

# School\_Nurse Daily

## Health

# Newsletter

By: Tamra Douglas, BSN, GN

Reviewed by: Hopiann Coombs BSN, RN, Reneta Mitchell, AsCJ,  
Shanique Haughton, BSN, RN,

MERRY CHRISTMAS and welcome to our LAST newsletter for the year! Thanks for making it School\_Nurse Daily for the past ten (10) weeks. It was a blessing having you here!

It was a great journey, one that I look forward to continuing in the coming year. While serving you, I have been able to expand my knowledge base, one that has helped me to improve as an individual and as a professional. And because of that, thank you.

This last 2022 newsletter edition will not take the form of the previous ones. But what I want to do, is to part with speaking on the topic of forgiveness.

I spoke briefly on this in one of my forum posts, but I'd like to end on this note.



Why forgiveness? This is something that many of us struggle with, many including our adolescents. The birth of Jesus is a significant one because of what it stood for - He was born to bring forgiveness. Forgiveness for all our sins, and I'm sure it was not easy to be pierced for OUR transgressions; not His own. To be wounded for our iniquities, and punished JUST so that man could be reconciled with God. Jesus was born JUST so He could die, and we did not deserve it. None of it. (John 1:29, Isaiah 53:5, John 6:37, Matthew 1:21)

So, does the person who offended you deserve forgiveness? Maybe not. Did we deserve forgiveness of our sins? Most definitely not. But using Christ's birth as our guide, we are called to be gracious to all, and to forgive a limitless amount of time (Matthew 18: 21-22) as He has done us.

Unforgiveness does nothing but fill us with bitterness and rage. It eats us from the inside out, Jesus doesn't want that for any of us.



So, let's use this Christmas season as a reminder that, if Jesus can forgive us of our cruel ways, we can forgive someone for offending us. After all, Jesus does urge us to forgive a limitless amount of time!

Merry Christmas everyone!  
See you all next year!

**Disclaimer:** The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.

#### Reference

- King James Version Bible

THANK YOU!