



Dear MFS and Canadian OUTCAN folks,

The seasons of Advent and Christmas are nearly upon us which means, for most of us all there will be an increased busyness and hopefully some well-deserved quality time with family.

The concept of Advent (weeks leading up to Christmas) in the Christian traditions invites us to be people of expectation; We wait for the birth of our Messiah and we eagerly wait for when the Lord will come back. While that may mean something different to each of us, we do hope that as we enter into the season that we will come out the other side of the holiday having experienced over all rest and positive reflection with ourselves and loved ones.

For my own reflection on the season of Christmas I can honestly say it is often a time where I can expect to run from way too many events and over stuff on too much food. I don't think that I am alone in this as it can be a time of straight up exhaustion many others too.. For some of us this is a season that comes with a heaviness that can produce some difficulties. If that is the case we should always seek to surround ourselves with positive connection with others. While away from family on an OUTCAN I find a quick phone call with old friends and relatives can often lift my spirits when I hit a low in my life.

What do you do to lift yourself out of a slump? Below are a few other resources and ideas for you to consider:

1. If you wish to make use of the CFMAP number you will find someone there who can assist with connection with a qualified counsellor. 1 800-268-7708
2. Chaplains on your base or wing.
3. MFS in your location.
4. I am always available as well: Cell : 719-232-6346

In the next couple of weeks LCOL A.J. O'Brien and I will send out a video message to say hello and we will pick her brain on other coping mechanism to deal with the season. (This will be our first attempt at this new technology so in advance we thank you for your patience and kindness as we blast into the 21st Century of technology)

Until then, may we live as people of expectancy, and be kind to yourself and others!

Peace,

Padre Jim



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