



Marriage Rules[©]

“AIN’T GONNA BE NO CHRISTMAS”

By: Larry B. Gelman, Psy. D.

For many couples, there “ain’t gonna be no Christmas” this year!” Not everybody is resourced or privileged with the opportunities of having loving and intact marriages, meaningful jobs, excellent health and the other “goodies”, or should I say, “fortunes”, of life. Christmas is supposed to be a time of cheer, joy and celebration. Religious preferences, notwithstanding, it is a symbolic “holy” day representing peace, hope, charity and love.

Hundreds of millions of dollars will be feverishly spent by millions of husbands and wives, commemorating the never-ending commercialism of the Christmas holiday season. Liquid spirits will freely flow and “season’s greetings” will provide the ‘currency’ with which to embrace our loved ones and bid them our best wishes.

It is true, of course, that some couples will understand the real meaning and significance of Christmas. They will know, deep in their minds, hearts and souls...through consistent and appropriate actionable deeds...that Christmas is really an every-day occurrence.

For the giving and receiving of “gifts” are understood by such couples as tangible extensions of the giving and receiving of those intangible qualities, within themselves, which are freely given to and graciously received by themselves, as well as to, and for, all others.

It is, perhaps, a sad commentary on contemporary living that some couples seem to be smitten by an almost contagious, insidious fatalism which permits transient emotional vulnerability in the sharing of commodities and salutations, only on one ‘special’ day designated for such sharing. (So “gather round the mulberry bush” and sing a song of glee... and find the presents just for you...is there one for me?)

It is my belief, that to the extent we permit ourselves, to gift ourselves, to receive ourselves, those gifts we bring to bear, it is also the extent to which we can truly bear our gifts, to ourselves, and also to and for others.

And when the experience of that moment occurs, especially within a marriage, moment-by-moment, day in and day out, the moment of that experience is what Christmas, I suspect, is all about!

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