

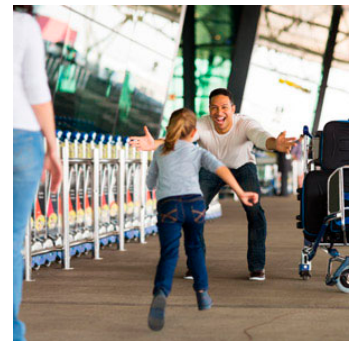


December 24, 2015 – Grand Rapids, MI

## Merry Christmas

Every year when we bake Christmas cookies, Paula and I watch our favorite Christmas movies again. There are so many we've accumulated, we don't watch them all, but one that really captures the essence of what Christmas is all about is a British film called "Love Actually" even though it's not exactly G-rated. Here is actor Hugh Grant's opening voiceover:

"Whenever I get gloomy with the state of the world, I think about the arrivals gate at Heathrow airport. General opinion makes out that we live in a world of hatred and greed. I don't see that. Seems to me that love is everywhere. Often it's not particularly dignified or newsworthy, but it's always there. Fathers and sons, mothers and daughters, husbands and wives, boyfriends, girlfriends, old friends. When the planes hit the Twin Towers, none of the phone calls from people on board were messages of hate or revenge; they were all messages of love. If you look for it, I've got a sneaky feeling you'll find that love actually is all around."



Love for our fellow man is what this season is all about. Sometimes we get so absorbed in work, family, and play, we don't look for the love that surrounds us, even though we may be around people all the time. Make sure that during this holiday season, you take the time to recognize all the love in your life. You may find that it's actually all around you.

Merry Christmas from Paula and me.

What are you prepared to do today?

***Dr. Chet***

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