

Invisible people

Missing from our celebrations: those who've suffered loss.

This holiday season we celebrate with pictures of 'Hallmark families.' Some of us don't fit the picture any more. Here's whose missing: those who've experienced divorce, death of someone they love, incarceration, and financial devastation.

4 Tips

1. Look around. Now look around more closely. What changes do you see in the people around you? Or who do you no longer see?
2. Volunteer in your local COMMUNITY pantry. Some invisible people are ashamed to admit their need to their church.
3. Pick one family and send a card. Think carefully--don't say you understand. Say you care and are thinking of them.
4. Pick one family and give a gift. Gift certificates, phone card, gas card, or tickets to a special event they'd enjoy. Yes, food is almost always welcome.