



Mental Health Ministries

To erase the stigma of mental illness

A Program of Pathways To Promise

Winter Spotlight 2023

Mental Health Ministries & Pathways to Promise

Mental Health Ministries, as a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with a mental illness and their families.

Mark your Calendars!

January 2023

- **1 – Emancipation Proclamation:** President Lincoln declared all individuals held in slavery free on this day in 1863
- **4 – Louis Braille’s birthday:** A French educator who created a reading and writing system known as “braille” for the visually impaired
- **6 – Feast of the Epiphany:** This Christian feast day celebrates the star leading the three wise men to baby Jesus closing the Christmas season
- **7 – Coptic Orthodox Christmas:** Using the Julian calendar, Orthodox Christians celebrate Jesus’ birth
- **14 – Orthodox New Year:** This date marks the start of the Julian calendar
- **15 – World Religion Day:** This date is celebrated in the Baha’i faith and highlights the common themes across various faiths and religions worldwide
- **15 – Makar Sankranti:** A Hindu festival dedicated to the god of the sun, Surya
- **16 – Martin Luther King Jr. Day:** Celebrates one of the best-known civil rights activists, MLK Jr.
- **20 – Guru Gobind Singh’s Birthday:** Guru Gobind Singh is the tenth Sikh Guru and spiritual master. This date commemorates the day he was born.
- **22 – Lunar New Year:** This festival marks the start of the new year in the lunar calendar used in East Asia, Southeast Asia and elsewhere
- **27 – International Day of Commemoration in Memory of Victims of the Holocaust:** A United Nations holiday that remembers the approximately 6 million Jews murdered during World War II

February 2023

Black History Month: February was chosen to celebrate African American History because it holds the birthdays of two men who helped eliminate slavery, Frederick Douglass and President Abraham Lincoln

- **1 – Imbolc:** This Pagan and Wiccan festival serves as the halfway point between the winter solstice and spring equinox, celebrating fire, light, and the return of life

- **2 – Candlemas:** This celebration occurs 40 days after Christmas and celebrates the birth of light. On this day, all candles that the church will use in the coming year are blessed
- **5 – Tu Bishvat:** In Judaism, this holiday is an ancient and authentic “Earth Day”
- **11 – Tammy Baldwin’s Birthday:** The birthday of the first openly LGBT woman elected to both houses of Congress
- **14 – Frederick Douglass’ birthday (observed):** This day celebrates the birth of abolitionist and social reformer
- **15 – Nirvana Day:** An annual festival that remembers the death of the Buddha after reaching nirvana; also called Parinirvana
- **15 – Susan B. Anthony’s Birthday:** A leader of the women’s suffrage movement, she advocated for abolition, temperance, labor rights, and equal pay for equal work
- **18 – Lailat al Miraj:** This Muslim holy day celebrates Muhammad’s pilgrimage from Mecca to Jerusalem. When Muhammad arrived, he ascended into Heaven
- **22 – Ash Wednesday:** A day of prayer and fasting that begins the Christian season of Lent
- **24 – Festival of Ayyam-i-Ha:** This multi-day Baha’i festival highlights charity, hospitality, gift-giving, and preparation of fasting before the New Year

March 2023

Women’s History Month: Honors the role of women in American history

- **6 to 7 – Purim:** Also known as the “Feast of Lots,” this festival celebrates the survival of Jews who were marked for death by Persian rulers
- **8 – International Women’s Day:** A day highlighting the political, social, cultural, and economic achievements of women
- **8 – Holi:** This Hindu Festival celebrates spring, love, and new life
- **8 to 10 – Hola Mohalla:** This is a 3-day festival in which Sikhs enjoy communal meals, religious song and prayer, and martial arts performances
- **10 – Harriet Tubman’s birthday (observed):** American abolitionist who is well-known for her key role in the Underground Railroad
- **17 – St. Patrick’s Day:** Feast day of a Catholic saint who inspires cultural and religious celebrations around the world
- **19 – St Joseph’s Feast Day:** This day celebrates Jesus’ surrogate father and Mary’s husband
- **21 – Ostara:** This Wiccan holiday is one of their eight Sabbats. It celebrates the spring equinox
- **21 – Naw Ruz:** This day marks the Persian and Baha’i New Year, which also occurs on the vernal equinox
- **21 – International Day for the Elimination of Racial Discrimination**
- **22 to 31 – Navaratri:** A festival in the Hindu faith that celebrates the Goddess Durga
- **22 to April 21 – Ramadan:** During this time, Muslims observe a holy month of fasting
- **25 – The Annunciation:** On this day, Christians believe the Angel Gabriel announced that Mary would give birth to Jesus

Also consider the following calendars for other important dates:

[2023 Interfaith Calendar](#)

[2023 Diversity Calendar](#)

[It's Okay Not to be Okay](#)



The State Of Mental Health In America

Mental Health America ([MHA](#)) has released [The State of Mental Health in America 2023](#). The report presents data on mental health, substance use, and suicide from all 50 states.

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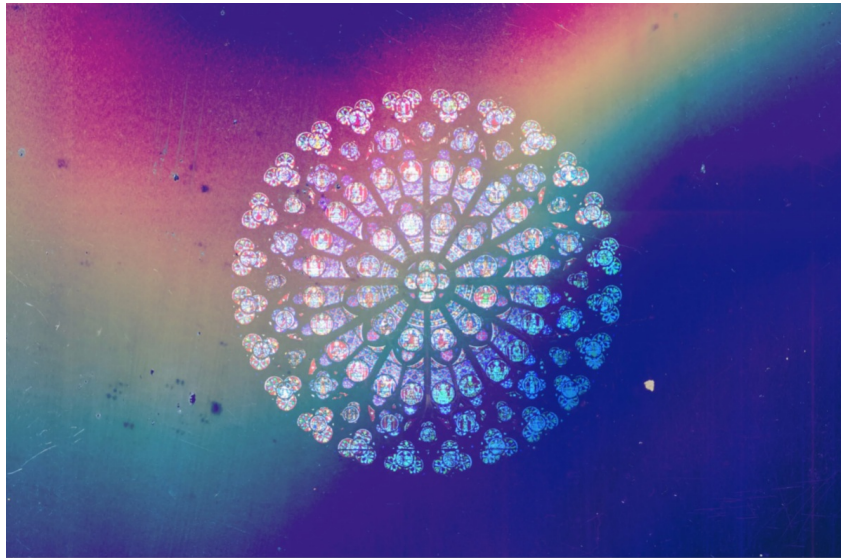




Mental Health Mondays Series

Explore ways to support mental health at home and in the community with a monthly one-hour series featuring discussions and Q-and-A for guests with experts in their fields. The 2023 sessions range from dancing for health, healing rituals and practices, and forest bathing and ecotherapy to supporting LGBTQ+ youth, preventing suicide, caring for caregivers and helping homelessness locally.

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Faith can boost the mental health of both straight and LGBTQ young people

Springtide Research Institute found that non-straight young people are more likely to face mental health issues and less likely to have faith-related support.

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The Institute for Spirituality and Health

The Institute's mission is to enhance well-being by exploring the relationship between spirituality and health. We advance this mission by engaging in education, research, and direct service programs, guided by the recognition that humans are spiritual beings and that healthcare should reflect this reality. We are independent, interfaith, and not tied to a particular ideology or health system. As such, the Institute is ideally suited to explore the multifaceted relationship between spirituality and health, educating scientific and medical communities, serving those most in need networking with public health partners and Houston's communities of faith. The Institute serves as a meeting ground for spiritual seekers and everyone to explore a sense of wholeness, connection, and well-being in life and work.

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SIKH Family LIFE



Living Life Like a Lotus.

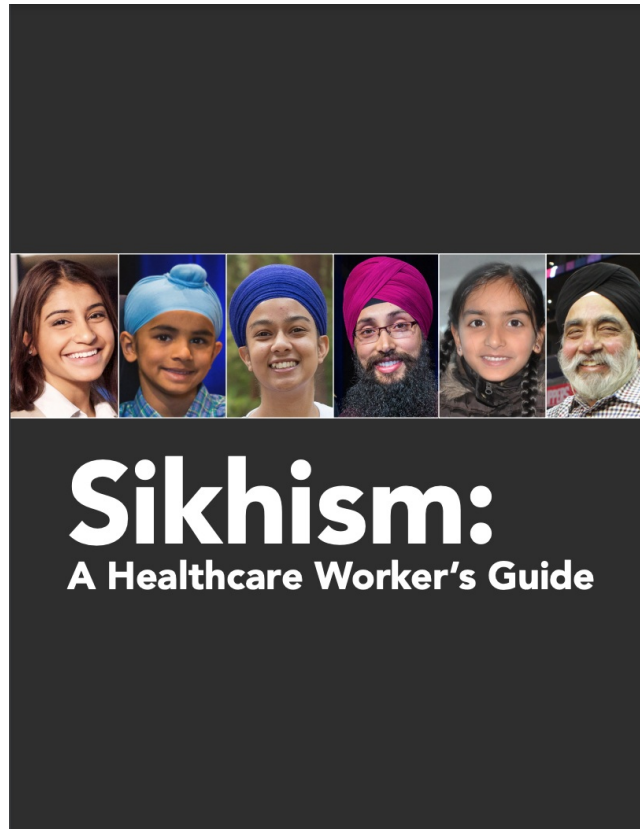
The Sikh Family Life: Fighting Our Demon Series

The Sikh Family Life is a blog created to empower families through 1) Educating Sikhs and non-Sikhs about Sikhism, parenting, and motherhood from a Sikh perspective; 2) Sharing information about how to practically live family life as a Sikh; 3) Publishing educational materials for parents and caregivers to enhance children's physical, social, emotional, academic, and spiritual development; and 4) Using Sikh teachings to create a supportive online community devoted to self-

reflection and self-improvement as a way to collective, social betterment.

The Fighting Our Demon Series is a series in which we highlight problems affecting our community, with the issue of mental illness. In this post, we define what mental illness is; what are some indicators of mental illness; and stigma surrounding mental illness. Throughout the post, we also share what Sikhi says of mental illness and mental health. Finally, we share a bit about what we can do if we suspect mental illness in ourselves or someone we know.

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There are more than 25 million Sikhs around the world, which makes Sikhi (also known as Sikhism) the fifth-largest major world religion. Unfortunately, knowledge about the Sikh faith, its traditions, and its observances remains quite limited in the United States, particularly among healthcare workers. This guide aims to provide healthcare workers in the United States with information about issues that Sikh patients might face, how to care for a Sikh patient in a culturally sensitive manner, and basic information about the Sikh faith.

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Mental Illness, Faith, and Sin

"In my opinion, what you *can't* do is 'pray away' the bipolar disorder. If you've got it, you have to find a way to live with it. If prayer helps you do that, more power to you." I stand by that.

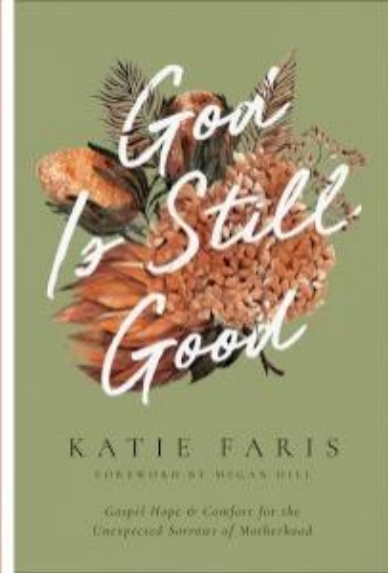
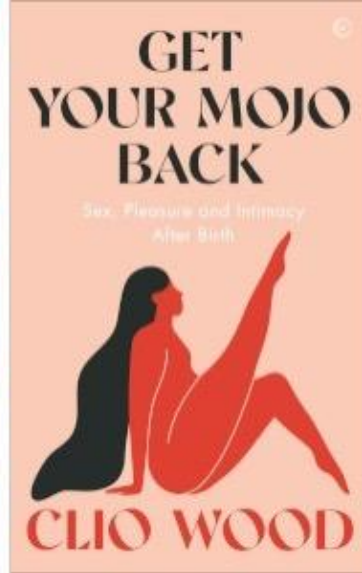
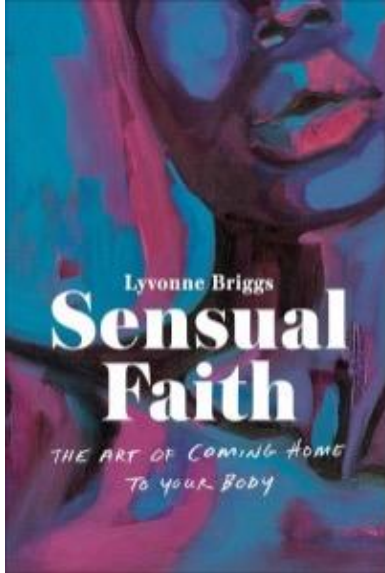
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A New Organization Aims to Improve Black Mental Health with the Help of Churches

Soul Shop for Black Churches was launched in August by the American Foundation for Suicide Prevention. The one-day workshop focuses on equipping faith leaders with the skills necessary to help them identify and provide support to members in their congregations who may be facing mental health challenges and families who have been affected by suicide.

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Women are writing directly to other women about experiences relating to trauma, sexuality, shame, low self-esteem, and more in new religion and spirituality books. These titles are part of a growing movement to end the silence on issues that have long been prohibited or frowned upon in faith circles as well as in American society, according to Lucy Carroll, an editor at Watkins Publishing.

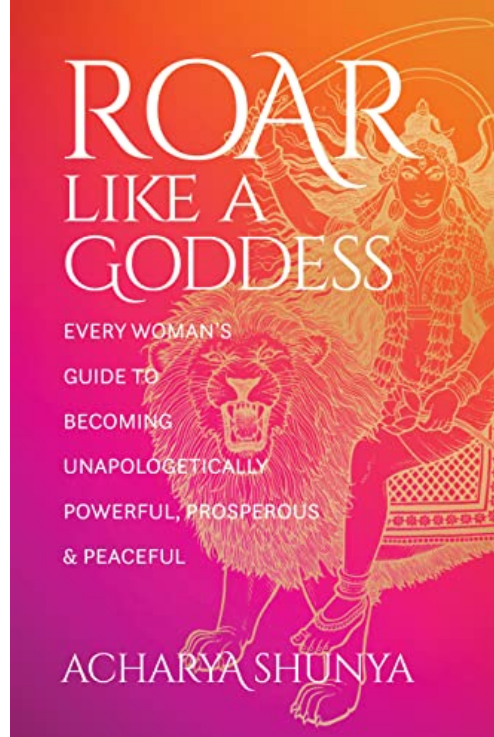
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PMS is Not a Sin of the Flesh

Christianity's roots in Greek philosophy give us plenty of talk of 'fighting the flesh.' But women's bodies are not the problem. Our hormones are not problematic.

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Roar Like A Goddess

The first female head of her 2,000-year-old Indian spiritual lineage, Shunya reinterprets and re-contextualizes ancient teachings for modern times, empowering people everywhere to lead fearless, fulfilled and enlightened lives.

A revolutionary revisioning of ancient India's primary goddess archetypes, ***Roar Like a Goddess*** is a rallying cry for women everywhere to awaken their true nature. Throughout the book, Shunya honors her progressive Vedic/Hindu roots while breaking the shackles of tradition to bring modern-day women an inclusive, feminist spirituality. Sharing classic myths, original insights, and empowering practices, Shunya offers a profound process for awakening the many faces of goddess within.

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Domestic Abuse and Mental Health Remain Taboo

Subjects for Many Sikhs – with Deadly Consequences

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RELIGION IN WOMEN'S LIVES WORLDWIDE

There are no simple solutions when it comes to women and religion, but there are a lot of stories we can hear and a lot of hard questions to ask of ourselves and others. There are patterns, there are leaders, there are sacred texts and ancient stories, there is faith beyond ourselves, and there is hope in despair. Women are resilient and strong. They have carved lives out of deserts of despair and rocks of indifference. The voice and practice of one woman can change an entire generation. The global community in which we live now has given women unprecedented access to the stories of other women across their differences. This allows us to learn from women of faith and to come alongside women all around the world. All of us can support the work of women to continue to generate wholeness and well-being from within each religion and culture. In this chapter we will learn how to support women and men as they regenerate their own religious systems and structures from within their cultures and experiences, supported by their own ancient texts and stories, to create space for each person to actively and freely engage their own religion in their own particular cultural context.

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More](#)



Tainted Love: Reckoning with the Damage of Purity Culture

Could conservative Christian teachings about sex cause physiological and psychological problems that last into adulthood?

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At Last She Said It

— PODCAST —

“Someone should do a podcast about that.”

And so we did. After saying it in conversation a thousand times to each other, we decided it was time to finally say some of what we needed to hear out loud. We hope these podcast conversations might help women in the Church feel connected to one another. So often thoughts, feelings, and experiences — some particular to the complex lives of Mormon women — remain unspoken or unacknowledged at church. Through conversations with each other and selected guests, we seek to amplify and explore a variety of voices, stories, ideas and experiences of women in The Church of Jesus Christ of Latter-day Saints. We hope you'll join us, and share your own.

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Sign Up to Receive the Mental Health Ministries Spotlight e-Newsletter

If you wish to be added to receive our Spotlight e-newsletter, you can sign up [here](#). All our Spotlights are archived on the website and most of the resources included can be found under the Resources section of the Mental Health Ministries website.

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www.MentalHealthMinistries.net

[Click Here to Give Now](#)

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental illness in our faith communities. We hope you will consider a tax deductible gift so that we may continue this good work. A monthly or one-time gift is most appreciated.



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