

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

December 2005

Do You Believe in Santa Claus?

“Christmas, children, is not a date. It is a state of mind.” – Mary Ellen Chase

I do!! That’s right – a full-grown adult confessing that she believes in Santa Claus. There were many years that I did not believe, but I have my friend to thank for my renewed belief in Santa.

A few years ago, I was spending some time with a friend who is Jewish. We were having a great conversation, sharing holiday traditions from our families and religious backgrounds. During the conversation, she surprised me by saying she believed in Santa. “Really?!?” I asked in disbelief, “You do?!?” My amazement stemmed from my perspective of Santa Claus as a Christian figure that was specifically associated with Christmas.

Briefly, the basis for the Christian-era Santa Claus is Bishop Nicholas of Smyrna (Izmir). Nicholas lived in the 4th century, or 300 A.D. Born an only child of a wealthy family, he was orphaned at an early age when both parents died of the plague. He grew up in a monastery and at the age of 17 became one of the youngest priests ever. He was very generous with his wealth and loving towards children. Legends tell of him giving to poor children by either dropping bags of gold down chimneys or throwing the bags through the windows where they landed in the stockings hung from the fireplace to dry. Some years later Nicholas became a bishop, hence the bishop’s hat or miter, long flowing gown, white beard and red cape often depicted on Santa Clause. After his death he was elevated to sainthood. Eventually the Catholic Church started celebrating Christmas and St. Nicholas was incorporated into the season.

My friend, in her wisdom and open perspective, said she thought of Santa as the example of what the holidays should be for everyone. All religious figures aside, she spoke eloquently about how the figure of Santa represents the spirit of the holidays. To give from the heart without expecting in return. To be happy, merry, and bright. To be generous. To focus on others instead of yourself. To bring joy and love to those around you. When she put it that way, I could only agree.

At that point, I also thought of my other favorite holiday tale – The Grinch. *“Then the Grinch thought of something he hadn’t before. What if Christmas, he thought, doesn’t come from a store? What if Christmas, perhaps, means a little bit more?”* Dr. Seuss insightfully noted many years ago that during the holidays we focus on material items – gift, food, decorations. We fret over finding the perfect gift and spending just the right amount of money to express our love. Yet, if we move past the material items and shift our focus to our friends, family, love, peace, and happiness, then we capture that “little bit more” that made the Grinch’s heart grow three sizes bigger and that my friend powerfully described as the spirit of Santa Claus.

So, yes, I believe in Santa Claus. I believe in love, generosity, joy, sincerity, friends, and family. I believe in the special magic that exists at this time of year that brings forth the best in others. I believe in a holiday spirit that extends beyond commercialism. I believe in giving my talents and abilities as gifts to create a year-long expression of my love. I believe in Santa!

Articles

The December/January Issue of What's Up? Annapolis Magazine features an article about Life Coaching. I was interviewed and quoted in the article along with other local coaches. One of my instructors from The Institute for Life Coaching Training is featured, too.

Workshops:

On Saturday, December 31, from 12:30pm to 2:30pm, I will be holding a **Workshop for Women: *Selfish is NOT a Dirty Word*** in **Moline, IL**. Join other like-minded women in exploring how to put *yourself* at the top of your To-Do list for 2006! The workshop will cost \$35. Location: Bier Stube 415 - 15th Street, Moline, IL. For more information and to register, call 410-757-7326.

Coaching for the New Year:

Ever make a New Year's Resolution that you did not keep? I thought so!! This year, make your resolutions a reality. I am offering 4 individual coaching sessions for \$275 to focus on **Resolution to Reality**. Make the changes you desire! Call 410-757-7326 to get started! If you reside in the Annapolis area, **Gift Certificates** are available through Big Vanilla Athletic Club.

New Years Groups

Get It Done! Resolution Reality - What is your New Years Resolution?? Make it happen!! This coaching group will help you focus on making your resolutions a reality.

When: Begins *Monday, January 16* at 7:30pm

How Long: 1 hour, meeting Mondays through February 13 (6 weeks)

Where: Big Vanilla Athletic Club Community Room, Arnold, MD

Cost: \$150 (If needed, brief 1:1 support with the coach can be provided by phone or email.)

To Register: Register at the front desk of Big Vanilla. Registration forms will be available.

Or

When: Begins *Wednesday, January 18* at 12:30pm (a lunch tele-group)

How Long: 1 hour, meeting Wednesdays through February 15 (6 weeks)

Where: Via telephone. (Registrants will receive the phone number for the bridge line.)

Cost: \$150 (If needed, brief 1:1 support with the coach can be provided by phone or email.)

To Register: Call 410-757-7326 or e-mail passionforlifecoaching@verizon.net

Get It Done! Emotional Fitness – Are you resolved to live a healthier life in 2006? This group will focus on helping you identify and overcome emotional roadblocks that prevent you from attaining your nutritional and fitness goals!!

When: Begins *Wednesday, January 18* at 6:00pm

How Long: 1 hour, meeting Wednesdays through March 1 (8 weeks)

Where: Big Vanilla Athletic Club Community Room, Arnold, MD

Cost: \$250 (If needed, brief 1:1 support with the coach can be provided by phone or email.)

To Register: Register at the front desk of Big Vanilla. Registration forms will be available.

To learn more about coaching, visit my website at www.passion-for-life-coaching.com.

If you found valuable information in this newsletter, please pass it along. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

To find out more contact me at passionforlifecoaching@verizon.net or 410-757-7326 to schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.