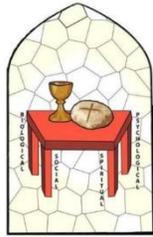


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Mental Illness Network News

The Monthly Newsletter of the
National Catholic Network on Mental Illness

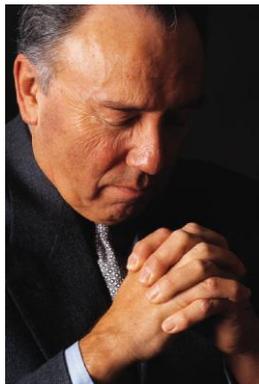


SUMMER 2012



This is our summer edition of the Mental Illness Network News

We all have been asked about spiritual helps for dealing **specifically** with mental illness. I always recommend the prayer “Each Day” that is in our “Welcomed and Valued” binder. Meditations that come to mind are: Rev. Susan Gregg-Schroeder’s “Comfort from the Scriptures” on her website www.MentalHealthMinistries.net and NAMI 12 Principles of Support with Bible versus (see below) added by Judy Beckman and Lucy Bell of Our Lady of Perpetual Help, Toledo to name just a few.



I would be very interested in hearing from you as to what specific prayers/meditations you recommend to people with mental illnesses and their families especially when they are in crisis. I would like to share those with the Network. If you would email them to me, I will share your thoughts, ideas, and prayers so that we might all benefit from each other's experience.

Thank you and God bless you for all you do,

Deacon Tom Lambert

NAMI 12 Principles of Support with NIV Bible Verses

1 - We will see the individual first, not the illness. "Understanding is the foundation of life for those who have it." Proverbs 16:22a

2 - We recognize that mental illnesses are medical illnesses that may have environmental triggers. "I will be glad and rejoice in your love for you saw my affliction and knew the anguish of my soul." Psalm 31:7

3 - We understand that mental illnesses are traumatic events. "Peace I leave with you; my peace I give. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

4 - We aim for better coping skills. ". . .whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

5 - We find strength in sharing experiences. ". . .encourage the timid, help the weak, be patient with everyone." 1Thessalonians 5:14

6 - We reject stigma and do not tolerate discrimination. "Neither this man nor his parents sinned," said Jesus, "but this happened so that the work of God might be displayed in his life." John 9:3



7 - We won't judge anyone's pain as less than our own. ". . .so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it." 1 Corinthians 12:25-26

8 - We forgive ourselves and reject guilt. "As far as the east is from the west so far has He removed our transgressions from us." Psalm 103:12

9 - We embrace humor as healthy. "A cheerful heart is good medicine" Proverbs 17:22



10 - We accept we cannot solve all problems. “. . .in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33

11 - We expect a better future in a realistic way. “The Lord is my strength and my shield; my heart trusts in Him, and I am helped.” Psalm 28:7

12 - We will never give up hope. “For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11



Notes from the NAMI Convention Faithnet Session

The following notes are from the NAMI Convention held in Seattle Washington from June 26-30, 2012, and are provided by Dorothy Coughlin, member of the NCPD Council on Mental Illness and Director of Ministries for People with Disabilities, Diocese of Portland. Thanks Dorothy!



NAMI FaithNet Networking Session

The NAMI National Convention in Seattle gathered about 1700 people from across the country to address issues related to the theme of Wellness, Resiliency, and Recovery.

NAMI FaithNet offered several presentations specifically focused on supportive faith communities. NAMI awarded 20 mini-grants to support an array of diverse faith outreach efforts. The recipients shared their experiences, processed their challenges, and celebrated their successes at an open session for all interested in how others have planned and executed faith outreach.

Craig Rennebohm, chaplain with Mental Health Chaplaincy in Seattle offered a symposium on *Companionship and Caring Community: Resources for Recovery*. Craig shared the principles and practices of companionship: hospitality, neighboring, side-by-side stance, listening, and accompaniment.

About 75 people attended the NAMI FaithNet Networking Session. The Session was designed to have five presenters from different faith traditions focus on spiritual support groups, models of collaboration, and accessing NAMI FaithNet resources.

Dr. Gunnar Christiansen, founder of NAMI FaithNet shared about Hope's Nest a support group model at Trinity Presbyterian Church in Santa Ana, California (you can contact him at gunner@cox.net).

Bob Skrocki from Pathways to Promise outlined the Pathways National Training Initiative program including collaborations with NAMI affiliates (www.pathways2promise.org).

Jerry Fulenwider from NAMI San Antonio gave an overview of efforts within the Episcopal Diocese in West Texas (fulenwiderj@gmail.com).

Carole Wills presented the NAMI FaithNet training resources: *Bridges of Hope* and *Reaching Out to Faith Communities*.

Dorothy Coughlin represented the NCPD Council on Mental Illness and shared NCPD resources for faith communities.



The presentations were followed by conference participants sharing their ideas and resources. Nine new people signed up to join the NCPD Mental Illness Network.

PBS Series Religion and Ethics Newsweekly features NCPD Council on Mental Illness Board Co-Chair

The PBS series **Religion and Ethics Newsweekly** did a segment on “Churches and the Mentally Ill” that features congregations that reaches out to people with mental illnesses. In it, Connie Rakitan, NCPD Council on Mental Illness board co-chair, talks about the Faith and Fellowship group in Chicago, Illinois. The part about Faith and Fellowship begins about the 5 minute mark with:

“Inclusion is the key at St. Catherine-St. Lucy Roman Catholic Church in suburban Chicago. Twice a month for more than 30 years, people with mental illness have come together here for prayer and conversation with volunteers.”

Click image below to view the video.



Connie is the founder and heart and soul of the group. As she says “It’s a time to give praise and worship to our God because we’re here. We made it. Whatever our day brought, we made it, and without Him we never would have made it.”

Transforming Perception

Part of our ministry is about changing the image people have of mental illness, eliminating stigma. The following is taken from our binder “Welcomed and Valued” and is titled “Transforming Perceptions”

Transforming Perceptions

The entire ministry of Jesus was about transforming perceptions—revealing the truth and infinite value of each person against the stereotypes and alienating perceptions that divide and marginalize people.

—Blessed are you poor in spirit... "Matt. 5:3-12"

—Let the children come to Me... "Mark 10:13-16"

— "A Levite....passed by on the other side of the road....A Samaritan.....had compassion " Luke 10:29-37

— "As he passed by, he saw a man blind by birth....who sinned, this man or his parents....It was not this man, or his parents but that the works of God might be made manifest in him..." John 9:1-41

— "Teacher, this woman has been caught in the act of adultery....Let him who is without sin among you be the first to throw a stone at her." John 7:53 - 8:11



— "If a man has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine...Rejoice with me, I have found my sheep that was lost." Luke 15:3-7

— "You have heard it said, "Love your neighbor and hate your enemy" but I say to you, love your enemies and pray for those who persecute you..." Matt 5:38- 48

—"The wedding is ready, but those

invited were not worthy. Go therefore to the thoroughfares, and bring in the poor and maimed and blind and lame....

" Luke 14:15-24

Jesus' penetrating questions disarm righteous attitudes and expose hypocrisy and prejudice. Today, God's grace is at work challenging our perceptions of each other and guiding us to regard each person with love that has no conditions.

In our parishes are people who live daily with mental illness, at times not evident, and at other times experiencing episodes that disrupt every aspect of life, particularly relationships. Most basic in making a difference in the lives of parishioners with mental illness is a loving regard for the person that seeks to better understand the challenges of the illness, accompanying the person in whatever way possible to communicate that they are not alone on this journey through healing and recovery.

All human life is sacred. Every person created in God's image, reflecting the likeness of God is deserving of utmost respect and dignity even in the midst of episodes of illness. Nothing can diminish that dignity and worth, not mental illness or any condition. Each person is a significant contributor to the wholeness of the Body of Christ forming a community of faith that celebrates each other's joys and bears each other's burdens.

The compassion and love that marks the followers of Jesus must be evidenced in the Church's regard for all members of the Body of Christ whose lives are challenged by this illness. Praying for the grace to love as Jesus loves, to grow in understanding, to be a companion to those in need of acceptance and support is the beginning of perceptions transformed.

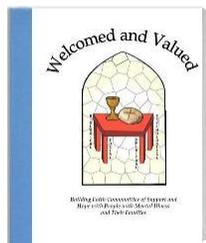
NCPD Council on Mental Illness Members Presenting at West Virginia Workshop

An awareness workshop for parish support for persons with mental illness for **the Archdiocese of Wheeling-Charleston, WV** will host presenters from the NCPD Council on Mental Illness. Members Connie Rakitan, Fr. Bob Malloy, OFM Cap. (pictured on right), Executive Director of NCPD Janice Benton and Network member Martin Benton will be presenting in Charleston on July 19, 2012.



If you are interested in hosting a workshop in your diocese please contact us.

NCPD: *WELCOMED AND VALUED* DVD & RESOURCE MANUAL



The *Welcomed and Valued* DVD and *Resource Manual* can be ordered on the NCPD website at www.ncpd.org/resources.



The DVD Discussion Starters and the Resource Manual are both available online for a free download

([Click here](#)).

We are hopeful of getting funding to do more one-day awareness workshops and three-day advanced trainings like those piloted in 2009 and conducted in 2010 and 2011. The Council can also be a resource for people planning their own local meetings. Please let us know if we can be of assistance or if you know of any funding sources for our work.

FROM THE EDITOR

We invite you to tell us about your ministry. What are you doing, what are your hopes, and what are your struggles? One of our goals is to network ideas and ministries so that we can all share in the day-to-day life of people trying to make a difference by being Christ to one another.



Please send all emails to me, Deacon Tom Lambert, at olmcinfo2@aol.com and put **NCPD Council on MI Network** in the subject line. You can also call me at 773-525-0453 if you have any questions or ideas, or for more information on workshops, DVDs, speakers, and our [Resource Binder](#).

Please consider making a donation to support the mission of the Council on Mental Illness. Your help allows this effort to continue.

[Donate
to NCPD](#)

Our Mission:

Following Jesus who embraced all, we assist the Catholic Community in reaching out to and accompanying our brothers and sisters with mental illness and their families, assuring their rightful place in the Church and society.

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The logo depicts the Eucharistic table to which all are called.

It also presents four dimensions to personal wholeness, each important to healing and recovery:

spiritual, biological, psychological, and social.

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