



World  
Mental  
HEALTH  
DAY

**CRCcnews**

**Volume 3 Issue 5**

**CHRIST REDEEMING COMMUNITY CHURCH NEWSLETTER**

October 10 is World Mental Health Day. The objective is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. This year's theme is "Mental Health in an Unequal World." Mental health is everyone's business. We all have times when we feel down or stressed or frightened but most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us. So let's talk describe mental health and mental illness.

**What Is Mental Health?**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. A mental health condition isn't the result of one event. Many factors contribute to mental health problems, including: 1) Biological factors, such as genes or brain chemistry; 2) Life experiences, such as a stressful job, trauma or abuse; 3) Family history of mental health problems

**What Is Mental Illness?**

According to NAMI, 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. Mental health conditions are far more common than you think, mainly because people don't like to talk about them. None of this means that you're broken or that you, or your family, did something "wrong." Mental illness is no one's fault. And for many people, recovery — including meaningful roles in social life, school and work — is possible, especially when you start treatment early and play a strong role in your own recovery process.

As a Mental Health-friendly Congregation we support and walk alongside other organizations working to raise awareness and compassion for mental health and mental illness. We're fortunate to partner with 3 organizations that help to assist those with mental illness:

**National Alliance on Mental Illness (NAMI)** is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI recognizes that other organizations have drawn distinctions between what diagnoses are considered "mental health conditions" as opposed to "mental illnesses."

**Bridges to Care San Antonio (BTCSA)** builds connections between faith-based congregations and service providers, trains people to be companions with one another for mental and behavioral health, brings hope and compassion to our city through cohorts of congregations in each district, and makes known the resources available to all for continued wellness.

Bridges to Care San Antonio is a multi-faith initiative of the City of San Antonio. We will strive to use language and terms that span across all spiritual and faith traditions. Instead of using the terms church, temple, synagogue, mosque; we will use congregation or spiritual and faith community.

**San Antonio Community Resource Directory (SACRD)** is a directory of human services including nonprofit organizations, congregations, government agencies, and compassionate groups in and around San Antonio. SACRD includes organizations with a desire to contribute and increase compassion in our community, seeking capacity building resources and long-term relationships in proximity to our neighbors in need. Try it out ([www.SACRD.org](http://www.SACRD.org))

*From the Pastor's Corner*

**Psalm 34:17-18 (TEV)** *The righteous call to the LORD, and he listens; he rescues them from all their troubles. <sup>18</sup> The LORD is near to those who are discouraged; he saves those who have lost all hope.*

Depression is a condition afflicting millions of people. Christians are not immune. Many Christians suffering from depression and other mental illnesses can find hope in the Word of God. The bible gives us biblical figures who struggled with depression.

- King David wrestled with depression (*Read Psa. 42 & 43*) and yet he was "a man after God's own heart". However, he continued to sing praises to God.
- Elijah was a man of life passion but fell into depression and asked God to let him die (1 King 19; 4-14). God reminded him he wasn't alone and gave him hope.

They teach us: 1) You're Not Cut off from God's grace; 2) You're never alone; 3) God's love doesn't depend on you; and 4) God can bring good out of something as painful as depression. He will walk through it all with you because He loves YOU.

**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 each 4th Saturday