



## Story friendship for christmas

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Imagine that we lose our memory; and as in Frank Capra's film, an angel appears at Christmas to help us recover it, and that is when we remember that when we were children friendship was formed through games, while in adolescence, an intense stage, most of the time it is possible after many role changes until group empathy is reached. In the next (adult- stage), which is more durable, friendship is cemented by the work we develop or by the hobby that we take up, and when we reach a certain age, this memory cannot be fully recovered, because it includes moments which we struggle not to remember, and that is when we need someone to take on the role of a special friend.

Christmas thus becomes a memory therapy between friends, because we look for a moment to express a feeling that we are part of something better than ourselves. Hence we try to strengthen bonds of coexistence, sometimes guided by messages from commercial advertisements, which become the real central elements of CHRISTMAS, as they are usually short sentences with spectacular images; where we are told that friendship is reaffirmed by the exchange of material objects, which coincidentally are the essential aspects of the aforementioned advertisement. The slogan is: there is the perfect gift for the perfect friend. There is no gift those who are imperfect as a consequence of a life where they have NOTHING material to give. They are part of an ocean of invisibility. Many people are submerged in this ocean, many live in this way. We should never forget them. It should be impossible for us ever to forget them.

In this time of lights in the streets, where we reciprocally wish each other the best, it is possible to delve into the true meaning of friendship, inviting us to approach with in a different way those who are friends, or not, since when participate in the Christmas story, we should feel motivated to do things which promote friendship. I read an article in the Annals of Behavioral Medicine, about the benefits of enjoying friendship. It said that spending time with friends allows us to have positive perspectives in complicated situations, improving our quality of life, especially when we are able to laugh at ourselves when criticized by a friend.

Perhaps the smile is the essential stimulus for revitalizing friendship at Christmas time, and I quote this specific date because almost everyone in every corner of the world will necessarily experience it soon. Hence, whether or not we dress up as Santa Claus and walk around the brightly illuminated streets, let us try to express our feelings of gratitude to those who throughout the year have provided us with a more humane way of acting. So, we of Ipiranga Committee Association are grateful for the friendship of so many people in different parts of the world who have embraced us warmly, who have given wings to continue developing our health programmes throughout 2021 in this immense Amazon region. Thank you Merry Christmas, Happy Holidays and Happy 2022

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