

Healing at Christmas

By Suzan Myhre, M.S.S.W.

Christmas often conjures up visions of family around a well-lit tree, hot spiced apple cider brewing, and laughter of family and friends. What these images evoke is warmth, joy and peace in our hearts. Many of us have enjoyed these gifts in our lives and will enjoy them once again this year. There are however, circumstances and situations that we find ourselves in that cause great pain, sorrow and sometimes trauma. Christmas may include some unexpected emotions and uninvited troubles that we thought we could avoid.

There are many types of pain one can experience at Christmas. Relationship pain is one type. Relationship pain has to do with two parties whose attachment or connection to one another has been shaken, torn or broken. Sometimes the events that caused this take place over a very short period of time, and sometimes it takes place over a lifetime. Whatever the case, regardless of whom did what to whom, it is important to remember that we all have choices in this. We indeed have several choices to make to help ourselves take a break from some of the relational angst that may exist in our families.

In 1914, after WWI had been raging for 5 months, Christmastime approached. The conditions were wet and miserable. Both sides were knee deep in sticky mud, and shot at anything they saw move. Both sides appeared tired of the battle that was dragging on. Most of the soldiers longed to be home with their families. The story goes that German troops lobbed a chocolate cake across the field (No Man's Land) into the British trenches. Attached to the cake was a message asking the British if they would consider a one hour cease-fire. When the allies dared to look over the trenches, they viewed hundreds of Christmas trees that had been delivered to the front, complete with brightly lit candles. In silence the Germans sang 'Silent Night'. When the chorus faded, applause broke out among the allied troops. Both sides shared cigars, singing, and Christmas treats in celebration of the birth of Christ.

Perhaps this Christmas you hope to set aside the "trouble" you have been carrying. Perhaps you would like to have a "cease-fire" so that you could rest, breathe and enjoy the lights and sounds around you. If you find yourself saying "oh, I only wish it was possible. . ." then ask our Prince of Peace, our Wonderful Counselor our Mighty God to help make that possible for you. He considers no request too small, for your heart is what matters most to Jesus. This is why He came, that whosoever believe in Him would not perish, but have everlasting life with Him in heaven (John 3:16).

*I create the fruit of the lips; Peace, peace to him that is far off
And to him that is near, saith the Lord; and I will heal him.*

Isaiah 57:19

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