



Merry Christmas and Happy New Year –

One small child in a land of a thousand. - One small dream of a savior tonight. - One small hand reaching out to the starlight. One small savior of life.

These lyrics are from a song called "One Small Child". That one small child was the Savior of the world. God came into this world as a baby born of a virgin (Silent Night – Holy Night - Round yon virgin, mother and child) in a manger (Away in the manger, no crib for His bed). The angels proclaimed His birth. (Hark! the herald angels sing - "Glory to the newborn King)" The angels appeared in a great multitude to shepherds watching their flocks by night. (Angels we have heard on high, Sweetly singing o'er the plains). The shepherds were the first to find Him. (Hark all ye shepherds, arise from your sheep. Hark all ye shepherds, the Christ child asleep. Mary, the mother, quietly singing, From God to man salvation is bringing.) That's the Christmas story.

One of my favorite carols is I Heard the Bells on Christmas Day. We are living in a world full of strife. The news is full of hate and violence. The press is so negative and biased. People are intolerant of each other. It's a sad state of affairs. But this Christmas carol gives us hope.

And in despair I bowed my head  
There is no peace on earth I said  
For hate is strong and mocks the song  
Of peace on earth, good will to men

Then rang the bells more loud and deep  
God is not dead, nor does he sleep  
The wrong shall fail, the right prevail  
With peace on earth, good will to men

Did you catch that? The wrong shall fail, the right prevail. No matter what is going on in this world, God is not dead or absent. He knows what's happening. He sees it all and in the end – the wrong shall fail and the right will prevail. What an amazing promise! It gives us hope. That's what I wish for you this Christmas - the hope and peace that God gives us.

It's so easy to get caught up in all the commercialism and busyness of the season and forget what Christmas is really means. God gave the first and best Christmas gift when He sent His son. Embrace the gift.

Until Next Month –  
Janelle

## A Letter to Santa From Mom

Dear Santa,

I've been a good mom all year. I've fed, cleaned and cuddled my two children on demand, visited the doctor's office more than my doctor, sold sixty-two cases of candy bars to raise money to plant a shade tree on the school playground and figured out how to attach nine patches onto my daughter's girl scout sash with staples and a glue gun.

I was hoping you could spread my list out over several Christmases, since I had to write this letter with my son's red crayon, on the back of a receipt in the laundry room between cycles, and who knows when I'll find anymore free time in the next 18 years.

Here are my Christmas wishes:

I'd like a pair of legs that don't ache after a day of chasing kids (in any color, except purple, which I already have) and arms that don't flap in the breeze but are strong enough to carry a screaming toddler out of the candy aisle in the grocery store. I'd also like a waist, since I lost mine somewhere in the seventh month of my last pregnancy. If you're hauling big ticket items this year I'd like a car with fingerprint resistant windows and a radio that only plays adult music; a television that doesn't broadcast any programs containing talking animals; and a refrigerator with a secret compartment behind the crisper where I can hide to talk on the phone.

On the practical side, I could use a talking daughter doll that says, "Yes, Mommy" to boost my parental confidence, along with one potty-trained toddler, two kids who don't fight and three pairs of jeans that will zip all the way up without the use of power tools. I could also use a recording of Tibetan monks chanting, "Don't eat in the living room" and 'Take your hands off your brother,' because my voice seems to be just out of my children's hearing range and can only be heard by the dog. And please don't forget the Playdoh Travel Pack, the hottest stocking stuffer this year for mothers of pre-schoolers. It comes in three fluorescent colors and is guaranteed to crumble on any carpet making the in-laws' house seem just like mine. If it's too late to find any of these products, I'd settle for enough time to brush my teeth and comb my hair in the same morning, or the luxury of eating food warmer than room temperature without it being served in a Styrofoam container. If you don't mind I could also use a few Christmas miracles to brighten the holiday season. Would it be too much trouble to declare ketchup a vegetable? It will clear my conscience immensely. It would be helpful if you could coerce my children to help around the house without demanding payment as if they were the bosses of an organized crime family; or if my toddler didn't look so cute sneaking downstairs to eat contraband ice cream in his pajamas at midnight.

Well, Santa, the buzzer on the dryer is ringing and my son saw my feet under the laundry room door. I think he wants his crayon back. Have a safe trip and remember to leave your wet boots by the chimney and come in and dry off by the fire so you don't catch a cold. Help yourself to cookies on the table but don't eat too many or leave crumbs on the carpet.

Yours Always...Mom.

P.S. - One more thing...you can cancel all my requests if you can keep my children young enough to believe in Santa.



# DECEMBER

And Joseph also went up from Galilee, from the town of Nazareth, to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed, who was with child. And while they were there, the time came for her to give birth. And she gave birth to her firstborn son and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn.

And in the same region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with great fear. And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God and saying,

"Glory to God in the highest, and on earth peace among those with whom he is pleased!"

When the angels went away from them into heaven, the shepherds said to one another, "Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us." And they went with haste and found Mary and Joseph, and the baby lying in a manger. Luke 2:4-16 (ESV)



  
*For unto us  
a child is born,*  
..... HIS NAME SHALL BE CALLED  
*Wonderful Counsellor,*  
**THE MIGHTY GOD**  
THE EVERLASTING FATHER,  
*The Prince of Peace.*  
  
Isaiah 9:6

And the Grinch, with his Grinch-feet  
ice cold in the snow, stood puzzling and  
puzzling, how could it be so? It came  
without ribbons. It came without tags.  
It came without packages, boxes or  
bags. And he puzzled and puzzled till  
his puzzler was sore. Then the Grinch  
thought of something he hadn't  
before. What if Christmas, he  
thought, doesn't come from a store.  
What if Christmas, perhaps, means a  
little bit more.



A little child,  
A shining star,  
A stable rude,  
The door ajar,  
Yet in that place,  
So crude, forlorn,  
The Hope of all  
The world was  
born.

Anonymous

### Christmas Gift

The gifts I'd leave beneath your tree aren't those that you can touch or see.  
Not wrapped in Christmas tissue gay but gifts to bless you every day.  
The gift of friendship warm and true is one that I would leave for you.  
Good health and happiness and cheer to keep you smiling through the year.  
The gift of peace that comes from God, with prayer to guide each path you trod,  
And when your heart has lost its song, the gift of hope to cheer you on.  
These are the gifts I'd leave for you.

### CHRISTMAS SPIRIT

IT WAS JUST BEFORE CHRISTMAS AND THE MAGISTRATE WAS IN A HAPPY MOOD. HE ASKED THE PRISONER WHO WAS IN THE DOCK, 'WHAT ARE YOU CHARGED WITH?' THE PRISONER REPLIED, 'DOING MY CHRISTMAS SHOPPING TOO EARLY.' 'THAT'S NO CRIME', SAID THE MAGISTRATE. 'JUST HOW EARLY WERE YOU DOING THIS SHOPPING?' 'BEFORE THE SHOP OPENED', ANSWERED THE PRISONER.

### Christmas

*Christmas is more than a day in December  
It's all of those things that we love to remember  
It's carolers singing familiar refrains  
Bright colored stockings and shiny toy trains  
Streamers of tinsel and glass satin balls  
Laughter that rings through the house and its halls  
Christmas is more than a day in December  
It's the magic and the love that we'll always remember.*

### Cab Ride

Recently I had a little too much "fun" at the office Christmas party. Knowing the police were on special alert, I did what they say you should do - I took a cab home. This proved to be a wise decision, because after only a few blocks there was a police road-block. They were checking drivers with a breath-alyzer. But the taxi, being a taxi, was waved right on through. So it was a good decision to take a cab. Plus, it was easier than I thought, and quite fun driving a cab. It's really just like any other car. But now I have this taxi in my garage and I don't know what to do with it.



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## How to Keep Calm and Carry on During the Holidays



The holidays are fast upon us. In the blink of an eye, Thanksgiving Day, Christmas/Hanukkah/Kwanzaa, and New Year's Eve will have already come and gone.

Holidays bring much time spent with family from near and far, preparing and making elaborate holiday dinners and attending parties, buying expensive gifts to show loved ones how much we care and decorating our homes in holiday regalia. We may even find ourselves up late into the night baking cookies for our children's teachers, our neighbors, and our co-workers and supervisors.

There's no denying that, despite the holidays being a special time to reconnect with family and friends, heightened expectations may lead to depression, anxiety, irritability, sleeplessness and exhaustion. And asking for help, even outside of the holiday season, is difficult for many of us to do.

Other major sources of holiday-related anxiety and depression are family conflicts, divorce, complicated blended family dynamics, and recent deaths of loved ones. Missing special family members brings about profound feelings of anxiety, grief and mourning.

It is important not to ignore holiday season-related depression and anxiety. Taking positive steps toward minimizing unnecessary holiday-related stress increases our chances of having a happier and healthier holiday season. In most cases, holiday-related depression and anxiety can be lessened by striking a healthy balance between our expectations and our realities.

### **Below are a few tips for reducing holiday season depression and anxiety:**

- **Evaluate your holiday expectations.**

Decide which expectations are achievable and which are not. If you are working full-time and caring for young children, or caring for aging parents, volunteering to cook a large holiday dinner may not be doable, especially if you also want to enjoy it.

- **Be present when you are with your loved ones.**

Put away cell phones, computers, and other distractions so you can focus on the people who mean the most to you.

- **Be sure to get enough sleep.**

Research suggests that seven to nine hours of sleep a night significantly improves our ability to regulate our mood and improves our thinking and decision-making skills.

- **Delegate responsibility.**

Try to anticipate when and what you will need help with. Ask for help in advance. This will decrease your chance of setting yourself up for feeling frantic and overwhelmed. For example, ask your family to help you with cooking and cleanup. This is also a great opportunity for connecting and spending time together.

- **Make time for exercise.**

Exercising for 30 minutes a day, a minimum of three days per week, has consistently been shown to improve mood, sleep, and to reduce anxiety.

- **Set aside differences.**

Try to accept family members and friends as they are. When possible, set aside another time to sort out family conflicts and grievances.

- **Stick to a budget.**

Before buying all your gifts decide on a budget that's right for you. Don't feel guilty if your budget does not allow for elaborate gifts. Remember that love and happiness cannot be bought with an avalanche of gifts.

- **Seek professional help if you need it.**

Despite your best efforts, if you find yourself still feeling sad, anxious, having physical complaints and unable to sleep, talk to a mental health professional.

By Paula Durlinsky, PhD

# Merry Christmas and Happy New Year...

Merry Christmas  
Summer Thorpe

Merry Christmas  
with love  
Maiky Amos

Merry Xmas  
M - Manna

Merry Christmas!  
Rebekah

Joy Chang

Jesse Williams  
MERRY CHRISTMAS!

Merry Christmas!!

Merry Christmas  
& Happy New Year  
Kim

Bit of a  
Joanne

Merry Christmas  
Steve  
Loretta

Merry Christmas!  
- Annette

Merry Christmas  
& Happy New Year  
Angie Davis (Nursing Staff)

Merry Christmas  
& Happy New Year  
Alan & Theresa  
Saxon Fred  
Rick Idain  
Have Blessed  
(C.M. Happy)

Merry Xmas  
Kosin Dal

MERRY CHRISTMAS!  
Joan

Merry Christmas  
& a Blessed  
2019! & April

Have a wonderful  
Holiday Season!  
Amy

Merry Christmas  
& Happy New Year!  
Dana L (Nursing Staff)



Wishing you  
a blessed holiday  
season!  
Janellie

Merry  
Christmas!

Merry Christmas  
and a Prosperous  
New Year!  
- Hanner  
- May

Merry Merry Christmas  
to you & yours  
may it be warm &  
bright! xoxo "AJ"

Merry Christmas  
God Bless - Swedish  
- 701  
- 701

From All of Us to All of You!!