



# The Snap-Clap, Chit-Chat, Pitter Patter

*I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.*  
Romans 8:18

Dear Family,

We hope you all had a blessed Christmas break. But if you didn't get rest, at least, hopefully you were able to shift gears and enjoy the chaos.

What is your focus in the new year? Did you pick a word last year and follow the theme through to completion? I'm sorry to say, I did not. A little curious if it would have made a difference if I had. Oh well! We get another spin around in 2022. I know for some of you 2021 was tremendously difficult, unbearable even. For others it's slightly better than the year before, but not a stellar year. Maybe some of you made great gains in a forward direction. I hope most of you did. I'm sure there are at least a few things over the last year you can claim as successful. Build on that. Are you a little kinder, a little more appreciative, a little more aware of what you would like to change?

Maybe we can try the word thing again. Think about a word or short phrase— pray about it, meditate on it, look around— is there a word that “pops up” in unexpected places? Could that be your focus for the next year?

Suppose this year is an opportunity to do something different for someone out of your immediate circle. Last year, I got a random message from a relative of mine who I rarely see. One simple question from her made me smile a little brighter, sit-up a little taller and feel an incredible worthiness come over me. She simply asked, “How can I pray for you this year?” From time to time she would check in by messenger. That one, seemingly simple gesture made a huge impact on me. In turn, I prayed for her and suddenly the weight of the world wasn't quite so heavy.

With a little effort and consistency, just maybe the world would tilt back in favor of a more positive and hope-filled atmosphere.

Any ideas on things to do, to heal our hearts in 2022?

If you have any profound happy, positive vibe kinda suggestions feel free to add them to the comments under the newsletter on Facebook.

LWM



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## Upcoming Events:

☺ Prayer group-  
Mondays @ Noon- in person or by zoom-  
We will resume  
Abiding Together  
Parts 3 & 4

## Inside this issue:

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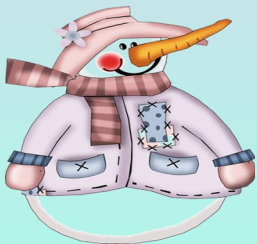
*Building Kid Steps would like to recognize an unsung hero in our midst.  
Can you guess who it is?*

*She is loyal  
She is an over achiever  
She has a memory to rival an elephant  
She works from home way to much  
She moves like a stealth jet  
She might finish her morning coffee on her drive home  
She is the face of BK'S  
She is the voice of BK'S  
She is the glue of BK'S  
She can make magic happen on the schedule  
She cares for others more than herself  
A bird can out eat her  
She can juggle 5 (+) conversations at once  
She does her job and 10 others too  
We don't deserve her but so grateful she has our back  
She is there when you get there and she's there when you're gone  
She turning a half a century on January 10  
We are ALL blessed because of her.....*

*Who is our unsung Hero?*

*When you know, drop a note or compliment in the box provided. We know there is so much more we could say but tell us your favorite story or some sweet memories you have of this sweet person of ours.*

"Surely what a man does when he is taken off his guard is the best evidence for what sort of man he is."  
-C.S. Lewis



**A faithful friend is a sturdy shelter:  
he that has found one has found a treasure.  
There is nothing so precious as a faithful  
friend, and no scales can measure his excellence.  
A faithful friend is an elixir of life;  
and those who fear the Lord will find him.  
Whoever fears the Lord directs his friendship  
aright, for as he is, so is his neighbor also.**

**Sirach 6: 14-17**

Would you take a pray for someone challenge?

What do you suppose would happen if you decided to choose 1 day a week to pray for a stranger- maybe the carhop or waitress, the people trying to sell you an extended warranty, an unfamiliar neighbor, the people in the cars around you. Ask them what they need prayer for or don't just pray they get what they need or the desires of their heart. The look on most people's face when you ask to pray for them will warm your heart.

**Write your own ending....** Let's do the word challenge again. I'm going to try to do better. Don't see your word or phrase below? Don't worry there is plenty of room to add more. Do you get excited about fresh office/school supplies??? I sure do. It's like a clean slate, a new book or story to tell. Use your word of the year, phrase or theme to write you a new ending in 2022 or celebrate the way it goes. Your life, your story. Your choice to accept as much or as little drama as you wish to allow in the pages of your life. Fill the pages with comedy and laughter or pour out your heart in a tear-jerking romance novel. Leave your reality behind while you enjoy a science fiction adventurous way of life— we seem to live in the twilight zone anyway — if your comfortable there, stay with it. Whatever journey you are on the outcome has a lot to do with your attitude toward challenges that present themselves along the way. Do you see an obstacle or an opportunity? A detour or an adventure? A roadblock that halts your journey or a welcomed rest stop? Go ahead, be bold, be a wide-eyed kid on the adventure of a lifetime. Give yourself permission to play, to breath, to have fun, to be carefree, to be just ok. We hope your story is a bestseller in 2022.

## A Little Humor

What do snowmen call their offspring?



## What's your Word.....?????







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*Nunc Coepi  
 "Now I Begin"*

Answer to the  
 December Joke:

What kind of linens  
 do gingerbread men  
 put on their beds?  
 Cookie Sheets



### \*\*\*\*\*NOTICES\*\*\*\*\*

**Remember most insurances  
 start over in January. Please  
 bring your new insurance  
 cards and be prepared to pay  
 toward your deductible.  
 Thank you for your patience!**



May God bless, guard, guide and  
 protect you every moment of 2022.  
 BKS Staff

## STAFF NEWS –

Welcome to the BKS family Master Boyd B.  
 Congrats Jordan and Foster— so excited for ya'll

Welcome to Texas Lyndsey Mullins, OT. We are so  
 grateful you are here.



## Birthday Wishes & Blessings

Cynthia 1-10

Mandi 1-16

### *National Handwriting Day*

*What a great thought. It was said that writing in long hand is like  
 taking a deep breath. In a world where everything including  
 communication is so instantaneous to sit and write is a joy and a gift.*

*Who doesn't get excited to receive a handwritten letter from a  
 loved one? Bring the joy this year, write a letter to your spouse,  
 your kids, a shut-in, military personnel, a friend or co-worker*

*Start a journal.*

*Send a handwritten letter to a friend or family member.*

*Write a short story or poem.*

*Take a calligraphy class.*

*Write out a to-do list.*

*Leave a love note for someone dear to you.*

*Compliment someone with a handwritten sticky note.*

*Pay with a check – if you dare.*

*Leave your server a tip and a handwritten word of thanks for  
 their service.*

*Make a cookbook with handwritten family recipes*

**Handwriting issues? Talk to an Occupational Therapist and or  
 checkout Handwriting without tears curriculum [Handwriting  
 Without Tears: Proven K-5 Handwriting Program \(lwtears.com\)](http://www.lwtears.com)**