

## Creating Holiday Memories

The other day, my husband asked me if I remember any unique or special experiences during the holidays as a traveler. His question encouraged me to think about the meaning of the holidays. You see....I am sad to say that I can't remember any of the holidays while traveling.

Once my father divorced himself from the family, the holidays never were the same. They seemed incomplete because holidays are a time for family, I thought. When I was a traveler, I tried to forget it was a holiday. I would tell myself it was just another day like any other day. Furthermore, I wouldn't accept any invitations to share the holidays with anyone else's family for fear of seemingly trying to replace my own family with a pseudo-family. I was in mourning and wanted to grieve my loss.

However, my husband's holiday question made me realize that choosing to mourn for my family robbed me of many beautiful memories. If I could go back, I would focus more on giving and being thankful for what I do have. I would accept any invitation for creating warm memories with people for the holidays.

In retrospect, what are the holidays about? For me, I would now have to say, they are about remembering significant world events from the past and creating new personal events to be remembered in the future. The past and the future come together in one moment and it is up to us how we make it.