

It is that time of year again...

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It is that time of year again...

By Dove

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It is that time of year again, and the holidays are right around the corner. There is that sweater that you have to get for Dad, the special scarf for Aunt Martha, cookies to bake, lights need to be put up, decorate the tree, office Christmas party, so many things to do and so little time.

This is such a wonderful, joyous time of year for most people, but there are still those that find this the most lonely and depressing season of all. It is said that more suicides occur during the holidays due to depression and loneliness. Do you know of someone that is single and alone, no family to share the holidays? Invite them to share the holidays with you and your family, gather friends for dinner or a party. There are so many reasons for all of us to be thankful for at this time of year and above all we must remember what the season represents. It has become so commercialized in the last few decades that we forget that, YES, it is a time for celebration, but not of giving and receiving gifts; it is the celebration of the birth of Jesus Christ.

As the holidays rapidly approach, some find that loneliness and depression takes over their lives. STOP! No pity parties this year, do something for someone else, volunteer your time, go to your local homeless shelter and work the serving line, fulfill a needy child's Christmas wish, visit the elderly in a nursing home. The rewards and gratification you will receive from your outpouring will wash away the depression and the sadness you feel for you are giving of yourself unselfishly.

Here is a thought, look in your closet, is there a coat you don't wear anymore.....donate it, do you have some extra cash, a Christmas bonus maybe, donate to your local foodbank, be fruitful this season, share what you have and even what you don't have, for the greatest give of all is love, and whatever you do this season, you have love to give and to share, spread it near and far and watch as the angels shine down upon you and fill your heart with joy. YOU, can be the light in someone else's life this year and in turn you may find the light in yours. Sad and lonely as this time of year may be for some, remember, there are those that have far less than you, and the sadness that fills their lives is the lack of daily survival necessities. Give hilariously, laugh in the face of sadness for happiness and joy comes from sharing with others. Share your heart and your love and whatever else you can give, for whatever you give, you will get in return.

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"We not only live among men, but there are airy hosts, blessed spectators, sympathetic lookers—on, that see and know and appreciate our thoughts and feelings and acts."

Henry Ward Beecher

Happy Holidays To All and may the blessings of the season fill your life, your heart and your home.

Dove is a columnist for www.cupidsblackbook.com She is 47 and lives in Oklahoma.

2006, Is It Your Year?

By Hifzur Rehman

Do you think 2006 is "YOUR" year or just "another" year in your life similar to the previous ones? What does 2006 mean to you?

What is your slogan for 2006?

2006 is My Year of Happiness

2006 is My Year of Success

2006 is My Year of Achievement

2006 is My Year of Marriage

2006 is My Year of Fitness

2006 is My Year of Spiritual Enhancement

2006 is My Year of Financial Independence

2006 is My Year of Getting Excellent Results in Exams

2006 is My Year of Learning a Foreign Language

2006 is My Year of Improving Writing Skills

2006 is My Year of Buying a House

The bells are ringing and we are just counting the days when 2006 will enter into our lives. Are you fully prepared to welcome 2006 and want to make it the most rewarding, fruitful and memorable year of your life?

What mistakes did you do last year? What went wrong with your agenda? What remedial actions do you want to take now?

Are you expecting some miracles to occur in 2006? Nothing positive will happen unless you take control of your life and decide to change your life in the manner you want to live. Without effort and without proper planning your fate will remain the same as it is in the present moment.

Wake up! Face the reality and act now! Start 2006 with a strong commitment. Choose your own slogan for the new year. Make it YOUR year. Say loudly and repeatedly "It's MY year, every day is MY day, every night is MY night and every month is MY month (January to December)".

Are you ready to jump start new year with a new slogan, new vigor and new enthusiasm? I am sure, you are, because it's YOUR year. Good luck in the year 2006!

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Hifzur Rehman, the editor of

, is an author of motivational articles. His

website is a great source of inspiration to those who want to live a happy, healthy and successful life.

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