

Healing and Wholeness Ministry Annual Report for 2021

This ministry was created in 2019 in response to a need identified through the congregational MAP survey with the purpose of leading our congregation to be a healing presence for one another and our community. It became an official committee of Light of Christ in January of this year. Our focus so far has been on bringing awareness to and breaking the stigma of mental illness. Because the pandemic and systemic unrest has upset our lives in so many ways, our committee has felt the leading of the Holy Spirit to continue to move us toward awareness of one another's struggles and show support and compassion for one another.

Members: Lona Jose, Catherine Borman, Julie Wischmann, Sue Fink, Derek Horeis (council rep) and Pastor Bruce Kuenzel

This year we have many accomplishments to report:

The Caring Card ministry, solely taken on by Cheri Ashfeld. She has sent out 24 thoughtful cards as needs become apparent from prayer chain requests.

The Prayer Chain has lifted up 31 people in prayer, with increasing requests coming in the last half of the year. Many answers to prayer have been reported!

Our "Support" webpage on the LOC website has been enhanced and updated to include many more resources and Caring Corner educational articles about specific mental illnesses and how to help.

Our Caring Corner articles covered education on several mental illnesses such as depression, anxiety, stress in general and in children, bipolar, eating disorders, suicide awareness and prevention, talking to children about mental illness, and dual diagnosis. We also included self-care, mindfulness, and mental wellness. These articles are shared in the Beacon newsletter, the website and on Facebook.

Event on May 23: "Walk a Mile in my Shoes" for mental illness awareness. 40 walkers, nice article in Herald Journal. Donations went to NAMI.

Event on November 13: "In Our Own Voice" presentation by 2 volunteers with NAMI who told their stories of success living well and being successful in spite of serious mental illness, showing there is hope and healing. 20 in person but over 200 views via livestream or YouTube. Many people were grateful for encouraging open discussion among friends and family about their mental illnesses.

Respectfully submitted,

Sue Fink

12/6/2021