



CCMI Meetings for the past 3 years

have held discussions on the following books and videos.

Books

- ***In the Shadow of God's Wings and Study Guide*** by: Susan Greg-Schroeder
www.MentalHealthMinistries.net
- ***Surviving Depression a Catholic Approach*** by: Kathryn J. Hermes
- ***Hidden Victims Hidden Healers***
by: Julie Tallard Johnson
An eight-stage healing process for families and friends of the Mentally Ill

Videos

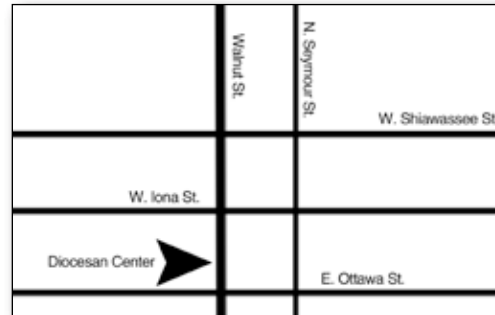
- ***Creating Caring Congregations***
San Diego, CA 92119 sgschroed@cox.net
http://www.mentalhealthministries.net/mhm_resources/dvd_resources/caring_congregations.html
- ***Mental Health Mission Moments (2004)***
By: Mental Health Ministries c/o Rev. Susan Gregg-Schroeder
6707 Monte Verde Dr., San Diego, CA 92119
http://www.mentalhealthministries.net/mhm_resources/index.html
- ***Shadow Voices (2005)***
Finding Hope in Mental Illness, a one-hour documentary produced by the National Council of Churches, through Mennonite Media, Mennonite Media Productions 800-999-3534
ISBN 1-877736-85-6
<http://www.shadowvoices.com>
- ***The Fierce Goodbye (2004)***
By: Mennonite Media with Faith & Values Media,
1251 Virginia Ave., Harrisonburg VA 22802,
800-999-3534 ISBN 1-877736-74-0 (CC) Closed captioned for hearing impaired
<http://fiercegoodbye.com>

Meetings are Held for

Persons with mental illnesses, their families and caregivers

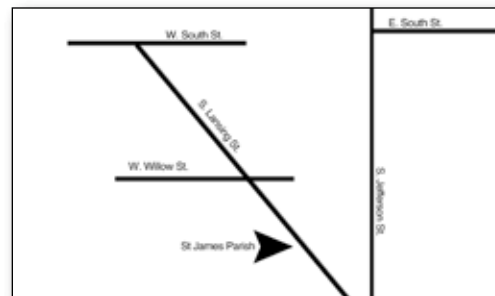
CCMI Meetings are held at the Diocesan Center

228 N. Walnut St., Lansing, MI 48933.
Meetings on the 4th Tuesday of the month September through May 12 p.m. to 1 p.m.
Reservations are not needed.
Call Joann at 517.342.2497 for more information.

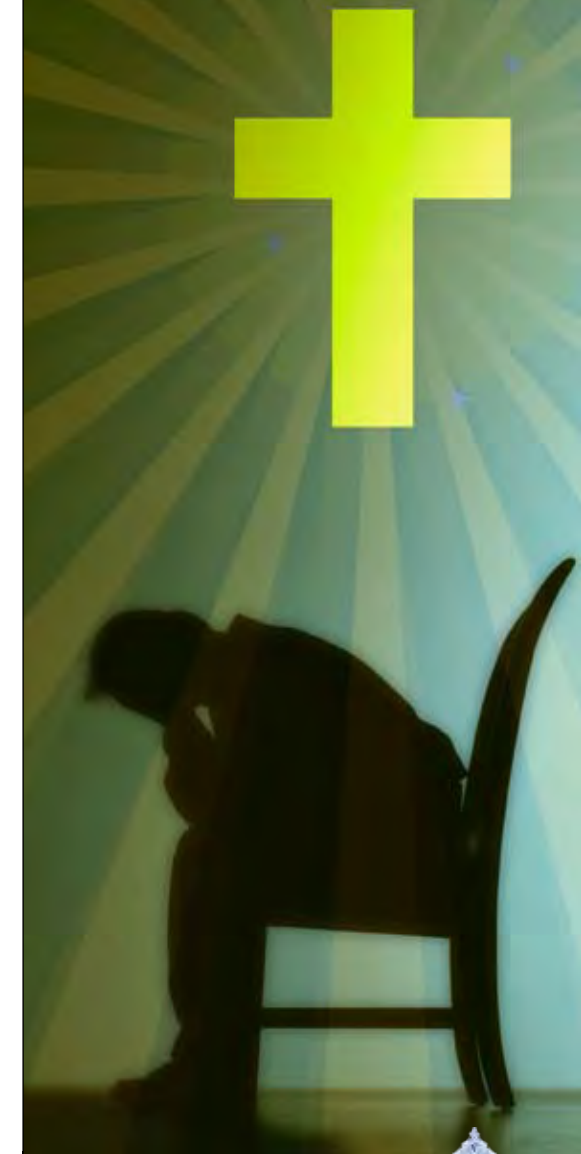


Meetings are also held at St. James Parish, Mason

1010 S. Lansing St. in the parish conference room. Meetings are held on the 2nd Tuesday of the month at 7 p.m.
Call Fran or Howard at 517.349.9412 for more information.



CHRISTIANS CONCERNED ABOUT MENTAL ILLNESS





Join us for Prayer

sharing, listening and support

Meetings are held for persons with mental illness, their families and caregivers

Our meetings are not held to solve or diagnose the person's mental health issues. We meet to help each other journey in our faith lives despite times of hopelessness, despair and uncertainty knowing that Jesus is walking with us ready to carry us through.

One in every five persons in our parish communities will suffer from some form of mental health issues in their lifetime. CCMI meetings are a safe environment to share our stories; not looking for answers but for someone who listens and cares. By sharing our stories, we lift the stigma of mental health. Many of our participants have gone through, or are going through, the same life experiences. You find out you are not alone. You learn from each other's stories and feel good about helping someone through similar circumstances.

Faith communities need to be nurturing to those living with mental health issues. Faith communities need to help persons with mental health issues and their families feel accepted and supported. When we are loved and cared for, we can reach out to others with understanding and compassion as we recognize our own gifts and share them with our faith community.

Faith communities also need to support family members of persons facing a diagnosis that can last a lifetime. The families need support and understanding as they care for their loved one; they also need to care for themselves and their own spiritual needs. The CCMI newsletter is available by e-mail.



Resources Available

Upon Request

Welcoming Parishioners with Brain Disorders: Guide for the Diocese of Lansing Pastors, Pastoral Coordinators and Parish Staff

Resources for Prayer Services on Mental Health issues

How a parish community can respond to a family:

- †Bulletin inserts on mental health issues
- †Scripture verses on mental health issues
- †Ideas for Mental Health Awareness Day (May and October are mental health months)

Web Sites

- Pathways to Promise – Pastoral Crisis Intervention <http://www.pathways2promise.org>
- American Association of Pastoral Counselors: Under Articles Counselors and Clergy Partners in Healing <http://www.aapc.org/counselorsandclergy.cfm>
- Shadow Voices – Role of Church and Faith - Sermon Starters - Scriptures of Comfort <http://www.shadowvoices.com/topics/faith.asp>
- Association of Brethren Caregivers – Offering Hope the Church's Role in Mental Health <http://www.brethren-caregivers.org/>
- Congregational Resource – Mental Health Resources Listing of Resources available <http://www.congregationalresources.org/mentalhealth.asp>
- NAMI Faith Net – National Association for Mentally Ill Outreach to Faith Communities – Information on Mental Illness Awareness Week— Prayer Services etc. <http://www.faithnetnami.org>
- Sharing the Hope Sharing the Healing – My Story – by: Sr. Ann Catherine Veierstahler, SCSJA, RN, BSN <http://www.hopetohealing.com/introduction.htm>

"Maybe I'm not making big changes in the world, but if I have somehow helped or encouraged somebody along the journey, then I've done what I'm called to do."

–Sr. Thea Bowman



Prayer



Grant us courage and wisdom to remove the stigma of mental health issues from those who suffer. Open our eyes to the need all around us. Enable us to recognize those who hurt and welcome them with open arms into the fellowship of faith, that all might find a place in our faith community.

Amen