Hi Denise,

HAPPY NEW YEAR.  Lynn and I liked this piece from NYT yesterday (or day before):

<https://www.nytimes.com/2023/12/31/opinion/delights-connections-mood-health.html?searchResultPosition=1>

and thought you might want to share it with the Village.  We also got two candles from a dear friend, which was accompanied by the following poem, which may be well known to WH members but was new to me:

A candle is a small thing.

But one candle can light another.

And see how its own light increases,

As a candle gives its flame to the other.

We are such a light.

Light is the power to dispel darkness.

We have the power to move back

the darkness in ourselves and others

to do so with the birth of light

created when one mind illuminates another,

when one heart kindles another

when one person strengthens another.

And its flame enlarges within us

As we pass it on.

                                          Moshe Davis and Victor Ratner

Best,

Tom