

Tis The Season....Ho Ho Holy!

Pastor Claus ... is the posture of a pastor celebrating the Christmas Season, and for that matter, the season of Christ in the Church all year long. This is the season the church shines with choir cantatas, youth programs, festive dinners and special worship services and rituals. Church decorations and special lighting add an atmosphere of warmth to the sanctuary and the Christmas message that is proclaimed.

Pastor Claus, like Santa, conveys joy and happiness and the spirit of Christmas giving. But what happens when a pastor is over stressed during the Christmas season, or runs low on energy during this time. Depression for a pastor is real. Pastoral depression is usually disguised with the perfect smile, all the right words, "perfect" sermons, making all the appearances, and getting everything done, even at the last minute.

One way to overcome the tendency to get overstressed and depressed in the day to day pastoral duties is to take our own spiritual medicine. I think a daily dose of the beatitudes is a depression preventative and cure. Jesus simply says, HAPPY ARE THOSE WHO The beatitudes are the depression cure. When I'm stressed, I start hungering and thirsting to do the right thing, even if it's taking a nap. Soon I get my energy back and remember, I can do it and I won't be alone. It's when we feel alone that we are the most vulnerable to negative energy and depression.

By reaching into our own spiritual reservoir, we draw on all the energy we need to be the peacemaker, the joy maker, and the mercy maker, & the love maker.

We have the greatest story to share, not just at Christmas, but throughout all the seasons of the church year. This may be the busiest season in the church and that's a good thing. Imagine working a double shift in a factory, all month long, on the Assembly Line of JESUS JOY! JESUS JOY keeps coming down the line and we keep packaging it up and sending it to shipping. When the line goes down, we get it fixed and up and running again.

"Tis the Season" and I love every minute of it, 'cause I'm not alone and I don't have to do it all by myself! Remember these are the Holy Days ... not just the holidays!

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