



Uniting Church says it is okay to “bah humbug” this Christmas

The Uniting Church SA is calling on the community to recognise that Christmas can be a very sad and painful time for many.

The church is recognising the hidden pain of Christmas by offering “Feeling Blue Services.”

“Sometimes feeling ‘festive’ is just not possible,” says Rev Rob Williams, Moderator of the Uniting Church SA.

“The Christmas season often heightens feelings of loneliness, sadness, grief and stress, at a time when we feel like we should be festive and jolly.

Rev Williams explains that, “People experiencing hardship shouldn’t be expected put on a happy face just because it’s Christmas – that’s not healthy. Nor should they be ignored.

“Sometimes it’s just a matter of asking how best to support them at this time.”

Feeling Blue Services are an alternative to traditional worship celebrations. (See next page for full list)

They are for people who may be finding the Christmas season difficult including those struggling to cope with grief, loss, trauma or separation from loved ones.

Feeling Blue services offer a place for quiet reflection in a safe and supportive environment. They can include elements like lighting a candle for a close friend or relative who has died.

Increasing numbers of Uniting Churches are holding Feeling Blue services in response to the needs of the community.

The Uniting Church’s Christmas website includes an online list of Feeling Blue services and around 200 other Christmas events: unitingpeople.org.au

Lifeline is another vital option for people doing it tough this Christmas (ph 13 11 14)

Lifeline Adelaide is one of the many UnitingCare services caring for people in need this Christmas – but it is one of the few services that will operate on Christmas Day.

Rev Rob Williams is available for comment.

More info: Sarah Urmston, Uniting Church SA, (08) 8236 4260



Feeling Blue Christmas Services

HAWTHORN

Westbourne Park Uniting Church

27 Sussex Terrace, Hawthorn

December 21 - 7:00 pm

Blue Christmas Service – ‘A gentle service for all who are grieving’

Phone: 8271 7066

Website: www.westbournepark.unitingchurch.org.au

ALBERTON

Trinity Uniting Church

793 Torrens Road, Alberton

December 21 - 7:00 pm

Reflective Christmas Service

BANKSIA PARK

Tea Tree Gully Uniting Church

592-600 Milne Rd, Banksia Park

December 21 - 7:30 pm

Reflective Service – ‘A service for those who find Christmas a difficult time’

Phone: 8396 3252

Website: www.ttguc.org.au

BROOKLYN PARK

Adelaide West Uniting Church

312 Sir Donald Bradman Drive, Brooklyn Park

December 22 - 7:30 pm

A Service of Peace

Phone: 8234 1199

Website: www.awuc.org.au

HIGHGATE

Rosefield Uniting Church

2 Carlton Street, Highgate

December 24 - 8:00 pm

Service of Solace (the sadnesses of Christmas)

Phone: 8271 9528

Website: www.rosefield.org.au