



CRCNews

Volume 3 Issue 4

CHRIST REDEEMING COMMUNITY CHURCH NEWSLETTER

It seems that God is uncovering a hidden area in our churches. Physical wounds and illness are easily visible, but not so for mental illness and hidden wounds. Mental health problems are growing in our society and our churches reflect it.

Struggling with mental health does not make you less of a Christian or less than a person. In fact, nobody is less than a person if they have any type of mental illness. *Each individual is made in God's Image — each person is fearfully and wonderfully made (Psalms 139:14).*

We celebrate our congregation becoming a Mental Health Friendly Church. The following persons successfully completed 5 Core Training Modules for **Bridges to Care**:

- Pastor David Funches
- Copastor Mamie Funches
- Minister Valerie Baltimore

They completed 19 hours of course work including: Companionship Training; Becoming a Trauma-Informed Organization; Mental Health First Aid; Suicide Prevention; Building a Behavioral Health Program for Spiritual & Faith Communities w/SACRD.org & the National Alliance on Mental Illness (NAMI) usage.

Having completed them we are on the way to becoming a "Mental Health friendly church." What is a mental health friendly congregation? The following excerpt from an article written by Rachel Newman, "**Evangelical Alliance**" will explain.

*"The gospel is a living story of hope, but sometimes our churches don't know how to communicate that message of hope into the abyss of mental illness. This is where the mental health friendly church will come in. They support and walk alongside other organizations working to raise awareness and compassion for mental health and mental illness. **Building a mental health friendly congregation is not only possible, but it's an imperative as we seek to bind up the brokenhearted and serve our communities.**"*

Mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have — or think you might have — a mental illness, the first thing you must know is that **you are not alone**. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. Here are a few facts about mental health and mental illness:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 25 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

In the next series of newsletters we will be talking about mental health and mental illness. We will also discuss organizations such as NAMI, and Bridge to Care that will be helpful to assist those with mental illness. We will also provide a directory (**SACRD.org**) that is useful to locate any assistance you may need.

From the Pastor's Corner

While the Bible does not specifically refer to the topic of mental health it does speak a lot about a person's emotions, their mind, their soul, and their heart. Mental health is an extremely important topic that all people need to be familiar with today.

If you're suffering with mental illness, **What Can You Do?**

1. Don't remain silent any longer. You've done it this long too. It won't get better without help
2. Seek help from doctors, counselors and therapists
3. Seek the Lord through prayer and scriptures.

God has provided bible verses for many Mental Health disorders:

- Anxiety—1 Peter 5:7
- Depression—Psalms 23:4
- Eating Disorder— Song 4:7

Whenever you feel negative thoughts are overtaking your mind, remember who are in Christ Jesus (**Eph. 2:10**)

EVENTS

- Sunday worship online via Facebook and YouTube
- Wednesday bible study and prayer teleconference call 7:00pm
- Men of Greatness Zoom each month
- Women's Fellowship Sep. 25th