

## Thoughts from the Chair

As we move from 2017 into 2018 with great expectation and hope, let us reflect on our failures and successes of 2017. Let us consider ways of doing things better by creating new disciplines for ourselves and sticking to them. We all have areas in our lives that can be improved on. None of us are perfect. My thought this month is a question. How can we individually, as a part of a wonderful neighborhood make, more room for more joy in our lives? Joy is a gift from God. It's not just mere happiness where you're feeling good sometimes. It really doesn't have much to do with emotion at all. It comes freely in our hearts when we have made the choice to forgive others and ourselves. It manifests in our lives when peace and true love are present. Joy dispels worry, selfishness, frustration, emotional pain, arguments, bullying, domination, intimidation and control. Joy eliminates the complaining spirit that sometimes arises in our conversations, depression and such. Joy is free to whoever makes the choice to live in it. As we move swiftly into 2018 let us consider a life of Joy.

Please join us at our next AHNA meeting on December 4, 2017 at 224 Farmington Avenue at 6:15pm. Also, save the date February 12, 2018 as we celebrate AHNA'S 20th Anniversary and 20 Neighbors with a Heart.

The greatest gift is Love. It's the gift that keeps on giving. Share love with joy, one to another, this season and always.

Happy Hanukkah! Merry Christmas! Happy Kwanzaa! Happy Holidays! Happy New Year!  
Blessings.

Yvonne Matthews, Chair