

CHRISTMAS IS CELEBRATION!

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By Jan McCracken

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CHRISTMAS IS CELEBRATION!

Ah, Christmas – what a Celebration! And do you know what celebration is? It is an instinct of the heart! Christmas with red ribbons galore, the aroma of fresh pine, gifts from the heart, feasting together in merriment with music abounding and so the list goes on.

Stop and think with me a moment – think about all the centuries that we have celebrated Christmas even with threatening circumstances around the world and in the face of adversity!

Christmas has been celebrated since that cry came ringing down through the ages, "Fear not, for behold I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the City of David a saviour, which is Christ the Lord."

Traditions sweetly cluster around this season of celebration with the significance of the heart's intentions – the yearning of our spirit to express hope, faith and love.

Take away this "intention" and the gift is BARE. It becomes just a touch of tinsel and a time with no meaning.

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Faith, hope and love cannot be bought or sold but only given away. These are the wellsprings deep of Christmas celebration.

These gifts have no price tags. The ornaments cannot be imitated but are a unique discovery within one's self.

These special and wonderful gifts are not always easy to come by yet are unlimited in supply and within the reach of all of us!

This Christmas change your "shopping list"! Have a look at this list and see if there is anything here that will fill your heart with celebration and touch your very soul – not just for Christmas but all year 'round!

- *Mend a quarrel
- *Think first of someone else
- *Find the TIME – then TAKE the TIME!
- *Apologize if you were wrong
- *SMILE! Did you know that a smile is a universal language?
- *Seek out a friend who has been forgotten
- *Encourage youth and manifest hope
- *Forgive an enemy – let go of a grudge
- *Try to understand – TRY!
- *Be kind – Be gentle – Express your love
- *Make a child's heart glad
- *Soak up the beauty and wonderment of the earth – TAKE time!
- *Laugh – Laugh a little – Laugh a little more
- *Speak your love – Speak it AGAIN – Speak it "one more time"!

You have heard these all before and this list is so small. Make your own list or ADD to this one.

Christmas IS a celebration – a celebration with a stirring of the heart that extends towards the very core of life itself!

This Christmas, let's together try to grasp an inkling of the significance of that very first Christmas that changed the world forever!

I wish you faith, hope and love this Christmas and always. May your Christmas Celebration be within your heart.

May you have a Merry and Blessed Christmas,
Jan McCracken

<http://www.LowCarbcookin.com>
Home site of Low Carb Christmas
Cookin' The FIRST Low Carb Christmas Cookbook!

CHRISTMAS IS CELEBRATION!

Low Carb Christmas Cookin'- with an Old-Fashioned Cook!
224 fun-filled, sometimes hysterical pages!

About the author: Jan McCracken is author & self-publisher of 39 gift books & cookbooks. Laugh & cook with this fun-loving, old-fashioned cook who insists that food taste like "the real stuff" without the carbs... no one will ever know it's Low Carb!

Jan McCracken is author and self-publisher of 39 gift books and cookbooks. Born in the Midwest and former owner/innkeeper of a country bed and breakfast in Branson, MO, she has been cooking since she was seventeen years old (she won't tell us how many years that is!).

The Importance Of Celebration

By Kirstine Palette

There are many important things in life. Learning, growing, loving, and exploring are all things that each person should take time for. Celebration is another thing that everyone should take time for. Celebration adds an excitement and a lot of fun to life.

Celebration can happen for a variety of formal or informal reasons. Probably most people have gone to a celebration in honor of someone's birthday, wedding, or the birth of a new baby. There is something deep inside humanity that loves to celebrate the best things in life. We love a good Christmas or Fourth of July celebration or other celebrations that mark special holidays or family traditions. Celebration doesn't have to be reserved for the biggest events or holidays of the year though. Because the majority of our days are spent doing trivial tasks like working or cleaning our homes, we all need things to look forward to. Celebrations of all kinds give us the excitement to keep making it through days that seem purposeless. Have you ever felt like life was a little too routine? I'm confident that by the time the next holiday or birthday celebration rolled around you were grateful for the change of pace.

Celebration allows us to relax and unwind in the midst of busy and crazy lives. We use celebrations as an excuse to gather with the friends and family that mean that most to us. We also enjoy celebrations because they allow us to remember the things in life that truly matter. As we celebrate, we allow the stresses of life to fall behind and we spend our time doing things we love with the people we love. There is something about a great celebration that reminds us of the purpose of our life and of the power of our closest relationships. Think of ways to incorporate celebrations of all kinds into your life. Make a big deal out of birthdays, weddings, or anniversaries. Throw huge celebrations for Thanksgiving, Christmas or other holidays that are important to your religious beliefs. One of the biggest keys to getting the most out of life is to have celebrations for no real reason at all. Just invite your friends over, cook great food and spend a few hours playing games that cause laughter and build friendship. Perhaps the best thing about celebration of any kind is that it makes our lives richer and more full.

Kirstine Palette loves to celebrate with her friends and families for reasons big and small. She encourages everyone to make time for fun. Learn more about celebrating well at

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