

# CHRIST EPISCOPAL CHURCH

321 East Church Street • Martinsville, Virginia • 276-632-2896  
www.christchurchmvl.org

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The Sixteenth Sunday after Pentecost

September 25, 2022

10:30 A.M. Holy Eucharist, Rite II

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*Please silence your electronic devices.  
Music and lyrics of hymns may be found in the blue Hymnal 1982.*

The Opening Voluntary	Tierce en Taille	Louis-Nicolas Clerambault
Processional Hymn	<i>"Before thy throne, O God, we kneel"</i>	Hymn 574

Officiant: *Blessed be God: Father, Son, and Holy Spirit.*

People: *And blessed be his kingdom, now and for ever. Amen.*

*The Celebrant says*

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen.*

Gloria in excelsis

Hymnal S 280

Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.

have mercy on us;  
you are seated at the right hand of the  
Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. *Amen.*

Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray.

O God, you declare your almighty power chiefly in showing mercy and pity: Grant us the fullness of your grace, that we, running to obtain your promises, may become partakers of your heavenly treasure; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

**Reader** A reading from the Prophet Jeremiah (32:1-3a, 6-15)

The word that came to Jeremiah from the LORD in the tenth year of King Zedekiah of Judah, which was the eighteenth year of Nebuchadrezzar. At that time the army of the king of Babylon was besieging Jerusalem, and the prophet Jeremiah was confined in the court of the guard that was in the palace of the king of Judah, where King Zedekiah of Judah had confined him.

Jeremiah said, The word of the LORD came to me: Hanamel son of your uncle Shallum is going to come to you and say, "Buy my field that is at Anathoth, for the right of redemption by purchase is yours." Then my cousin Hanamel came to me in the court of the guard, in accordance with the word of the LORD, and said to me, "Buy my field that is at Anathoth in the land of Benjamin, for the right of possession and redemption is yours; buy it for yourself." Then I knew that this was the word of the LORD.

And I bought the field at Anathoth from my cousin Hanamel, and weighed out the money to him, seventeen shekels of silver. I signed the deed, sealed it, got witnesses, and weighed the money on scales. Then I took the sealed deed of purchase, containing the terms and conditions, and the open copy; and I gave the deed of purchase to Baruch son of Neriah son of Mahseiah, in the presence of my cousin Hanamel, in the presence of the witnesses who signed the deed of purchase, and in the presence of all the Judeans who were sitting in the court of the guard. In their presence I charged Baruch, saying, Thus says the LORD of hosts, the God of Israel: Take these deeds, both this sealed deed of purchase and this open deed, and put them in an earthenware jar, in order that they may last for a long time. For thus says the LORD of hosts, the God of Israel: Houses and fields and vineyards shall again be bought in this land.

**Reader** The Word of the Lord

**People** *Thanks be to God*

**Psalm 91:1-6, 14-16** *Qui habitat*

- 1 He who dwells in the shelter of the /Most /High, \*  
abides under the shadow /of the Almigh/ty.
- 2 He shall say to the Lord,  
"You are my refuge and /my strong/hold, \*  
my God in /whom I put my /trust."
- 3 He shall deliver you from the /snare of the /hunter \*  
and from the /deadly pesti/lence.
- 4 He shall cover you with his pinions,  
and you shall find refuge/ under his /wings; \*  
his faithfulness shall /be a shield and /buckler.
- 5 You shall not be afraid of any /terror by /night, \*  
nor of the /arrow that flies by /day;
- 6 Of the plague that stalks /in the /darkness, \*  
nor of the sickness /that lays waste at /mid-day.
- 14 Because he is bound to me in love,  
therefore will I de/liver /him; \*  
I will protect him, be/cause he knows my /Name.



15 He shall call upon me, and I will/ answer /him; \*  
I am with him in trouble;  
I will rescue him /and bring him to /honor.

16 With long life will I /satisfy /him, \*  
and /show him my sal/vation.

**Reader** A reading from First Timothy (6:6-19)

There is great gain in godliness combined with contentment; for we brought nothing into the world, so that we can take nothing out of it; but if we have food and clothing, we will be content with these. But those who want to be rich fall into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil, and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains.

But as for you, man of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness. Fight the good fight of the faith; take hold of the eternal life, to which you were called and for which you made the good confession in the presence of many witnesses. In the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, I charge you to keep the commandment without spot or blame until the manifestation of our Lord Jesus Christ, which he will bring about at the right time-- he who is the blessed and only Sovereign, the King of kings and Lord of lords. It is he alone who has immortality and dwells in unapproachable light, whom no one has ever seen or can see; to him be honor and eternal dominion. Amen.

As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment. They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.

**Reader** The Word of the Lord  
**People** *Thanks be to God*

**Sequence Hymn** *"We will extol you, ever blessed Lord"* **Hymn 404**

The Holy Gospel of our Lord Jesus Christ According to Luke (16:19-31)

**People:** *Glory to you, Lord Christ.*

Jesus said, "There was a rich man who was dressed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazarus, covered with sores, who longed to satisfy his hunger with what fell from the rich man's table; even the dogs would come and lick his sores. The poor man died and was carried away by the angels to be with Abraham. The rich man also died and was buried. In Hades, where he was being tormented, he looked up and saw Abraham far away with Lazarus by his side. He called out, 'Father Abraham, have mercy on me, and send Lazarus to dip the tip of his finger in water and cool my tongue; for I am in agony in these flames.' But Abraham said, 'Child, remember that during your lifetime you received your good things, and Lazarus in like manner evil things; but now he is comforted here, and you are in agony. Besides all this, between you and us a great chasm has been fixed, so that those who might want to pass from here to you cannot do so, and no one can cross from there to us.' He said, 'Then, father, I beg you to send

him to my father's house-- for I have five brothers-- that he may warn them, so that they will not also come into this place of torment.' Abraham replied, 'They have Moses and the prophets; they should listen to them.' He said, 'No, father Abraham; but if someone goes to them from the dead, they will repent.' He said to him, 'If they do not listen to Moses and the prophets, neither will they be convinced even if someone rises from the dead.'"

Celebrant The Gospel of the Lord  
People Praise to you, Lord Christ.

The Sermon

The Rev. John Adams

The Nicene Creed *standing*

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.

Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the  
Virgin Mary,  
and was made man.  
  
For our sake he was crucified under  
Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again

in accordance with the  
Scriptures;  
he ascended into heaven  
and is seated at the right hand  
of the Father.

He will come again in glory to judge  
the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and  
the Son.

With the Father and the Son he is  
worshiped and glorified.

He has spoken through the Prophets.  
We believe in one holy catholic and  
apostolic Church.

We acknowledge one baptism for the  
forgiveness of sins.

We look for the resurrection of the  
dead,  
and the life of the world to come.  
Amen.

The Prayers of the People Form VI

*Standing or kneeling*

BCP 392

Reader In peace, we pray to you, Lord God. (Pause) For all people in their daily life  
and work;

People *For our families, friends, and neighbors, and for those who are alone.*

Reader For this community, the nation, and the world;  
People For all who work for justice, freedom, and peace.

Reader For the just and proper use of your creation;  
People For the victims of hunger, fear, injustice, and oppression.

Reader For all who are in danger, sorrow, or any kind of trouble;  
People For those who minister to the sick, the friendless, and the needy.

*Reader* For the peace and unity of the Church of God;  
*People* For all who proclaim the Gospel, and all who seek the Truth.

*Reader* For Michael our Presiding Bishop, and Mark our Bishop; and for all bishops and other ministers;  
*People* For all who serve God in his Church.

*Reader* For the special needs and concerns of this congregation; especially Mary Ruth, Cindy, Mark, Lauren, Sue, Noah, Julia, Sanddii, Avenell, Linda and Irene. (*Pause for intercessions*) Hear us, Lord;  
*People* For your mercy is great.

*Reader* We thank you, Lord, for all the blessings of this life. (*Pause for thanksgivings*)  
We will exalt you, O God our King;  
*People* And praise your Name for ever and ever.

*Reader* We pray for all who have died, especially Phyllis Wall Purdy that they may have a place in your eternal kingdom. (*Pause for intercessions*) Lord, let your loving-kindness be upon them;  
*People* Who put their trust in you.

*Reader* We pray to you also for the forgiveness of our sins.

*Reader and People, kneeling or standing*

Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. *Amen.*

*Celebrant* Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

*The Peace* *Standing*

*Celebrant* The peace of the Lord be always with you.

*People* And also with you.

*The Peace may be exchanged through handshakes, hugs, fist bumps, waves, nods, or other such expressions; please be attentive to how much or little physical contact your neighbors would prefer. Once the Peace has been sufficiently exchanged, the people may sit for announcements. During the announcements, the Celebrant will invite those who are celebrating a birthday or wedding anniversary this week (or whose recent birthday or anniversary has not yet been prayed for in church) to come forward so we may pray for them.*

*Offertory Anthem*

*“With Flame of Might”*

Carl Schalk

A Carol for St. Michael and All Angels, Sept. 29

*The Doxology:*

*“Hymn 380 v. 3”*

Old 100<sup>th</sup>

All: Praise God, from whom all blessings flow;  
praise him, all creatures here below;  
praise him above, ye heavenly host: praise Father, Son, and Holy Ghost.

The Holy Communion, Eucharistic Prayer A

*Standing*

BCP 361

*Celebrant* The Lord be with you.  
*People* And also with you.  
*Celebrant* Lift up your hearts.  
*People* We lift them to the Lord.  
*Celebrant* Let us give thanks to the Lord our God.  
*People* It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. *Here a Proper Preface is said.* Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

*Celebrant and People*

Holy, Holy, Holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.

Hymnal S 125

*Celebrant*

*Standing or kneeling*

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

*Celebrant and People*

Hymnal S 132

Christ has died.  
Christ is risen.  
Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

**The Lord's Prayer (People and Celebrant)**

Our Father who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.

Give us this day our daily bread.  
And forgive us our trespasses

as we forgive those  
who trespass against us.  
And lead us not into temptation  
but deliver us from evil.  
For thine is the kingdom, and the  
power, and the glory  
for ever and ever. Amen.

**Breaking of Bread**

**Fraction Anthem**

*Christ Our Passover*

**Hymnal S 154**

Alleluia, alleluia, alleluia. Christ our Passover is sacrificed for us;  
therefore let us keep the feast. Alleluia, alleluia, alleluia.

*Celebrant* The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*All baptized Christians are invited to receive at the altar rail, kneeling or standing. If you wish to receive the wine, you may either sip from the common cup or take a cup from one of the side tables as you come forward, into which a chalice-bearer will pour a small portion of wine; if you wish to intinct (dip the wafer into the wine), please take a small cup and do not intinct in the common cup. Gluten-free wafers are available by request. If you do not wish to receive, you may come to the rail and place your arms across your chest to receive a blessing. Those who cannot or prefer not to come forward may inform an usher, and the celebrant will come to you.*

**Communion Chant**

*They shall abide under the shadow of the Almighty*

**Psalm 91**

**Communion Music**

*Let all mortal flesh keep silence*

**Hymn 324**

*Once all have received, the celebrant says*

Let us pray.

*Celebrant and people, standing or kneeling*

Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,

and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.

*The celebrant blesses the people.*

Recessional Hymn

*“O holy city, seen of John”*

Hymn 583

*Celebrant* Let us go forth in the name of Christ.

*People* Thanks be to God.

The Closing Voluntary

*To Thee Alone, Lord Jesus Christ*

Johann Pachelbel

*The beauty of the Altar Flowers are Given to the Glory of God  
and in Loving Memory of  
Margaret W. and Thomas C. Webster, M.D.  
By Tom, Stuart, Win, Jessica, Evans and Clay Webster*

*The beauty of the Narthex Flowers are Given to the Glory of God  
and in Loving Memory of  
David Joyce  
By Amy, Adrienne and Peyton Joyce*

*And  
Given to the Glory of God and in Loving Memory of  
Jim Rosser  
By the Family*

Pray today for the Bishop’s Visitation to Trinity, Lynchburg (Boonsboro). Pray for the people of Trinity, Boonsboro and their rector, the Rev. Gail Goldsmith. The Standing Committee of the Diocese of Haiti as they search for their new Bishop. The Diocese of Leeds and their Bishop, The Rt. Rev. Nick Baines.

### September Events

- **Sunday Bible Study**

Sunday Bible Study will read and discuss highlights of the Book of the Prophet Isaiah. Consisting of 66 chapters composed over a few centuries, Isaiah is one of the most wide-ranging and beloved books of Hebrew Scripture. It includes both stinging condemnations of human failures to follow God’s will and glorious promises of God’s continuing love. Bible Study meets in the Parish House at 9:30 am, and all are invited to join the conversation.

- Sunday services at **10:30 am** - Rite II, w/HE Rev. John Adams presiding

- **The Daily Office** is being offered by an ecumenical group of dedicated individuals at 9 a.m. for morning prayer, noon for noontime prayer and at 5 p.m. for evening prayer. Join the group on Facebook Live, their page is Daily Office Prayer and the link is <https://www.facebook.com/dailyOfficePrayer/>.

- **Monday Study Group**

The Monday Study Group is currently going Beyond the Dirty Pages, taking a guided tour through the *Book of Common Prayer* to discuss those services and resources that we rarely if ever use on Sundays. We meet in the Parish House



(entering by the front door) and begin with a light supper (soup and bread) at 6:30pm, with the study running from 7:00 until 8:00 or shortly thereafter. All are welcome to join; if you are coming, please give the office a heads-up (276-632-2896 or [christchurchmvl@gmail.com](mailto:christchurchmvl@gmail.com)) so we can set a place for you.

- **Wednesday Eucharists**

Our Wednesday services now include cookies! At Noon on Wednesdays, Eucharist is offered in the Chapel (accessed by the glass doors at the back of the church building). The service is entirely spoken and includes a homily on the saint of the day, with fresh-baked cookies available after; please let the Gallops or the Buddes know if you'd like to be involved in the baking. This is a good opportunity to worship for those who have conflicts or difficulties on Sunday mornings, those who would prefer to enter the building when there are fewer people present, those who want to receive communion and go home in under forty minutes, and those who wish to worship with the community more often than every Sunday.

- **Loaves & Fishes** Starting Wednesday, September 28<sup>th</sup>, Loaves and Fishes is returning to the church undercroft. Meals will be served in the undercroft on the last Wednesday of each month beginning at 5:00pm - 5:45pm. For folks who would prefer to take their meals home with them, carry out boxes are available. There are limited parking spaces behind the church for people with mobility issues.

**Masks are required for unvaccinated adults. Hand sanitizer is available for use.**

- **Trivia Night**

Fr. John is hosting a Trivia Night in the Undercroft on September 30 at 7:00 pm. Trivia is similar to *Jeopardy* (answering questions on a wide variety of subjects, with a prize for the winner) but played in teams of up to six and with everyone writing down their answers (so no need for a fast buzzer finger). Fr. John's questions will incorporate multiple media (with picture- and music-identification categories) and many different topics (academic, pop culture, and church-specific); generational diversity will likely prove beneficial to teams. Players are invited to bring their own beverages and snacks, if desired.

### **Parish House Project**

Over the summer, the Vestry reviewed and approved bids totaling \$120,000 to replace the broken lift outside the Office, replace gutters and rotted wood, and repaint the exterior of the Parish House (the last of which must be done every 10-15 years). More than 75% of that cost is paid for by funds already at hand (including monies remaining from prior special projects and funds from the Federal Government for retaining our employees during the Covid shutdown) and \$18,200 has already been received or pledged. Gifts toward the remaining \$7,800 would be greatly appreciated so that we don't have to worry about paying for it later.

### **Blessing of the Animals**

In honor of the Feast of St. Francis, you are invited to bring your dogs, cats, and any other animals for a **Blessing of the Animals on October 2 at 3:00 pm**. In this short service, we thank God for the whole of creation and ask God's blessing on these animals we particularly love as part of our families. We will meet in the Gathering Place (the benches between the Parish House parking and Letcher Ct); in the event of rain, blessings will be offered in the Undercroft.

## Bishop's Visit

The Rt. Rev. Mark Bourlakas, Bishop of the Diocese of Southwestern Virginia, will be visiting Christ Church on Sunday, October 23 for confirmation and reception at the 10:30 service. Please mark your calendars and plan to join us for this celebration.

## SAVE THE DATE

Save the date for The Dan Prince and Gene Medley Memorial Oyster Roast scheduled for Friday, November 4, 2022, at 6:00 pm.

Christ Episcopal Church Invites You To

### The Dan Prince & Gene Medley Memorial Oyster Roast

Friday, November 4  
6:00 p.m.

Christ Episcopal Church Parish House  
311 East Church Street  
Martinsville, VA 24112


Oyster Roast | Buffet Dinner | Open Bar | Music  
50/50 Raffle with \$2,500 maximum winning  
Bake Sale | Large-Item Silent Auction

\$50 per person

Call Church Office (276-632-2896) to Purchase Tickets  
All Reservations and Payment Due by October 21 (cash or check only)  
**ADVANCED PAYMENT REQUIRED – NO TICKETS SOLD AT DOOR**

Raffle tickets may be purchased from Vestry members or through the church office.

Outside Rain or Shine – Casual Dress



Tickets for the 50/50 raffle are available **NOW** from Vestry members (listed below) and the Church office. The cost is \$10 per ticket or \$100 per book, with maximum winnings of \$2,500.

### Bake Sale & Silent Auction

We need volunteers to help bake brownies, bars, cakes, and pies. Also volunteers to make soups, casseroles, and sauces. Please sign up under volunteers on our website and let us know what you will be bringing and the quantity. **\*\*\*Please list the quantity you are donating on the email line of the sign up.\*\*\*** Brownies and bars will need to be individually packaged in servings of six (6). Generous portions are appreciated (2x2). Cakes, pies, soups, casseroles, and sauces will need to be in/on serving pieces which will not need to be returned to the creator. We will set up drop off for Thursday and Friday, November 3-4. Details to follow!

For the Silent Auction, we will have furniture and a beach house get away along with a few other ideas and items in the works!

Thank you for your support and efforts to make this annual tradition such a great success!

**Grace Network** - Our Grace Network Assignments for **September: Saltine Cracker Box**. For the month of September: **dish detergent, deodorant, laundry detergent**. As a Church family, we have committed to helping Grace Network with stocking their food pantry for those in need. Please remember to pick up our assigned item the next time you visit the grocery store. You can bring your items to the Church office OR put them in the little red wagon in the Narthex.

THANK YOU TO THOSE WHO SERVE:

Officiant: Rev. John Adams  
Lector/prayers: Will Zimmer  
Chalists: John Swezey, Natalie Coleman  
Acolyte: Elizabeth Maxwell  
Organist: Lynn Gardner  
Chorister/Cantor: Raul West  
Choir: St. Christopher's Choir  
Ushers: Ben Beeler, Rebin Titus, Bruce Mazurek, Pete Scouras  
Altar Guild: Team Five - Lloyd Barber, Debbie Lewis, Cece Johnson,  
Jill Dickens, Amy Joyce, Pat Russell  
Counters: Pat Walmsley, Andy Williams

Vestry for 2022

**Year 3:** Carolyn Byrd; Beverley Coleman, Secretary;  
Cece Johnson; Ellen Maxwell  
**Year 2:** Hank Long, Senior Warden;  
Ruby Stultz; Rebin Titus; Pat Walmsley  
**Year 1:** Ben Beeler; Jay Dickens,  
Beverly Lyle, Treasurer;  
Andy Williams, Junior Warden



## How You Can Make a Positive Difference

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- Build an awareness of mental illness and suicide through education.
- Know the risk factors and warning signs of mental illness and suicide.
- Put the following numbers in your important phone contacts:
  - National Suicide Prevention Lifeline: 988
  - Crisis Text Line: 741-741 (text “Home”)
- Advocate for improving mental health resources in our community.
- Speak out against stigma. This is so very important! The myths surrounding mental illness and suicide cause immense harm. Mental illness is a brain disease, NOT a character flaw.
- Get trained in Adult Mental Health First Aid, Youth Mental Health First Aid and/or QPR (Question, Persuade, Refer).
- Attend a mental health workshop or presentation through NAMI, the Mental Health Association, Communities of Hope, and others.
- Consider forming a mental health ministry in your church.
- Bring a meal or offer other support to a friend or family impacted by mental illness or suicide.
- Be present and listen, showing empathy and compassion. Hear their story and their feelings without offering advice or judgment.
- Pray for all those who are living with mental health issues, their caregivers, their families, and their treatment professionals.

*You can learn more on the websites of the National Institute of Mental Health, NAMI, SAMHSA, the American Foundation for Suicide Prevention, Mental Health America, SAVE.org, and the Trevor Project.*

*Compliments of Communities of Hope, Inc.*

