



# Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom.

December 2009

***“Look! The virgin is with child and will give birth to a son whom they will call Immanuel, a name which means ‘God-is-with-us.’” Mt 1:23***

## *How to have a Merry Christmas*

### **1. Cards!**

If they are not fun to send, *don't send them.*  
If they are fun to send, send as many as are fun. Then *stop!*  
If you want to stay in touch, send a card in dull February.

### **2. Presents!**

*Do not bury Kids* under piles of loot. Do we want to turn excited, happy little children into sweaty bored zombies?  
*Do not borrow money* to spend on Christmas. Christ is in charge of our economics. If He wants us to celebrate His birthday on the cheap, let it be fine with us.

### **3. Decorations!**

Whatever looks like Christmas to you, do it Then *stop!* It can be compulsive and exhausting. Jesus wasn't born to put us on a treadmill.

### **4. Food and Drink!**

Feasting: *good!* Gorging: *bad!* Not to mention the time, money, and strength blown on stuff nobody notices.

### **5. Stuff to Ignore!**

Other people's expectations..It's not their birthday.  
Ignore nagging guilt about making Christmas perfect. Christmas is perfect and our families will think so too, when we celebrate it with gratitude and love.  
Ignore doom and gloom whining about how commercialized and secularized Christmas is getting. Instead, think how many people are going to be in stores listening to hymns of celebration and praise, then praise Him!

### **6. Holiday Blues....**

Almost everybody has something about Christmastime that makes them melancholy. Hearing "White Christmas" or remembering people and times gone by—that's okay. Nostalgia and even sorrow do not have to turn into blues. Whatever the cause, look at it straight in the face and think: There's a reason why Jesus came. Look at what He has fixed and what He's going to fix. We've got a Savior, now, and so we've got a Happy Ending. It's going to be all right.



## **Speaker's Night...December 17th**

### **Holiday Survival 7 PM—8:30 PM**

Presented by Barbara Chapman, co-founder of Voices of Truth, abuse support group in Gardner. This is not about how to stay within your budget...instead, we focus on safety issues during the holidays including difficulties with alcoholism, harmful family dynamics and repeated patterns of abuse. Learn how to identify potentially dangerous situations and gain tools to maintain personal safety. Attendance is free. Please call 978-874-5700

**Joy to the World , the Lord is come!  
Let earth receive her King;  
Let every heart prepare Him room,  
And Heaven and nature sing,  
And Heaven and nature sing,  
And Heaven, and Heaven, and nature sing.**

**No more let sins and sorrows grow,  
Nor thorns infest the ground;  
He comes to make His blessings flow  
Far as the curse is found,  
Far as the curse is found,  
Far as, far as, the curse is found.**

**He rules the world with truth and grace,  
And makes the nations prove  
The glories of His righteousness,  
And wonders of His love,  
And wonders of His love,  
And wonders, wonders, of His love.**

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