

YAI YAI Style

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Lifestyle Section

The Meaning of CHRISTMAS

It is very easy to get caught up in the hustle and bustle of the Christmas Season with TV ads, mall decorations, the music, the smell and the overall spirit of giving. However all has already been completed and Christ said, it's done. He had the mightiest call of eternity. Now is the time to be thankful and remember the great deed of his walk. Giving is beautiful, it doesn't require purchasing gifts. It can simply be yourself, your time, your presence. The economic condition of the world has affected everyone as a whole. Now is a time to pull together with love and support as we receive everyday from above. Many are hurting and have lost employment, homes and their livelihood. Please, do not feel the pressure of "things". Be together in love as a family and a society. Here are some simple tips to keep "Christ" in your Christmas!

*First of all, your entire family has to be on the same page with these goals. Find time to read together, inspirational messages and come together in agreement

of your holiday plans.

*Plan your gift giving together, choose gift ideas for extended family and friends - you will have a blast with a group involvement & crazy ideas. Have a budget and stick to it.

*Adopt a family or a child together – it is so much fun shopping for those who really "need" the gift and will greatly appreciate it!

*Plan your family Christmas Dinner menu – come up with unique recipes that cost less and are just as yummy!!

*After Christmas dinner, when you are stuffed and bored, create a family calendar and plan your entire next year over candle light and soft music; Plan weekly – kid's night, family movie night, weekly dinner menu, mom and dad date night, the dreadful fitness schedule

Plan monthly – see your grandparents, weekend get away, bike ride, worship night

*Plan Yearly – family vacation, plan several long weekends and or a long week, shop for off season pricing, planning ahead can save you bundles!

From experience, learn to RELAX! Life is short and it is definitely what we make of it. Keep it simple! Decorations, shopping lists and deadlines are not worth stressing you out and causing you to miss this wonderful moment in time.

When all seems to be closing in on you, simple take a deep breath, remember the reason for the season and that you are truly blessed!

May God bless you, your loved ones and touch those in need!

Happy Holidays!

Your friend,



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