

## Christmas Connections

I recently read a book titled Connect: 12 Vital Ties That Open Your Heart, Lengthen Your Life, and Deepen Your Soul. In the book, the author Edward Hallowell writes about the need all of us have to connect with others. He explains that moments that bring interpersonal connection require that two conditions be met: 1) we meet face to face and 2) we give our full attention to the other person.

The Christmas season offers many occasions during which we engage in those moments of connection. It is richly filled with connecting and reconnecting with others. We spend our time finding gifts for friends and family, sending out Christmas cards and family newsletters, coming up with goodies for friends and neighbors, decorating the tree and home together as a family, making food for family get-togethers, attending those family get-togethers, going to various parties, and going to plays or other performances. These efforts to connect are certainly praiseworthy.

Yet in all of this connecting, how much “face-to-face” time is devoted to connecting with Christ through prayerful meditation, scripture study, and service? And when the time is made, does He have our undivided attention? My wish is that we all connect a little more often with Jesus, a Christmas connection that really will open our hearts, lengthen our lives, and deepen our souls.

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