

What My Christmas Cookies Taught Me

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Bright Tomorrows

It is Christmas day, a day to reflect, enjoy blessings, and be with family and friends! This time of year many of us end up in the kitchen – baking Christmas cookies with our children. I remember baking cookies with my daughters when they were younger; they wanted to taste every ingredient we put in the bowl.

The baking soda always made me laugh. As you know not all ingredients in cookies taste good. In fact, some taste downright awful. Some are quite boring and dry (like the flour). Even some of the things that smelled the best (vanilla, peppermint flavoring), alone, tasted quite bad.

If my children had never tasted cookies, they may have questioned how such awful tasting things could turn out well. If you are anything like my children - you have to taste the dough. However, there is a limit as to how much dough tastes good. Baking is still needed.

The 10 to 15 minutes of baking time were enough to send my “patient” young children into a quandary. The few minutes felt like forever to my children, but passed relatively quickly and we removed the cookies from the oven. It is amazing how wonderful those awful tasting ingredients had become, when blended and baked.

Just like cookies, life has both “good and bad tasting” things in it and the “heat” of stress can seem endless. Working at Bright Tomorrows, I see and hear about the tragic and hurtful things that happen to children in the form of sexual abuse and other types of abuse. We work to help children and families endure the “baking” time and enjoy the resulting “cookie”.

Cookies have taught me:

- “The recipe” for life was already written by the creator. I can try to change “the recipe” for life, but straying too far could be catastrophic.
- Both the good and bad tasting things within the “recipe” are needed to make a wonderful creation.
- The boring/bland/dry part of the recipe (flour – day to day living), is often the main ingredient giving the cookie its foundation or base.
- Patience is necessary during the process.
- “Heat” is needed to finish the cookie.
- Good things can’t be rushed.
- The whole point of making the cookies (life and its happenings) is to share them (and our love) with others.