An abundance of JOY and a big bowl of POI.

**Speaking nicely has its charm.** Let’s make like we’re kids and play “opposite day”. See how it feels to turn everything negative into a positive. It may surprise you how good it feels. When we speak nicely it changes our perspective of the world in general, and raises our spirit. Use words that heal, and watch how it brings out the _merry_ during this holiday season.

*When positive thoughts are generated, when you’re feeling happy, or optimistic, cortisol decreases and the brain produces serotonin, creating a feeling of well-being. When serotonin levels are normal, one feels happy, calmer, less anxious, more focused and more emotionally stable* (Scaccia, 2017).

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**Merry-making Herbs**

There are many herbs found to protect the body against stress, and anxiety that have a relaxing effect on the mind and promote sleep and overall vitality. So here’s one that provides that very special something... the **MISTLETOE and HONI**

As part of the early custom, men were allowed to steal a kiss from any woman caught standing under the mistletoe.

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**Aloha Week Parade 2019.** We said what we had to say, and we said it nicely. _Drugs are not Hawaiian_. Join us... we’re about to say it again.

**Sign waving - Friday, December 27, 4:30 pm in Hana Town** Join PROTECT, ‘Ohana Makamae & Project Ho’omana with signs against underage drinking, drug and alcohol abuse, and eliminating drug dealing. Bring Sign.
‘Ohana Makamae News in Pictures:

1. **We have a new baby in the House- Kamrynn! Congratulations Papa Gerardi & Mama Mona!**

2. Our own Exposejah Band members were recognized by the Maui Non-Profit Director’s Association, for their charitable giving!! Way to go Exposejah!

3. **Jill is now doing our food bank runs... can never get enough of that happy face.**

4. Returning in January, Craig Zuber, will be providing Substance Abuse Counseling for our adult program.  E komo mai!

5. **Who doesn’t love Pastor Ka? We are so fortunate to have him working part time, as our DVI program Facilitator and SAT Counselor.**

6. **Pssst... Our very own Hailama is now a Mrs.!!**
Adages—proverbs or short statements expressing a general truth.

With the onset of social media, it seems that everyone has some bit of wisdom to share. The truth is that we do live our lives by conceptions, perceptions, interpretations, instructions, and so on. We can take the very same quote as someone else and have a completely different response or reaction to it.

What makes us so different? Having conflicting ideologies is how humanity has revolutionized itself. We become determined that our truth is inerrant, then we decide if it’s worth dying for. The similarities among us create a strong and special bond, while the dissimilarities create distance and separation between those who do not think alike.

There are many examples of these great divides. The question always comes up, how can we get along? Can we have a world at peace and in harmony? For many this is a necessary goal, yet for others it seems like a fairy tale. What then should we expect from our society? From ourselves? How can we achieve unity and understanding, when we have so many differences, and so many who strongly believe solely in their own truths? We cannot magically make all discord disappear.

Ghandi once said “There is no greater god than truth.” In contrast, advanced courses in Philosophy teach that there is no such thing as “truth”.

Whatever it is you strongly believe, believe... but also wonder. Never let go of what you know to be true, and always make room for wonder. During this festive season, meditate, pray, reflect. And if you find yourself lost in absolutes, love who you are, but try also to love others who don’t think like you. This indeed is the way... not tolerance, not acceptance, but kindness in your own truth.

MAHALO to our generous sponsors:
State of Hawaii, DOH-ADAD
County of Maui- DHHC
The Engelhard Foundation
Maui United Way
The Aguafund Foundation
Hawaii Community Foundation
Hawaii Women’s Foundation
and our many individual donors

and a special thank you to our loyal Board members.

In loving memory of Sue Cuff

Still looking for presents?
Check out our “What’s Niu?” online store
www.ohanamakamae.org

Questions may go unanswered, but love is never in question.

ABUNDANCE of NIU

ABUNDANCE of NIU
**WHAT WE DO:**

Strengthen East Maui Families through Hawaiian culture and spiritual values, through the provision of Behavioral Health Services and Family Resources.

**These Include:**
- Substance Abuse Treatment Services
- Mental Health Counseling
- Domestic Violence Intervention
- Sober Living House for Adult men in recovery
- Community Resources and Food Bank Distribution

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**WHAT WE NEED:**

Let’s do whatever we can to keep Hana strong, and to keep Hana safe, from harm. We can only do this in partnership. Join us.

*Arm in Arm, We are Strong*

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‘Ohana Makamae is a non-profit 501-c-3 organization, supported through charitable grants and donations.

For those who wish, Please send donations to:

‘Ohana Makamae, Inc.
PO Box 914
Hana, HI 96713

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**HAPPY HOLIDAYS!!**