Greeting to my Brothers and Sisters in Christ,

**All of our days are a gift from God.**

Whether we live a long or short life, all of our days are in God’s hands. (see Ps.39:4).Because of his great love for us, we can rest easy knowing he will always provide for us. At times, it is very hard to understand why some die young, while others live for years with difficult health problems. Our comfort is that the circumstances and length of our lives is not an indication of god’s love for us.

**How can I grow old graciously?**

There are several things we can to improve the quality of our lives as we age.

Dear editor,

Having recently moved back to this area while being away for awhile, I have some observations. There definitely a more diverse population that has changed the culture of the Lehigh Valley. The traffic is worse with more congestion. People speed on major highway.

 I am not sure about the crime statistic including gang membership.

Church attendance has diminished causing many lovely church buildings to close.

I find that people are still friendly especially those who work retail.

The health care system has changed. It is big business with private equity ownership more prevalent. Getting an appointment can take weeks especially with specialty doctors.

I still love this city. I hope that the leaders of this city continue to make changes to make life better for everyone here.

Dr. Doris Branson

First, we can **remember that all of our days are a gift from God.**

Second, we can **respect the life that God has blessed us with**. This can include doing things to promote our physical, emotional, and spiritual health.

Third, we can **accept that life means change.** Except for the unchanging love of God, everything else will change over time. If we can develop a flexible and positive attitude, often our adjustment is easier.

Fourth, we can **value the past and learn from it.** Our past experiences are a rich resource that younger people cannot obtain. By taking our past with us into the future, we create a more meaningful future!

Fifth, we can **keep giving of ourselves to others, and receive love and support from them.** Our lives were meant to be lived in a relationship with others. We continue to feel fully alive as we share our times, resources and self with others.

Merry Christmas with blessings for all that God has given us,

Your Parish nurse,

Doris