

# ***St Joan of Arc***

## ***Spirit and Mind Ministry***

### **Mission Statement**

Our mission is to provide an environment where people can have topical discussions relating to spirit and awareness, and how we can get guidance from scripture that relate to mental health issues. It also supports the parents, family members, and friends of those who are helping a loved one who is experiencing mental health issues by offering spiritual aid, and to allow all to grow their faith closer in their relationship with God.

### **Mission Goal**

Our goal is to provide a place to explore how scripture can help and guide us, and to be able to speak out and be heard in a safe, confidential, and non-judgmental environment, where isolation and stigma dissipate as supportive community is created.

#### **Agenda**

1. Welcome
2. Opening Prayer
3. Selected Reading, Presentation
4. Faith Sharing Questions
5. Discussion
6. Break
7. Discussion
8. Petitions
9. Closing Prayer

#### **Principles of Support**

1. See the individual first, not the illness
2. We aim for better spiritual awareness for coping
3. We find strength in sharing experiences
4. We reject stigma and do not tolerate discrimination
5. We accept we cannot solve all problems
6. We will never give up hope



#### **Resources:**

Catholic Charities (Burlington County)

25 Ikea Rd, Westhampton NJ (609) 267-9339

<https://www.catholiccharitiestrenton.org/locations/burlington-county/>

National Alliance on Mental Illness (NAMI)

<https://namiburlingtonnj.org/>

988 – US has recently approved a new 3-digit dialing code, 988, for mental health crisis and suicide prevention. The 988 line will operate 24 hours a day, 7 days a week for calls, texts, and chats.

Contact the SJA Spirit and Mind Ministry at: [spiritnmind@stjoans.org](mailto:spiritnmind@stjoans.org)