

Gratitude Through the Holiday Season

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When I look forward to the December holidays, I most anticipate the lights! Also, the music, certain holiday foods, the excitement, and the fun with the family. These are all things I am grateful for this time of year.

If you are like me in finding this time of year, starting with Thanksgiving, and extending through New Year's Day, to be a season of gratitude, perhaps you express some of that gratitude through giving.



When we stop and truly reflect on how much we have to be grateful for, whether materially or financially, many realize we have much more than we need. And that recognition of abundance in our lives frees us up to give – in various ways. We give our time, and we give our attention, and love, and we give our money, as well, to support causes and organizations we believe in.

One organization I believe in is Extension, especially its programming and resources focused on building strong families. As an Extension professional, I'm guessing you believe in Extension and its mission too.

If this holiday season causes you to reflect with gratitude on abundance in your life, I encourage you to consider supporting the mission of Extension outreach to families by giving to the NEAFCS Endowment. Our gifts to the Endowment create ongoing opportunities for Extension FCS professionals to try new outreach strategies and break new paths for the long-term good of our profession.

Our gifts to the Endowment do two things:

1. They let us share our abundance
2. Promote continued abundance – for new generations of Extension FCS professionals

Your "abundance" is different from mine, and mine is different from the next person. **It is less important how much we give and more important that we all give.** December is an expensive month in many households. You don't need to give this month. But mark your calendar to give at the time that works for you.