

## Spreading Joy During the Holidays – Memory Missionary Missive – December 2016

As we enter this “Deck the Hall” season, folks in our area have boundless opportunities to spread joy to our world. The good news is that it doesn’t cost more than a smile, a song, a phone call, a picture, a text message, a visit or countless other ways. In most cases the results can be at least as positive as receiving that specially-prepared gift.

Plus, many times the best presents are of the homemade variety. While preparing for this holiday season, consider giving yourself – and others – a special “homemade gift” ...

- Spend some time assembling pictures (hard-copy or electronic) that encapsulate your life in 2016, possibly with humorous or other captions. I’ll bet most of you have a bunch of memories stored on a digital camera, mobile phone, computer, Facebook or other social media account!
- Answer some questions that family and friends would enjoy reading. For instance, maybe you focus on 2016 and list: 1) what experience(s) really made you laugh? 2) what you wish you’d done this year that’ll need to wait for 2017? 3) what trip/excursion was particularly enjoyable and why? 4) what new friend or new experience was particularly noteworthy?
- Find a special item in your home – maybe one you acquired in 2016 – and write about it (where you got it, what caught your attention about it, etc..) If you’re feeling particularly ambitious and/or creative, consider doing an audio/video about it?

The results will be fun to share with loved ones and are excellent ways to remind us of our blessings.

If efforts like those above are appealing but you need a little motivation, consider signing up for our next Binder of a Lifetime workshop on January 21, 2017 at Anderson Center. Dozens enjoyed doing this workshop in 2016 and it can result in a gift that costs very little except your time (\$10 fee is for materials only.) Maybe even do this with a loved one if you’d like to share the experience. You can see more here:

[www.BinderOfALifetime.com](http://www.BinderOfALifetime.com).

Whatever you do, may this holiday season bless you with tremendous times spent with family and friends, old and new. Enjoy the holidays ... and the making of positive memories!

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*Steve Long, an Anderson Township resident, is an “aspiring memory missionary.” He and wife Kim are having fun with Long Memories efforts ([www.LongMemories.info](http://www.LongMemories.info)), focusing on helping others in “Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!”*