



CHAPLAIN CHAT

TIS THE SEASON TO BE JOLLY

'Tis the season to be jolly! The word jolly implies being *cheerful, merry,* or *exuberant*. I truly believe in order to experience these positive emotions; one must have a sense of appreciation. It is that appreciation that will birth the euphoric feeling of *gratitude*. What is there to appreciate one might ask?

Well, let's take a look at the statistics. Did you know that there are over **610,000 homeless people in America, 394,698 that live in shelters, 7.9 million are unemployed, and 2,220,300 are incarcerated? 57.7 million suffer from mental illness** (give or take, some of those people are your coworkers). **3 million work at or below minimum wage.**

You defied those odds, so for that you should be very appreciative. Now, let's look at what you do have. You've been Blessed with the gift of life and the activity or of your limbs; you have a job to provide for your family that pays a decent wage; you have some of the best benefits, in case you or one of your family members get sick; and, you don't *look* like what you have been through. For that you should be grateful. It's that attitude of gratitude that will determine your *altitude*.

So this season, this Christmas season, the season to be jolly, be of service to someone less fortunate than you and impact someone's life in a positive way. In doing so, **we will all have a very Merry Christmas.**

From the Chaplaincy Committee, spread the joy you seek, and you will *reap what you sow*.

Have a Merry Christmas & Safe and Blesses New Year.