

WHAT'S HAPPENING / By Robin Brinkley

Glögg, get on track or just deal with the stress

You don't have to be Swedish to enjoy a hot cup of glögg. Well, maybe you do.

The holiday season is about a lot more than Santa and Handel's "Messiah" these days.

Here are three pseudo-Christmas events and one to help you cope when the holiday's over.

GLUG, GLUG, GLÖGG: The Swedish Women's Educational Association is holding its annual Christmas Bazaar Saturday from 9 a.m. to 3 p.m. at Good Shepherd Lutheran Church. Apparently they take the education part seriously because this isn't just another trinket show.

A traditional Lucia celebration starts at 2 p.m. A young girl, preferably blond, is chosen each year to play the part of Saint Lucia, a creature of goodness and light who opens the door to the Christmas season.

She wears a full-length white gown and a wreath of lingonberry sprigs in her hair, which has candles that produce a halo effect.



A Lucia Celebration is part of the Swedish Women's Educational Association's Christmas Bazaar Saturday at Good Shepherd Lutheran Church.

COURTESY PHOTO

Church is at 1489 Laskin Road.

The scene is so disconcerting that it must be followed by a cup of glögg. The traditional Swedish drink has many recipes, but our favorite contains red wine and either gin or vodka, with myriad fruits and spices stirred in to produce a pleasing aroma. It's then brought to a simmer and served warm.

The bazaar won't feature alcohol, but it should smell good.

Good Shepherd Lutheran