

# May is Mental Health Month

## Go Green!



### Did you know?

~1 in 5 adult Americans experience mental illness.

~One-half of all chronic mental health begins before age 14 and three-quarters by age of 24.

~18.1% (42 million) of American adults live with anxiety disorders.

~6.9 % (16 million) of American adults live with major depression.

~Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.

In Jesus' day, those who suffered from the disfiguring disease of leprosy—were sent away to live in colonies, on the fringe of society. And yet Jesus went to them and reached out to them. In fact, he touched their skin and healed them (Jesus Matt 8:1-5). In Jesus Christ, we find that there is no stigma, shame or disgrace—only mercy, compassion and grace. Jesus crushed stigma and discrimination on the cross for each of us. God had had enough! So, God poured out His love on all who are sick (physically and emotionally).

Since 2009, Christ the King has supported and cared for people who live and manage mental illness. In fact, as pastor it is a ministry that I truly cherish. For six consecutive years, Christ the King has partnered with the Castle (a day drop-in program for those who live with mental illness) to bring community awareness events and programs. In fact, our annual events were the first in the Dayton area. We have served them and pray for them most every Sunday.

Through ministering to the people of the Castle, over the years, we found that many members, have a deep and abiding faith in Jesus Christ. And so, we now offer spiritual formation classes twice a month. We share our stories about life and faith, read Scripture and then we take prayer requests. We are even present for those who die—their funerals.

If you have a loved one who manages and lives with mental illness, you are not alone. Come join us. Every first and last Tuesday at 1 pm. You will surely receive the blessing! Pastor Dona Johnson

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I thank Lynn Spatz, who has the gift of mercy and serving. She has partnered with me, as together, we serve our friends at the Castle. Consider serving with us and feel and joy of sharing Christ's love and compassion with others!

On September 6, Amy Simpson, author of *Troubled Minds* has invited to be on a webcast with other faith leaders to discuss about how the church can offer more support for people who manage and live with mental illness. Amy Simpson came to CTK a few years ago to speak to ministry and healthcare professionals.

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Pastor Dona Johnson