

Giving Thanks & Preparing for Holidays Like No Other

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KEY POINTS

- Everything begins and ends with gratitude
- We honor the experience of loss
- We seek the virtue of hope

ESTABLISHING HEALTHY BOUNDARIES IN OUR HOME

1. WALLS remind us that boundaries are PROTECTIVE

➤ The Invitation: Reflect upon the MEANING of the holidays

EXERCISE – What is your personal MEANING of each of the holidays (Thanksgiving, Christmas, New Year’s Day)? Connect with your personal experiences and memories and with your personal and spiritual meaning of these days. See if you can connect with a sense of hope (if not, that’s OK)

2. WINDOWS remind us that boundaries are FLEXIBLE

➤ The Invitation: Practice RITUAL

EXERCISE: What RITUALS are important to you during the holidays? Which will you have to give up this year? Which will you have to adjust? Are there any new rituals that you may need to develop this year?

3. DOORS remind us that boundaries are PERMEABLE

➤ The Invitation: Seek CONNECTION

EXERCISE: How will you CONNECT with others – family, friends, community – this holiday season? In what ways can you receive the support that you desire? And how can you give that support to others – with a spirit consistent with the meaning you give the holidays?

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