CYSTIC FIBROSIS Australia

22 December 2021

GUIDING STAR

There is a reason that the star goes at the top of the tree. Christmas is a time for looking up, for taking stock of the world and committing to what is truly important. CFA Offices are currently closed until the 10th of January and the CFA team are taking a holiday break.

There will be no shortage of happy distractions - the long lunches that turn into dinners, last minute shopping trips and hectic sagas in the kitchen. Christmas is busy, busy, busy. But nothing should distract us from the golden opportunity we have to reflect on our highest aspirations and on the real good that we can do for our fellow human beings.

For some people, their guiding star will be the good they can do for people they've never even met. In this case, food drops, shelters and Not For Profits like CFA are all channels for doing good in your community.

This Christmas, follow your guiding star and do something that strikes a chord deep within you. Maybe that is reconnecting with a loved one or mending some burned bridges. Maybe it is taking some time out to care for 'Number One', especially if you are the kind of person who tends to shoulder the labours of Christmas all by themselves.

Christmas can be hard. It can be hard when you have to scrape together money for hospital bills, it can be hard when there is an empty spot at the table. Christmas is only truly Christmas when we share that load, when we look outside of ourselves and even our families into the wide networks to which we are connected.

So this Christmas, when the bunting is hung out and the gifts are wrapped and the turkey is browning in the oven, take a look up at the night sky and seek out your guiding star. Maybe you can even be a guiding star to others.

Best Wishes,
The CFA Team – Robyn, Nicki, Mala, Graham, Will

P.S: *Although our offices are closed over the break, we are still looking out for vulnerable members of our community. If you have any urgent enquires or requests, please contact our Interim CEO Robyn Peck on 0408 444 572.*