



# Saint Patrick

## Catholic Church

Dear

The holiday season is here. A time traditionally filled with merriment and gatherings of family and friends as we prepare to celebrate the birth of Jesus.

Sadly, now those get-togethers will be missing at least one special person. Undoubtedly you know of others who have had lost loved ones and made it through the holidays. You will do it too!

Take part in activities that are truly meaningful and enjoyable for you. Consider your family holiday traditions and what works best for you and your loved ones. The predictability of traditions may offer a comforting structure to the holidays. And yet this may be the time to try something different or begin new traditions with family or friends as you figure out the best way to spend time together this year.

Above all, remember that your situation is unique. What worked for someone else may not feel right for you. Trust yourself. Reduce holiday pressures by eliminating or reassigning those activities that are not as important to you. Cherish your memories, spend time in prayer, and know that God is always there for you.

"May you draw strength from the holiday traditions of your past...  
Hope from the changes you need to make for the present...  
Faith in your ability to handle the future."

Bruce Conley

May you experience God in a special and wonderful way during this holiday season.

Sincerely,