

PASTOR'S COLUMN—FEBRUARY 11, 2013

Seasonal Affective Disorder (SAD) impacts people this time of year because of the decreased amount of sunlight. Some people will use a special light box to help lift their spirits. A lack of light is a legitimate concern for the human person far beyond the mental and psychological. From the spiritual standpoint, Jesus is the light of the world year round. Not to say that SAD is not a real concern for some; however, could it be that some people are sad because of a lack of trust in Jesus as the light of their lives?

Lack of sunlight is an issue for some, but, perhaps, an even bigger issue is a lack of Jesus lighting up our daily lives with His new life joy and peace that is not restricted by the calendar. A light box can help with SAD but the risen Christ within us (Holy Communion) radiates the constant light of salvation.

Loving you in Christ,

Fr. Terry