



SOUTH CAROLINA SUPPLEMENT
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Sir Knights,

Christmas is upon us. Those bitter sweet memories can come rushing at us quite unexpectedly. Sometimes it is a song, a smell or a taste that brings back the flood of memories. I always find this to be a good time for reflection. I want to offer some advice that I have found useful in seasons past. Please to a moment to look around at all that we have. We have a warm, dry place to sleep, we have good food before us each day, and we have our health. Materialistically, we have treasures beyond our dreams. We have the knowledge of the ages at our fingertips. If you stop and consider it all, we live in a world of wonders and imagination that our fathers could have never imagined. However, we are not happy. Since 1973, the GDP of the US has doubled, income has gone up for households as well but our "happiness" has been in a steady state of decline. . So the question is, why? Why are we so unhappy? One in two Americans are on some type of depression medication and I suspect many others are self-medicating.

I believe the real reason for our unhappiness lies in one word: Worry. We worry about what is going to happen, we worry about what we think should happen, we live our lives sitting on the edge of our seats worrying about what is going to happen next... Yet most of those things never come to pass. Mark Twain said, "Some of the worst things in my life never happened." So what is the cure? How do we stop the constant hand wringing? I think the answer lies in reflection and forgiveness. I believe that if we stop and reflect on:

- Our Blessings, Earthly and Heavenly
- Our Memories of Christmas Seasons Past
- Our Victories even the small ones
- And ever so briefly, our defeats

This calm reflection will help you realize that you are not responsible for the weight of the world. Lay those worries aside, at least for the Christmas Season. Give them over to a power greater than ourselves, our Lord and Savior, Jesus Christ. As we learned in childhood, forgive our debtors and those that trespass against us. Carrying a grudge only hurts the person carrying it. If you truly want to give someone a great gift this Christmas, forgive them. Forgiveness will open your heart and likely open their eyes to the love you hold for them.

Lady Michelle and I have a simple Christmas wish for each of you: lay aside your worries, forgive what needs forgiven, and enjoy the bounty of life before you.

Merry Christmas,

Sir Knight Mark and Lady Michelle