

A Bite of The Casserole #24

12/6/22

Blue Christmas or Longest Night

The holidays can be tough for anyone. The high ideals of love and joy in commercials and charming movies can leave people feeling even more empty.



It may be their first holiday season without a loved one or they can't travel this year. Perhaps the gloom of short days with leaden grey skies seems relentless. Maybe it's the challenge of facing submerged tensions arising when the family gathers for what "should" be a happy time of caring and even more a time of gratitude for God's love.

The holidays can have a negative impact on us whether we have a diagnosable issue or not. Recently, congregations have begun holding special worship services that are sensitive to these challenges. They may be called "Longest Night," "Blue Christmas" or "Service of Hope." Some churches planning these services include:

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| St. Paul United Methodist | 1144 M St. | 12/18 10:00 am | Service of Hope |
| Lincoln Berean | 6400 S. 70 th | 12/18 4 pm | Blue Christmas |
| Eastridge Presbyterian | 1135 Eastridge Dr. | 12/21 6:30 pm | Longest Night |
| Edenton Disciples | 7001 Edenton Dr. | 12/21 7:00 pm | Longest Night |
| SouthPointe Disciples | 7010 Helen Witt Dr | 12/21, 7:00 pm | Longest Night |
| Our Saviour's Lutheran | 40 th & C St. | January TBD | Healing Service |
| Southwood Lutheran | 4133 Wilderness Hills Blvd | 2/15/23 7:00 pm | Healing Service |

All are welcome at any of the services.



A whole casserole is too much so we offer **A Bite of The Casserole** from time to time. We welcome ideas for short articles of interest to people working in their faith congregations on issues of addiction and mental health. Working together we will defeat stigma and shame. Faith Partners is a program of Region V Prevention Systems 1645 N St. Lincoln, NE. supported by a Partnership for Success Grant (PFS# 79-SP08090988) DHHS Division of Behavioral Health. This is edited by Otto Schultz, so if something is wrong, blame him, OttoBSchultz@outlook.com or 402-770-1974.