



**"Darkness cannot drive out darkness; only light can do that.  
Hate cannot drive out hate; only love can do that."  
Dr. Martin Luther King, Jr.**

An impassioned plea by Robert Parker, the father of 6 year old Emilie Parker, lost in the shooting in CT last week, asks that the tragedy not define us but that it "Inspire us to be better, to be more compassionate and humble people."

In honor of the 26 lives lost last week, the winter solstice, the season of light we are entering and the new year and the beginnings in front of us, it's time to slow down and reflect on *what we can do to make a real difference*. Ask yourself...

- Where can I spread light?
- Where can I spread love?
- Where can I be kind?
- Where can I be encouraging?
- Where can I share joy?
- Where can I give comfort and solace?
- Where can I reframe a negative into a positive?
- Where can I be grateful?
- Where can I lend a hand?
- Where can I bring humor?
- Where can I lighten the load?
- Where can I bring peace?
- Where can I be more caring?
- Where can I be more fully present?
- Where can I inspire others?

TV newscaster [Ann Curry](#) inspired others when she made the suggestion last week that we each have the power to be a "helper" and that we all can commit to 26 [Acts of Kindness](#).

You can follow it on twitter at [#26Acts](#) and get the movement going in your own web of connections. If you need ideas you can find them at [Random Acts of Kindness](#).

Many wishes and blessings for a happy, healthy and peaceful holiday season.

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