

# S. O. S. CARE INBOX

## SUPPORTING OUR SUPPORTERS THIS WINTER - A TIME FOR PEACE AND TOGETHERNESS

Winter is a natural time to slow down, reflect, and seek peace in our lives, and the colder weather encourages us to spend some cozy time with loved ones. We hope you enjoy this winter newsletter and enjoy time finding peace within and togetherness with those you love!



Focusing on connection, mindfulness, and shared experiences can strengthen bonds and lift spirits. [Follow this link to some winter activities to help you find joy and create meaningful memories.](#) These ideas are designed to nurture mental health, spark creativity, and foster connections with your loved ones.



# Stopping by Woods on a Snowy Evening

Robert Frost

Whose woods these are I think I know.

His house is in the village though;

He will not see me stopping here

To watch his woods fill up with snow.

My little horse must think it queer

To stop without a farmhouse near

Between the woods and frozen lake

The darkest evening of the year.

He gives his harness bells a shake

To ask if there is some mistake.

The only other sound's the sweep

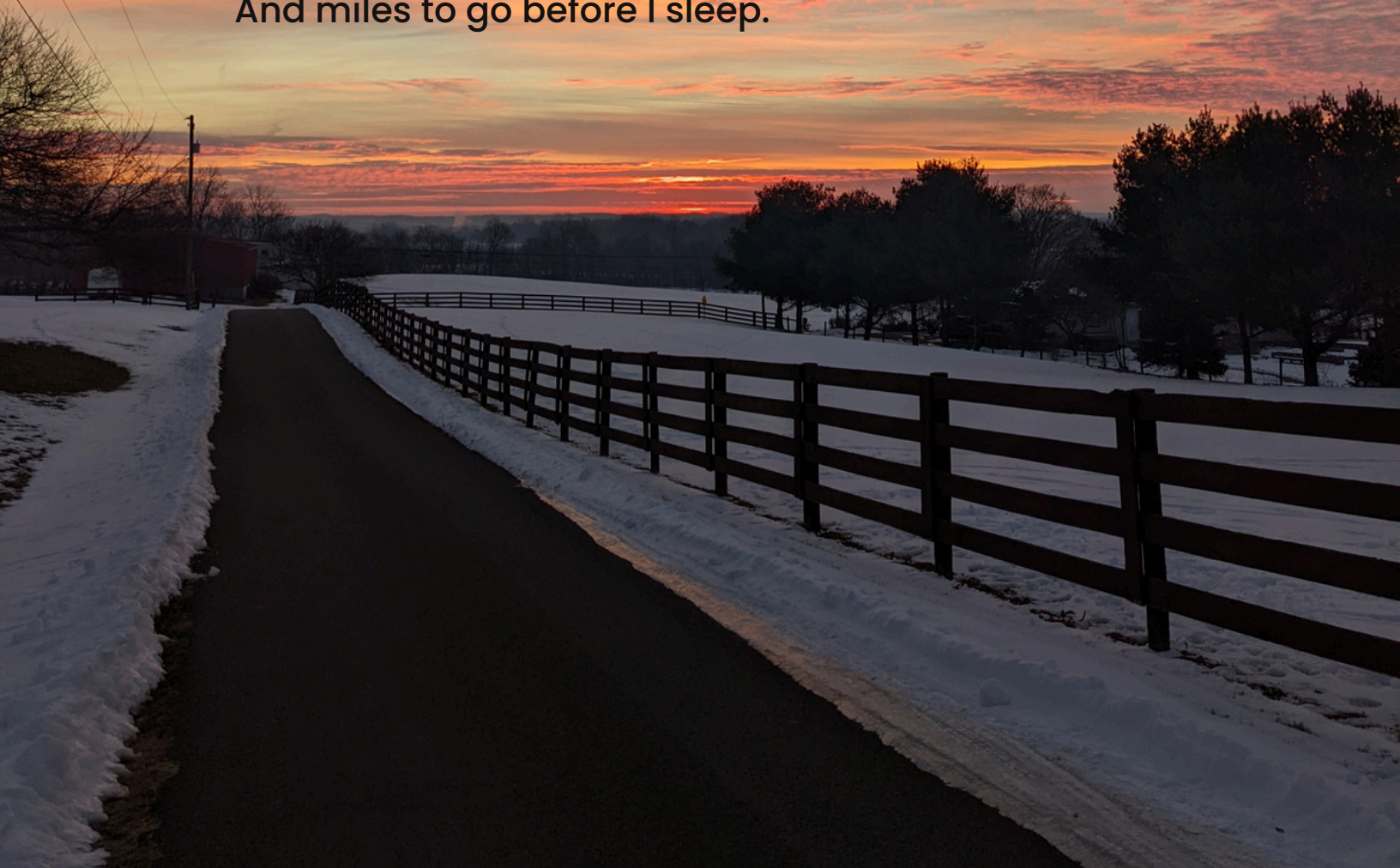
Of easy wind and downy flake.

The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.





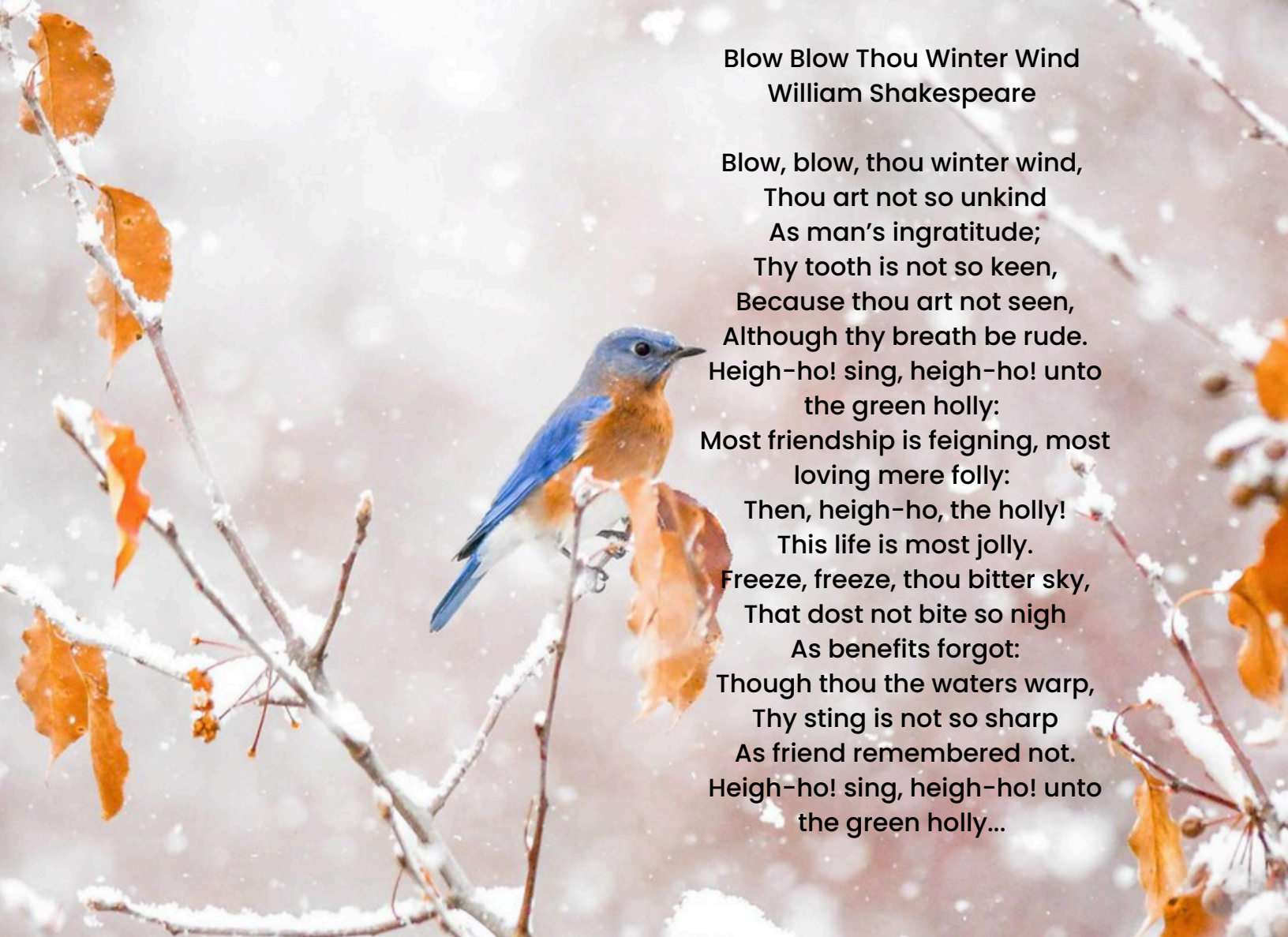
"One kind word can warm three  
winter months."  
Japanese Proverb



### The joy of giving!

Chloe was so excited to choose a child at the Salvation Army to shop for and here is a pic of her- proud with some of her items to donate!





Blow Blow Thou Winter Wind  
William Shakespeare

Blow, blow, thou winter wind,  
Thou art not so unkind  
As man's ingratitude;  
Thy tooth is not so keen,  
Because thou art not seen,  
Although thy breath be rude.  
Heigh-ho! sing, heigh-ho! unto  
the green holly:  
Most friendship is feigning, most  
loving mere folly:  
Then, heigh-ho, the holly!  
This life is most jolly.  
Freeze, freeze, thou bitter sky,  
That dost not bite so nigh  
As benefits forgot:  
Though thou the waters warp,  
Thy sting is not so sharp  
As friend remembered not.  
Heigh-ho! sing, heigh-ho! unto  
the green holly...

**Follow this link to  
find**

8 simple ways to  
find joy in the  
everyday this winter.







## Find Peace in Our National Parks

Many people find peace in remarkable places. As winter settles in and many of us dream about hibernating, explore how parks can be places of healing, inspiration, and peace. Some parks become serene winter wonderlands blanketed in snow; others offer dreams of vacation getaways or festive fun. Whether you think the weather outside is frightful or delightful, stay connected with national parks in-person and virtually as the year comes to an end and a new one begins.

<https://www.nps.gov/subjects/npscelebrates/find-peace-in-parks.htm>





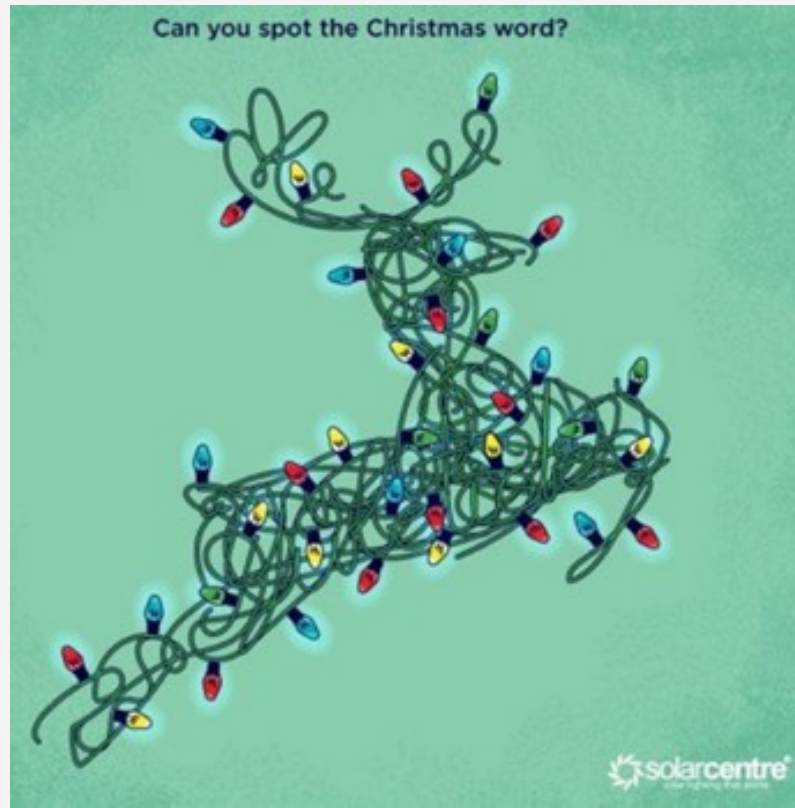
"There's just something beautiful about walking on snow that nobody else has walked on. It makes you believe you're special."  
Carol Rifka Brunt



[Click here to enjoy this relaxing video for stress relief and meditation](#)



# And now for our brainteaser and a few laughs!



What do the elves eat for lunch in the North Pole?  
-Cold cuts and chilly.

Where does a snowman get the weather report?  
-The winternet.

## COLD WEATHER



"A snowball in the face is surely the perfect beginning to a lasting friendship."  
-Markus Zusak







What do you call a ghost in the winter?  
-Casp-brrr.



What do we mean by hygge? <https://denmark.dk/people-and-culture/hygge>



Spend a few moments here in peace and free from your thoughts. Grab a book and a coffee and just relax!

[From You Tube Cozy Winter Evening with Wind, Snow and Crackling Fireplace](#)

Find the brainteaser answer at the bottom of the [lcfamilies.org](http://lcfamilies.org) home page.



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