

The Saltshaker



Pastor's Heart

December 2025

It's the most wonderful time of the year, or is it?

We have heard people say, *"It's the most wonderful time of the year."* This season that we have entered, I refer to as the **Holy** days, instead of the holidays, and I try to find ways to walk in the presence of God as I encounter each day, event, and person. I try to remember that for many people this season is also, *"One of the most depressing, difficult, challenging, grueling, and complicated times of the year."*

Why is this so? Many reasons actually, but for the purpose of this article I will focus on mainly aloneness, experience, and poverty. Let me expand on these issues . . .

Being alone during the holidays doesn't necessarily cause one to be depressed, but a false reality of this time of year is projected in advertising, movies, and activities that happiness is associated with family, friends, and co-worker events. Being invited to social gatherings requires gift giving, festive apparel and motivation to enjoy the crowd. Reports indicate that 27.6% of our population live alone. Another way of saying this is that more than 1 in 4 households are occupied by a single person in the U.S. Some desire this separation while others long to belong to a greater social network. Think about the person who has lost a spouse or a loved one and this is their first Christmas without them? This might help us to "adopt" a single person to join us this year? In our church there are many people living alone that would enjoy joining a family at Christmas or even being invited to a church event that they might not attend after dark or due to the cost. More on that later.

What am I saying about experience? Family dynamics come into play, especially different views of religion, politics, and now more than ever with gender bias intergenerationally. First, don't get suckered into an argument, it's not worth it. Also, don't avoid your family by thinking about what took place in the past. People change right? Give it a chance. Maybe you are avoiding certain family members due to unresolved conflict. Let me be clear, *"That's on you."* If you have refused family activities based on conflict from years ago, seek to resolve it. Be an agent of transformation in your family. Invite a person of peace in to act as a mediator to work through unresolved issues. Seek counsel to do the right thing. Don't let conflict steal your joy.

Feeling the crunch financially? Join the club. We have by necessity shifted the way we do Christmas at our house. I like to think about the Presence of Christ in our Christmas. We share devotions and find it important to pray together in this season. Little children's attention spans are limited so if you have them in your household don't spend the night away expecting them to listen to ancient readings from the King James Version of the scriptures. Instead, select a story to share with children or your grandchildren that speaks to God's amazing story of Christmas. We have some in the church library that you can borrow and share at home.

In researching for this Pastor's Heart, I found some good teachings for handling the stress of the holidays. First, I would suggest that you remember to *"Please God and love people."* Skip being a people pleaser. If anyone offers free advice on how you should be living or raising your teenagers, take it for what it is worth, okay? Second, maintain healthy boundaries and remember that *"No,"* is still a part of your vocabulary. We were never meant *"to be all"* for others. Our energy is limited, our resources are limited, and our time is too.

Next, be mindful of keeping Christmas and the holidays simple. Do what you want to do when you want to do it and step back when your energy gives out! People will understand and you will reduce your anxiety. Also, keep an exercise plan. Even a simple walk around the block will work wonders with your mind, body, and spirit. Make small adjustments that energize your being. Keep Christ in Christmas and you might find yourself experiencing joy through the Holy days this year. To God be the glory!



CALVARY BAPTIST CHURCH PRESENTS:
A MUSIC CELEBRATION OF JESUS BIRTH

"A Baby Changes Everything"

Free Admission

SATURDAY • DEC 13 • 6:30PM

SUNDAY • DEC 14 • 3:30PM

CALVARY BAPTIST CHURCH 1290 A ST, DELTA, CO
WWW.CALVARYDELTA.ORG

Singles & Marrieds

18-49 years old

CHRISTMAS PARTY

Sunday, December 14th, 5:30PM
in the Church Gym

Dinner will be provided...Everyone
needs to bring a nice co-ed gift,
wrapped and under \$10.

KAREN CHRISTMAS CELEBRATION SATURDAY, DECEMBER 20TH

We will begin with a potluck at
noon, followed by devotionals, the
1st Christmas drama,
worship music and a visit from the
ole' guy himself - Santa.
Everyone is invited!
Please come!

CHRISTMAS EVE

CANDLE LIGHT SERVICE

Wednesday, December 24th - 5:30PM

COME AND WORSHIP THE KING OF KINGS!



Join us to celebrate

New Year's Eve party

Wednesday
31 6PM - 8PM

DECEMBER

Meet at the church in the gym.
Bring your board games and card games.
We will have a potluck, so bring food to share.
Questions:
James & Vicki Conley
970-216-7845




WINTER COAT DRIVE AND COMMUNITY FOOD COLLECTION

Bring warmth, dignity, and nourishment to our homeless community.

DROP OFF LOCATION
540 W. 4TH ST. IN DELTA
Monday-Friday 9am-5pm

☒ **WHAT WE ARE ACCEPTING (Examples)**

- Warm jackets & coats (Adult men and woman's only)
- Gloves, scarves, socks
- Blankets
- Bath towels and Tide Pods
- On the go food such as granola bars, dried fruits, trail mix or nuts, protein bars, jerky, popcorn, rice cakes, drink boxes, water, paper lunch bags.

☒ **YOUR IMPACT:**

Every item you donate brings more than nourishment — it offers warmth, dignity, and hope to someone facing hunger or homelessness. Your kindness provides comfort where it's needed most. Give what you can — and help light the way forward.

For questions contact
amandacrager@cityofdelta.net &
danielmacfarlane@cityofdelta.net



RMMO2025
Worthy of love

Mission
Spotlight
for
December

Let all that you do be done in love — 1 Cor 16:14

Originating in the mid-1930s as the Communion Fellowship Offering, it became known as the Retired Ministers and Missionaries Offering (RMMO) in 1977. The RMMO funds collected by your church are distributed as thank you checks. Recipients include retired ordained ministers and commissioned missionaries who have devoted 15 years or more to ABCUSA, as well as surviving spouses. A certain portion of funds is also allocated for direct emergency assistance.

MMBB 



Christmas FOOD DRIVE

Give what you can. Your kindness makes Christmas brighter for everyone.

Items needed:
Canned goods
Boxed food
Potatoes
Money for hams

Thank you!

Please bring to the church office by Dec. 17th.



Delta First
Baptist Church
1250 Pioneer Road
Delta, CO 81416



Address Service Requested

Sunday School Classes and Adult Family Time start at 11:15AM

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|---------------------------------|-------------------------|
| Room 110, Leta Duran | Children (K-5th Grade) |
| Room 111, Mike & Sherry Burns | High School/Adult Class |
| Room 201 Scott & Mary Fritzsche | Middle School |

Delta First Baptist Church
1250 Pioneer Road, Delta, CO 81416
Phone 970-874-3847
E-Mail: deltafbc@yahoo.com
Pastor James Conley
Youth Director: Thaddeus Conley
Office Hours:
Tuesday-Thursday 8:30AM—2:00PM
Website: firstbaptistchurchdelta.com

