

St. John's initiative on Mental Wellness

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

- The first step in creating a caring community is EDUCATION.
- Study groups during January & February (using the ELCA statement on Mental Illness & the book "Grace for the Afflicted")
- Feb. 21 : Dinner & discussion – culmination of our study
- Feb. 22 : Workshop 9am – 2pm sponsored by NAMI (National Association of Mental Illness) – guest speaker and breakout sessions.
- Feb. 23 : Wellness Fair. Community organizations will have booths advertising their various resources available to all for the support of mental wellness.
- Get involved!!! (join a group, be a group leader, read the messages each week, pray for others & our Church, learn something new about mental health, attend the events)

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

Sign-up in the narthex OR on-line at:

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

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

https://www.elca.org/Faith/Faith-and-Society/Social-Messages/Mental-Illness?_ga=2.83557846.1717505962.1577574506-1238412573.1577384301