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## **A Christmas Eulogy** *Our path to redemption and renewal*

*"If I could work my will, every idiot who goes about with 'Merry Christmas' on his lips should be boiled with his own pudding and buried with a stake of holly through his heart. He should!"*  
**Scrooge**

When I am out in the field providing a debriefing service to our clients to help deal with trauma and tragedy, sometimes unusual topics come to mind. Last week it was A Christmas Carol, by Charles Dickens. Mean and miserly Ebenezer Scrooge is both disturbed and blessed by a series of spiritual visitations (from the Ghosts of Christmas Past, Christmas Present and Christmas Yet to Come) that take him on a path of self discover and ultimately redemption. He is provided with a condensed series of newflashes about his life that contrast the lost and better Scrooge with the mean present and looming path to a miserable and lonely end. Lessons learned, despite the daunting challenge, Scrooge embarks on a new, better, kinder and more generous spirited life.

*'I don't know what to do! I am as light as a feather, I am as happy as an angel, I am as merry as a school-boy. I am as giddy as a drunken man. A merry Christmas to every-body! A happy New Year to all the world! Hallo here! Whoop! Hallo!'* **Scrooge**

In the same way that Scrooge was jolted to embrace a new 'spirit of Christmas' and life, Dickens reminds us we can all draw on our past to propel us to a new future. Christmas is a great time to

reflect on our life and imagine what might be contained in our Eulogy if we stopped the clock now, and point us to how we might change for the better. Like Scrooge, if our better selves have been temporarily lost in the hassles of work and life, if we take time for self-reflection we can rediscover our generous, kind and grateful selves.

Thank you to my supportive, caring, hard working and professional staff that enable us to continue to support all our EAP clients, so well.

Wishing you a happy, safe and peaceful Christmas and New Year, from the ACCESS team.

**Konrad Gawlik**  
**Manager**  
**ACCESS Programs**

MERRY  
CHRISTMAS

The ACCESS Programs EAP is a confidential service to help employees deal with any work-related or personal issues affecting their lives. We offer a full range of training and consulting services as well.

All ACCESS Programs counselors are fully qualified and experienced Psychologists, Social Workers and Counsellors.

Counselling is free for employees and is also available for family members who are living under the same roof.

Self or management referral or voluntary attendance.

Manager Assistance - support for managers is also available.

Download 'OurEAP' phone app for ACCESS right at your fingertips!



Locations

Adelaide  
45 Wakefield  
Street

Bedford Park  
5 Laffer Drive

Salisbury  
33 Carey Street

Noarlunga Centre  
Alexander Kelly  
Drive

Other Locations

Mount Gambier  
Mount Barker  
Murray Bridge  
Whyalla  
Port Pirie  
Riverland/Renmark  
Wallaroo  
Kadina



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