



## Christmas 2021

### Dear Friends of The Well,

As we enter this season of gift-giving, let's reflect on what's at the heart of this exchange.

The media has been warning us since October that Christmas may not happen this year, urging us to begin our Christmas shopping early due to the supply chain disruption resulting from the pandemic.

Stop Christmas? Impossible! We know the essence of Christmas. Recently I experienced a heart-warming moment which made it all crystal clear to me once again.



My grandson, Denali, and son-in-law, Sean, found the heart rock pictured at left while hiking. Aware of my affinity for heart rocks, they brought it home for me. Charged with excitement, Denali came running toward me, the rock gift cupped tightly in his chubby 4-year-old hand. He stopped abruptly in front of me. Unfolding his hand, he kissed the rock and then placed it firmly in my palm. My heart swelled with love. This small boy understands the true meaning of gift-giving: The best, most remembered gifts come from the heart. They are given in love and evoke love and gratitude in the receiver.

We all know such moments - such sacred exchanges. One place I consistently experience this exchange, where the giving and the receiving are the same, is at The Well. With every prayer I lead, class I facilitate, and fundraiser I participate in, I experience the reciprocity of love and gratitude. Why? Because in every moment Spirit is present, experienced, shared, and magnified!

Isn't this the true essence of Christmas – God's Love poured out and made manifest? There is no supply chain shortage when it comes to God's Love!

This Christmas season, if your heart is so moved, please consider a "heart kissed" gift to The Well so that we may continue to be a ministry where Love is born, shared, and magnified with God, one another, and our sacred earth.

With heart-felt blessings on your Christmas,

*Bridget Spurduto*

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The Well is a member of the  
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