What’s your story to tell this holiday season?

“Tis the season... Normally the mind would fill in the blank and finish the phrase with “to be jolly.”

When we begin to approach the holidays each year, there is much activity, things to do and sights to behold, great old movies, holiday baking, so many wonderful touchstones that bring us back to all the warm feelings we’ve ever had this time of year. We get caught up in the flurry of what’s going on. What is it that makes this time of year so special, so unique and, for some so bittersweet?

The first thing we think of is family. The rituals we have all developed over the years around the holidays are our personal traditions. We cling to them, laugh at some moments and remember the times when we had the entire family unit together.

Storytelling is always popular at this time of year. So…

What’s your story?
The stories we share provide a wonderful opportunity to bring back the glow in our eyes. We all have warm, heart-filled memories to share and to hear from others. Every life is a story. Every story is meaningful and important for contained within each one is a gem. And that gem is the key to who you were, who you are and ultimately who are evolving into.

Your history contains the seeds of your future possibilities. In every story there is a message of love, a message of love given, shared, received, lost and extended. Every story is a love story. What can you learn from the stories you’ve been told and the ones you have to share? How much of the love can you bring forth in the retelling?

People yearn for connection, true, strong heart-connection with each other. The holiday season more than any other time of year, people reach out. Strangers smile to each other, hold doors open, make eye contact and nod heads in acknowledgement. We’ve been there. We know what it is like to sometimes go through the challenges life presents. Yet, we all have that wonderful human spirit, that resiliency of soul that allows us to not only bounce back but to also burst forth with a vibrant new knowledge that we have grown and that we have touched one another.

We have been writing our life stories since our birth. They seem to grow richer and fuller with time. The beauty of the art form called “living a life” is that we are free to go back, take a look at the scenarios, edit, do some re-writes, add some things, delete others. It doesn’t matter. What does matter is that you live your life to the fullest expression and that you enjoy each and every moment. Appreciate the storytellers you know. Cultivate your inner storyteller and encourage its presence whenever possible.

May the book of your days be long and sweet, and may you have wonderful, heart-filled stories to share this holiday season.

Quotable...

*May this coming year be enriched with new adventures, new acquaintances and new visions for you.

*In 2017 thank God for your health, your abundance, your creativity, your challenges, your laughter and your uniqueness.

*In the coming year consider how you can change your life to make it even more wonderful. Believe in yourself each day as God believes in you.

*During the coming next twelve months—Celebrate! Celebrate! Life is a celebration.

Merry Christmas and a Blessed New Year to you! Namaste!

Jane Zoltek, ssj-tosf
Editor

December 2016

Sage-ing Age-ing Newsletter
A to Zen of Life

Avoid negative sources, people, places and habits.
Believe in yourself.
Consider things from every angle.
Don’t give up and don’t give in.
Everything you’re looking for lies behind the mask you wear.
Family and friends are hidden treasures, seek them and enjoy their riches.
Give more than you planned to.
Hang onto your dreams.
If opportunity doesn’t knock, build a door.
Judge your success by what you had to give up in order to get it.
Keep trying no matter how hard it seems.
Love yourself.
Make it happen.
Never lie, steal or cheat.
Open your arms to change, but don’t let go of your values.
Practice makes perfect.
Quality not quantity in anything you do.
Remember that silence is sometimes the best answer.
Stop procrastinating.
Take control of your own destiny.
Understand yourself in order to better understand others.
Visualize it.
When you lose, don’t lose the lesson.
Xcellence in all your efforts.
You are unique, nothing can replace you.
Zero in on your target, and go for it.

Dalai Lama

Throughout the coming year count the many blessings of your life. Consider the people who have loved and supported you, the graces you have received, the beauty you have seen, the wisdom you have acquired, the strength you have gained and the visions you have manifested. Daily CELEBRATE your life.

Your presence on earth is a wondrous gift. You have brought your unique talents and visions that no one else has ever manifested, and no one else ever will. CELEBRATE!

Wishing you balance of mind, body, spirit! Thanks to you for continuing to read this publication. It is a real joy for me to share my thoughts with you each month. “Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.” —Lao Tzu

Tidbits

*Elders are a generation of “wisdom keepers.” We have the wisdom and life experience behind us. We are gifted with the wisdom of age to pass on.

Having a positive outlook on aging is a healthy way to grow old in grace, age and wisdom. When reflecting on what we have done, where we have been in our lives gives us the hope of living more fully.

*Snowflakes are one of nature’s most fragile things, but just look what they can do when they stick together!

*You must lead your own life. No one will grant you permission. You must treat yourself the way you expect others to treat you. You must live in integrity if you want others to respond to the real you. If you don’t claim the life you desire for yourself, who will?

*What are the four signs of aging? Wisdom, Confidence, Character, Strength.

*A gossip talks about others. A bore talks about himself/herself. A brilliant person talks about YOU!

Enjoy this Holiday Season, 2016!