

Kid Stuff - Is It Really?

Kid Stuff - The wise guys tell me that Christmas is kid stuff... Maybe they've got something there... Two-thousand years ago, three wise guys chased a star across a continent to bring frankincense and myrrh to a kid born in a manger with an idea in his head... And as the bombs crash all over the world today, the real wise guys know that we've all got to go chasing stars in the hope that we can get back some of that kid stuff two-thousand years ago.
-Frank Horne

December... kid stuff! Is it really? No. I call it the "giving month." Giving to others freely with no thought of thanks or recognition is what December is all about. We know times are bad right now. There are some without

jobs. People have lost their homes. Money is just not out there for some.

You know the saying, "I wept because I had no

Merry Christmas



shoes, then I met a man who had no feet." We can always look around and find someone who is worse off than us. There's always someone who has it tougher than we do, and there's al-

ways a way to give.

There are always ways to 'give' without it being 'financial.' Think of what you do have that can be shared. Perhaps it's your time, or a special skill, or simply compassion that can be expressed in so many ways.

Here are a few ideas:

- Go to the nursing home and visit someone who doesn't have family to check on them.
- Find a blind person and read a story to them.
- Help out at the homeless animal shelter in some way.
- Donate to the local thrift shops.
- Call someone you've not called in a very long time.
- Drop a note or letter in the mail to someone you've not written to in a good while.
- Surprise someone with flowers.

- Visit someone who needs a visit from you.

I'm sure that you can think of many other ideas and things to do that would be of help to someone in need. Think about what you like to do and how your time and skills could benefit someone else and give it this month, even if it's for only one day. Who knows, it might turn into a regular monthly 'giving.'

Giving to others will benefit us also. Giving comes back to us. "Give and it will be given to you. A good measure, pressed down, shaken together, and running over will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38

Giving benefits the soul, mind, and spirit. Some of the gifts that come from giving are priceless. Number one, you will feel good. Number two, it actually eases stress.

Giving also helps to pro-

mote good health. Here's how:

- Strengthens the immune system.
- Decrease our own physical pain.
- Reduces negative feelings.
- Boosts positive feelings.
- Calms our mind.

Giving is an opportunity to show love. Besides being a 'giving' month, December is a 'love' month. Just like February, which to me, is a 'love' month. Of course, we need to practice love each and every day of the year.

God sets up these opportunities for us. We need to be open to seeing them. There's always someone who needs help. There's always a way to give. Look around and find someone in need.

Where and when will you find the opportunity to 'give' this December?

"But love your enemies, and do good, and lend, hoping for nothing; and your reward shall be great,

Take time to be Health Conscious



by B J Armstrong

and you shall be the children of the Highest: for He is kind unto the unthankful and to the evil.

Be ye therefore merciful, as your Father also is merciful." Luke 6:35, 36

I repeat again... *"Give, and it shall be given to you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom, for with the same measure that ye meet withal it shall be measured to you again."* Luke 6:38 KJV

Have a very Merry Christmas!

Best Restaurant - Best New Restaurant - Best Business Lunch - Best Quick Lunch - Best Sushi Finalist - Best Chinese Restaurant
Voted in Rutherford County, Cannon County and the Greater Nashville Area



Fulin's Asian Cuisine

- Chinese & Japanese Cuisine
- Full Liquor Bar
- Private Party Room
- Gift Cards
- Free WiFi Access

Now Open

Target Shopping Center,
4478 Frontage Road, NW
Cleveland, TN 37312

Business Hours:
11:00 am to 10:00 pm Sunday -- Thursday
11:00 am to 11:00 pm Friday & Saturday

Lunch Special:
11:00 am to 2:00 pm Monday -- Friday

Directions:
From I-75, take Exit 27, turn west and turn north into Target Shopping Center.

From Downtown, take Keith Street north to Paul Huff Parkway, turn west to Target Shopping Center.



Phone: (423) 339-8700

www.fulins.com

Fax: (423) 339-8711