

St. John's initiative on Mental Wellness

Conversations about our Lutheran beliefs, mental wellness for everyone as well as our Church's response to the needs of our members, our community and our society.

Week #2

Assignment: Reading the ELCA statement on Mental Illness
Chapter 15 of "Grace for the Afflicted"

Key Statements

"Answering the call is at the heart of the Church's response to mental illness".

There is still time join a group!! There is a new group meeting between services at 9:30am in the Chapel. There is a Facebook discussion group. Check our website or Facebook page. There are still groups to sign up with on the board in the Narthex.

Sign-up in Narthex OR on-line at:

<https://www.signupgenius.com/go/10c084cadaa2da0f85-grace>

- Copies of the workbook can be found on the table in the Narthex OR on the St. John's webpage. Watch for email.

ELCA statement: "The Body of Christ and Mental Illness"

<https://www.elca.org/Faith/Faith-and-Society/Social-Messages/Mental-Illness?>

Add to your calendar:

Feb. 21 – Friday night dinner and discussion about our learning.

Feb. 22 – Saturday workshop 9am-2pm (hosted by NAMI)

Feb. 23 – Sunday 9am-11am between services: Wellness Fair

***The Church can have a large positive impact on Mental Health
Be the Beloved Community of God!!***