

The Journey Journal



December 2025 Edition

HAPPY
Kwanzaa



Dirty Washing (Your Judgements Say More About You Than the Person You Judge)*

A young couple moved into a new house. The next morning while they were eating breakfast, the young woman saw her neighbor hanging the washing outside.

“That laundry is not very clean; she doesn’t know how to wash correctly. Perhaps she needs better detergent.”

Her husband looked on, remaining silent. Every time her neighbor hung her washing out to dry, the young woman made the same comments.

A month later, the young woman was surprised to see a nice clean wash on the line and said to

her husband,
“Look, she’s finally learned how to wash correctly. I wonder who taught her this?”

The husband replied, “I got up early this morning and cleaned our windows.”

And so it is with life ... What we see when watching others depends on the clarity of the window through which we look. So don’t be too quick to judge others, especially if your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires.

“Judging a person does not define who they are. It defines who you are.”

**<https://theshineblog.com/inspiring-short-stories/>*



On God’s Time*

A man walked to the top of a hill to talk to God.

The man asked, “God, what’s a million years to you?” and God said, “A minute.”

Then the man asked, “Well, what’s a million dollars to you?” and God said, “A penny.”

Then the man asked, “God.....can I have a penny?” and God said, “Sure.....in a minute.”

**<https://4recruitmentservices.com/15-motivational-short-stories>*

Pray With Us*

you
are
loved

I have called you by name, from the very beginning. You are mine and I am yours. You are my Beloved, on you my favor rests. I have molded you in the depths of the Earth and knitted you together in your mother's womb. I have carved you in the palms of my hands and hidden you in the shadow of my embrace. I look at you with infinite tenderness and care for you with a care more intimate than that of a mother for her child. I have counted every hair on your head and guided you at every step. Wherever you go, I go with you, and wherever you rest, I keep watch. I will give you food that will satisfy all your hunger and drink that will quench all your thirst. I will not hide my face from you. You know me as your own as I know you as my own. You belong to me. I am your father, your mother, your brother, your sister, your lover, and your spouse. Yes, even your child. Wherever you are, I will be. Nothing will ever separate us. We are one.

- Henri Nouwen



A Jewish Prayer for Healing

Merciful God, we pray to you for the recovery of all who are facing illness or pain. We join our prayers with all who love them. Grant them renewed strength and courage. Strengthen in them the healing powers You have placed within us all. Guide the hearts and hands of those who are entrusted with their care. Help all of us who share the anxiety of this illness to be brave and hopeful. Inspire us with courage and faith. Grant your blessings to all who call upon you.

Oh God, who blessed our ancestors, Abraham, Isaac, and Jacob; Sarah, Rebekkah, Leah, and Rachel, send your blessings to all who are ill. Have mercy on them, and graciously restore their health and strength. Grant them a r'fu-ah sh'lei-mah, a complete recovery. May healing come speedily.

May the knowledge of Your love and ours give added hope to them and to their dear ones. May they find even greater strength because our prayers are linked to theirs.

When pain and fatigue are my companions, let there be room in my heart for strength. When days and nights are filled with darkness, let the light of courage find its place.

Help me to endure the suffering and dissolve the fear, renew within me the calm spirit of trust and peace.

Ba-ruch a-tah A-do-nai, ro-feh ha-cho-lim. We praise You, Eternal God, the Source of healing and health.

*Shared by Jim O'Hern, spiritual counselor

- Chaplain Jim -

Congrats to Our Employees



November Employee of the Month

CHHA Scheduler Bryannah Akins

Bryannah has shown dedication and commitment along with maintaining a positive attitude even in difficult times. She is always smiling and loves to learn new things!



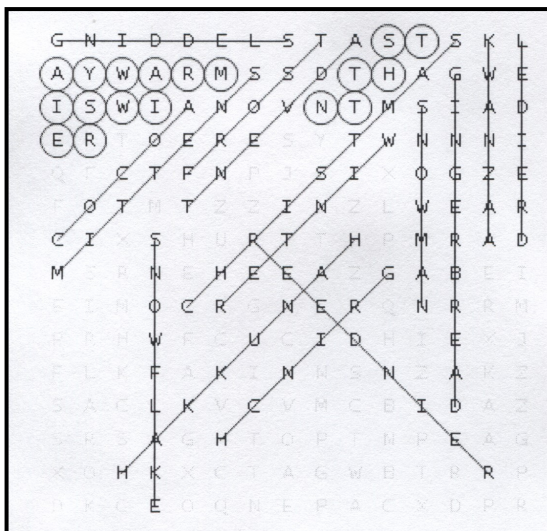
Way To Go!

Volunteer of the Year Award

Rosemarie Jankewicz, Clinical Liaison, was recognized as Volunteer of the Year at by Citizens Veterans Advisory Committee at their annual luncheon. Rosemarie has worked closely for this veteran group. Way to go Rosemarie!



Word Search Answers



Crossword Solutions





You're Invited
TO OUR
**Memory
Café**



Join The Shores at our dementia-friendly space for you and your loved one to experience creativity and social connections. Participants can engage in music, gentle movement, art and more!

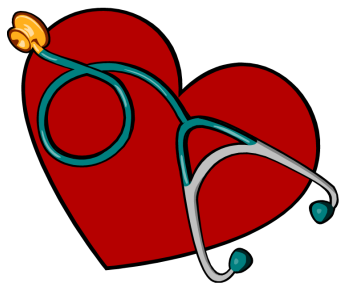
TUESDAY, DECEMBER 16TH, 10:30 AM - 12:00 NOON

Ocean City Free Pubic Library, 1735 Simpson Avenue, Ocean City, NJ 08226

**RSVP IS
REQUIRED!**

Call 609.399.8505
or email [MErcolani@
umcommunities.org](mailto:MErcolani@umcommunities.org)

**VIRTUAL SUPPORT GROUPS ARE
ALSO AVAILABLE!** To learn more,
contact Pam Garofolo at 908.675.1230
or pgarofolo@umcommunities.org.



Nurse's Corner

Holiday Safety Tips

- 1. Inspect all electrical decorations before use.*
- 2. Use battery operated candles.*
- 3. Keep combustibles at least 3 feet from a heat source.*
- 4. Stay in the kitchen when something is cooking.*
- 5. Turn off, unplug or extinguish all decorations before going to sleep or leaving the house.*
- 6. Use caution when using portable heaters. Keep them on a level surface and at least 3 feet away from furniture and curtains.*

Word Search with Hidden Message



First find all the words in the list below. Words can go in any direction and share letters as well as cross over each other. Once you find all the words copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

ADVENT	REINDEER
DREIDEL	SNOWMAN
GRINCH	COCOA
MITTENS	GINGERBREAD
SNOWFLAKE	KWANZAA
CHRISTMAS	SLEDDING
FROST	WINTER
HANUKKAH	

Fun Facts About December



- ◆ **The song "Jingle Bells" was composed in 1857 to be a Thanksgiving song, not a Christmas song.** Turns out, we first started dashing through the snow for an entirely different holiday. James Lord Pierpont wrote the song called, "One Horse Open Sleigh" for his church's Thanksgiving concert in the mid-19th century. Then in 1857, the song was re-released under the title we all know and love and it's still among the most popular Christmas songs today.
- ◆ **Fruitcakes can last a lifetime.** Fruitcake: you either love it or hate it. But did you know that when stored properly, it can last for years and sometimes indefinitely? The oldest fruitcake was 114 years old and had been passed down from generation to generation.



December Crossword

ACROSS

- | | |
|-----------------------------------|-------------------------------------|
| 1) Thing you can't make when bald | 40) Secure one's shoes |
| 5) Cut dramatically, as prices | 41) Double-reed instruments |
| 10) Make untidy, as hair | 42) Gambler's "lady" |
| 14) Dr. Frankenstein's assistant | 43) Final notice |
| 15) "New Guinea" starter | 44) Long, narrow strips |
| 16) ___ spumante | 46) Kirby of "City Slickers" |
| 17) Church part | 49) Assumed name |
| 18) Old knockout gas | 51) Really great tidings |
| 19) Chinese currency | 57) What this is |
| 20) Seal hunter | 58) Smallest detectable sensation |
| 23) Like some jackets | 59) Face-to-face exam |
| 24) Some Boston pros, briefly | 60) Particular breath mint |
| 25) Era | 61) Grammar topic |
| 28) Carpentry leveler | 62) "Us" or "them," in competitions |
| 30) Man famed by elevators | 63) West enders? |
| 31) Evidence | 64) One who goes for the gold? |
| 33) Vast amount | 65) Irate (with "off") |
| 36) 115-pound brawlers | |

DOWN

- 1) Engine knock
- 2) Biology lab gel
- 3) Amble all over
- 4) Expanded essay
- 5) Discharged
- 6) Carpenter's machine
- 7) Food for a ladybug
- 8) Bird feeder fill
- 9) Aesop's also-ran
- 10) Utter confusion
- 11) Typical
- 12) Begin
- 13) Kitchen features
- 21) Tango quorum
- 22) Genre for 37-Down
- 25) Display a public notice
- 26) Vanity case for milady
- 27) Ready to pick
- 28) Some farm females
- 29) Weed uprooter
- 31) Novel staple
- 32) Place for a literary catcher
- 33) Not open or ajar
- 34) Carve in stone
- 35) Is inquisitive
- 37) Mechanical man or woman
- 38) J. Edgar Hoover's org.
- 39) Gorbachev's policy
- 43) Beginnings
- 44) Evildoer
- 45) Move one's tail
- 46) Italian bowling game
- 47) It can create long lines
- 48) 180 on the road
- 49) Male Madison Ave. employee
- 50) Feudal lord
- 52) Homecoming returnee
- 53) Not finalized, legally
- 54) Great Lakes city
- 55) Utilize hip boots
- 56) Winter vehicle

THIS PUZZLE IS TERRIFIC

By Timothy E. Parker

