



Calendar of Events:

- * 5—W@C Christmas Party, 6:30pm
- * 11—Board Meeting, 6:30pm
- * 16—Work Day, 8:30am
- * 16—Church of God 6pm—9pm
- * 25—Christmas Day, office closed
- * 31—New York, New Year's Eve Party

December Birthdays

Tricia Kaiser	12/01
Cydney Mc Coy	12/02
Jerry Lemmon	12/05
Katy Lemmon	12/06
Debbie Lemmon	12/08
Lorraine Mc Coy	12/14
Stevie Irachett	12/17
Carlos Minor	12/17
Jeanne Brown	12/19
Brandy Stark	12/26
Steve Irachett	12/27
Paul Vargas	12/31



Look at a
CANDY CANE
WHAT DO YOU SEE?
Stripes that are Red
LIKE THE BLOOD SHED FOR ME!
White for my Savior,
WHO'S SINLESS AND PURE!
"J" is for Jesus,
MY LORD THAT'S FOR SURE!
TURN IT AROUND
and a staff you will see
Jesus, MY SHEPHERD,
is coming for me!

FALALA DESIGNS



CROSSROADS
CHRISTIAN CHURCH

Prayer Chain

Contact:

Debbie Lemmon

Email: deblemmon@sbcglobal.net

Home phone: 831-449-0964

Text: 831-594-7093

Crossroads Christian Church Office

Brandy Stark – Church Secretary

Email: crossroadschurch@sbcglobal.net

Phone: 831-444-9104

Office Hours: Monday – Friday 9:00am -2:00pm

- * Make sure we have a current email address. All members of Crossroads are on the prayer chain email distribution list.
- * We will make every effort to get your request out as soon as possible. Please feel free to leave a message with Debbie Lemmon.
- * If you do not have email and would like a text and/or phone call, please let Debbie know.

Share Jesus, Share Christmas

November 26 - December 17, 2017

Hebrews 13:16

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

One in five Monterey County residents - 100,000 different people - are served annually by the Food Bank for Monterey County. Nearly half of them are children. Families are struggling to put food on the table and often must choose between paying for housing, transportation, or other living expenses and paying for food.

Crossroads will be asking for donations of money for turkeys and collecting nonperishable food for the Monterey County Food Bank. See the list of suggested items.

Help to share Jesus during this holiday season.



Coping with Holiday Stress, Depression and Anxiety



I want to share something I found recently when I was researching for my message on depression, earlier this year. I know that we are all in different places in our lives. However we all seem to have a level of anxiety or stress this time of year. These are pretty sensible ideas that any of us can use. Plus, if you have not taken the time to prepare for the Holiday Season, these can help give you a way to approach the issues confronting each of us.

Perry Vargas—contributor for Leadership article

Matthew: 11:28-30 Come to me and I will refresh you. Jesus said to the crowds: "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

The holiday season is full of celebrations, spending time with family, shopping, etc. Holidays are meant to be joyful, but for some they bring about unwelcome stress, depression and anxiety. Here are some tips to help you survive the holidays!

1. Recognize feelings of sadness or grief and express those feelings. The loss of a loved one, or not being able to spend time with loved ones, can be difficult. It is okay to feel sad and express your emotions during this difficult time.
2. Seek community when feeling isolated or lonely. Church and other community events can provide a social connection. It is a great time to volunteer your time to lift your spirits, help others, and make friends.
3. Be flexible, realistic and don't expect perfection. Traditions and rituals are an important part of the holidays; however, each year will be different and it is important to be open to new ideas and change.
4. Be accepting of others. Not everyone will agree all the time or meet your expectations. It is probably best to deal with disagreements at another time. Remember that others may feel holiday related stress too.
5. Set a budget and stick to it. Gift-giving and entertaining can be costly. Suggest a gift exchange rather than buying individual gifts. Potlucks are a great way to share entertaining costs and try new recipes.
6. Plan ahead. Set aside days for shopping, baking and other activities. Plan menus and shopping lists to minimize last minute trips to the store. Also, give yourself extra time for traffic and long checkout lines.
7. Learn to say **no**. It is easy to over-extend, but it only adds to the stress. Your time is valuable. Decide what matters most to you and budget your time accordingly.
8. Be healthy. Allow time for sleep and exercise. Don't overindulge. Continue to eat regular, healthy meals, drink plenty of water and enjoy holiday treats in moderation.
9. Take a time out. Take time out of each day to **pray**, meditate, deep breath and center your soul.
10. Seek professional help if you need it. If you find yourself unable to shake feelings of sadness or anxiety, sleeplessness, irritability, hopelessness, are unable to complete daily tasks, or are having other physical symptoms, please speak to your health care provider. It is okay to ask for help.

Prayer for Anxiety and Stress:

Dear Lord, I need you now because I am full of stress and anxiety. Reading your Word brings comfort, as I ask you to come and take my heavy burdens. I take each burden, one by one, and lay them at your feet. Please carry them for me so that I don't have to. Replace them with your humble and gentle yoke so that I will find rest for my soul today. I receive your gift of peace of mind and heart. Thank you that I can lie down tonight in peace and sleep. I know that you, Lord, will keep me safe. I am not afraid because you are always with me. Please keep me daily, Lord, in your perfect peace. Amen.

The Gift of Love

*Blessed is she who has believed that the Lord
would fulfill his promises to her!*

Luke 1:45 (NIV)



L W G G C B G R A J Y Y I B E
L K E T H L Q E G X M U D E F
J Q K L I E O L R B A B Y L T
X Z W V L S L I E M C K N I Z
N R O H D S U Z E A A O W E O
R G S O D E C A T J T R H V B
G N F Q V D U B I D O G Y E H
M J U D E A F E N Z B Y M A T
I A L Q U L I T G C F X I M E
I F F V T E L H O M E R V S T
H A I I V A L U C E A B I D Z
J R L X L P E A I H A M M K V
I G L B U E D A C X O V U T B
R W Z A V D G E D R E H J O H
X Q L K H M Z L P Z E I J A K

ELIZABETH

FULFILL

FILLED

GREETING

BELIEVE

BLESSED

CHILD

PROMISE

LEAPED

JUDEA

ZECHARIAH

JOY

BABY

HOME

MARY

Do Not Open Till Christmas...



Can you even imagine the anticipation a tag on a gift like this would create?

Do you notice, you only see this phrase when it's Christmas time?

The image popped into my head as I was driving to Church last Sunday.

A gift beautifully and meticulously wrapped, the perfect glittery bow placed on top, and the tag: "Do Not Open till Christmas"

What a special gift that must be, and the joy of the giver waiting for the response!

Now...Imagine if that tag was on our Bible, or our prayer life, or our ability to attend church? Imagine if you could only read your Bible one day a year, or pray one day a year. Do we sometimes symbolically do this to ourselves? God gave us this precious gift of constant and unending communication and relationship with Him. How often do we open that gift?

God has also bestowed gifts to us, to enrich the lives of those around us and when we use those gifts, we mirror God's love, His kindness, His Grace. Walk through this life in God's image, SHARE what He has given us, and OPEN your Gift from Him...every. single. day.

John 3:16

For God So Loved the World That He Gave His Only Begotten Son, That Whosoever Believes in Him, Will Not Perish, But Have Everlasting Life.

2 Corinthians :15

Thanks Be to God for His Indescribable Gift!



~ Nan Madruga
Woman at Crossroads (W@C) Article Contributor

Crossroads Christian Church

Church Secretary: Brandy Stark

Phone: 831 444 9104

Office Hours: 9am-2pm, Monday - Friday

crossroadschurch@sbcglobal.net

Like us on  Crossroads Christian Church Salinas

Elders:

Jerry Lemmon

Alan Stark

Lyn White

Current Groups/Classes

Sunday Morning

Please join us for one of our Bible studies.

Plan to arrive early and join us for coffee and pastries.

9am

Adults – “A Church That Flies”

Tim Woodroof/Jerry Lemmon

10:30am - See schedule

Nursery/Toddlers

Pre-K

K-5th grades

Sunday Evening – 5:30pm @ CCC

Sermon Discussion - Alan Stark (on December break)

Wednesday Morning – 9:30am @ CCC

Women’s Bible Study

Chronological Walk through the Bible

See Susan Vargas or Tonna Henson with any questions

Thursday Evening – 6:00pm @ CCC

Women’s Bible Study - Becky Cromer (on December break)

Prayer Chain

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Email: deblemmon@sbcglobal.net

Home phone: 831-449-0964

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Our Vision

GLORIFY GOD

Our Mission

Grow in Christ

Serve in Love

Bring others to Jesus