

M⁴ MARILYN'S MONDAY MORNING MESSAGE

"Keep the Light Alive"

The November and December Holiday Season can be a mix of emotions – joy and gratitude for some, loneliness and uncertainty for others. Especially now, as so many continue to struggle through shutdowns and change, it's important to remember that light doesn't disappear when times are hard; it simply needs a helping hand to shine again.

"There are two ways of spreading light: to be the candle or the mirror that reflects it." – Edith Wharton

This is our moment to be both – to share warmth and reflect it back.

Reach out to someone who's been quiet. Offer a word of encouragement. Celebrate small wins, even in big challenges.

Let's finish the year not drained, but determined – lifting spirits, brightening days, and reminding ourselves and others that hope is still alive and glowing.

Tips for Keeping Spirits Bright:

Reach Out – Connection conquers isolation.

Reflect – Find gratitude in one small thing each day.

Reignite – Do something kind and unexpected.

Restore – Take care of your own peace, too.

Even in a season of uncertainty, you can be someone's light.

Major Point:

Even when the world feels dim, we each have the power to bring light – through kindness, connection, and hope. The holidays don't have to be heavy; they can still be healing.

Marilyn