

Mental Illness With Grace

Session 3 : Ministry to
People With Mental
Illness and Their
Families



Opening Prayer

- Lord, we ask for a greater awareness tonight of the ministry that You are calling us to.
- Move within our hearts and minds as you prepare us.
- Give us understanding and compassion to be with others who live with mental illness and their families. Amen



Discussion

- How have you found support for any difficult times that you have experienced ?
- How have you experienced support in difficult times from your parish community ?



How can we best serve people with mental illness and their families in my parish ?

- Our primary care for people is not therapeutic but spiritual.
- We are not there to solve all of their problems or make them better.
- Healing comes in our being present to them and letting God work through us in ways we may see or may not see.



Awareness

- How many hurting people are in our parish communities that we do not know ?
- Why do people not come forward when they are hurting ?
- When we are aware of people who are hurting and they are aware that there is help that can be offered ministry can begin.



Awareness

- There is still a stigma for those living with mental illness and their families within our communities.
- When we offer a ministry geared to them they can see an awareness of their presence and importance within our communities.
- The first step of healing is awareness and recognition.



Acceptance

- Acceptance is not simply recognition but seeing people having dignity and value.
- They are an important part of the community no matter what they are living with.
- They are not to be pitied but seen as people that may experience a friend in us which itself is healing.



Accompaniment

- Journey in faith together and learn from one another.
- They are unique but not alone.
- How does our faith help us live with the situations of our lives ?



Accompaniment

- Adult Faith Formation opportunities.
- Spiritual Support Groups for those living with mental illness.
- Spiritual Support Groups for caregivers and family members.



Discussion

- How do awareness, acceptance and accompaniment make you think of this ministry within your parish ?
- Is it intimidating or seem attractive to you ?



Next Steps

- Next week about Spirituality and Mental Illness
- Final session about next steps and what your parish needs to start mental health ministry teams.
- Sanctuary Course and Mental Health 101



Closing Prayer

