

Call for Reflections

Remember all of those moments that were so powerful and moving, or maybe surprising and wonderful, that came out of the Mental Health Ministries this past year?

- We discerned a call to mental health ministries;
- we had informative and inspiring speakers during the faith talk series;
- we had mental health issues mentioned in sermons;
- we wrote and received email reflections on God in the wilderness throughout the season of Lent;
- we participated in the NAMI Walk; and
- we had informal conversations with people in the parish about mental health issues, about what is happening in our own lives and in the life of the congregation.

An Invitation to Offer Your Own Reflections

The Mental Health Ministries leaders are inviting people in the congregation to reflect on their experiences of those initiatives so that we can keep the living Spirit present in the congregation and maintain the positive momentum from those initiatives.

A working group of the leaders will receive these new reflections, compile and organize them, and share them with the congregation. These new, compiled reflections may also be shared with people outside of St. James.' **No names will be associated with the compiled reflections.**

You are invited to respond to as many of the following three prompts as you would like. Please respond to a single question with each reflection, identifying the question in your response. Each reflection can be up to 500 words long, and should be submitted no later than August 31.

The reflection prompts

1. As you experienced the recent mental health ministry initiatives (Lenten reflections, faith talks, NAMI walk, sermons), how have you been personally moved?
2. How have you noticed God working through these initiatives to continue to shape the life and community of St. James'?
3. In the context of these initiatives, what would you tell your friend/neighbor about what you see happening at St. James'?

Please submit your reflections by August 21.

Reflections should be emailed to: MHReflections@stjamespotomac.org.

Thank you for your ongoing participation in this meaningful and Spirit-filled work.