



Letter from the Editor

Dear Readers,

Welcome back to Energy Magazine!

First and foremost, we extended the warmest and happiest of holiday wishes to all! From Thanksgiving to Diwali, Hanukkah, Christmas, and Kwanza, we are excited to celebrate you and your culture during this festive time of year.

The word “festive” paints a picture of storefronts lit with cheerful lights and baubles, the streets are aglow from warm lamps, little snowflakes may dance on the wind, and bundled shoppers are enjoying hot beverages while browsing through the colorful holiday fares. We love this charming and endearing time of the year! While winter may be a season of calm and quiet, the holidays often bring out some inner excitement to socialize, celebrate, or find deep connections with friends and family.

As a part of our holiday preparations, we want to recognize the contrast of this season versus the last. COVID-19 held a heavy influence on our holiday celebrations last year. This year, many of us are grateful (if not relieved) to return to our more “normal” traditions. As a part of this new normal, we hope to see this holiday season bring greater acceptance and tranquility. We also offer gentle

gratitude for our personal health and the wellness of loved ones, while sending thoughts of peace to those who are no longer with us.

Family bonding is a beautiful theme intertwined through-out the winter season, but particularly prominent during the holidays. Personally, I love taking a break from the routine of my daily life to enter into this period of reflection balanced with the fun of celebration. I like to look back on the year, both my triumphs and tribulations, honoring my success and learning from the challenges I faced. The past becomes a part of my memory as I take each day in gratitude, one step at a time. The fun of celebration comes in many forms! Time with my family is spent in the form of game nights, chilly winter walks, or great movies. I may attempt new holiday recipes to share with friends, and exchange gifts with those around me. What a blessing to be surrounded by so much joy! We hope the same joy surrounds you and your circle of loved ones.

In this publication of Energy Magazine, we are honoring our families. In the pages to follow, we hope you will immerse yourselves in our **2021 Family Issue**; with loving care, we have collected articles that teach us ways to connect more deeply to our

families and friends, how to cherish our children, ways to honor the end-of-life transition, celebrate the miracle of motherhood, create healthy boundaries as a professional with friends and family, recognize our furry (*or feathered or scaled!*) companions as part of the family - and more. We are proud to present you with an issue that shares the love with those who matter most to us in our lives.

As our final thoughts for this issue, we again wish you a happy, happy holiday season. Remember to appreciate the people in your world, the happiness in your life, and (as a bit of sidenote) support your community by **shopping locally** in your neighborhood or supporting small businesses this season. If there's one thing we've learned from 2020, it is the lesson of unity. We are all in this together, and the unity that emerges from hardship is often a cornerstone of change made for a positive future.

Be Safe and Healthy, and Happy Holidays!

Anya

Anya Charles
Editor-in-Chief

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