

I will honor Christmas  
in my heart and try to  
keep it all year.

CHARLES DICKENS

“Perhaps what Christmas is all about is to help us rediscover the child in all of us, the fact that we have hearts and are capable of loving,” said Jean Vanier, the saintly Canadian founder of the L’Arche movement for mentally disabled people. Certainly it is a time when we tend to revive childhood memories, and when grown-up “children” feel a longing to be with their parents and siblings. Just as it is a time of renewal in the cycle of the sun, it is a time of renewal and confirmation of family ties.

It is also a time to be with friends, showing our appreciation of them through our hospitality. But if we behave with extra kindness towards our intimates, the basic character of Christmas calls upon us to be just about as kind to everybody else. The traditional Yuletide throughout Christendom was a highly egalitarian feast, in which the more fortunate shared their bounty with their poorer brethren. This is the theme the familiar carol "Good King Wenceslaus", in which the king of Bohemia regales a poor serf with food and drink.

It is paradoxical that though Christmas is the most secular of all religious feasts, it is also the most “Christian” in terms of bringing to life Jesus Christ’s teachings. He urged generosity, tolerance, and forbearance, all of which we must exercise if we are to “keep Christmas” in the true meaning of the event.

It is difficult to think about Christmas without thinking about the saying that Christianity might be a good thing if anybody ever tried it. All too many “Christians” only qualify for that description conceptually for a few weeks every year, oozing good will towards their fellow men until after the New Year, when they can go back to their dog-eat-dog existence and their indifference to the plight of other human beings.

The strife-torn history of the world shows that Christians have a disgraceful record as followers of the figure whose birth was heralded by the words, “and on earth, peace, good will towards men.” Up to this very day, there has never been enough good will among Christians themselves, or between Christians and other believers. And because there was not enough good will, there has not been enough peace.

The spirit of Christmas, by which people of any religion can abide, is a compound of kindness, generosity and understanding. Criticize the institution as we may, there is only one thing essentially wrong with it. And that is that everyone does not have the Christmas spirit all year round.

## CARE TO JOIN OUR VOLUNTEER TEAM CDN! dash4diabetes for 2012 as TOGETHER we try to keep the spirit of Christmas year round ??????

Turn over this page and you will find our  
GODERICH TEAM CDN! dash4diabetes poster  
from our volunteer web site  
[www.curediabetesnow.hurontel.on.ca](http://www.curediabetesnow.hurontel.on.ca)

We are all volunteers and 100 % of all funds  
raised go directly to diabetes research at  
University of Western Ontario / Robarts Research  
for diabetes and kids with diabetes !

Our TEAM CDN! Scorecard now exceeds  
\$125,000 for diabetes research as we passionately  
promote our annual 5 mile fun, family fitness  
walk, jog or run.

If you can't join us in GODERICH by yourself or  
with your own family or Corporate TEAM  
perhaps you would consider creating your own  
dash4diabetes 5 mile event in your town or city  
or at your cottage at whatever time you choose ?

We want to grow our 5 mile fun, family fitness  
for kids of all ages across Canada , so please  
circulate this our Christmas message and email us  
at [glenfield@sympatico.ca](mailto:glenfield@sympatico.ca) for further  
information if interested .

MERRY CHRISTMAS !



**“TEAM CDN!” - Cure Diabetes Now!**  
volunteer fun family fitness to fight obesity and diabetes  
[www.curediabetesnow.hurontel.on.ca](http://www.curediabetesnow.hurontel.on.ca)

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