

**It's the most wonderful time of the year...  
until it's not.**

This time of year, we seem to feel things more deeply than at other times. Good and bad, happy and sad. It's the most wonderful time of the year...until it's not.

In between all the joy and celebration, a touch of melancholy can creep in. Often our minds go back to times gone by. People, places and things that are no more. We all go through it. What we must remember is that it's OK. It's part of the human experience.

What we also must remember is that, it's not about us, it's about the celebration of the birth of our Savior, Jesus who came to save us

*Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. Matthew 1:23*

Maybe it's just me, but it seems that our "modern" traditions that came from that one day two millennia ago, have sort of gone awry. The first gifts were given to a baby who was to become our Emmanuel.

*When they had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was. When they saw the star, they rejoiced with exceeding great joy. And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh. Matthew 2:9-11*

I admit, I too get caught up in the commercial aspects that are now the norm for Christmas. The celebrations with family, the gift buying, the decorating, the cooking and baking. In between all of that, are my moments of melancholy.

It's hard not being with so many of those I have loved. It's been over 23 years since my mom has been here to share Christmas and I still miss her terribly. She is one of many that I seem to miss so much more at this time of year. But I know some day we will be reunited in glory. Celebrating Jesus' birthday in heaven. Can you imagine what that birthday party might be like?

So, what is it I'm trying to say with all of this? Sounds a little like rambling, doesn't it? I guess what I am trying to say is that we need to keep our minds focused on the "Reason for the Season. Yes, that is a bit cliché, but it is so true.

As you work your way through this season of Advent, remember what [Advent](#) means and is. It is the waiting for the coming of Christ. (December 2<sup>nd</sup> to December 24<sup>th</sup>)



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*"Since the time of Bernard of Clairvaux (d.1153) Christians have spoken of the three comings of Christ: in the flesh in Bethlehem, in our hearts daily, and in glory at the end of time." The season offers the opportunity to share in the ancient longing for the coming of the Messiah, and to be alert for his Second Coming.\**

With all of this said, the conclusion would be that it's OK to be happy...it's also OK to be sad. Just remember it's not about the gifts and the food or even family, it's about our Lord. Keep that in your heart and all will be well.

A handwritten signature in cursive script that reads "Cindy Lee".

Cindy Lee Nonnemacher  
Author

\*(<https://en.wikipedia.org/wiki/Advent>) [Pfatteicher, Philip H., "Journey into the Heart of God: Living the Liturgical Year", Oxford University Press, 2013 ISBN 9780199997145](#)