

# Overcoming those holiday blues

Pollsters say nearly half of us are troubled by periods of intense loneliness. These melancholy moods may sweep over us for a number of reasons: the loss of a loved one, living a great distance from family members, distrust of others, relocation during the past year and not finding a new church, to name a few.



Rev. Roger Campbell

For many, the holiday season is the loneliest time of the year. Memories of home and family or some special Christmas past can make us lonely even in a crowded mall. There, though surrounded by hundreds of other shoppers, we may feel alone. Baxed in by memories that steal the joys of the moment, we're liable to waste our time brooding over the

passing of better days that can never return. Perhaps you're one of those lonely ones. What can you do about it? Try reaching out to other lonely people.

A widow fighting loneliness for the death of her husband found help in visiting lonely people in nursing homes. There she shared her faith and gave words of encouragement to those who were no longer able to be out and about enjoying their friends. In helping them overcome their loneliness, she became less lonely.

A husband and wife who share a concern for lonely people make regular visits to prisoners in the local county jail. Their love for these forgotten ones has made a difference in their lives and in the lives of the prisoners. While the criminal justice system grinds along in disarray over what to do about high rates of repeat crime when prisoners are released, these two and others who have joined

them are witnessing the power of their messages of love and concern to change lives. An entire pew in their church often is occupied by former prisoners. The "miracle pew," they call it.

"The One born in a lonely stable, added a special dimension to an selfish outreach to hurting people, saying: 'I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me' (Matthew 25:35-36).

Knowing that His hearers would be confused by His words since they had done none of these things for Him, He added: "Inasmuch as you did this to one of the least of these my brethren, you did it to me."

No wonder caring for lonely and troubled people enables us to overcome those lonely holiday blues. Our love reaches beyond the recipients of our acts of kindness to the One who is the reason for the season.

What a simple solution for conquering the holiday blues! Get involved in the lives of other lonely people. Somebody out there needs you. Pick up the phone and call someone you've been neglecting.

Write a letter to a lonely relative or friend. Visit someone who is ill or who has suffered a great loss this year and sits alone wondering if anyone cares. Invite a lonely person to visit your church and see that this isolated one is introduced to people who will join you in making him or her feel welcome and wanted.

Seize the season to tell others about the One who promised He'd never leave us alone. And you won't feel lonely anymore.

The Rev. Roger Campbell is an Independence Township resident and author of more than 20 books. His radio program, Higher Ground, is heard at 8:55 a.m. Sundays on WJFL-AM (103.0). He can also be heard at 6:10 a.m. Monday through Friday on WMPC-AM (123.0).



Freshmen, Junior varsity and varsity NFWB Vikings cheerleaders relaxed for a few minutes before participating in their Cheer-Off.

## NFWB freshmen cheerleaders win trophy

All three Cheerleading squads for the North Farmington/West Bloomfield Vikings - Freshmen, Junior Varsity and Varsity, ages 5-13 - competed in an all day event at the Cheer-Off Competition held at Kimball High School in Royal Oak on Nov. 9.

NFWB Viking Cheerleaders competed in a 90-second Cheer and a 3-minute Dance routine against 10 other teams from Royal Oak, Troy, Shelby, Clawson, Madison Heights, Hazel Park, Roseville and Berkley. The Freshman squad took home their very first 1st place Trophy, in the Cheer Round.

The girls also cheered weekly at all the NFWB Vikings football games, rain or shine. For the first time in Vikings history, the NFWB Varsity Football team won every game and went on to win the Super Bowl, played on Nov. 9 at Senham High School in Birmingham. Football players and cheerleaders are all part of the Oakland Macomb Youth Football Association. NFWB boasts approximately 119 football players and 27 cheerleaders, who attend many different public and private elementary and Middle Schools in the area. The organization is all volunteer.

### REUNIONS

As space permits, the Observer & Eccentric Newspapers print, without charge, announcements of class reunions. Send the information to Reunions, Observer & Eccentric Newspapers, 794 S. Main, Plymouth, MI, 48170. Please include the date of the reunion, one contact person, and a telephone number.

**Birmingham Seaholm High School**  
Class of 1992  
A 10-year class reunion is being held at 7 p.m. Dec. 27 at Hockey Town Cafe/Second City. The price is \$60 per person which includes appetizers, full bar and ticket to comedy show. We are still looking for classmates.

For more info you can contact Jackie Wright at (702) 519-6335 or jacqueline.wright@lds.com.  
**Catholic Central**  
Class of 1961  
For information about the Girls Catholic Central of Detroit 20th Reunion, call Jan Seefeld (248) 398-7777 or Nancy Nowak Kusch

(313) 291-1165.  
**Chadsey High School**  
Class of 1953 Jan/June  
A 50-year class reunion being held on Sept. 19, 2003, at the Warren Valley Golf Club on Warren and Beech Daley in Clawson Heights. Contact Fred Osada at (313) 278-9828 for further information.



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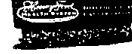

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For more information, please call Henry Ford Health System at 1-888-883-8483

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