

# The Christmas Bicycle's Lesson

*a true story by Neva Maynor*

One Christmas my oldest daughter was expecting a bike from Santa. It was Christmas Eve and although my husband and I had been up since 6:00 am that morning, we set out late that night to assemble the bike. At 2:00 am, with the bike just about finished we realized that we hadn't put the training wheels on and in order to do that, the bike had to be taken apart! So, there we were early on Christmas morning, tired and frustrated – and we were fighting. The stress of the holiday season had consumed us.

If I had it to do all over again I would have just wrapped the box and told my daughter that Santa left Daddy a note asking him to put it together for her. She wouldn't have minded and my husband and I wouldn't have been so stressed out to make everything perfect. Because, in trying to make everything perfect, we got nothing but the opposite – and with it a bad memory that didn't have to be.

Being diagnosed with Alpha-1 several years ago has changed my perspective on life. When you have lung disease you have no choice but to slow down. And when you do slow down you realize that it's okay to go at a slower pace. You also learn to just go with the flow. If things don't work out exactly right, it's okay. You just work around it.

I think back to that Christmas sometimes and wish we would have handled things differently. But that night, like so many other things in life, cannot be changed. All you can do is just learn from it and move on.

Don't stress about things this holiday season. Look at the good things in your life and just enjoy. The holidays are meant to be enjoyed, and it's the good memories that matter. So, this year try to make lots of good memories. They will last a lifetime – and beyond.

HAPPY HOLIDAYS!