

# Holidays Feel Lonely for Some

## Reaching out to friends and family is critical this time of year

Nov 12, 2019

With the holidays fast approaching, folks are looking forward to getting together with family and friends. There will be parties at work or in the neighborhood where everyone comes together to enjoy holiday fare and fellowship.

That said, not everyone is looking forward to the holiday season. There are those who have lost loved ones, while others have had friends or family move away. And, we must not forget about the military spouses who are alone during deployment, as well as those who are deployed.

The holidays may feel especially lonely for these people. What had once brought happiness is now missing. Some find themselves feeling miserable, wishing away the holiday season.

It's so easy to become overwhelmed and easily discouraged when focusing on what we perceive to be negative situations.

Instead, if we focus on God and his love for us, a new world of possibilities will open.

I encourage you to visit your personal place of worship this holiday season. Call up an old friend or make new friends who can go with you and share the experience.

If you know someone who struggles this time of year, check in with them and invite them to your home or to an outing you know he or she would enjoy. Just being present may help take away the feeling of loneliness.

*Editor's Note: This article is courtesy of VFW National Chaplain Jim Jenkins, and featured in the November/December 2019 issue of VFW Checkpoint. If you're a Post, District or Department Commander and aren't receiving the Checkpoint e-newsletter, please contact the VFW magazine at [magazine@vfw.org](mailto:magazine@vfw.org).*

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