning at all it is to teach us the power of love. (Barbara L. Ascher "Landscape Without Gravity")</p>	<p><b>December 23</b></p> <p>It is tempting to conclude that life is unpleasant during the Holidays. Yes, you will have difficult times, but you can experience some joy as well</p>	<p><b>December 24</b></p> <p>Do something special just for you.</p>	<p><b>December 25</b> <b>CHRISTMAS</b></p> <p>Create a special tribute for the day. Light a candle, gather some treasured remembrances, set a place at the table in memory of a loved one.</p>	<p><b>December 26</b> <b>KWANZAA</b></p> <p>Relive the happy memories. Pick 3 special memories of past Holidays with your loved one. Recall them often</p>
<p><b>December 27</b> <b>Winter Solstice/Yule</b></p> <p>Winter Begins You have the right to experience grief "bursts"...contact someone who understands and will listen.</p>	<p><b>December 28</b></p> <p>Take a leisurely walk alone or with someone. Do a favorite hobby. Activities can be a good outlet for grief and sometimes a good distraction.</p>	<p><b>December 29</b></p> <p>I am grateful for _____  I will telephone _____</p>	<p><b>December 30</b></p> <p>Hope is not pretending that troubles do not exist. It is the trust that they will not last forever.</p>	<p><b>December 31</b> <b>NEW YEAR'S EVE</b></p> <p>Stay in the here and now. Going through the New Year can only be done one day at a time.</p>	<p><b>January 1</b> <b>NEW YEAR'S DAY</b></p> <p>Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape. (C.S. Lewis... A Grief Observed)</p>	