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December is the time of year we all become very fixated on giving: presents, donations, volunteer time. We seem to have arrived at a place of thinking "giving" should be strategic - as in, make a budget and a list before you buy presents; research a charity's finances before you make a donation; choose a volunteer opportunity where you can also spend time with your friends and family. I want to be clear. These are all sensible approaches. But sometimes it is also necessary to embrace pure charity and kindness instead of thinking - *if I'm going to "give something up" I must thoroughly examine...*

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