

Fourth in a series of what our Faith Community can do to minister to those with mental illness and their families.

People with mental illness and their families may feel isolated from their faith community and thus isolated from God. If someone feels rejected by church they feel rejected by God. Isolation is often caused by the stigma associated with having a mental illness. The fear of being judged as inadequate or weak willed, or the misperception that God is punishing them because they did something wrong, or the communities misperception of what mental illness is and how it affects the individual and their families are powerful contributors to the isolation and loneliness that people feel. As a healing community we can support people with mental illness and their families with unconditional non-judgmental love in the following ways: increase our awareness of mental illness and where to get help; offer prayers and support for individuals and families who are affected by mental illness; serve on parish committees for outreach to individuals and families, get involved in peer to peer ministry; and work on the justice issues affecting mental health care.

Mondays for Mental Health Starting Oct. 8

Learn more about mental health. What can we do to help family and friends who suffer with a mental illness? St. Mary of the Annunciation (SMOTA) and St. Mary of Vernon (SMOV) are partnering in a 5 part series of weekly informational meetings. All the meetings are from 7:00 – 8:30 PM.

The dates at St. Mary of Annunciation 22333 W. Erhart Road, Mundelein, IL 60060 are 10/8, 10/15 and 11/5. The meeting room is off the narthex in the new church. The new church is next to the large parking lot at the end of the driveway.

The dates at St. Mary of Vernon Parish Center 236 U.S. Highway 45, Indian Creek, IL 60061 are 10/22 and 10/29. Drive straight onto the parish grounds to the building at the far end of the driveway.

For more information, contact Deacon Al Sedivy (SMOTA) uscals1@yahoo.com or Deacon Jerry Nora (SMOV) geinora@aol.com.