



Closing the doors on 2024:

From my family to yours, Love. Peace, gratitude and happiness to you, and over you.

As you close this year and with optimistic anticipation start the next; desire inwardly to learn from the lessons this year has given you. Take & hold closely all of the happy moments & the good times, along with the regrets, the sadness, the losses and endeavour to grow from the character-formation & lessons those things taught you. We grow the most in character in the places of challenge & discomfort. The acceptance of Hardship is the pathway to peace. Making peace with that in the refuge and safety of community is sacred.

It may not have been the year you'd hoped for, or, planned out... but. Give thanks with humility that you've air in your lungs and you my friend are still here.

Going in to 2025 write things down! An agreement made with self. Make a written plan of the things you want to achieve in the coming 12 months, set yourself both achievable, plausible & challenging goals and targets, with the daily intention of aiming for them. Note: If you aim at nothing you will hit it every time! In your hand right now is a platform that universally connects you to the whole world. Be smart with a smart device, use it to its fullest. However; (when you can) Don't have more interaction behind a screen than you do eyeball to eyeball though! Screen time will never-ever compensate for face-to-face.

Do not be consumed with negativity, un-forgiveness, self focus, and gossip. Those things will only pull you and everything and everyone else around you down.

Don't listen to conspiracy, and false news.. hearsay and rumour, spread joy and contentment, not bitterness and poison. Forgive easily. It frees you. It makes you a better human to be around.

Remember; the 5 people that you spend the most time with influence who you are and more-so who you become - Choose wisely.

Don't allow people to rob you of your peace. Or, to mistake your silence in situations for ignorance, knowing when to speak and when to hold your tongue is a sign of emotional maturity, don't let people misjudge your 'calmness amid calamity' for your allowance and acceptance of it.

Wisdom comes from not knowingly repeating old mistakes and habits, it comes from taking counsel from those who have processed their pain, and are changing the negative trajectory and setting a new path to walk. Therefore, seek counsel often, start straight away, be a part of forging open conversations. Remember this! You haven't got to attend every argument you're invited to! We are created to exist and flourish in community, choose well. Be creative in communication; a smile says 1000+ words It's universal and free!

Pass on valuable lessons to the younger generation and to your children. Empower them to develop in

creativity, and flourish in self validation, self worth and acceptance. Speak words of life and love to them and over the next generations. Teach, reassure, correct and guide them in their superficial Instagram-snapchat, TikTok world, that the fake online reality compared to actuality is what action films are to real life! Nurture the young. They're hyper connected but longing for real connection and intimacy. - like deeply longing

I give thanks that I have the honour to share my life with you all. Speak kindness over each other daily, Pay thankfulness and appreciation forward. Don't regret seeking to bring peace and harmony to chaotic situations. Be recognised and known for your sincerity and kindness. It's the most valuable attribute you'll ever have. Be a peacemaker, a door holder for Jesus, carry His light in to all the darkness that you step in to.

Eat well, exercise most days, allow yourself to live fully and do treat yourself though, do things you enjoy. Remember (when we can) to visit people. welcome, and embrace the lonely and marginalised in to your home. If you gain more success this coming year extend your table, give money away, don't build your walls. Be the first to bring about change in someone else life. Always champion the successes and wins in someone else no matter how small! There may have been a time when your choices and decisions in life should have thrown you under the bus, and someone saw enough goodness in you and fought your corner! Live for the 'they and the we' not the emptiness and shallowness of 'I and 'me'.

My family and I take this moment to wish you every happiness, health, contentment, peace, and love this coming year.

Blessings & Peace Rev Nat & Stacey