



Dear Friends:

The CARE Ministry Team of our Synod (**C**ongregational **A**ction and **R**esponse for Mental Health) exists to provide resources so that congregations can raise their awareness about the realities of mental illness in our congregations and communities, and become more prepared to support those who are mentally ill.

At a recent meeting, the CARE Ministry Team appointed Rev. Marty Tuer and Carolyn Ethier of the Synod Worship and Arts Ministry Team to prepare resources for congregations who want to begin a conversation about mental health challenges. We chose the 4th Sunday after Epiphany (January 29, 2017) as a possible day to observe a Day to Remember Those with Mental Illness in our Synod.

The resources you will find here are to be used in any way you see fit. Please pick and choose suggestions that you believe will assist your congregation.

Additional sermon resources can be found at www.nami.org/NAMIFaithNet under the tab "Sample Services and Sermons", or go to www.mentalhealthministries.net/resources/worship_resources and scroll down to "National Day of Prayer Sermon Starters".

The CARE Ministry Team would appreciate it if our Ministry Team's brochures were available on the day you choose to observe a Day to Remember Those with Mental Illness. They may be found on the Synod website: <http://albertasynod.ca/ministries/c-a-r-e/resources/>

Some items on Mental Health First Aid would also be appropriate. They can be accessed at <http://www.mentalhealthcommission.ca/English/focus-areas/mental-health-first-aid>.

The Synod CARE Ministry Team and the Worship and Arts Ministry Team thank you for considering using these resources, and we trust that, as congregations engage in conversation about mental illness and plan to take more action to become hospitable and supportive, the lives of many will brighten. Peace.