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*Coping
with the
Holiday
Blues*

The holidays are rapidly approaching, and the period of time from Thanksgiving on is often difficult for people, emotionally and spiritually. Feelings of sadness, loneliness, and anger can intensify when contrasted with the joy expected of the holidays. There are many factors that can contribute to holiday depression. For example –

- Associating the holidays with unresolved family issues or a painful childhood
- Facing the loss of a loved one with whom you have shared the holidays
- Reflecting on losses or disappointments over the past year
- Being away from family and friends

Frankly, there are no easy answers or magic pills, though an anti-depressant prescribed by your primary care physician or, preferably, a psychiatrist or other mental health professional with prescriptive authority can be quite helpful.

The Church prefaces Christmas with 4 weeks of preparation called Advent. Some of the themes that comprise this liturgical season are: “wilderness,” “darkness,” “watching and waiting.” These themes are not exactly what you would call “holiday cheer.” But they are very much a part of the human condition; and they are essential to receiving the spiritual gifts that we look forward to at this time of the year. There are also some coping mechanisms which mental health professionals recommend –

- Try something new. Take a vacation with a family member or friend.
- Spend time with people who care about you.
- Volunteer your time to help others. Spending time with those in need can help you feel less isolated.
- If you are religious, take time to reflect on the spiritual significance of the holidays.
- Try to appreciate the good things you have now instead of focusing on the past.
- Stay active. Get out. Go for a walk. Window shop.
- Accept feelings of sadness or loneliness. These feelings might not go away just because it's the holidays.
- Get help if you need it. Don't be embarrassed to ask for help any time of the year.

My favorite advent hymn is “*O Come, O Come, Emmanuel.*” It dates from around the 12th century and underscores how the human condition can, at times, be one of struggle, yet through faith, the spirit rises above even tragedy, and hope and love prevail. Here is one of the verses:

*O come, thou Dayspring
Come and cheer
Our spirits by Thine Advent here
Disperse the gloomy clouds of night
And death's dark shadows
Put to flight
Rejoice! Rejoice!
Emmanuel
Shall come to thee, O Israel.*

Know in your heart that “*Emmanuel*” – **God with us** – is the fundamental reality of life (*and death*)!

Godspeed,
Gary



COLLBRAN CONGREGATIONAL UCC ROOF PROJECT 2015

For the past several years, we have experienced expensive ice and snow damage from the old roof on the church. The insurance company has been very understanding and generous in covering or partially covering the costs of repair to these damaging and destructive leaks.

However, after even more claims and damage repairs this year, to the entry way by the gym, and classroom ceilings, walls and floors, and even in the overflow room by the steep roof over the sanctuary, we were notified by the insurance company that it was time to either replace the roof or find a new insurance provider.

After much prayer, discussion, and review of several bids, it was decided to contract with FCI Constructors to oversee installation of a new roof (by Kruger Roofing) from the bottom up (removing 3 layers of roofing - cedar shakes, composition shingles, 29 gauge ProPanel) and repairs over the past 60-some years.)

As you can imagine, the new roof has been extremely expensive, and we did have to borrow from funds provided by the late Everett and Mable Collins, to accomplish the roof replacement.

Current church attendees and friends have already contributed very generously to support the costs of the new roof, and we still need to pay \$135,000 to satisfy payment of the loan.

Originally the church was built by the communities of Collbran, Plateau City, Molina, and the Meadows, and has historically served the communities of Plateau Valley, with worship, Sunday School, Vacation Bible School, meeting space, basketball games and practice, weddings, funerals, baptisms, 4-H, Lions, gymnastics, birthday and anniversary celebrations, dance and exercise classes, to name a few.

If you feel you can support the repayment of the loan for the church roof replacement, we would be most appreciative. Donations of any size are gladly accepted, and can be mailed to:

Collbran Congregational Church, UCC/Roof Project
P. O. Box 160
Collbran, CO 81624



Here, you can see the workers from Kruger Roofing, as they remove a sheet of old metal roofing. You can see sections of the original skip sheeting on the roof over the gym, with the first 2 layers of old roofing (cedar shakes, then a composition shingle). You also see the new water and ice shield that has been applied over the new plywood decking on the left, awaiting the new and heavier, 26

We are looking forward to the coming winter with the expected cold, and ice – and the snows that provide irrigation for the seasons ahead. It will be nice to experience the season changes without costly and dangerous leaks.

Check us out on the website: collbrancongregationalchurchucc.org.

Come and join us in worship each (or any) Sunday. We welcome you!

Trustees, Ann Anderson, Jevon Klingler, and Cindy Price

WOMENS FELLOWSHIP

Our women's group has been busy planning for the Turkey dinner, Nov. 21, 2015. Dinner will be served between 11:30am and 1:30 pm.

Anyone wanting to help by contributing desserts, rolls, relishes, please contact Julia Cox, 487-3750 or Clara Mae Ward at 487-3297.

Help is always needed in the kitchen and dining room for setup, cleanup, and cooking. Contact Cindy Price, if you would like to help in the dining room and Sue Bellotti if you would like to help in the kitchen.

FREE WINTER COATS

The free winter coats are on display at Collbran Supply. Thanks to Fred and the crew for making room for us each year. We had an early run on children's coats so are short. If you are buying new coats, please remember we would love to have the used coats. Please be sure they are clean, in good condition, and the zippers work. We have a great display of adult coats, both men's and women's. Please stop by and pick out a coat if you need one or know someone who does.

Collections for the mission projects Layettees and Personal Care bags for the homeless shelters are ongoing. If you have items that we put into these bags please drop them off at the church.

Layettees

Receiving blankets
Baby Wash
Baby Lotion
Wash clothes
Newborn size onsies
Baby size stockings

Personal Care Items

Razors
Small soaps, shampoos, lotions
Combs
Toothbrushes and/or toothpaste
Washcloth

Collbran Congregational Church Website.

Please take time to check out the website that has been developed for the Congregational Church by McDel Publishing. Kammy (km@mcdel.com) is very knowledgeable and has provided the guidance and support we need to keep the site active and interesting. There are email addresses for a number of contacts for the church. This is a quick and efficient way to receive information you might be seeking or leave a message for one of the council members.

You can track scheduled events, read the Mustard Seed, and look at wonderful old photos, as well as new, in the Photo Gallery. Remember collbrancongregationalchurch.org is there for you to enjoy. Please let us know if there are other things you would like to see on this site.

Thank you, Kammy

Birthdays for November

Marilyn Eidson JD Hill
Clara Mae Ward Gary Bryant

Birthdays for December

Kane Gunther Rick Gunther
Ben Hayes Jeanne Reeves
Wyatt Rollins Peggy Shiflet

November Anniversaries

Jerry and Debbie Hamm
Jevon and Monica Klingler
Wayne and Pat VanGilder

December Anniversaries

Jim and Dean Cole
George and Nancy Currier
Rick and Toni Gunther
Dick and Mavis Hess
Kurt and Shoni Thompson
Gene and Delores Scott

Bible Trivia

1. What prophet's voice did the returned Jewish exiles obey?
2. What prophet mentions a voice crying in the wilderness?
3. Who heard the divine voice telling him to eat unclean animals?
4. What king heard God's voice just as he was boasting about how Great Babylon was?
5. Who heard the voice of God as he watched four mysterious creatures flying under a crystal dome?
6. Who recognized Peter's voice after he was miraculously delivered from prison?
7. According to Isaiah, what noble person will not lift up his voice in the streets?
8. According to Paul, what language did the divine voice use on the Damascus road?
9. What king called Daniel in an anguished voice?
10. Which epistle mentions the voice of Balaam's donkey?

UPCOMING EVENTS:

NOVEMBER

- Nov. 9 Church Council 6:30pm
Nov. 12 PV/DeBeque Hospice retirement party for Cindy Price 3-6 pm Bldg C at the Clinic
Nov. 17 PV/DeBeque Hospice Lights of Life Celebration
Nov. 20 Setup for Turkey Dinner
Nov. 21 Turkey Dinner served from 11:30am to 1:30 pm. Church Dining Room
Nov. 26 Happy Thanksgiving
Nov. 29 Soup Supper and Decorating the tree and sanctuary
Nov. 29 5th Sunday cash offering goes to Steward's Fund
Nov. 29 First Sunday of Advent

DECEMBER

- Dec. 6 Noisy offering for December – Blanket Fund
Dec. 6 Annual Christmas Recital 5pm. Sanctuary
Dec. 24 Christmas Eve Service 7pm
Dec. 25 Merry Christmas

Christian Education:

Sunday School began for the school year mid-September. We have been studying the travels of Peter and Paul and the disciples as they spread across the known world to spread the teachings of Jesus. We have created folders to keep stories and pages from each lesson and have a craft to take home each week.

We will begin studying the coming of Jesus on the first Sunday of Advent. We love the season of candles, stars, stories of this wonderful baby who God sent to save us all.

We are also preparing a song to sing at the Christmas Recital on Dec. 6th.

We encourage parents and grandparents to bring your children into a church so they can share in the instruction and learning that brings them to their faith.

Sue Bellotti -Christian Ed. Director

Christmas Recital December 6, 2015 5:00 pm

We have begun planning for the annual recital to share with the community. We are receiving notices of songs that are being prepared for Cowboy Poetry, piano solos, violin with piano accompaniment, and vocal numbers by the Crystal Crackers.

Please let me know if you would like to join in this musical celebration of the Christmas Season. We welcome you!

Sue Bellotti and Ann Anderson – Music Directors

Soup Supper and Decorating – December 28, 2015 5:00 PM

This is the night we all enjoy a warm soup supper together before decorating the big Christmas Tree that stands in the sanctuary and put up some lights and tinsel around the room.

Please join us for this wonderful start to the Christmas season. Advent will have begun the previous Sunday and we will be traveling through the days to the wonderful celebration of the birth of our Lord.

We need lots of hands to help decorate and voices to sing some carols.

The Stewards

Thank you so much for your wonderful newsy letters. Mom loves hearing all about your doings and keeping up with church news.

I am so thankful that Rob and I did travel and spend time with family, as in our retirement our plans certainly have taken a different direction.

Mom had a pacemaker installed in early August, her heart rate was very slow and the doctor said her heart was healthy, just tired. After a couple of more hospital stays for some complications she is home and doing well. She has been walking several blocks each morning and seems to be a little more perky.

Patti is still happy and easy going but more forgetful and a little more confused about things. Most Sundays we are able to attend our little church down the street. Just like in Collbran, the congregants are mostly senior citizens. There is a wonderful pianist and organist.

I took piano lessons when I was in Elementary school, so I have decided to start playing again. Self teaching really. I am using the beginning books my kids had and were still in the piano bench, and an easy learning system that lets you play right hand melody and left hand chords. The chords are sort of like reading guitar music. Fortunately I can still read basic music and know the keys and fingering needed. I try and get in an hour each day. It is sort of therapy for me probably torture for the family as they have to listen to me, but I can say I am better that when I first started.

We are planning on making the yearly trip to Arizona again, and should leave here just before Thanksgiving. In the meantime we have had a long warm summer and were still using the pool last week. However, I think we are about at the end of the swimming season.

Please say hello to the people at church and tell Cindy congratulations on her retirement.

Rob had just finished making homemade chicken noodle soup and he is making flaky biscuits, (

Thanks again for keeping in touch with us.

Best to all
Judie and Marilyn

Bible Quiz Answers

1. Haggai's 1:12
2. Isaiah 40:3
3. Peter Acts 10:13-15
4. Nebuchadnezzar Danial 4:31
5. Ezekiel 1:24
6. Rhoda Acts 12:14
7. The Lord's servant Isaiah 4:31
8. Herbrew Acts 26:14
9. Darius Dan. 6:20
10. 2 Peter 2:16



ANNUAL TURKEY DINNER

COLBRAN CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

SATURDAY, NOV. 21, 2015

SERVING 11:30AM-1:30PM

ADULTS: \$10.00 CHILDREN UNDER 12 \$5.00

EVERYONE WELCOME!

THE MUSTARD SEED

THE NEWSLETTER OF THE
COLBRAN CONGREGATIONAL CHURCH
UNITED CHURCH OF CHRIST
P.O. BOX 160
COLBRAN, CO 81624

November 2015

December 2015

To contact Pastor Gary Bryant:
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