

# MENTAL HEALTH PASTORAL CARE RESOURCE LISTS

*... to change the wind*

A selection of  
*Spirituality, Prayer, & Ministry Books*  
on/or including themes of Mental Health  
&  
Websites Hyperlinks  
for several of the Mental Health Ministries  
located in USA, UK and Australia.



*... we need to be angels for each other, to give each other strength and consolation.  
Because only when we fully realize that the cup of life is not only  
a cup of sorrow but also a cup of joy will we be able to drink it.*

Henri J. M. Nouwen from *Can You Drink The Cup*



## *To Change The Wind*

Jim Wallis in his book, *God's Politics*, describes our politicians as those with their fingers in the air determining the direction of the political wind and then following. He goes on to say,

*"The great practitioners of real social change, like Martin Luther King Jr. and Mahatma Gandhi, understood something very important. They clearly understood that you don't change a society by merely replacing one wet-fingered politician with another. You change a society by changing the wind. Change the wind, transform the debate, recast the discussion, alter the context with which political decisions are being made and you will change the outcomes. Move the conversation around a crucial issue to a whole new place, and you will open up possibilities for changes never dreamed of before. You will be surprised at how fast the politicians adjust to the change in the wind."*

Wallis' overall challenge to us is to change the wind. As general church leaders—Council members, Bishops, and staff—we are the practitioners of change within the church; and, as Wallis says, if we are able to change the wind, we can lead others to adjust and thrive in the new direction the wind takes us as a Church.

...Like the wind of hope over the earth in the creation story, the spirit of God is hovering over us and creating a wind of change.

(From Sandra K. Lackore, in a 2006 leadership address to directors of the General Council on Finance and Administration of the United Methodist Church. <http://www.gcfa.org/PDFs/ChangingtheWind-ALeadershipAddressbySandraK.Lackore.pdf>)



**A mustard seed field on the way to Jaipur.**

# INTRODUCTION

Dear Nouwen Network Friends,

Over the years I have gathered together a large range of Mental Health Ministry resources on my bookshelves and in my computer. The following pages contain some of that information. I share it with you in the hope that it may serve to enrich you, and to assist you in your ministry.

## BOOKS

Some of these books I have read from cover to cover. Some I have read sections of. Some, I have not read at all, they still remain titles on my 'wish list'. Many of these titles have been sourced from a variety of book reviews and mental health ministry websites. I share this list with you as a possible starting point if you are seeking literature in this area.

Except for the last few books, the images and book descriptions are from [www.amazon.com](http://www.amazon.com). There is a hyperlink from the book's title to an amazon page which will have the full publishing details at the bottom of it. With this information you will be able to place an order through your chosen bookstore or online supplier.

## WEBSITES

After the book list I have included two lists from *NAMI FaithNet* (USA). These provide hyperlinks to several **American** Mental Health Ministry websites. Many of these sites have downloadable resources that are freely available. I have created similar lists for the **United Kingdom** and **Australia**.

## OTHER

- Website links to the stories of a number of Australian Mental Health Ministries. (Some of these have audio or video clips).
- The details of CBM Australia's *LUKE14 Mental Health Unwrapped* workshop. (A workshop that may be made available to your local church communities).

Happy reading, and may God bless your ministry.

*Jane Frazer Cosgrove.*

A Nouwen Network facilitator.

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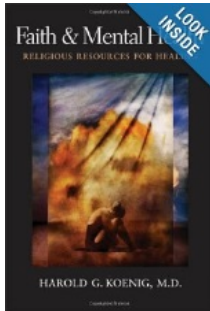
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### [Faith and Mental Health: Religious Resources for Healing](#)

by M.D. Harold G Koenig

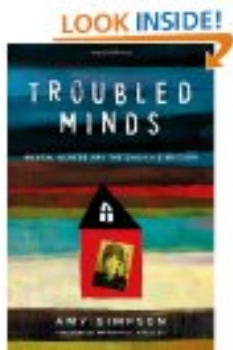
Dr. Harold Koenig is *the* brand in the growing field of spirituality and health. His ground-breaking research has been featured on national and international television and radio shows, on the covers of magazines, and in the headlines of newspapers.

Now he opens a window on mental health, providing an unprecedented source of practical information about the relationship between religion mental health. Dr. Koenig examines how Christianity and other world religions deliver mental health services today, and he makes recommendations, based on research, expertise, and experience, for new programs to meet local needs.

Meticulously researched and documented, *Faith and Mental Health* includes:

- Research on the relationship between religion and positive emotions, psychiatric illnesses, and severe and persistent mental disorders
- Ways in which religion has influenced mental health historically, and how now and in the future it can be involved with mental health
- A comprehensive description and categorization of Christian and non-Christian faith-based organizations that provide mental health resources
- Resources for religious professionals and faith communities on how to design effective programs

Presenting a combination of the history and current research of mental health and religion along with a thorough examination of faith-based organizations operating in the field, this book is a one-of-a-kind resource for the health care community; its valuable research and insights will benefit medical and religious professionals, and anyone concerned with the future of mental health care.

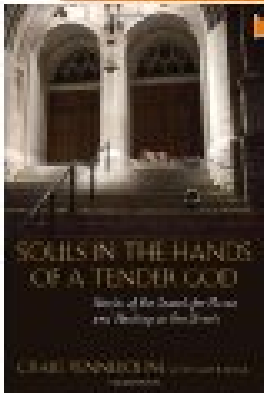


### [Troubled Minds: Mental Illness and the Church's Mission](#)

by Amy Simpson

Mental illness is the sort of thing we don't like to talk about. It doesn't reduce nicely to simple solutions and happy outcomes. So instead, too often we reduce people who are mentally ill to caricatures and ghosts, and simply pretend they don't exist. They do exist, however—statistics suggest that one in four people suffer from some kind of mental illness. And then there's their friends and family members, who bear their own scars and anxious thoughts, and who see no safe place to talk about the impact of mental illness on their lives and their loved ones. Many of these people are sitting in churches week after week, suffering in stigmatized silence. In *Troubled Minds* Amy Simpson, whose family knows the trauma and bewilderment of mental illness, reminds us that people with mental illness are our neighbors and our brothers and sisters in Christ, and she shows us the path to loving them well and becoming a church that loves God with whole hearts and whole souls, with the strength we have and with minds that are whole as well as minds that are troubled.

LOOK INSIDE!



[Souls in the Hands of a Tender God: Stories of the Search for Home and Healing on the](#)

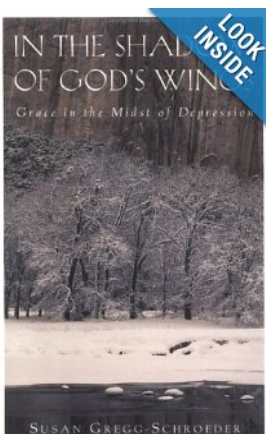
[Streets](#)

by **Craig Rennebohm**

Since 1987, Craig Rennebohm has ministered to people on the streets of Seattle who are homeless and struggling with mental illness. In *Souls in the Hands of a Tender God*, he tells the evocative stories of persons who desperately need psychiatric, psychological, and spiritual support-like Mary, who surrounds herself with huge trash bags for protection from a threatening world; Jerry, whose fits of rage get him barred from every shelter and meal program in Seattle; and others, abandoned and marginalized by their community, who need care and treatment to find their way back to a life of stability and meaning. As Rennebohm reaches out to each one, their stories become parables that explore mental illness and the spiritual heart of care and recovery, helping us understand what it means to be human, on a pilgrimage together toward wholeness.

As these stories unfold, we encounter Rennebohm's powerful experiences with a God of kindness and compassion, drawn from his own life and the lives of those he has aided in their struggles with homelessness and with mental illness. *Souls in the Hands of a Tender God* offers a clear understanding of Spirit, faith, soul, and religion that will prove invaluable to individual conversations and to dialogue among congregations about how we can best serve "the least among us."

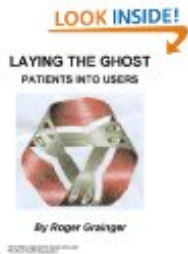
*Souls in the Hands of a Tender God* follows the path of healing and the way of companionship to build communities of caring that welcome and include our most fragile and troubled neighbors. With gentleness and grace, solid knowledge and wisdom, Rennebohm lays down the foundations of healing communities in which all may have a home, safely rest, and be well.



[In the Shadow of God's Wings: Grace in the Midst of Depression](#)

By **Susan Gregg-Schroeder**

Susan Gregg-Schroeder offers a bold statement about living with chronic depression and discovering gifts of God in the midst of that depression. Taking readers on her own personal journey into depression, Gregg-Schroeder relates the wisdom of experience and moves beyond her experience to offer universal truths concerning depression and spirituality.

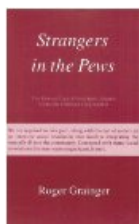


### [Laying the Ghost ; Patients Into Users](#)

by **Roger Grainger**

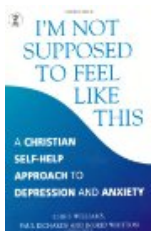
This book is about the way in which the idea of madness still haunts people's imagination, and the way in which this is reflected in the experience of those diagnosed as psychiatrically ill. It is also about the difference between the old system of psychiatric containment and the present 'community' approach which deals with 'users of the psychiatric services' – in other words, User Groups – as this is seen from the perspective of those involved in both of these approaches. The result is a book which has much to say about social exclusion and the experience of stigma. It sets out to examine how this important social change, from 'patient' to 'user' affects those most intimately concerned. It puts the 'user' point of view in a positive way, allowing those within the community to speak for themselves. It also has something to say about the similarity which exists between incarceration within an institution and confinement to a special section of society as a whole.

Roger Grainger has himself been a psychiatric in-patient and the member of several user groups. He worked for eighteen years as a whole-time Chaplain of a large psychiatric hospital in the North of England, and is now in private practice as a Chartered Counselling Psychologist and Senior Practitioner in Psychotherapy. He believes himself to be in a privileged position to write on this subject, and 'Laying the Ghost' follows two other books in the area, 'Watching for Wings' (1979) and 'Strangers in the pews' (1993)



### [Strangers in the Pews: Pastoral Care of Psychiatric Patients within the Christian Congregation](#)

by **Roger Grainger**



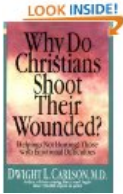
### [I'm Not Supposed to Feel Like This: A Christian Approach to Coping with Depression and Anxiety \(Hodder Christian Books\)](#)

by **Chris Williams, Paul Richards, Ingrid Whitton.**

Depression is so common that it has been described as 'the common cold of psychiatry'. It is particularly difficult for Christians - there is often a feeling that Christians 'shouldn't' get depressed, and that it and anxiety are the result of a poor or damaged relationship with God. I'M NOT SUPPOSED TO FEEL LIKE THIS is an empowering and practical response to such common feelings. In the style of a workbook, with constant reference to the Bible, and the example of Jesus, it helps the reader to understand why they feel the way they do, and to draw on God's love and grace to find a path through depression and anxiety. The authors are all Christians, and experienced counsellors and psychiatrists.

Chris Williams is Senior Lecturer in Psychiatry at the University of Glasgow, and author of five previous books including OVERCOMING DEPRESSION - a non-religious equivalent of this book published by Arnold. Ingrid Whitton is a consultant psychiatrist in Leeds. Paul Richards is Pastor of Lister Hill Baptist Church, Leeds, and an expert in pastoral care.

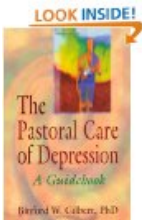




[Why Do Christians Shoot Their Wounded?: Helping Not Hurting Those with Emotional Difficulties](#)

by **Dwight L. Carlson**

It's no sin to hurt. Thousands of Christians suffer real emotional pain--such as depression, anxiety, obsessiveness. Many other Christians, including prominent leaders, believe emotional problems are the result of sin or bad choices. These attitudes often only add to the suffering of those who hurt. In this book Dwight Carlson marshals recent scientific evidence that demonstrates many emotional problems are just as physical or biological as diabetes, cancer and heart disease. While he never discounts personal responsibility, Carlson shows from both the Bible and up-to-date medicine why it really is no sin to hurt. Understandably and compellingly, brings profound help for those who hurt and those who counsel. For those who suffer, here is a powerful liberation from guilt. For those who care for the suffering, here is vivid proof that those in emotional pain deserve compassion, not condemnation.



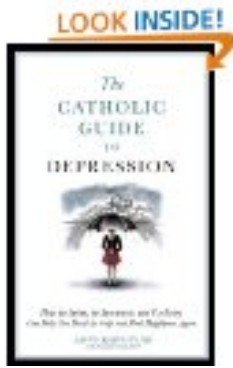
[The Pastoral Care of Depression: A Guidebook \(Haworth Religion and Mental Health\)](#)

by **Harold G Koenig and Binford Winston Gilbert**

What is depression, and what are its many and varied types? Who becomes depressed, and how can it be recognized? How can depression be measured, and what are its suicidal potentialities? What are the therapeutic interventions the pastor can use in helping people who are undergoing the pain of depression? The Pastoral Care of Depression: A Guidebook answers these questions and many more. With a focus on the pastor as an instrument of healing in cooperation with families, physicians, and other mental health professionals, this book will help you understand some of the current research and procedures used in helping people suffering from depression. As the frontline mental health workers in many communities, pastors need confidence, competence, and skill in handling people with emotional problems. As Author Binford W. Gilbert explains, "Depression is among the most treatable of major illnesses. It enters the realm of the spiritual and demands the best of the pastoral leader to guide, assist, and enhance the struggle for peace and soundness of mind and body." The Pastoral Care of Depression helps caregivers by overcoming the simplistic myths about depressive disorders and probing the real issues. This book covers:

- a thorough description of clinical depression
- predisposing factors that may lead to depression
- the need for a multidisciplinary approach, and the role of the pastor on the treatment team
- the importance of church and family involvement
- diagnosis--the ability to distinguish between normal grief, ordinary blues, situational depression, and clinical depression
- ministers' own emotional, physical, mental, and relational health
- the pastor's privileged role that gives him/her unique abilities and opportunities

A valuable resource for pastors, chaplains, counselors, psychiatrists, psychologists, physicians, family members, and teachers of pastoral care, The Pastoral Care of Depression is meant to inspire action-oriented counseling; to establish cooperative relationships between ministers, families, and the medical community; to carry out responsible and innovative creative therapeutic interventions; and to treat the whole human being.



[Catholic Guide to Depression](#)

by **John Cihak**

Countless Christians -- including scores of saints -- have suffered profound, pervasive sorrow that modern psychiatrists call “depression.” Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul.

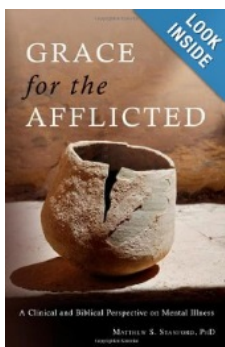
In these pages, Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction -- ways that are not only consistent with the teachings of the Church, but even rooted in many of those teachings.

Extensive clinical experience treating patients with depression has shown Dr. Kheriaty that the confessional can't cure neuroses, nor can the couch forgive sin. Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments, giving particular attention to the wisdom of the Church Fathers and the saints.

Here, with the expert help of Dr. Kheriaty, you'll learn how to distinguish depression from similar-looking but fundamentally different mental states such as guilt, sloth, the darkness of sin, and the sublime desolation called “dark night of the soul” that is, in fact, a privileged spiritual trial sent to good souls as a special gift from God.

You'll come to know how to identify the various types of depression and come to understand the interplay of their often manifold causes, biological, psychological, behavioral, cultural, and, yes, moral.

Then you'll learn about exciting breakthroughs in pharmacological and other medical treatments, the benefits and limitations of psychotherapy, the critical place that spiritual direction must have in your healing, and the vital role that hope -- Christian hope -- can play in driving out depression.



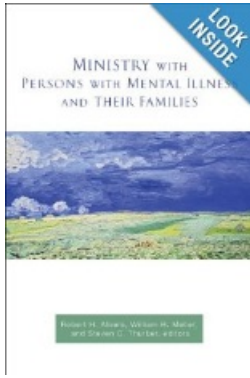
[Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness](#)

by **Matthew S. Stanford**

Each day men and women diagnosed with mental disorders are told they need to pray more and turn from their sin. Mental illness is equated with demonic possession, weak faith and generational sin. Why is it that the church has struggled in ministering to those with mental illnesses? As both a church leader and professor of psychology and neuroscience, Michael S. Stanford has seen far too many mentally ill brothers and sisters damaged by well meaning believers who respond to them out of fear or misinformation rather than grace.

[This text] is written to educate Christians about mental illness from both biblical and scientific perspectives.

Stanford presents insights into our physical and spiritual nature and discusses the appropriate role of psychology and psychiatry in the life of the believer. Describing common mental disorders, Stanford asks of each: “What does science say and what does the Bible say about this illness?”

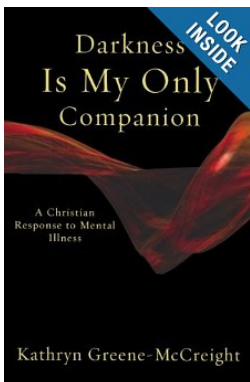


[Ministry With Persons With Mental Illness and Their Families](#)

by **Robert H. Albers**

Those who are afflicted as well as those who are adversely affected by mental illness often live lives of “quiet desperation” without recourse to appropriate assistance. Most caregivers confronted with these illnesses in the work of ministry have had no training or accurate information about mental illnesses, so frequently they do nothing, resulting in further harm and damage. Others may operate out of a theological system that does not adequately account for the nature, severity, or treatment of these illnesses.

In *Ministry with Persons with Mental Illness and Their Families*, psychiatrists and pastoral theologians come together in an interdisciplinary, collaborative effort to ensure accuracy of information concerning the medical dimensions of mental illness, interpret these illnesses from a faith perspective, and make suggestions relative to effective ministry. Readers will learn how science and a faith tradition can not only co-exist but work in tandem to alleviate the pain of the afflicted and affected.

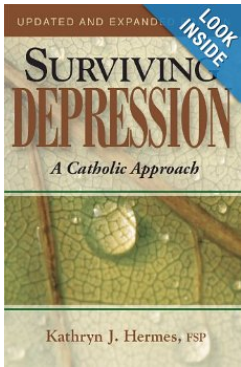


[Darkness Is My Only Companion: A Christian Response to Mental Illness](#)

by **Kathryn Greene-McCreight**

Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond in the face of mental illness? In *Darkness Is My Only Companion*, Kathryn Greene-McCreight confronts these difficult questions raised by her own mental illness--bi-polar disorder.

With brutal honesty, she tackles often avoided topics such as suicide, mental hospitals, and shock therapy. Greene-McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends, family, and clergy. Her voice is a comfort to those who suffer from mental illness and an invaluable resource for those who love and support them.



[Surviving Depression: A Catholic Approach](#) the updated and expanded edition

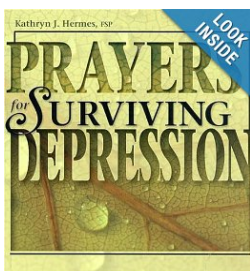
by **Kathryn J. Hermes**

Depression can strike anyone—even those of us who are deeply committed to living the Christian life. In these dark times, we often feel abandoned, alone, isolated, misunderstood, and hopeless. Especially in today’s chaotic world, there are new distressing realities that weigh upon us: war, economic instability, terrorism, natural disasters...all of which make our sense of security so fragile. And as Christians, such experiences can be accompanied by a great sense of anguish and fear.

As someone who has personally struggled with depression, Sr. Kathryn understands these feelings all too well. But as someone who has overcome the illness, she knows that surviving depression and attaining happiness is possible. For over a decade, *Surviving Depression* has helped thousands of readers find a reassuring approach to living through depression. By drawing upon the strength inherent in the Catholic tradition and discussing the biological, psychological, environmental, and genetic components of the illness, this companion offers a holistic understanding of depression—for the depressed, their family members and friends, and those who counsel or care for them.

This 10th Anniversary “Updated and Expanded Edition” features contemporary world developments and an entirely new practical guide entitled “8 Steps to Inner Peace.” Each chapter is framed by a question or thought relevant to the experience of depression and contains:

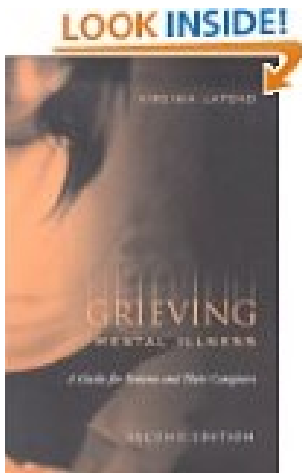
- Personal anecdotes
- Vignettes of depressed individuals, including saints and cultural figures
- Relevant Biblical passages
- Spiritual exercises
- Tips for the depressed
- Advice for family and friends
- Prayer suggestions



[Prayers for Surviving Depression](#)

by **Kathryn Hermes**

In this companion volume to *Surviving Depression*, Sr. Kathryn provides a wealth of prayer resources—some traditional, some contemporary, and all encouraging.

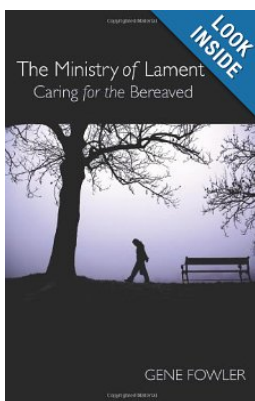


[Grieving Mental Illness: A Guide for Patients and Their Caregivers](#)

by **Virginia Lafond**

This is a self-help book for anyone who has endured the effects of mental illness, whether as a sufferer, friend, family member, or care-giver. It offers detailed, jargon-free guidelines to help readers come to terms with mental illness in a positive way, while avoiding disabling emotional responses to illness. Sophisticated in approach and comprehensive in its treatment, this book will be useful both to health-care workers and to the general public. Virginia Lafond's experience as a mental health practitioner has taught her that grieving is always a partner to mental illness. There are very real losses associated with any illness and grieving for them, whether the grief is recognized as such or not, is inevitable. Unacknowledged grief takes its toll, slowing or even stalling recovery. Using grief as a healthy, normal, adaptive process enhances recovery, allowing positive choices to be made. The result can help sufferers come to terms with their illness and prepare them for success in rehabilitation programs. Lafond offers engaging and empathetic advice on how to move forward from the suffering associated with mental illness. By consciously grieving we can help bring healing and wholeness to our lives, resulting in new ways of coping, reduced stress, and greater self-esteem.

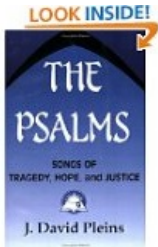
First published in 1994, this revised edition contains a new introduction and two new appendices: 'A Worker's Guide for Working with the Grief of Mental Illness' and 'Mental Illness: Responses to Frequently Asked Question'.



[The Ministry of Lament: Caring for the Bereaved](#)

by **Dr. Gene Fowler**

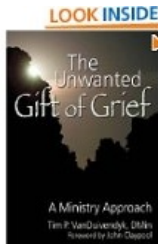
For pastors and congregations, caring for those who are grieving is a very important but difficult job. Gene Fowler believes that the church needs a theological understanding of bereavement that can inform the ministry of caring for grieving people. The heart of *The Ministry of Lament* addresses the relationship between bereavement and the Christian faith in the service of caring ministry. Throughout the book, Fowler brings the psalms of lament into dialogue with a contemporary understanding of mourning so that the entire grief process can be addressed theologically.



[The Psalms: Songs of Tragedy, Hope, and Justice](#)

by **J. David Pleins**

Pleins' exposition reveals in the Psalms the core of a liberating worship that grasps the realities of individual suffering as well as the stern demands of social justice. Presenting a stirring fresh translation of many of the ancient hymns and prayers of the psalter, Pleins offers new perspectives on their meaning for the individual as well as for the community, from biblical times to the present.



[The Unwanted Gift of Grief: A Ministry Approach \(Haworth Pastoral Press Religion and Mental Health\)](#)

by **Tim P Van Duivendyk and John Claypool**

Learn how to embrace the painful gift of grief and use it for transformation and healing as you journey through the wilderness to a promised life

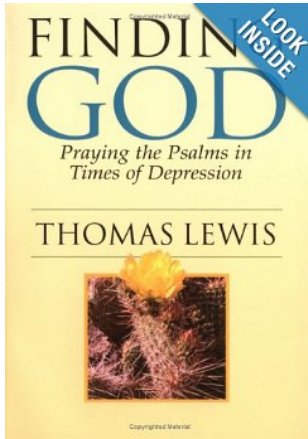
The Unwanted Gift of Grief is a passionate, practical guide through the grieving process for those who have suffered loss—and those who suffer with them. Rather than talking people out of their grief and pain as a way to make them feel better, this unique book invites them into the grief and pain as a way to healing, transformation and hope. Using real and in-depth ministry and counseling conversations, it identifies the journey through the wilderness of grief.

This powerful book is equally valuable as a gift from a minister to a grieving person, as a professional guide for ministers and counselors, and as a training tool for lay ministers and congregation members. Built on the ministry concept of “sojourning,” The Unwanted Gift of Grief offers guidelines to be used in helping people in their journey through the adjustment period that follows a loss, a time that may include the darkness of disbelief, frustration, anger, sadness, depression, and healing light as they make their way through the wilderness of grief.

Topics examined in The Unwanted Gift of Grief include:

grief as gratitude and gift

- how family and culture can affect grieving
- different pathways through grief
- everyone grieves differently
- sudden loss, slow losing, rejection and suicide
- identifying the agony and characteristics of depression
- grief factors that affect marriage and sexuality
- saying “Yes” to death
- factors of faith, science and miracles
- the labor and contractions of dying and death
- the hope for healing and cure
- how to help: the Sojourner’s Process Guide
- the Grief Date: A Guide for Couples
- fifty ways to make it through the wilderness
- and much more

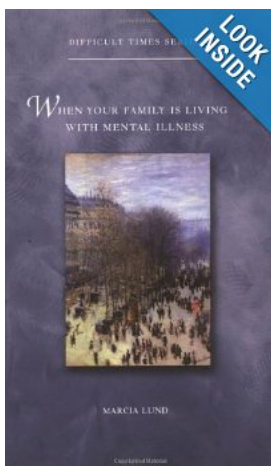


[Finding God: Praying the Psalms in Times of Depression](#)

by **Thomas Lewis**

In this small yet immensely helpful guide, pastor Thomas Lewis offers spiritual resources for the many persons today suffering from depression. By turning his readers toward praying the Psalms, as he did in his own battle with depression, Lewis assists those seeking hope and a healing touch to find, in his words, “a cup of cold water in parched land.” He speaks frankly about his own battle with deep depression; discusses the types of depression, the symptoms, and where to get help; and then lays out several Psalms of lament that can support people in times of depression and form a foundation for all other approaches to treating the illness. This book will prove to be an invaluable resource for those engaged in pastoral care and counseling, for those who have loved ones suffering from depression, and persons suffering from depression themselves.

Thomas Lewis is a former pastor of Commerce Presbyterian Church in Commerce, Georgia.



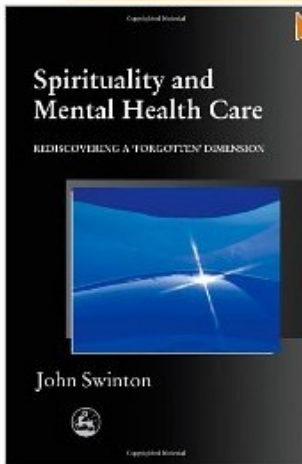
[When Your Family is Living with Mental Illness \(Difficult Times\)](#)

by **Marcia Lund**

Mental illness is a disease like any other. Those dealing with mental illness-whether personally, in their family, or with a friend-can be confused or frustrated by a disease that is unpredictable and detrimental. With straightforward spiritual guidance, this volume is perfect for anyone affected by mental illness. Using practical suggestions for encouraging the reader to reconnect spiritually with God, this book can help sufferers resolve issues and find peace.

Marcia Lund is a former teacher who has written numerous educational books. She currently works on a variety of projects including writing a novel, tutoring students, and leading lay ministry classes at her church.

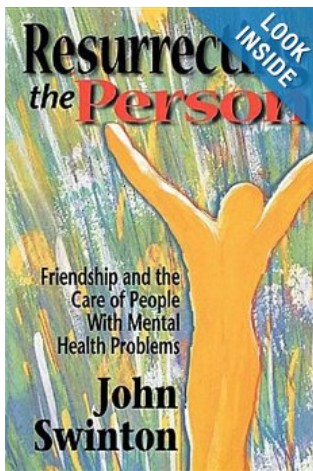
Click to **LOOK INSIDE!**



[Spirituality and Mental Health Care](#)

**By John Swinton**

Despite a wealth of evidence demonstrating a strong positive correlation between a person's spirituality and their mental health, there is evidence to suggest that those who seek to provide health care are not taking it seriously enough. This work presents a model of mental health care that will enable carers to incorporate spirituality effectively into their caring strategies. Using a critical evidence-based and interdisciplinary approach to contemporary mental health practice, the author explores the therapeutic significance of spirituality for clients in a number of different context with problems such as psychotic disorder, depression, Alzheimer's disease and AIDS, from the perspective of both carers and service-users. The author also provides a critical review of existing literature in the field to assess the place of spirituality in contemporary theory and practice.



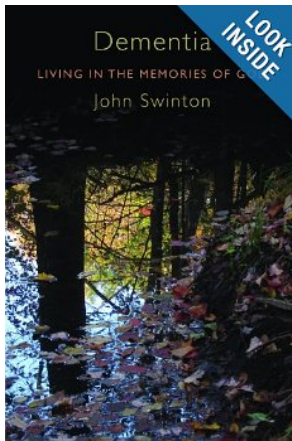
[Resurrecting the Person: Friendship and the Care of People with Mental Health](#)

[Problems](#)

**by John Swinton**

In *Resurrecting the Person*, John Swinton argues that while mental illnesses are often biological and genetic in origin, the real handicap experienced by individuals is imposed by the types of reactions, values, and attitudes which are typical of contemporary western society. In other words, how a mental illness is experienced has much to do with how it is socially constructed. How will the church react to this suggestion? Swinton suggests that the key to the effective pastoral care of individuals with severe mental illness lies not only within the realms of psychiatry, therapy, and pharmacological intervention, but in the rehumanization which is borne within the relationship of friendship.





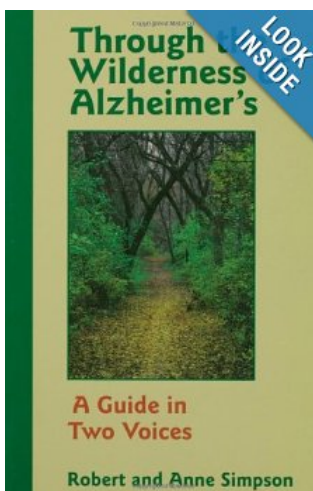
[Dementia: Living in the Memories of God](#)

by **John Swinton**

Dementia is one of the most feared diseases in Western society today. Some have even gone so far as to suggest euthanasia as a solution to the perceived indignity of memory loss and the disorientation that accompanies it. In this book John Swinton develops a practical theology of dementia for caregivers, people with dementia, ministers, hospital chaplains, and medical practitioners as he explores two primary questions:

- Who am I when I've forgotten who I am?
- What does it mean to love God and be loved by God when I have forgotten who God is?

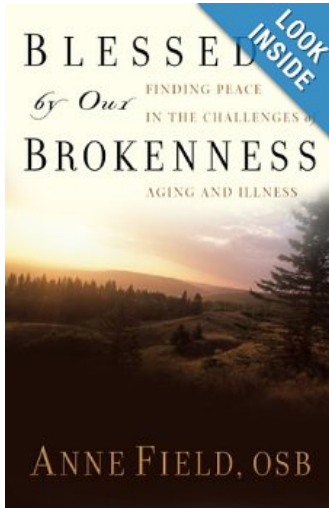
Offering compassionate and carefully considered theological and pastoral responses to dementia and forgetfulness, Swinton's *Dementia: Living in the Memories of God* redefines dementia in light of the transformative counter story that is the gospel.



[Through the Wilderness of Alzheimer's: A Guide in Two Voices](#)

by **Robert Simpson**

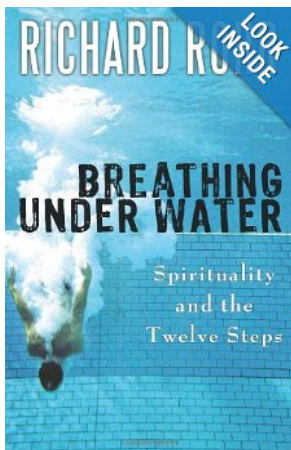
Nearly four million Americans have Alzheimer's disease, a debilitating neurological disorder affecting the memory that places great stress on the sufferer as well as the caregivers. Robert and Anne Simpson share the story of Bob's early onset of Alzheimer's in order to give families accurate, firsthand information about the disease and to give support and practical help to both patients and caregivers. Their dramatic story, told from both of their perspectives, uses journal entries, conversations, letters and prayers, to trace the onset, diagnosis, and treatment of the disease. All who are trying to find a way through the wilderness of Alzheimer's will find understanding, compassion, practical advice, and spiritual hope in this story.



[Blessed by Our Brokenness: Finding Peace in the Challenges of Aging and Illness](#)

by **Anne Field**

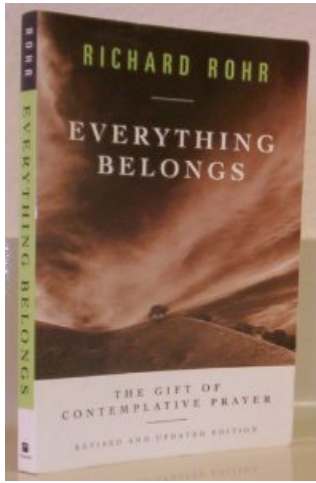
With compassion and hope, spiritual writer Sr. Anne Field helps us face the inevitable losses we experience through aging, illness, and other causes of suffering. She gently urges readers to choose freely to replace gloomy attitudes of self pity with God’s perspectives on pain and disabilities. God, she says, does not want to burden us with more losses but wants to strengthen us to bear our suffering. The Lord wants us to find meaning in life by growing deeper in faith and love and extending his kingdom on earth through our losses, not in spite of them. “This gentle book combines rare qualities: an appreciation and joy at God’s creation received through all the senses, and yet a coming to terms with loss of those senses through the impairments of age, accident, and illness. The author shares with her readers her own happiness and her own suffering, her own experiences, her meetings with friends, her wide reading. Over the whole is spread an infectious contentment and confidence in God’s loving care. This is a Benedictine nun who has thought, prayed, and read over many years, and now shares her rich experience with others.” -- Fr. Henry Wansbrough, OSB, General Editor, “The New Jerusalem Bible”. Anne Field, OSB, is a member of a community of Benedictine nuns at Stanbrook Abbey in Worcestershire, England. She is the author of several best-selling books on the spiritual life.



[Breathing Under Water: Spirituality and the Twelve Steps](#)

by **Richard Rohr O.F.M.**

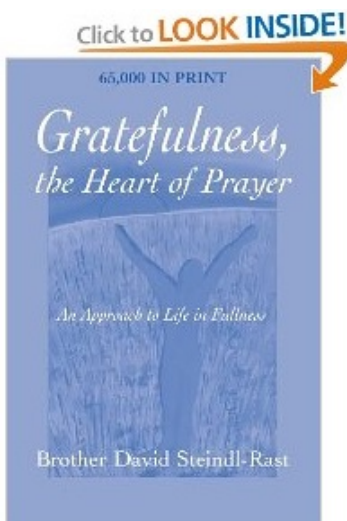
The Twelve Steps of Alcoholics Anonymous is America’s most significant and authentic contribution to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must learn to breathe under water and discover God’s love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting The Big Book of Alcoholics Anonymous with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one’s life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.



[Everything Belongs: The Gift of Contemplative Prayer](#)

by **Richard Rohr**

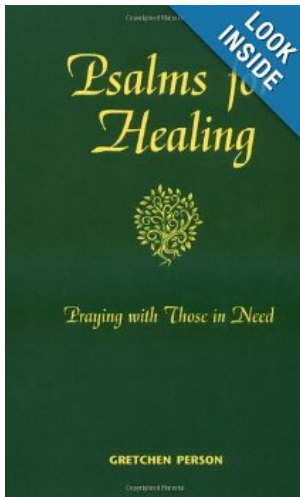
This popular and bestselling book of the renowned Franciscan challenges people to move beyond the comfort of a settled life toward an understanding of themselves that is rooted in their connection to God. Only when they rest in God can they find the certainty and the freedom to become all that they can be. Contemplation has its place at the heart of Christianity, a place that allows people to experience how “everything belongs.”



[Gratefulness, The Heart of Prayer: An Approach to Life in Fullness](#)

by **David Steindl-Rast** and Henri J. M. Nouwen

A member of the Calmaldolese order of monks, and well-known for his far-reaching interests in theology and science (he has explored the implications of contemporary physics with Fritjof Capra, the author of *The Tao of Physics*), Steindl-Rast does a wonderful job of exploring the relationship between prayer and that sense of gratefulness that comes with love, which is at the very center of what it means to be human. “To bless whatever there is, and for no other reason but simply because it is, that is what we are made for as human beings,” he writes. Connecting contemplation and action, he affirms that contemplation may best be realized by “acting in love.” “Thinking about God is important,” he states, but “acting in God leads to a deeper knowledge. Lovers are closer to love than scholars who merely reflect on love. It would be a bit awkward to reflect on kissing while you kiss.” -- Doug Thorpe

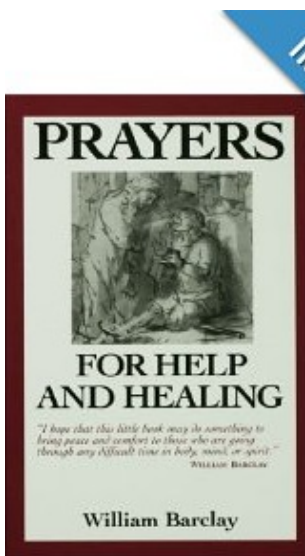


[Psalms for Healing](#)

by **Gretchen Person**

Comfort patients, family, and caregivers with the beauty of the Psalms.

When Rev. Person worked as a chaplain in a Mayo hospital, patients frequently asked her to read psalms and pray with them. The Psalms contain beautiful, comforting language, but are often surrounded by verses that are not relevant to healing. Person has created a resource that any caregiver—chaplain, nurse, hospice worker, pastor, or family member—will treasure. It is a Psalter, created entirely from the Psalms, but culled in such a way as to retain only the most helpful verses.

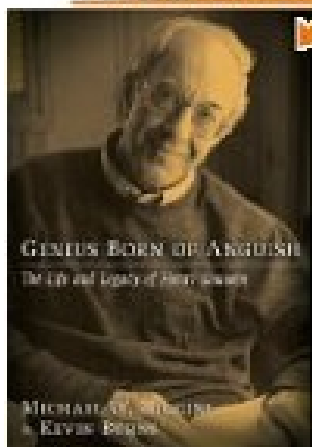


[Prayers for Help and Healing](#)

by **William Barclay**

Features simple, practical, and comforting prayers for people in crisis and for their caregivers.

LOOK INSIDE!



[Genius Born of Anguish: The Life and Legacy of Henri Nouwen](#)

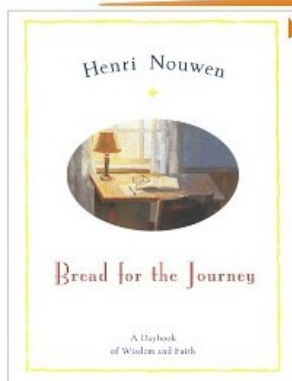
by **Michael W. Higgins and Kevin Burns**

Henri Nouwen's life in stages, with emphasis on his ideas on spirituality

Michael W. Higgins is the official biographer of Henri Nouwen and author/presenter of the award winning CBC Ideas series *Genius Born of Anguish: The Life and Legacy of Henri Nouwen*.

Kevin Burns is the freelance producer of the CBC Ideas series *Genius Born of Anguish: The Life and Legacy of Henri Nouwen*.

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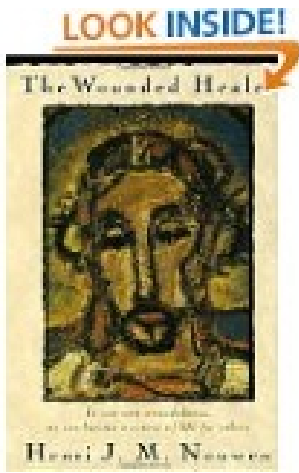
[Bread for the Journey: A Daybook of Wisdom and Faith](#)

by **Henri J. M. Nouwen**

When beloved author Henri Nouwen set out to record this daybook of totally new reflections, he suddenly found himself on “a true spiritual adventure.” For in these 366 original, interlocking morsels of daily wisdom, Nouwen provides both sustenance and a trail for us to follow, as he unveils, to his own surprise, his personal map of faith. From the delicate interplay of human experience to the surrender to Christ and the embrace of Christian community, that journey of Christian spirituality is explored and celebrated here in each eloquent, thought-provoking passage,

“The table is one of the most intimate places in our lives. It is there that we give ourselves to one another. When we say, ‘Take some more, let me serve you another plate, let me pour you another glass, don’t be shy, enjoy it,’ we say a lot more than our words express. We invite our friends to become part of our lives. We want them to be nurtured by the same food and drink that nurture us. We desire communion.... Every breakfast, lunch, or dinner can become a time of growing communion with one another.”

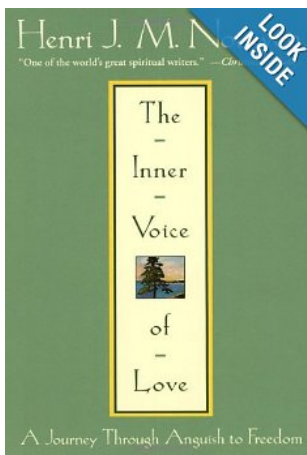
Intimately personal and inspiring, *Bread for the Journey* is a daily feast of fresh insight into the challenges and deep joys of a life lived in close communion with God. Nouwen is a wise, loving companion who invites us along as he finds joy in the community of loss, true freedom in forgiveness of others, and hope in surprising places. Each daily meditation is a stepping-stone along a path of private discovery, offering Nouwen’s seasoned yet fresh ideas on kindness, love, suffering, and prayer, the Church as God’s people, and the importance of Jesus in one’s life—reflecting, as a whole, Nouwen’s own ‘personal creed.’ *Bread for the Journey* brims with daily nourishment and guidance for devoted followers and new friends alike — food for thought on a yearlong journey of discovery and faith.



[The Wounded Healer: Ministry in Contemporary Society](#)

by **Henri J. M. Nouwen**

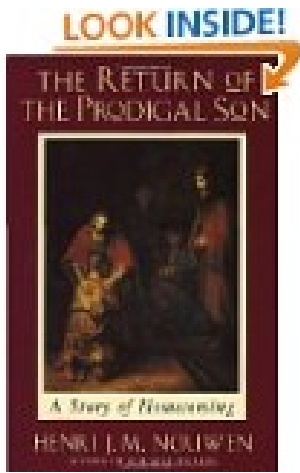
*The Wounded Healer* is a hope-filled and profoundly simple book that speaks directly to those men and women who want to be of service in their church or community, but have found the traditional ways often threatening and ineffective. In this book, Henri Nouwen combines creative case studies of ministry with stories from diverse cultures and religious traditions in preparing a new model for ministry. Weaving keen cultural analysis with his psychological and religious insights, Nouwen has come up with a balanced and creative theology of service that begins with the realization of fundamental woundedness in human nature. Emphasizing that which is in humanity common to both minister and believer, this woundedness can serve as a source of strength and healing when counseling others. Nouwen proceeds to develop his approach to ministry with an analysis of sufferings -- a suffering world, a suffering generation, a suffering person, and a suffering minister. It is his contention that ministers are called to recognize the sufferings of their time in their own hearts and make that recognition the starting point of their service. For Nouwen, ministers must be willing to go beyond their professional role and leave themselves open as fellow human beings with the same wounds and suffering -- in the image of Christ. In other words, we heal from our own wounds. Filled with examples from everyday experience, *The Wounded Healer* is a thoughtful and insightful guide that will be welcomed by anyone engaged in the service of others.



[The Inner Voice of Love: A Journey Through Anguish to Freedom](#)

by **Henri J. M. Nouwen**

This is Henri Nouwen's "secret journal." It was written during the most difficult period of his life, when he suddenly lost his self-esteem, his energy to live and work, his sense of being loved, even his hope in God. Although he experienced excruciating anguish and despair, he was still able to keep a journal in which he wrote a spiritual imperative to himself each day that emerged from his conversations with friends and supporters. For more than eight years, Henri Nouwen felt that what he wrote was too raw and private to share with others. Instead, he published *The Return of the Prodigal Son*, in which he expressed some of the insights gained during his mental and spiritual crisis. But then friends asked him, "Why keep your anguish hidden from the many people who have been nurtured by your writing? Wouldn't it be of consolation for many to know about the fierce inner battle that lies underneath so many of your spiritual insights?" For the countless men and women who have to live through the pain of broken relationships, or who suffer from the loss of a loved one, this book about the inner voice of love offers new courage, new hope, even new life.



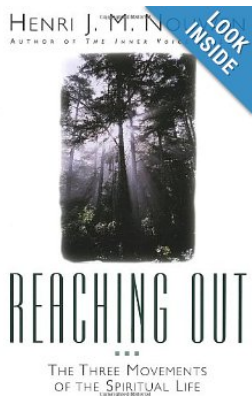
[The Return of the Prodigal Son: A Story of Homecoming](#)

by **Henri J. M. Nouwen**

A chance encounter with a reproduction of Rembrandt’s *The Return of the Prodigal Son* catapulted Henri Nouwen on a long spiritual adventure. Here he shares the deeply personal and resonant meditation that led him to discover the place within where God has chosen to dwell.

In seizing the inspiration that came to him through Rembrandt’s depiction of the powerful Gospel story, Henri Nouwen probes the several movements of the parable: the younger son’s return, the father’s restoration of sonship, the elder son’s vengefulness, and the father’s compassion. In his reflection on Rembrandt in light of his own life journey, the author evokes a powerful drama of the parable in a rich, captivating way that is sure to reverberate in the hearts of readers. The themes of homecoming, affirmation, and reconciliation will be newly discovered by all who have known loneliness, dejection, jealousy, or anger. The challenge to love as the father and be loved as the son will be seen as the ultimate revelation of the parable known to Christians throughout time, and here represented with a vigour and power fresh for our times.

For all who ask, “Where has my struggle led me?” or for those “on the road” who have had the courage to embark on the journey but seek the illumination of a known way and safe passage, this work will inspire and guide each time it is read.



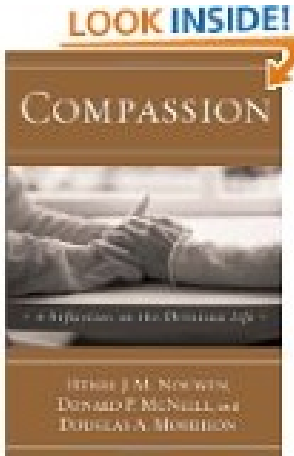
[Reaching Out: The Three Movements of the Spiritual Life](#)

by **Henri J. M. Nouwen**

With the clarity and depth characteristic of the classics, this spiritual bestseller lays out a perceptive and insightful plan for living a spiritual life and achieving the ultimate goal of that life -- union with God.

Nouwen views our spiritual “ascent” as evolving in three movements. The first, from loneliness to solitude, focuses on the spiritual life as it relates to the experience of our own selves. The second, from hostility to hospitality, deals with our spiritual life as a life for others. The final movement, from illusion to prayer, offers penetrating thoughts on the most mysterious relationship of all: our relationship to God. Throughout, Nouwen emphasizes that the more we understand (and not simply deny) our inner struggles, the more fully we will be able to embrace a prayerful and genuine life that is also open to others’ needs.

Reaching Out is a rich book to be read, reread, pondered, and shared with others. “It does not offers answers or solutions,” Nouwen cautions, “but is written in the conviction that the quest for an authentic Christian spirituality is worth the effort and the pain, since in the midst of this quest we can find signs offering hope, courage, and confidence.”



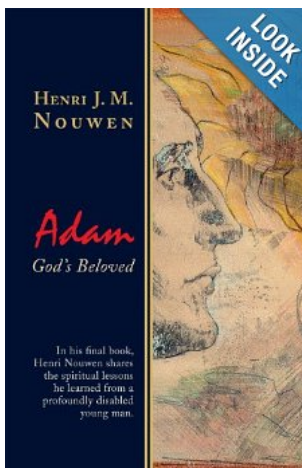
[Compassion: A Reflection on the Christian Life](#)

by **Henri J. M. Nouwen**

In this provocative essay on that least understood virtue, compassion, the authors challenge themselves and us with these questions: Where do we place compassion in our lives? Is it enough to live a life in which we hurt one another as little as possible? Is our guiding ideal a life of maximum pleasure and minimum pain? *Compassion* answers no.

After years of study and discussion among themselves, with other religious, and with men and women at the very center of national politics, the authors look at compassion with a vigorous new perspective. They place compassion at the heart of a Christian life in a world governed far too long by principles of power and destructive control. Compassion, no longer merely an eraser of human mistakes, is a force of prayer and action -- the expression of God's love for us and our love for God and one another.

*Compassion* is a book that says no to a compassion of guilt and failure and yes to a compassionate love that pervades our spirit and moves us to action. Henri Nouwen, Donald McNeill, and Douglas Morrison have written a moving document on what it means to be a Christian in a difficult time.



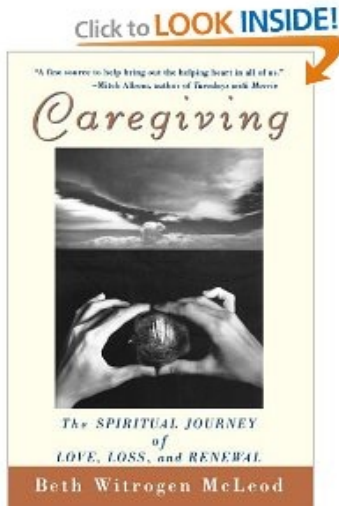
[Adam: God's Beloved](#)

by **Henri J.M. Nouwen**

In the final year before his death in 1996, Henri Nouwen began to write an account of the death of his friend Adam, a severely handicapped young man from the L Arche Daybreak Community. In the story of Adam he found a way to describe his own understanding of the Gospel message. Adam could not speak or even move without assistance. Grippled by frequent seizures, he spent his life in obscurity. And yet, for Nouwen, he became my friend, my teacher, and my guide. It was Adam who led Nouwen to a new understanding of his faith and what it means to be Beloved of God.

Through this story, Nouwen found a new way to tell God's story and the story of all of us human creatures, broken and yet beloved, who live in a world charged and alive with the mystery of God's love. Completed only weeks before Nouwen's own death, Adam became a final, precious gift, a fitting reflection of his own message and legacy



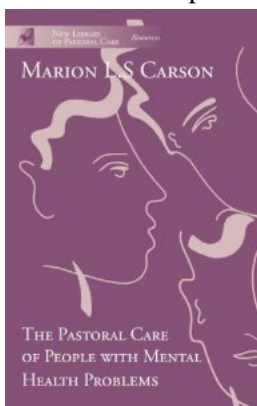


[A Spirituality of Caregiving \(Henri Nouwen Spirituality\)](#)

by **Henri J.M. Nouwen** and John S Mogabgab

A Spirituality of Caregiving is an exquisite, poignant gathering of Henri Nouwen's reflections on the anguish and joys of providing care for one another. Emerging from the "trial by fire" of his own experience with those needing his intimate help, Nouwen delves deeply and honestly into the ambiguities of the caregiving experience -- the gifts as well as the enormous physical, emotional, and spiritual challenges. Through his own struggle, Nouwen came to understand that caregiving can be a call to mutual spiritual presence -- to a growth in love that provides "an opportunity for inner healing, liberation, and transformation for the one being cared for and for the one who cares."

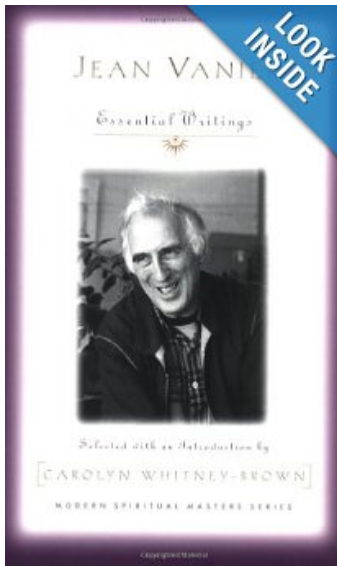
Both practical and inspiring, these reflections invite professional and private caregivers and care receivers to consider and explore a new view of caring -- one full of hope and promise, and, most of all, blessing!



[The Pastoral Care of People with Mental Health Problems](#)

by **Marion L.S. Carson**

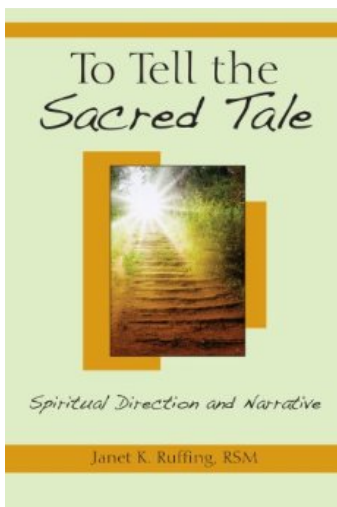
As a minister or pastoral worker it is highly likely that, at some stage in your ministry, you will find yourself caring for people with psychiatric problems and their families. "The Pastoral Care of People with Mental Health Problems" provides an invaluable resource to help you provide the best care for those suffering from the most common problems, such as: depression, Alzheimer's disease, anorexia, addiction to drugs or alcohol, post-traumatic stress disorder, bipolar disorder, schizophrenia and anti-social personality disorder. As well as outlining the main psychiatric conditions and their treatments, the particular issues facing pastoral workers are examined and some of the ethical issues involved are discussed. Using a wealth of pastoral illustrations, the book offers practical advice and guidance for the care of individuals and families who find their lives turned upside down by psychiatric illness. It addresses questions such as: How can I help the family of a young girl who cuts herself? What is the difference between depression and an abnormal grief reaction? And how can I distinguish between a symptom of mental illness and genuine religious revelation? In cases of severe mental illness it will be necessary to work alongside medical, nursing and social work staff, and guidance on how to do this effectively is given.



[Jean Vanier: Essential Writings \(Modern Spiritual Masters\)](#)

by **Jean Vanier and Carolyn Whitney-Brown**

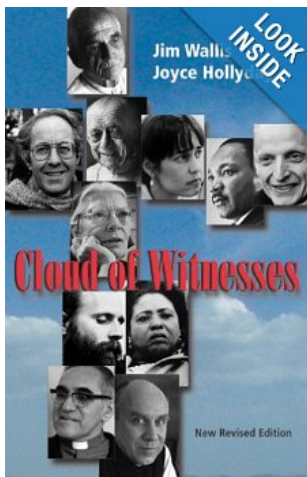
In 1964 Jean Vanier, a philosopher and former naval officer, moved into a dilapidated house with two companions and started the first L'Arche community. In time this grew into an international network of communities in which people with developmental disabilities and those who assist them share their lives together. Though Vanier's roots are Roman Catholic, the movement is deeply ecumenical, and his message of compassion, community, and his stress on the dignity and value of human life, has struck a universal chord. This collection of his essential writings, published to mark Vanier's 80th birthday, reflect the great discovery of his life: "that we are healed by the poor and the weak, that we are transformed by them if we enter into relationship with them, that the weak and the vulnerable have a gift to give to our world. . . they call us together, in unity and peace, to build community."



[To Tell the Sacred Tale: Spiritual Direction and Narrative](#)

by **Janet K. Ruffing**

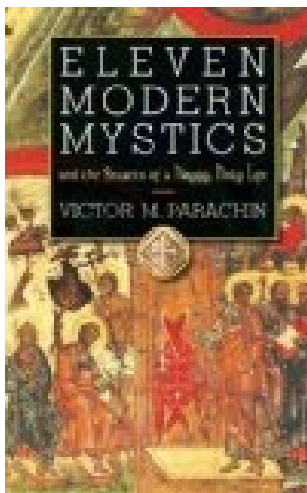
This book shows the singular importance of narrative in the process of spiritual direction and reflects on this interactive process of sharing our sacred stories in pastoral contexts in order to hear and respond more deeply to the story God is telling in our lives.



[Cloud Of Witnesses](#)

**By Jim Wallis**

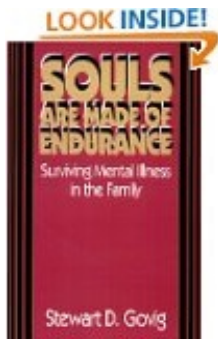
Introduces a company of modern witnesses--saints, peacemakers, and martyrs who have embodied the gospel challenge our time: From Dietrich Bonhoeffer, martyr to the Nazis to Thomas Merton, the Trappist monk and prophet of peace: to Martin Luther King, Jr. and many others, from around the world.



[Eleven Modern Mystics and the Secrets of a Happy, Holy Life](#)

**by Victor M. Parachin**

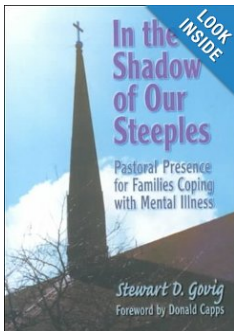
It often happens that a person wishes to embark on a spiritual path but immediately doubts surface: Can I really do this? What are the first steps? Where do I start? Which way do I turn? Who can assist me? Such concerns can easily be swept aside by the simple realization that our world is teeming with spiritual mentors or as the Bible notes:, We are surrounded by such a great cloud of witnesses. All we need to do is look at them, be inspired by them and permit them to show us the way. This book profiles eleven modern mystics whose lives inform, instruct and inspire all who are travelling on a spiritual path



[Souls Are Made of Endurance: Surviving Mental Illness in the Family](#)

by **Stewart D. Govig**

In *Souls Are Made of Endurance*, Stewart Govig gives a personal account of his family's struggle with their son's mental illness. After his son was diagnosed with schizophrenia, Govig's family faced not only the difficulty of finding medical care and therapy but also the personal anguish and the questioning of faith and of God that often accompany such a crisis. The author's two foundations are the Bible and personal experience. His spiritual search returns meaning to his family's struggle and restores faith and hope. Govig provides guidance and support, and exposes the way society stigmatizes people with mental illness. This book is a powerful statement of hope that every pastor, counselor, and family dealing with mental illness needs to read.



[In the Shadow of Our Steeples:...](#)

By **Stewart D. Govig**

In *In the Shadow of Our Steeples: Pastoral Presence for Families Coping with Mental Illness* helps you and other experts and quasi-experts in the field of religious and family counseling to give sound direction and guidance to family members who are caring for a loved one who suffers from mental illness. You'll find many avenues of care and counseling that will greatly enhance your ability to lend support and encouragement in situations where the burden of care seems too great for only a few individuals to lift. In reading it, you'll find your options increase tenfold, and you'll become a better symbol and resource of faith for these unique families.

Inside *In the Shadow of Our Steeples*, you'll discover how to cure the obsession with success that too often goes along with counseling situations that involve mental illness. You'll also discover a greater, more enduring strain of Christian love, full of surprising joys, caring, and hope. Geared toward moving parishes away from public stigmas and toward a collective ministry of presence, this book beckons to those clergy who know and believe that a far more understanding and far-reaching form of counseling exists. Specifically, you'll learn about these and other long-sought-after aids:

- establishing theological foundations and goal-setting in the area of pastoral care
- countering the stigmas of mental illness using biblical studies and models
- using a "ministry of presence" to analyze chronic illness and promote "rehabilitation in the absence of cure"
- bringing clergy and mental health professionals into a collaborative arena of care
- improving the relationship of professional chaplains to clergy in ordinary parish settings

Overall, *In the Shadow of Our Steeples* helps bring together the sufferer, the family, the civil servant, and the religious counselor into one synergistic group of rehabilitative influence. This sound guide's specific examples and proven strategies will help turn your despair into hope, even in the face of chronic mental illness.

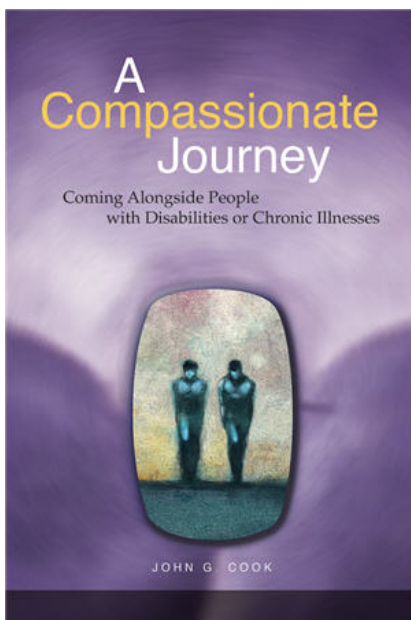


[Parenting Mentally Ill Children: Faith, Caring, Support, and Surviving the System](#)

by **Craig W. LeCroy**

The Surgeon General has identified children’s mental illness as a national problem that creates a burden of suffering so serious as to be considered a health crisis. Yet, what it means to be the parent of a mentally ill child has not been adequately considered—until now. *Parenting Mentally Ill Children: Faith, Caring, Support, and Survival* captures the essence of caring for these youngsters, providing resources and understanding for parents and an instructive lesson for society.

Author Craig Winston LeCroy uses in-depth interviews to chronicle the experiences of parents of mentally ill children as they attempt to survive each day, obtain needed help, and reach out for support, and he lets them share their misunderstood emotions of shame, anger, fear, guilt, and powerlessness in the face of stigma from professionals, family, and friends. The book concludes with a critical appraisal of the social policies that must be implemented to help—and the reasons we should feel obligated to initiate them.



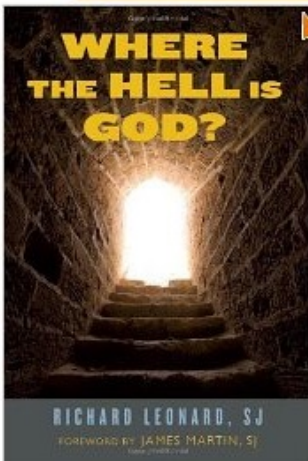
[A Compassionate Journey: Coming alongside people with disabilities or](#)

[chronic illnesses](#)

By **John Cook**

One of every five people lives with chronic illness or disability and the social isolation that often results. Unfortunately, churches often don’t know how to meet their needs. This book helps church leaders and care team members understand the implications of living with a chronic condition and provides practical tips for developing a caring and compassionate ministry. Includes discussion questions and leader notes for a one-session workshop. A great resource to study with your congregational care team.

Click to **LOOK INSIDE!**



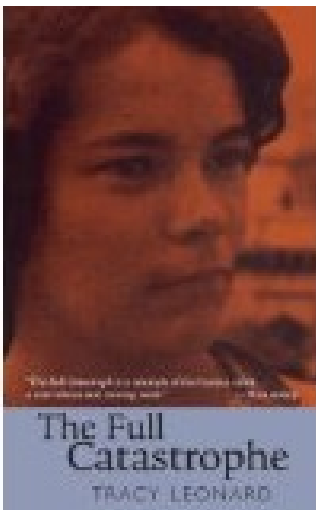
[Where the Hell Is God?](#)

by **Richard Leonard SJ**

There are libraries of books on theodicy the branch of philosophy and theology that wrestles with how God can allow a world to exist within which there is suffering and pain. The problem with these libraries is that they contain books that are generally written by professionals for their peers. *Where the Hell Is God?* combines the best of the professional s insights with the author s own experience and insights to speculate on how believers can make sense of their Christian faith when experiencing tragedy and suffering.

Starting with a very personal story of the author’s sister being left a quadriplegic from a car accident twenty years ago, *Where the Hell Is God?* gently leads the reader through some take-home messages that are sane, sound, and practical. Among these messages are: God does not directly send pain, suffering, and disease. God does not punish us; God does not send accidents to teach us things, though we can learn from them; and God does not will earthquakes, floods, droughts, or other natural disasters.

This concise, accessible, and experience-based book will help people who are suffering as well as those who minister to them and their families.

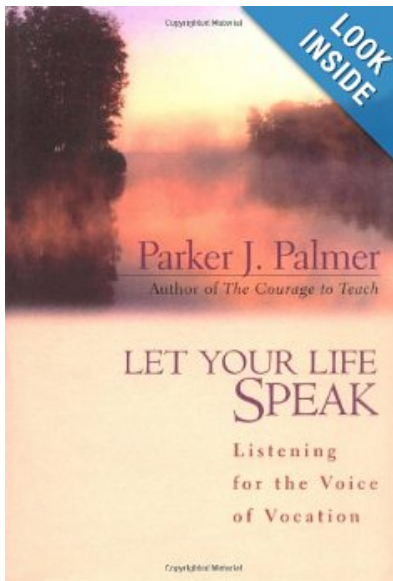


[Full Catastrophe, The](#)

by **Tracey Leonard**

An autobiographical memoir, at once shocking and humorous by a woman whose life was radically changed by a car accident.

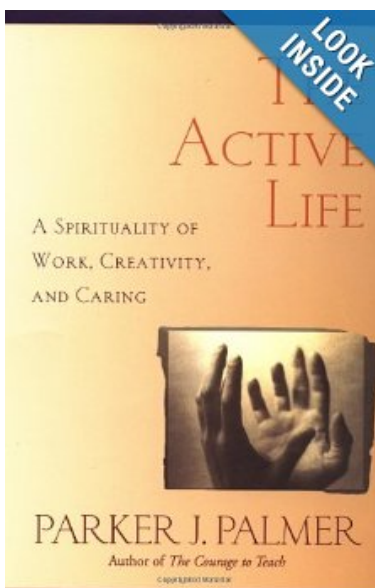
[This is the story of Richard Leonard’s sister Tracey who spent time as a volunteer working for Mother Teresa in Calcutta, in a home for the ill, destitute, and dying, then worked in the Northern Territory before suffering a terrible car accident.]



[Let Your Life Speak: Listening for the Voice of Vocation](#)

**By Parker Palmer**

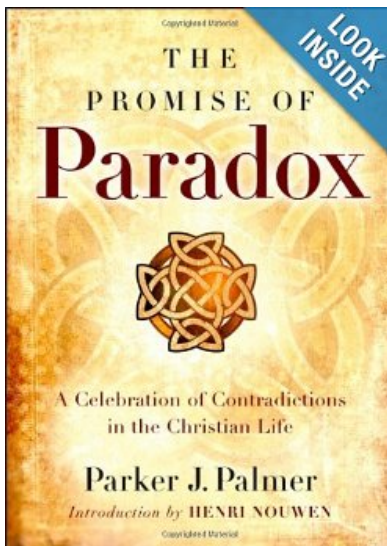
With wisdom, compassion, and gentle humour, Parker J. Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose. Telling stories from his own life and the lives of others who have made a difference, he shares insights gained from darkness and depression as well as fulfilment and joy, illuminating a pathway toward vocation for all who seek the true calling of their lives.



[The Active Life: A Spirituality of Work, Creativity, and Caring](#)

**by Parker J. Palmer**

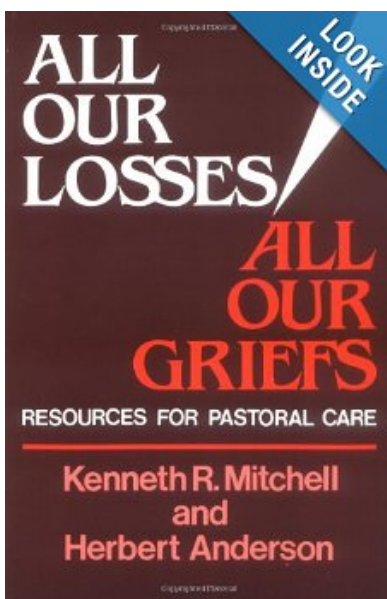
The Active Life is Parker J. Palmer's deep and graceful exploration of a spirituality for the busy, sometimes frenetic lives many of us lead. Telling evocative stories from a variety of religious traditions, including Taoist, Jewish, and Christian, Palmer shows that the spiritual life does not mean abandoning the world but engaging it more deeply through life-giving action. He celebrates both the problems and potentials of the active life, revealing how much they have to teach us about ourselves, the world, and God.



[The Promise of Paradox: A Celebration of Contradictions in the Christian Life](#)

by **Parker J. Palmer**

First published in 1980—and reissued here with a feisty new introductory essay—*The Promise of Paradox* launched Parker J. Palmer’s career as an author and his ongoing exploration of the contradictions that vex and enrich our lives. In this probing and heartfelt book, the distinguished writer, teacher, and activist examines some of the challenging questions at the core of Christian spirituality. How do we live with the apparent opposition between good and evil, scarcity and abundance, individuality and community, death and new life? We can hold them as paradoxes, not “either/ors,” allowing them to open our minds and hearts to new ways of seeing and being.

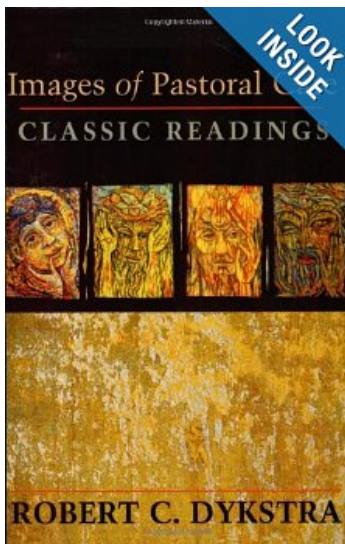


[All Our Losses, All Our Grievs: Resources for Pastoral Care](#)

by **Kenneth R. Mitchell**

Grief as a lifelong human experience is the scope of this absorbing book. Kenneth Mitchell and Herbert Anderson explore the multiple dimensions of the problem, including the origins and dynamics of grief, loss throughout life, caring for those who grieve, and the theology of grieving. This examination is enriched by vivid illustrations and case histories of individuals whose experiences the authors have shared.

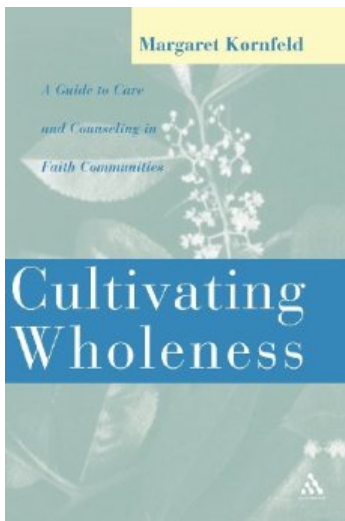




[Images of Pastoral Care](#)

by **Robert C. Dykstra**

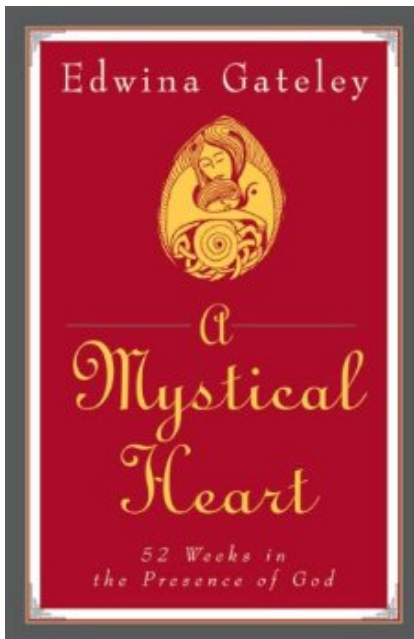
This book is an edited volume of works that have predominated over the past several decades in contemporary pastoral theology. Through the writings of nineteen leading voices in the history of pastoral care, Dykstra shows how each contributor developed a metaphor for understanding pastoral care. Such metaphors include the solicitous shepherd, the wounded healer, the intimate stranger, the midwife, and other tangible images. Through these works, the reader gains a sense of the varied identities of pastoral care professionals, their struggles for recognition in this often controversial field, and insight into the history of the disciple. Includes readings by: Anton T. Boisen, Alastair V. Campbell, Donald Capps, James E. Dittes, Robert C. Dykstra, Heije Faber, Charles V. Gerkin, Brita L. Gill-Austern, Karen R. Hanson, Seward Hiltner, Margaret Zipse Kornfeld, Bonnie J. Miller-McLemore, Jeanne Stevenson Moessner, Henri J. M. Nouwen, Gaylord Noyce, Paul W. Pruyser, Edward P. Wimberly.



[Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities](#)

by **Margaret Zipse Kornfeld**

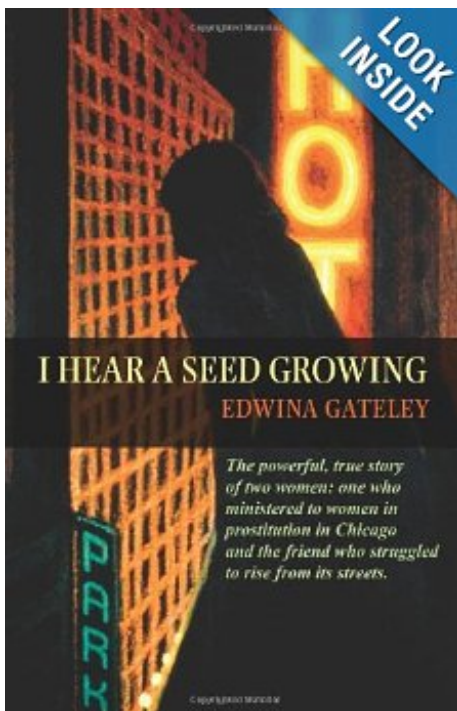
Commissioned by the Blanton-Peale Institute, *Cultivating Wholeness* is a practical, comprehensive, contemporary guide to community care and counseling. Margaret Zipse Kornfeld, a pastoral psychotherapist for almost thirty years, focuses on wholeness, the dynamics change, an inclusive understanding of spirituality, the caregiver/counselor, and on community as not merely the context for healing but also the means by which healing happens.



[A Mystical Heart: 52 Weeks in the Presence of God](#)

by **Edwina Gateley**

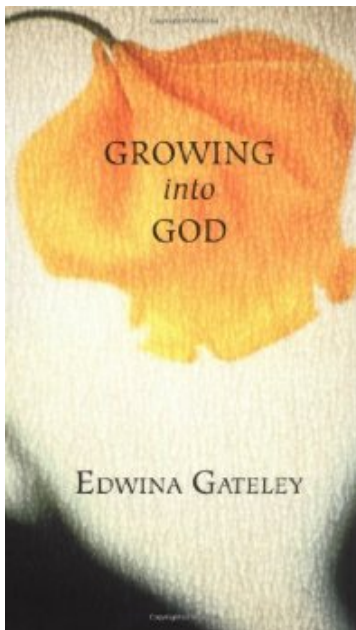
Best selling author Edwina Gateley—through meditations, poems, and drawings—encourages us to recognize God’s ever-present healing embrace, even in the midst of darkness. This book features ideas and motivations for every week of the year that invite us to be awake in the presence of God



[I Hear a Seed Growing: God of the Forest, God of the Streets](#)

by **Edwina Gateley**

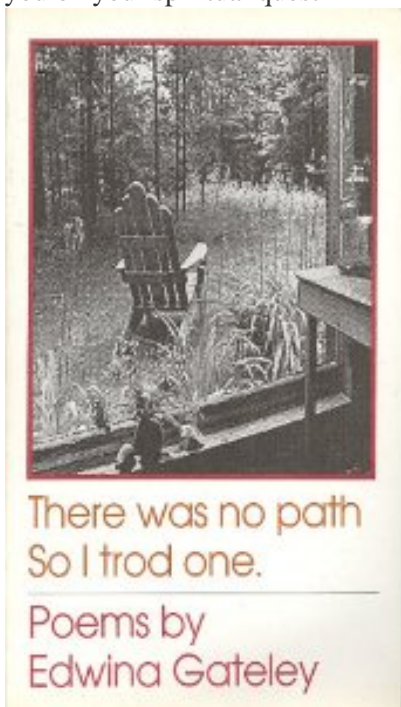
New edition of a modern classic. The powerful story of two women; one who ministered to prostitutes in Chicago and the friend who struggled to rise from the mean streets



[Growing into God](#)

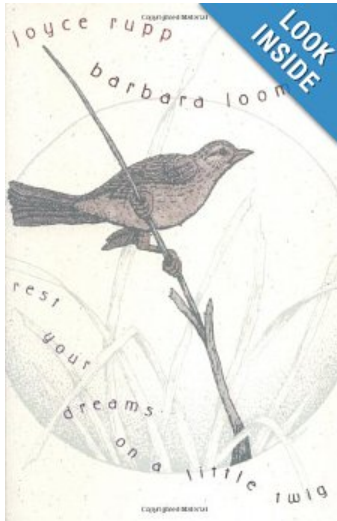
by **Edwina Gateley**

*Growing into God* is a personal and poignant new collection of poetry. Tapping into the deep spiritual life inside all of us, and drawing upon her growing understanding of God in our insecure and fast-moving world, Gateley travels the spiritual path from disillusionment to faith, despair to joy. Gateley's poetry is passionate, authentic, and immediate. Speaking to the spiritual malaise of our times, she calls and challenges us to new possibilities by recognizing and responding to our deepest hungers. This beautiful new collection of poetry will renew and affirm you on your spiritual quest



[There Was No Path, So I Trod One.: Poems](#)

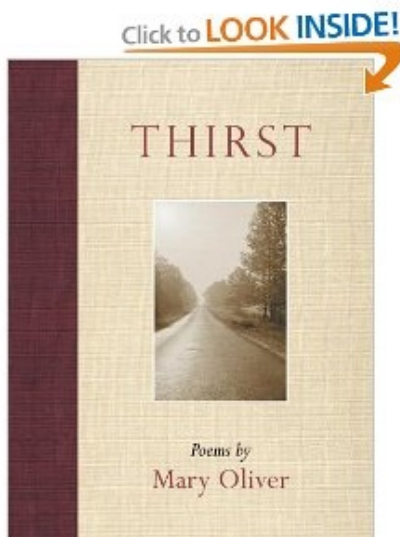
by **Edwina Gateley**



[Rest Your Dreams on a Little Twig](#)

by **Joyce Rupp and Barbara Loomis**

Her books have sold hundreds of thousands--now Joyce Rupp's first collection of poetry! Joyce Rupp has gently guided thousands towards a deeper understanding of personal and universal spiritual truths. Now, in her first collection of poetry, Rupp shares her own awakening to the spiritual realities in nature, affirming the inner journey and challenging the way we live our lives. She encourages US to trust our own fragile dreams for inner growth--just as a bird rests itself on a small twig and trusts it for support.



[Thirst: Poems](#)

by **Mary Oliver**

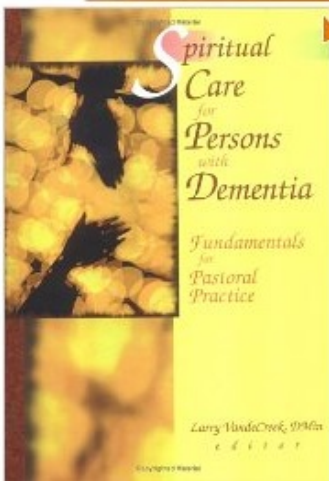
Now in paperback: the national bestseller from the Pulitzer Prize-winning poet

“To read *Thirst*, Mary Oliver’s most recent book of poems, is to feel gratitude for the simple fact of being alive.”  
—Angela O’Donnell, *America Magazine*

*Thirst*, a collection of forty-three new poems from Pulitzer Prize-winner Mary Oliver, introduces two new directions in the poet’s work. Grappling with grief at the death of her beloved partner of over forty years, she strives to experience sorrow as a path to spiritual progress, grief as part of loving and not its end. And within these pages she chronicles for the first time her discovery of faith, without abandoning the love of the physical world that has been a hallmark of her work for four decades.

“Mary Oliver moves by instinct, faith, and determination. She is among our finest poets, and still growing.”  
—Alicia Ostriker, *The Nation*

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[Spiritual Care for Persons with Dementia](#)

by **Larry Van De Creek**

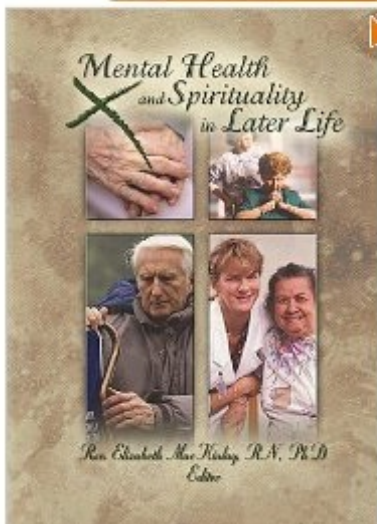
Spiritual Care for Persons with Dementia explores spirituality in those with dementia to enrich our understanding of the neurological and psychological aspects of hope, prayer, and the power of belief. You will discover how your ministry is vitally relevant to the clinical well-being and quality of life of people with Alzheimer's disease. Spiritual Care for Persons with Dementia provides you with a model spiritual care program for long-term facilities that supplies you with ideas you can implement in your own ministry.

You will learn to avoid cognitive pastoral care method that can be hurtful to those suffering with dementia by using new approaches found in Spiritual Care for Persons with Dementia. This book provides you with suggestions about how to spiritually care for people with dementia. These important recommendations include:

- understanding the value of pastoral contact when ministering to people with a loss of cognitive functions and memory
- discovering the Progressively Lowered Stress Threshold psychosocial model (PLST) that can make important contributions by enhancing the quality of life for people with dementia
- providing pastoral care using nonverbal methods to overcome the barriers of cognitive dysfunction
- exploring a client's cognitive and emotional reality on a daily basis to determine how to best interact with him or her
- gaining insight into how a thorough analysis of the illness and personal religious history can assist in planning religious activities that provide comfort and solace for people with dementia and their families

Spiritual Care for Persons with Dementia describes religious, theological, and psychodynamic perspectives that will help you to offer better spiritual care for people with dementia. Using your newly acquired skills from Spiritual Care for Persons with Dementia, you will be more effective when ministering to people with Alzheimer's Disease and to their families.

Click to **LOOK INSIDE!**



[Mental Health and Spirituality in Later Life](#)

by **Rev Elizabeth Mackinlay Rn., Ph.D. editor**

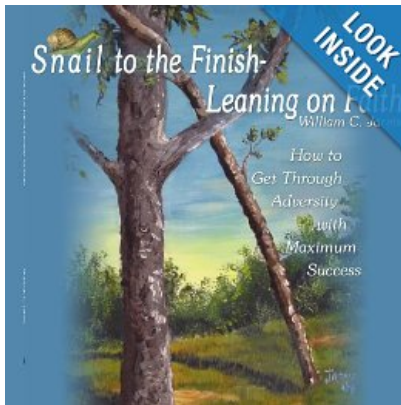
Mental health is increasingly being recognized as an important issue in later life. This valuable book will help you examine this dimension of aging in the context of pastoral, spiritual, and cultural issues. It explores the relationship between mental health, spirituality, and religion in later life, including the search for meaning, cultural issues, spiritual issues, depression, dementia, and issues of suicide in older people. The first part of *Mental Health and Spirituality in Later Life* focuses on theology, ethics, and cultural issues in mental health and aging. The second part addresses issues of multidisciplinary practice, including a challenging chapter written by a woman with early onset dementia (Alzheimer's) and other chapters that present perspectives on the uses and meanings of ritual and symbolism in mental health and pastoral approaches to care.

Part one of *Mental Health and Spirituality in Later Life* deals with issues of theology, culture, and mental health in later life, focusing on:

- the importance of a richly textured understanding of personhood as a prerequisite for constructing a picture of late-life mental health in the context of theology
- the relationship between culture, spirituality, and meaning for older immigrants—and their effects on mental health
- the adverse effects of a mental health system that reflects only the dominant culture of a society, leaving minority cultures vulnerable to misdiagnosis and inappropriate treatments that can do more harm than good
- a wholistic picture of aging that moves beyond the biomedical paradigm and demonstrates the power and potential of the human spirit in adjusting to and moving beyond suffering

Part two of this valuable book addresses issues of concern to practitioners in mental health and spirituality for the aging, including:

- disruptive behavior among nursing home residents and common practices that fail to identify its causes or address the problem
- how some staff/resident interactions can produce suffering for all concerned—with case study outlines that illustrate the point
- memory loss and its effect on spirituality, self-worth, and the faith community
- pastoral care for people suffering with dementia—with practical information on helping them to make use of the power of prayer and to deal with loneliness, fear, and disempowerment
- an insightful look at a recent major study of residents in aged care facilities in Australia that explores the link between depression and spirituality
- risk and protective factors associated with suicide in later life and the treatment of depression
- pastoral interventions for depression and dementia

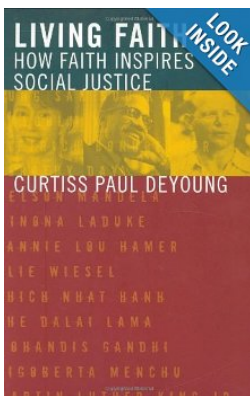


[Snail to the Finish-Leaning on Faith: How to Get Through Adversity with](#)

[Maximum Success](#)

by **William C. Jarvis**

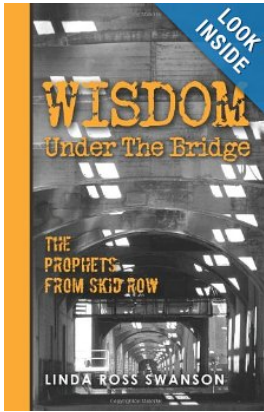
Everyone's nightmare is to wake up in the hospital to find one unable to move due to a car collision. This happened to me in December 2000. During the months that followed I had physical and occupational therapy, speech and many other therapies to regain cognitive and physical abilities. I was not expected to survive the accident. I was in a coma for five weeks, experienced a brain stem twist, broke all fourteen ribs, and fractured C1-C4 vertebrae. An outcome of his brain stem twist was a traumatic brain injury. I spent a total of one and a half years in hospitals in Indiana and New Jersey. A snail moves slowly, but consistently to his goal. This book presents ideas on how to get through adversity. Like the snail, progress is often very slow, but success is there if a person knows how to achieve it and finds evidence of progress. There is a meaningful connection between faith and the healing process. My faith has had a remarkable influence on recovery. Leaning on his faith has influenced my recovery. I have developed thirteen strategies to maximize success in getting through adversity. If a person implements these strategies as part of his daily effort, he will experience a new hope for living. The contents of this book will challenge the reader to improve. The book provides charts for a person to record his physical and psychological progress. A person can experience success in coming through adversity. He must record progress in order to realize it. These are ideas for thinking in a new direction. There is no 'finish line'. The most important aspect of recovery will be a person's perseverance: to have strategies and a plan for success; then, stick to it.



[Living Faith: How Faith Inspires Social Justice](#)

by **Curtiss Paul DeYoung**

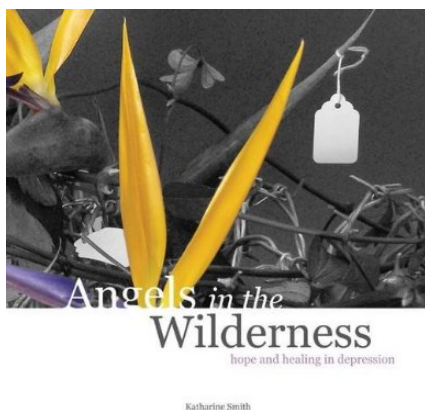
What impels a Mohandas Gandhi or a Martin Luther King, Jr.? How does religious experience animate a lifetime of dedication and drive for social justice? In this instructive and inspiring account, Christian ethicist Curtiss DeYoung profiles three of the most dynamic and influential religious activists of the twentieth century: Dietrich Bonhoeffer, Malcolm X, and Aung San Suu Kyi - each from a different generation, a different faith community, and a different continent. His portraits show how their mystic faith drove them to justice commitments and beyond customary boundaries between people from other traditions, countries, and ways of life. Living Faith is more than a set of inspiring portraits. It also powerfully analyzes how these figures - along with such other luminaries as Rigoberta Menchú, Nelson Mandela, Winona LaDuke, Fannie Lou Hamer, Elie Wiesel, Thich Nhat Hanh, and the Dalai Lama - shared a fiery core experience and common characteristics that empowered their lives and work.



[Wisdom Under the Bridge: The Prophets from Skid Row](#)

by **Linda Ross Swanson**

Linda Ross Swanson has recorded letters from former homeless addicts and some of their advocates in *Wisdom Under the Bridge: The Prophets from Skid Row* (ISBN 1463530595). She believes the stories in these letters will appeal to individuals from all backgrounds because we all have our own story, whether we are rich, poor, homeless or homeowners. Swanson includes the details of her own spiritual journey. She is a 25-year recovering alcoholic herself. Two of her brothers were also alcoholics who lived on and off the streets for years. The men and women featured in her book describe what life was like before finding the road to recovery. They recall the frightening experiences and the grungy living conditions. Despite the hardships they faced, they found the strength and motivation to turn their lives around. Their letters tell how advocates for the homeless worked hard to arrange employment and housing for them. Eventually, all of them became contributing members in a society, which once looked down upon them. Swanson adapts the Jewish tradition of the ethical will to reflect her concept of a Wisdom Will®. (See link below). Each person's letter is meant to pass along life lessons and wisdom to future generations, as well as to ease loved ones' grief when they die. The individuals in Swanson's book share wisdom with readers, many of whom they will never meet. According to Swanson, "After finding sobriety, meaning and purpose, these individuals are helping others get their lives back. They offer profound insight and advice by example." Sometimes, what a person needs to stay alive is a good story. With over 3 million people living on the streets in the United States, perhaps the solution to homelessness awaits among the very individuals who survived this condition. Linda Ross Swanson wants readers of *Wisdom under the Bridge* to applaud the persons featured in this book. Their courage in overcoming adversity, as well as their vulnerability, has prepared them to share their experiences for the benefit of others. Swanson believes everyone has a sacred duty to protect their wisdom from going to the grave. Passing along life stories with loved ones and the community through The Wisdom Will® or legacy letter is one simple method for achieving this. As Swanson maintains, each person is a story waiting to be told

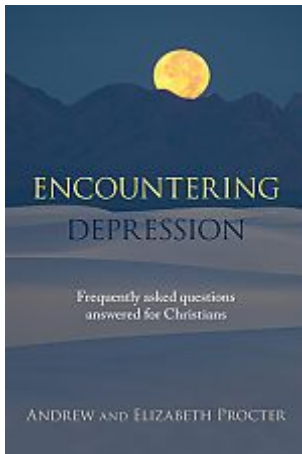


[Angels in the Wilderness: Hope and Healing in Depression](#)

by **Katharine Smith**

The Gospels tell us that when Jesus had been tempted in the wilderness, and was utterly exhausted, angels came and ministered to him. Katharine Smith has written this book to bring hope and courage to all those who suffer in the wilderness of depression, and those who live with them and love them.

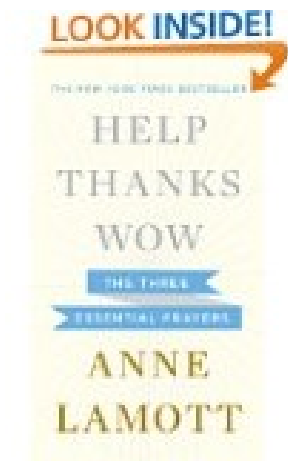




[Encountering Depression : Frequently asked questions answered for Christians](#)

**By Andrew & Elizabeth Procter.**

These encouraging thoughts are the starting point of this compassionate and practical volume. In twenty short chapters, it looks at common questions and worries, such as ‘What is depression?’, ‘Does it run in my family?’, ‘Why doesn’t God heal me?’, ‘Why do I keep thinking of ending it all?’ and ‘How can I help myself?’ After providing key information on each topic in question, the authors offer engaging real-life stories and quotations, material for reflection drawn from biblical and contemporary sources and a simple exercise to try to help the depressed reader feel better. Carers, friends and relatives of those suffering from depression will also benefit from the book, particularly the chapter entitled ‘What can I do to help?’



[Help, Thanks, Wow: The Three Essential Prayers](#)

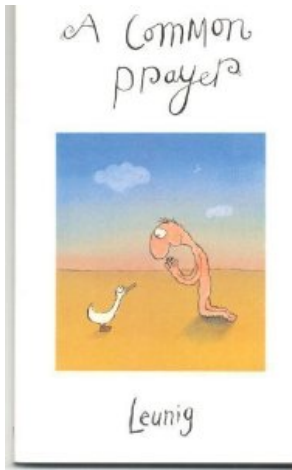
**by Anne Lamott**

New York Times-bestselling author Anne Lamott writes about the three simple prayers essential to coming through tough times, difficult days and the hardships of daily life.

Readers of all ages have followed and cherished Anne Lamott’s funny and perceptive writing about her own faith through decades of trial and error. And in her new book, Help, Thanks, Wow, she has coalesced everything she knows about prayer to these fundamentals.

It is these three prayers – asking for assistance from a higher power, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and can show us the way forward. In Help, Thanks, Wow, Lamott recounts how she came to these insights, explains what they mean to her and how they have helped, and explores how others have embraced these same ideas.

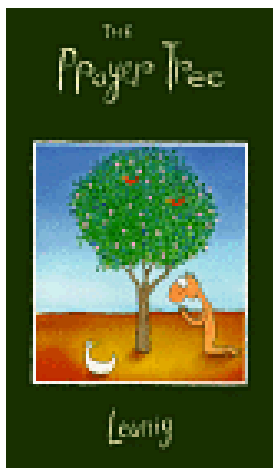
Insightful and honest as only Anne Lamott can be, Help, Thanks, Wow is the everyday faith book that new Lamott readers will love and longtime Lamott fans will treasure.



[A Common Prayer](#)

### By Michael Leunig

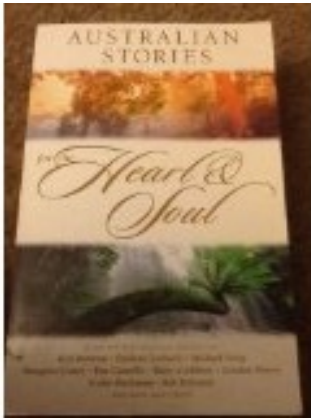
In 1989 cartoonist Michael Leunig began an experiment. Asked to produce a weekly cartoon for Sunday Age (Australia), he remembers wondering “if newspapers might carry some small spiritual message of consolation as a tiny reparation for the enormous anxiety and distress they can create...” Since then, the two collections *A Common Prayer* and *The Prayer Tree* have brought his unique humour and intriguing drawings to a wide public across the world. *A Common Prayer* explores the inner life, expressing it through the ancient, wonderful, do-it-yourself ritual of prayer. Michael Leunig’s collection of prayers and drawings is full of gentle humour and evocative language, making the experience of his world both memorable and moving. Leunig’s subjects are as ambitious as his technique is simple. World cataclysm, the Flood, loneliness, cruelty, lust and greed...sometimes whimsical, this prodigiously talented artist is never guilty of whimsy, and mercifully, he is never “relevant”, “socially aware” or “narrowly political”.’ Barry Humphries      --This text refers to the [Hardcover](#) edition.



[The Prayer Tree](#)

### By Michael Leunig

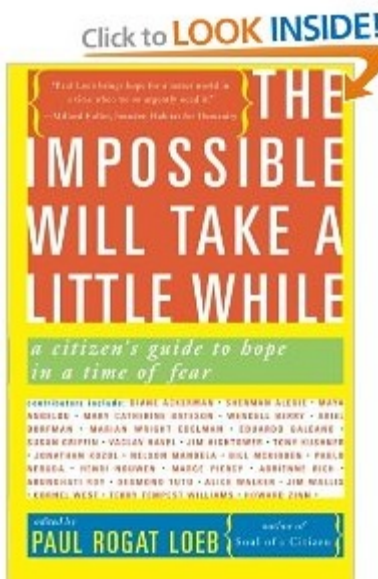
More enchanting, offbeat nonsectarian prayers and meditations that address modern-day anxieties about ourselves, the planet, and the small and great events of the seasons of our lives. The popular Australian newspaper cartoonist--and everyday philosopher--offers moving language and whimsical illustrations that speak directly to our needs and hopes.



[Australian Stories for the Heart and Soul : Mountain-Moving Faith; Skin Deep](#)

[Fear; In the Heart of Afghanistan's... Over 135 Inspirational Stories](#)

by Ken; Zschech, Darlene; Frost, Michael; Court, Margaret; Costello, Tim; Cuthbert, Betty; Moyes, Gordon; Buchanan, Colin; Richards, Kel; and Many More

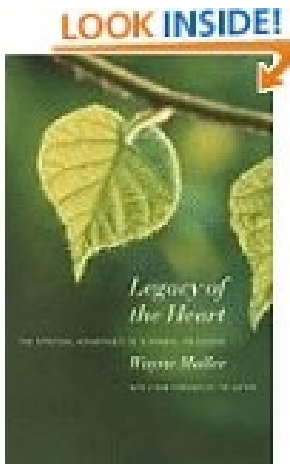


[The Impossible Will Take a Little While: A Citizen's Guide to Hope in a Time of](#)

[Fear](#)

**Paul Rogat Loeb (Editor)**

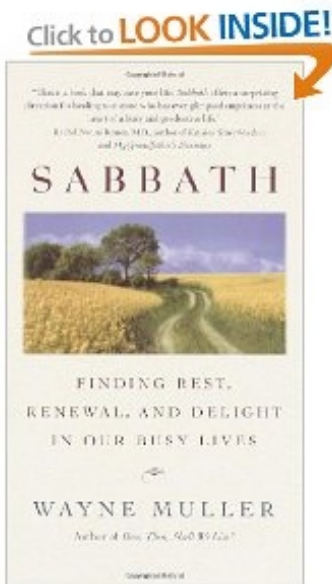
The Impossible Will Take a Little While, a phrase borrowed from Billie Holliday, the editor of Soul of a Citizen brings together fifty stories and essays that range across nations, eras, wars, and political movements. Danusha Goska, an Indiana activist with a paralyzing physical disability, writes about overcoming political immobilization, drawing on her history with the Peace Corps and Mother Teresa. Vaclav Havel, the former president of the Czech Republic, finds value in seemingly doomed or futile actions taken by oppressed peoples. Rosemarie Freeney Harding recalls the music that sustained the civil rights movement, and Paxus Calta-Star recounts the powerful vignette of an 18-year-old who launched the overthrow of Bulgaria's dictatorship. Many of the essays are new, others classic works that continue to inspire. Together, these writers explore a path of heartfelt community involvement that leads beyond despair to compassion and hope. The voices collected in The Impossible Will Take a Little While will help keep us all working for a better world despite the obstacles.



[Legacy of the Heart: The Spiritual Advantages of a Painful Childhood](#)

by **Wayne Muller**

A gentle, entirely new approach to uncovering a source of spiritual strength hidden in the scars of childhood. Wayne Muller brings together the teachings of many different religions and spiritual traditions in a healing program that will appeal to readers of *The Road Less Traveled* and *Homecoming*.



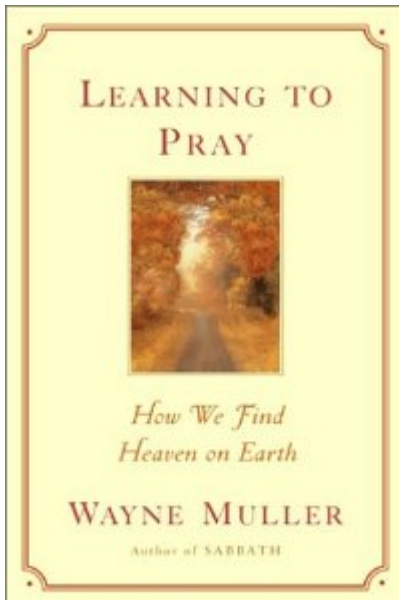
[Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives](#)

by **Wayne Muller**

In today's world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life, the balance between work and rest. Constantly striving, we feel exhausted and deprived in the midst of great abundance. We long for time with friends and family, we long for a moment to ourselves.

Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. Now, in a book that can heal our harried lives, Wayne Muller, author of the spiritual classic *How, Then, Shall We Live?*, shows us how to create a special time of rest, delight, and renewal--a refuge for our souls.

We need not even schedule an entire day each week. Sabbath time can be a Sabbath afternoon, a Sabbath hour, a Sabbath walk. With wonderful stories, poems, and suggestions for practice, Muller teaches us how we can use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness.



[Learning to Pray: How We Find Heaven on Earth](#)

### by Wayne Muller

In northern California, there is fog in the morning. Slowly, it clears. We know that the mountains, the trees, the sky are there, behind the fog, but we cannot see them with our eyes. Instead, we know them in our bodies; we know them for having seen them, felt them, watched the fog lift again and again...

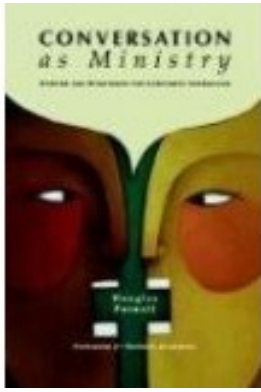
This is prayer. This is deep, faithful listening, waiting for what is hidden to be revealed. Prayer is not words; prayer is what happens when you listen and wait, beneath the words, for the outline of heaven to emerge.

--From the Introduction Learning to Pray

Many who seek comfort and healing from prayer are unsure about how to pray. They feel awkward or uncomfortable, not knowing the "right" way to pray. What should prayer feel like, and what is it supposed to accomplish?

In this illuminating book, Wayne Muller offers simple yet profound guidance based on the Lord's Prayer. It is the prayer most prayed in our culture--included in countless services, private devotions, and twelve-step meetings. Yet in its very familiarity we may underestimate its power to heal and transform our lives today. Now, in the same ecumenical spirit with which he approached the Sabbath, Muller gives us a fresh, new vision of this timeless prayer. "Every word, every phrase," he says, "reveals some potent teaching about prayer."

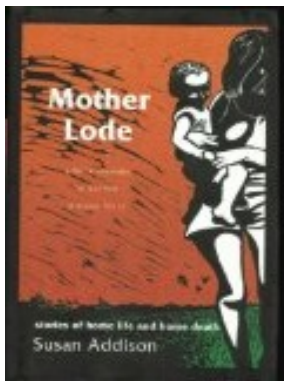
Starting with the word "our," which reminds us that we never pray alone, and continuing phrase by phrase, Muller leads us into the heart of the prayer, to the assurance of a heaven available to us here and now. He explores how God responds to our needs and wants, how we can seek protection in a world full of danger and evil, and how we are called to forgiveness. He also gently confronts the difficulties that some people have experienced with the prayer. Each short section ends with a Prayer Practice to bring these simple teachings alive in our hearts and lives.



[Conversation as Ministry: Stories and Strategies for Confident Caregiving](#)

by **Douglas Purnell and Herbert Anderson**

Purnell draws upon his experience as a pastor, counselor, and therapist to give both lay and ordained Christians the resources they need to engage conversation intentionally, deeply, and confidently. In Part One, Purnell shares his reflections on the nature of pastoral conversation, and in Part Two, he presents questions for specific conversations to help people focus on their intentions while engaging in pastoral conversation.



[Mother Lode: Stories of Home Life and Home Death](#)

by **Susan Addison**

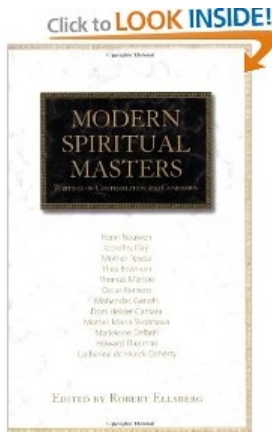
These are beautiful stories, skilfully written - emotionally wrenching at times but with plenty of humour. A book about death and families that is wise and strong and life-affirming. Mother Lode offers comfort and hope to anyone trying to cope with the dying of a loved one. Susan Addison is a wonderfully strong and gentle person, whose insights are inspiring.

*“A teenage boy is dying of cancer, and his mother cannot save him. But Susan Addison has a strong heart and a gift for words, and the stories she tells her son Charlie sustain them both through his long illness.*

*These are stories of home, of Charlie's young life Before Tumour, of family cakes and the rich housekeeping heritage passed down the generations. They provide a comforting context – and the relief of humour – for the emotionally wrenching stories of life After Tumour.*

*For these are also stories of home deaths. In a decade of loss Susan's parents and parents-in-law also die, but natural deaths at the end of fruitful lives are easier to bear.*

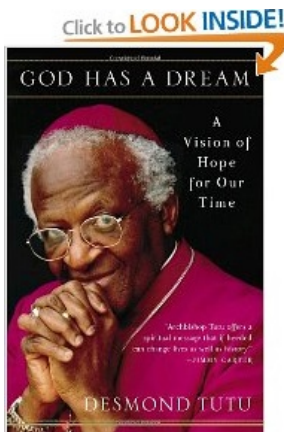
*In writing of Charlie and his grandparents, Susan Addison draws on the rich mother lode of our common human experience of love, loss and grief. Her inspiring stories help us view death as an acceptable part of living, where memories and pain are shared, and laughter is never far away.”* [This description is from Penguin Books Aust.]



[Modern Spiritual Masters: Writings on Contemplation and Compassion](#)

by **Robert Ellsberg**

This anthology highlights the lives and teachings of a dozen modern spiritual masters, each of whom embodied a form of engaged spirituality - attuned both to God and the needs of a wounded world. Balancing contemplation and action, the mystical and the political, prayer and compassion, these figures-including some of the world's best-known spiritual teachers - represent a model of spirituality sensitive to tradition as well as the challenges of our time.



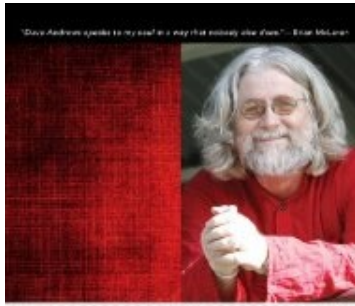
[God Has a Dream: A Vision of Hope for Our Time](#)

by **Desmond Tutu**

Nobel Laureate Desmond Tutu has long been admired throughout the world for the heroism and grace he exhibited while encouraging countless South Africans in their struggle for human rights. In *God Has a Dream*, his most soul-searching book, he shares the spiritual message that guided him through those troubled times. Drawing on personal and historical examples, Archbishop Tutu reaches out to readers of all religious backgrounds, showing how individual and global suffering can be transformed into joy and redemption. With his characteristic humor, Tutu offers an extremely personal and liberating message. He helps us to “see with the eyes of the heart” and to cultivate the qualities of love, forgiveness, humility, generosity, and courage that we need to change ourselves and our world.

Echoing the words of Martin Luther King, Jr., he writes, “God says to you, ‘I have a dream. Please help me to realize it. It is a dream of a world whose ugliness and squalor and poverty, its war and hostility, its greed and harsh competitiveness, its alienation and disharmony are changed into their glorious counterparts. When there will be more laughter, joy, and peace, where there will be justice and goodness and compassion and love and caring and sharing. I have a dream that my children will know that they are members of one family, the human family, God’s family, my family.’”

Addressing the timeless and universal concerns all people share, *God Has a Dream* envisions a world transformed through hope and compassion, humility and kindness, understanding and forgiveness.



PEOPLE OF COMPASSION

DAVE ANDREWS  
With a New Introduction by BRIAN McLAREN

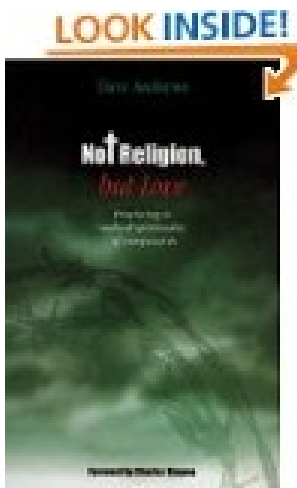


[People of Compassion: \(Dave Andrews Legacy\)](#)

**by Dave Andrews and Anne Marshall**

'People of Compassion is a collection of forty stories about ordinary people throughout history who have embodied Christ's extraordinary spirit of compassion . . . The book is no ordinary collection of the saints because, rather than focusing on gruesome martyrdoms, bleeding statues, etc., Andrews has presented these people as genuine people who listened to God's word and acted accordingly. Andrews has presented a wide selection of men and women from a variety of cultural, ethnic, and social backgrounds. I could relate to many of the people in the stories, and found this a source of personal inspiration to act with greater compassion. *People of Compassion* is a little book of hope that we all can make this world a better place. It would be a wonderful book for a minister, for individual reflection and for group study.'

- Naomi Waldron, *Journey Magazine* --Wipf and Stock Publishers



[Not Religion, but Love: Practicing a Radical Spirituality of Compassion](#)

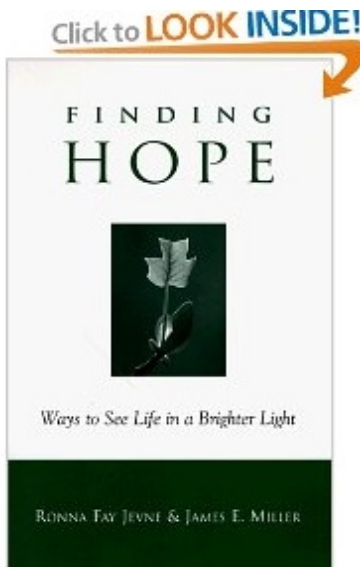
**by Dave Andrews**

In his acclaimed book *Christi-Anarchy*, Dave Andrews explored the ugly ruins of Christian history, and outlined the radical vision of Jesus for personal and community renewal.

In *Not Religion but Love* he shows how that vision can become a reality. With poignant, real-life stories drawn from his Brisbane backyard, Dave Andrews gives us a practical guide to working out Jesus' agenda for love and justice in our own lives and neighborhoods.

Complete with group exercises and an ample collection of extra resources for study, *Not Religion but Love* is a book to read at your own risk: it might change your life

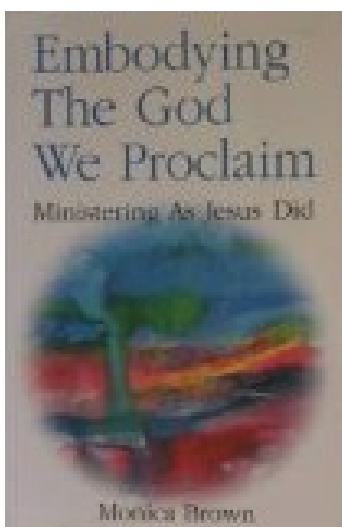




[Finding Hope: Ways to See Life in a Brighter Light](#)

by **James E. Miller and Ronna Jevne**

There is something mysterious about hope. You can be in dire straits and have a great deal of hope. You can have everything going your way and have little or no hope at all. As Jevne and Miller explain in this book, hope has a powerful effect upon your life. After explaining what hope is and is not, they describe how it works and offer twenty-two specific ideas about how to find, keep, and build hope in one's personal life. The book is designed to be not just about hope but an experience in hope itself. It contains many insightful quotations from the ages as well as black and white photography that is hopeful in effect.



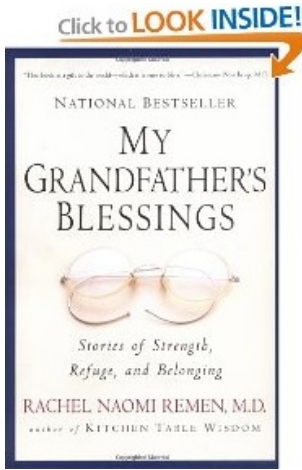
[Embodying the God We Proclaim: Ministering as Jesus Did](#)

by **Monica Brown**

*“The central concern of this book is how authentic we are as the People of God. Are we more or are we less recognisable as Jesus' disciples today? Monica poses many questions and raises pertinent issues concerning what and how we do our ministry in today's world.*

*Monica's discussion on the implications of Jesus' life and ministry for our ministry today is relevant, in touch with grass root realities and deeply challenging. A practical and valuable resource for anyone involved in ministry in the Church today - community leaders, administrators, teachers, chaplains and those responsible for ministry training and formation.”*

[This description is from the official website of Emmaus Productions and Monica Brown]



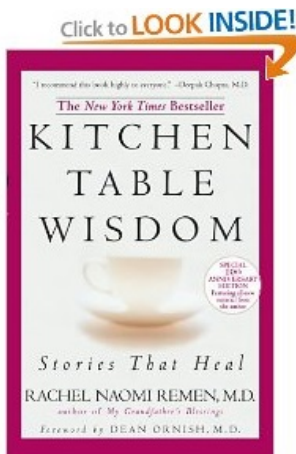
[My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging](#)

**by Rachel Naomi Remen**

In *My Grandfather's Blessings*, Rachel Naomi Remen, a cancer physician and master storyteller, uses her luminous stories to remind us of the power of our kindness and the joy of being alive.

Dr. Remen's grandfather, an orthodox rabbi and scholar of the Kabbalah, saw life as a web of connection and knew that everyone belonged to him, and that he belonged to everyone. He taught her that blessing one another is what fills our emptiness, heals our loneliness, and connects us more deeply to life.

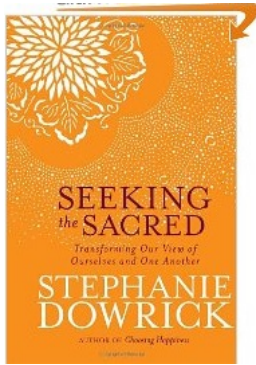
Life has given us many more blessings than we have allowed ourselves to receive. *My Grandfather's Blessings* is about how we can recognize and receive our blessings and bless the life in others. Serving others heals us. Through our service we will discover our own wholeness—and the way to restore hidden wholeness in the world.



[Kitchen Table Wisdom 10th Anniversary](#)

**by Rachel Naomi Remen**

Praised by everyone from Bernie Siegel to Daniel Goleman to Larry Dossey, Rachel Remen has a unique perspective on healing rooted in her background as a physician, a professor of medicine, a therapist, and a long-term survivor of chronic illness. In a deeply moving and down-to-earth collection of true stories, this prominent physician shows us life in all its power and mystery and reminds us that the things we cannot measure may be the things that ultimately sustain and enrich our lives.



[Seeking the Sacred: Transforming Our View of Ourselves and One Another](#)

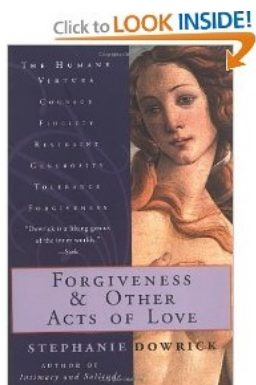
by **Stephanie Dowrick**

Can changing our view of ourselves and others affect the world? Bestselling author Stephanie Dowrick's major new book is a compelling look at how we can transform the world by seeing the extraordinary everywhere we look, both without and within. Through her intimate, beautiful, and encouraging writing, Dowrick shows that it is only in altering our perception-seeing all of life as sacred-that we will challenge the usual stories about who we are and what we are capable of being.

At a time when religion is increasingly seen as a cause of prejudice and division, or as irrelevant to our most pressing concerns, the eternal truths of a genuinely inclusive spiritual wisdom have never been more urgently needed or sought. In *Seeking the Sacred*, Stephanie Dowrick invites us to go beyond cultural divisions and religious dogma and to discover what makes our lives sacred, satisfying, and meaningful.

Weaving personal stories-including her own-with an inspired vision of life's most healing possibilities, she reveals how the sacred can transform the way we understand and value life, changing forever how we interact with others and care for ourselves.

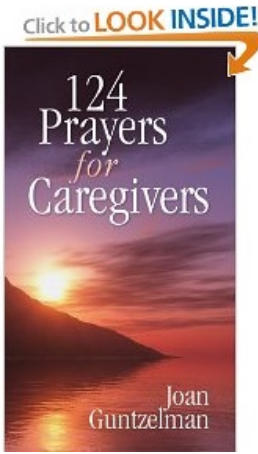
*Seeking the Sacred* is a provocative and accessible read for those contemplating God, faith, spirituality, and the nature of belief in twenty-first-century life. This is a book for the spiritually curious as well as those already engaged in the deeper questions. Richly hopeful and uplifting, *Seeking the Sacred* unravels some of our most complex contemporary dilemmas and speaks to the heart of our deepest yearnings.



[Forgiveness & Other Acts of Love](#)

by **Stephanie Dowrick**

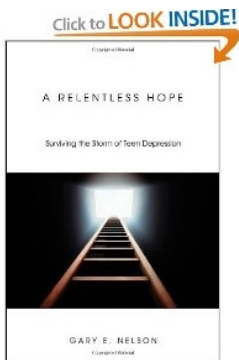
A brilliantly clear, optimistic book which shows how the great humane virtues can help in times of hardship and lead to a joyful, trusting, enriched life. When beset by a series of life-changing personal crises, psychotherapist Stephanie Dowrick remembered what she had learned early in her training: there are qualities-the great ancient virtues-that shape life for the better and can be called upon in times of need. Dowrick grounds her work in real lives and incidents, drawing on those times when people needed the strength provided by one of the virtues to move on with their lives. She ranges widely in Eastern and Western philosophy and spirituality as well as psychology to explore courage, fidelity, restraint, generosity, tolerance, and forgiveness. Is it possible to be generous and successful? Should we forgive someone who has hurt us deeply? Through stories memorably told, she shows that far from being dull or constraining, these virtues have much to teach us about honor, endurance, tolerance, steadfastness, and, above all, love.



[124 Prayers for Caregivers](#)

**by Joan Guntzelman**

In *124 Prayers for Caregivers*, an author with a solid background in counseling offers an emphatic and encouraging presentation of prayerful responses to serving God in the role of caregiver. Includes prayers, brief quotations from the Bible or other sources, several lines of reflection, and a closing petition. Those seeking growth as caregivers in need of prayers that express their desire to "give everything over to God" will find strength and consolation in this book.

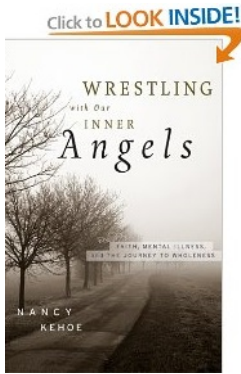


[A Relentless Hope: Surviving the Storm of Teen Depression](#)

**by Gary E. Nelson**

Depression and related illnesses threaten to wreck the lives of many teens and their families. Suicide driven by these illnesses is one of the top killers of these young people. How do teens become depressed? What does depression feel like? How can we identify it? What helps depressed teens? What hurts them? How do families cope with teen depression?

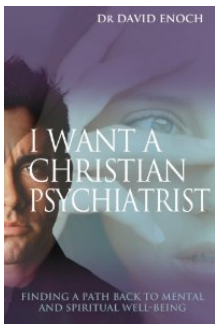
In *A Relentless Hope* Gary Nelson uses his experience as a pastor and pastoral counselor to guide the reader through an exploration of these and many other questions about teen depression. Nelson has worked with many teens over the years offering help to those who find themselves confronted by this potentially devastating attacker. The author also uses the story of his own son's journey through depression to weave together insights into the spiritual, emotional, cognitive, biological, and relational dimensions of teen depression. Through careful analysis, candid self-revelation, practical advice, and even humor, this pastor, counselor, and father reminds us that God's light of healing can shine through the darkness of depression and offer hope. *A Relentless Hope* is written for teens, parents, teachers, pastors, and any who walk with the afflicted through this valley of the shadow of death.



[Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness](#)

by Nancy Kehoe

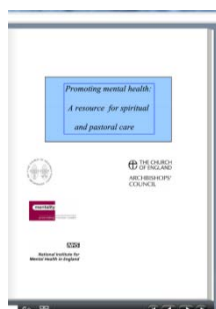
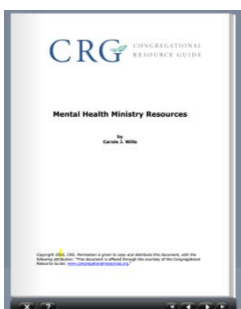
Wrestling with Our Inner Angels is Nancy Kehoe’s compelling, intimate, and moving story of how she brought her background as a psychologist and a nun in the Religious of the Sacred Heart to bear in the groups she formed to explore the role of faith and spirituality in their treatment – and in their lives. Through fascinating stories of her own spiritual journey, she gives readers of all backgrounds and interests new insights into the inner lives of the mentally ill and new ways of thinking about the role of spirituality and faith in all our lives.



[I Want a Christian Psychiatrist: Finding a Path Back to Mental and Spiritual Well-being](#)

by David Enoch and Jan Greenough

Mental illness is common - one person in six will suffer depression at some point. Christians are often fearful of it, seeing it as a matter for guilt or, too frequently, blame and aggressive prayer. Should Christians accept psychiatric help - and what does this imply about their faith? Dr David Enoch, an experienced psychiatrist, explains what forms mental illness takes, why Christians are not immune, how various conditions can be identified, and what help is available. He discusses the roles of therapist and pastor, and the wisest responses the church can offer. "The sufferer is never forsaken by God," says the author. "God has given us the knowledge and medication to heal the sick."



**FREE!**

[Mental Health for Ministries - Digital Edition - Titlestand](#)

[titlestand.com/ebook/ebook?id=10019721&ts=1](http://titlestand.com/ebook/ebook?id=10019721&ts=1)

*Mental Health Ministry Resources* by Carole Wills

*Promoting Mental Health: A Resource for Spiritual and Pastoral Care* by Church Of England Archbishops Council et.al



[Spirituality and Religion in Recovery \(Issue 80: New Directions for Mental Health Services-mhs\)](#)

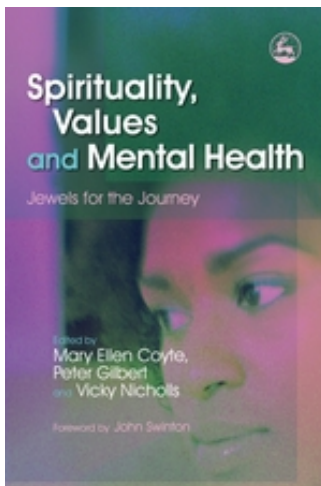
**Author:** [ROGER\(ED\) FALLOT](#)

It is essential to pay attention to the religious and spiritual side of clients' experiences in order to create mental health services that are holistic and genuinely responsive to clients' needs. Drawing on first-hand accounts of consumers as well as on current research, this volume of *New Directions for Mental Health Services* illustrates the ways that spirituality--whether defined traditionally or in the broadest holistic sense--can be an active part of recovery.

The authors describe innovative collaborations among faith communities, mental health organizations and agencies, and people with mental illness--and offer specific guidelines for developing such relationships more fully. They also review existing research that demonstrates a positive connection between spirituality and well-being and suggest future directions for increasing the integration of spirituality into mental health services.

This is the 80th issue of the quarterly journal *New Directions for Mental Health Services*.

**This extract is from *Rainbow Books***



[Spirituality, Values and Mental Health: Jewels for the Journey](#)

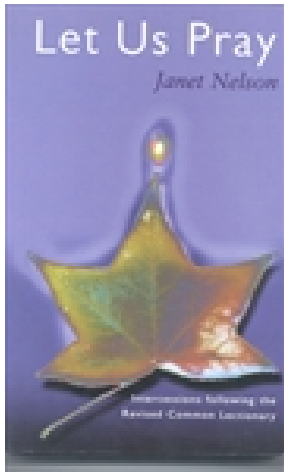
[Edited by Mary Ellen Coyte, Peter Gilbert and Vicky Nicholls - Foreword by John Swinton](#)

Spirituality, religious belief and inclusive faith communities are important for mental well being but mental health practitioners have few guidelines for acknowledging these issues when working with service users.

*Spirituality, Values and Mental Health* gathers together personal and professional contributions from mental health professionals, carers and mental health service users and survivors. It addresses the stigma that can surround both mental health and spirituality and explores the place of the spiritual in mental health care, teasing out its implications for research, education, training and good practice.

This book is a welcome source of ideas and common-sense that is essential reading for mental health practitioners, carers and service users, chaplains, faith leaders, faith communities, as well as students and professionals working in the field of spirituality and mental health.

**This extract is from *Jessica Kingsley Publishers*.**



**Let Us Pray: Intercessions**

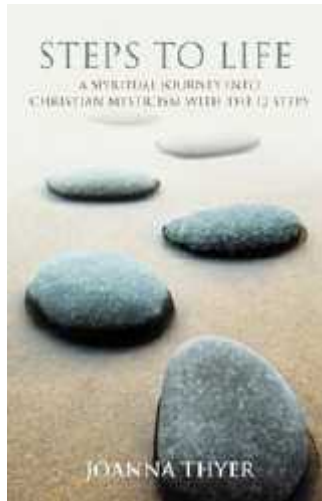
By [Janet Nelson](#)

Writing prayers of intercession is an important ministry in the liturgical life of every congregation. Let Us Pray contains a collection of beautifully crafted prayers shaped around the three-year cycle of readings as set down for Sunday liturgy in the Revised Common Lectionary.

Janet Nelson is a noted Liturgical Intercessor who brings gifts of great compassion and inclusivity along with liturgical, biblical and theological insight to this art of prayer. Let Us Pray will become an indispensable tool for all involved in the planning and preparation of liturgy.

Let Us Pray also includes a liturgical index and prayers for special occasions and major festivals of the church year.

**This extract is from *HarperCollins Publishers***



**Steps to Life: A Spiritual Journey with Christian Mysticism and the Twelve Steps**

**Author:** [Joanna Thyer](#)

**Publisher:** ABC Books, Australia

Steps to Life is a spirituality/self help book that appeals to a wide audience of people seeking personal development, spiritual growth, freedom from depression, and gaining insights into dealing with their addictions. It incorporates personal stories, and insights from the 12 Step program of Alcoholics Anonymous and the Christian mystical tradition, in particular, St Francis of Assisi, the Benedictine tradition and the wisdom of the Jesuit founder, St Ignatius of Loyola, (especially the Ignatian exercises) as well as many of the famous female mystics such as Hildegard of Bingen and Julian of Norwich

**This extract is from *Authors Unlimited*.**

The author of the two books below is Irene Frances. Irene is a founding member of A *Nouwen Network* and the administrator of A *Nouwen Network*'s blog [Out of the depths](http://outofthedepts.com) .

Further information about Irene and all the details for purchasing her books are at <http://irenefrances.com>



Peace and Freedom are My Names

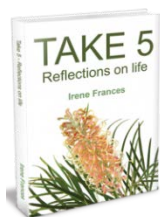
<http://irenefrances.com>

### By Irene Frances

*Peace and Freedom are My Names* is one woman's story of incredible perseverance through a lifetime of abuse that began as an unwanted child, and led to a descent into madness from which it seemed she would never return. A key to her eventual healing was recovering from complex post-traumatic stress disorder – multiple personality disorder. Through it all she clung to an unrelenting belief that God's hand was upon her, and that somehow He would bring her through.

Recovery from mental illness is difficult, but with the right therapist and treatment it can be achieved. Christians with mental illness often feel ostracised from their churches and experience a double measure of the stigma of mental illness. *Peace and Freedom are My Names* addresses these issues and provides a sense of hope to those who are working towards recovery from mental illness.

*“ONCE AGAIN IT was as though an H-bomb had blasted me apart, smashing to pieces the wall I had so carefully built around me. In one frightening moment I was again left exposed and vulnerable, acutely aware that I could no longer pretend to be the person I thought I should be. I had to learn, once and for all to become the person I was meant to be, the person God had always intended me to be.”*



TAKE 5 – Reflections on life

<http://irenefrances.com>

### By Irene Frances

MANY PEOPLE STRUGGLE with church and all it means to them. *TAKE 5 – Reflections on life* acknowledges that struggle, while at the same time encouraging people to develop an authentic faith in God to sustain them through life's challenges. Irene writes from personal experience to demonstrate how one's faith is vital when facing tragedy, confirming the reality that life is no fair and many people have more than their fair share of suffering. She writes with boldness and integrity, validating the reality that life can be extremely difficult, that at times the church fails to care for those in need, and that by having an intimate relationship with God – Father, Son and Holy Spirit – we are more prepared for life's trials.

Articles in TAKE 5 – Reflections on life include:

- Church – where would Jesus go?
- Life is not fair
- *Childlike – not childish*
- *Integrity – Shalom*

*“I love the simplicity of Christ, the simplicity of following Him and living for Him. I love the way He spells out His intentions for us, and the way He demonstrates His love for us in such easy-to-understand terms.”*

*“Through the years when life was so painful, I was very conscious of God's love, grace and mercy, and His constant call for me to keep going despite all I was going through.”*

*“My relationship with the Church is evolving; my faith in God has never wavered.”*





## 2012 MENTAL HEALTH MINISTRY RESOURCES

**Anabaptist Disabilities Network** - [www.adnetonline.org](http://www.adnetonline.org)

**Catholic Archdiocese of Chicago, Commission on Mental Illness and Faith and Fellowship for People with Mental Illness** - [www.miministry.org](http://www.miministry.org) Resources include parish manual and downloadable material and reflections on Faith and Mental Illness.

**Congregational Mental Health Ministry Resources** – [www.congregationalresources.org/mental-health-ministry-resources](http://www.congregationalresources.org/mental-health-ministry-resources) - over 100 annotated books and DVD's for clergy and laypersons

**Council on Mental Illness of the National Catholic Partnership on Disability (NCPD)** - [www.ncpd.org](http://www.ncpd.org) offers a DVD and manual entitled "Welcomed and Valued". Also offers archived webinars and prayers services.

**Jewish Community Mental Health** - [www.jamiuk.org](http://www.jamiuk.org)

**Lutheran Network on Mental Illness/Brain Disorders** – [www.elca.org/Growing-In-Faith/Ministry/Disability-Ministries](http://www.elca.org/Growing-In-Faith/Ministry/Disability-Ministries).

**NAMI FaithNet** – [www.nami.org/faithnet](http://www.nami.org/faithnet); look for the new downloadable training materials, *Reaching out to Faith Communities* and *Bridges of Hope*

**Mental Health America**- [www.nmha.org](http://www.nmha.org)

**Mental Health Ministries** - [www.mentalhealthministries.net](http://www.mentalhealthministries.net) offers DVD's, worship resources, bulletin inserts, educational and inspirational materials,

**Mennonite Media**- [www.mennomedia.org](http://www.mennomedia.org)

**Mental Illness Education Project** - [www.miepvideos.org](http://www.miepvideos.org)

**Muslim Mental Health** – [www.muslimmentalhealth.com](http://www.muslimmentalhealth.com)

**National Alliance on Mental Illness** – [www.nami.org](http://www.nami.org)

**National Institute of Mental Health** – [www.nimh.nih.gov](http://www.nimh.nih.gov).

**One Mind Mental Illness Ministry** – [www.onemindmentalillnessministry.com](http://www.onemindmentalillnessministry.com)

**Presbyterian Church Serious Mental Illness Network** –look for *Comfort my People*, a training manual at [www.pcusa.org/health/usa/programs/seriousmentalillness.htm](http://www.pcusa.org/health/usa/programs/seriousmentalillness.htm)

**Pathways to Promise** – [www.pathways2promise.org](http://www.pathways2promise.org) offers bulletin inserts, worship resources and training materials

**The Episcopal Mental Illness Network** - [www.eminnews.org/](http://www.eminnews.org/)

**United Church of Christ Mental Illness Network** – [www.min-ucc.org](http://www.min-ucc.org)

NB:

You do not need to request permission to use the resources authored by *Mental Health Ministries* for non-profit educational activities.

See [http://www.mentalhealthministries.net/links\\_resources/index.html](http://www.mentalhealthministries.net/links_resources/index.html)

In addition to using their print resources, it is their hope that you will find the **14 You Tube video clips** helpful in your work. See [http://www.mentalhealthministries.net/links\\_resources/video\\_clips.html](http://www.mentalhealthministries.net/links_resources/video_clips.html)

## 2013 NAMI FaithNet - Mental Health Ministry Resources

- [American Association of Pastoral Counselors](#)
- [Anabaptist Disabilities Network](#)
- [Episcopal Disability Network](#)
- [Hope to Healing](#)
- [Jewish Association for the Mentally Ill \(U.K.\)](#)
- [Lutheran Church \(ELCA\) and Lutheran Church Missouri Synod](#)
- [Mental Health Chaplaincy](#)
- [Mental Health Ministries](#)
- [Mental Illness Ministries](#)
- [Muslim Mental Health](#)
- [Pathways to Promise](#)
- [Presbyterian Serious Mental Illness Network](#)
- [Should be Congregational Resource Guide for Mental Health Ministry Resources](#)
- [Unitarian Universalist Mental Health Caucus](#)
- [United Church of Christ Mental Illness Network](#)
- [United Synagogue of Conservative Jews](#)
- [Virginia Interfaith Committee on Mental Illness Ministries](#)

[http://www.nami.org/MSTemplate.cfm?Section=Related\\_Links&Site=FaithNet\\_NAMI&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=156950](http://www.nami.org/MSTemplate.cfm?Section=Related_Links&Site=FaithNet_NAMI&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=156950) 12/07/2013

The links on the NAMI FaithNet lists above are to **American** Mental Health Ministries' resources.



Some **United Kingdom** Mental Health Ministries' resources are located at:

- *Welcome Me as I Am.* [http://www.welcomemeasesourciam.org.uk/res\\_and\\_links.html](http://www.welcomemeasesourciam.org.uk/res_and_links.html)
- *Mental Health Matters.* <http://www.mentalhealthmatters-cofe.org/default.html>
- The Anglican Diocese of Oxford - *Understanding Mental Health: A Guide for Parishes.* <http://www.oxford.anglican.org/mission-ministry/faith-in-action/mental-health/>
- *Being Alongside* (the operating name of the Association of Pastoral Care in Mental Health) <http://www.pastoral.org.uk/index.htm>
- *Centre for Mental Health.* <http://www.centreformentalhealth.org.uk/publications/> has a downloadable publication: *Promoting mental health: A resource for spiritual and pastoral care*



A *Nouwen Network*'s blog [Out of the depths](#) is an **Australian** Mental Health Ministry's resource. This website hosts a wide selection of prayers and spiritual resources on the theme of Mental Health.

## IDEAS, INSPIRATION, & ENCOURAGEMENT

Ideas, inspiration, and encouragement can be easily found in the quality and diversity of Mental Health Ministries here in Australia. The websites below provide rich information about a few of them:

- *Hope Springs* - the Banyule Network of Uniting Churches  
<http://banyulenetwork.unitingchurch.org.au/wp-content/uploads/2013/03/HS-Annual-Report-2012.pdf>
- *Hope Springs* - Uniting Church In Australia Synod of Victoria and Tasmania  
<http://victas.uca.org.au/nodbeta/resources/mission-support-fund/projects/2007/together-we-reach-out-and-provide-hope>
- *Faith Communities and Mental Illness Fellowship* - Kardinia Mental Health Services (KMHS) - The Salvation Army Victoria  
<http://www.salvationarmy.org.au/find-help/Counselling/>
- *A Place To Belong* – Queensland.  
<http://aplacetobelong.org.au/>
- *A Place To Belong* – Anglicare Southern Queensland  
<http://www.anglicaresq.org.au/a-place-to-belong/>
- *Group 61* – Queensland.  
<http://group61.org/>
- John Fox- the founder of *Group 61*  
<http://www.abc.net.au/local/stories/2010/02/17/2822466.htm>
- *Catholic Psychiatric Pastoral Care* - Centacare Pastoral Ministry Services Queensland  
<http://www.cppc.net.au/>
- Father Jim Smith and Janine De Maria – co-founders *Catholic Psychiatric Pastoral Care*  
<http://www.abc.net.au/radionational/programs/specialbroadcasts/good-friday-breakfast3a-catholic-ministry-among-people-with-me/3936088>
- *Coffee Chaplaincy* Nambour - Queensland Baptist Care  
<http://www.crossoveronline.com.au/brightideas/reaching-out-with-love-and-coffee>
- Kevin Hammer founder *Coffee Chaplaincy* - Churches of Christ in QLD Mission Action Partner  
[http://www.cofcql.com.au/wp-content/uploads/2013/02/Networking-February\\_2013\\_web.pdf](http://www.cofcql.com.au/wp-content/uploads/2013/02/Networking-February_2013_web.pdf) (p.10)
- *Mosaic Garden + Beautiful Pathways, Beautiful People + Community Garden* Projects - St. Bede's Anglican Parish, Semaphore South Australia  
<http://www.stbedessemaphore.org.au/mosaic.html>  
<http://www.stbedessemaphore.org.au/Beautiful%20Pathways.html>  
<http://www.stbedessemaphore.org.au/communitygarden.html>
- *Hospital Chaplaincy* - Peter Frith Anglicare Chaplain, Macquarie Hospital (Mental Health) NSW  
[http://peterfrith.org/sacre-mental/who\\_sits\\_with\\_john-2.pdf](http://peterfrith.org/sacre-mental/who_sits_with_john-2.pdf)  
[http://www.peterfrith.org/sacre-mental/depression\\_-\\_a\\_christian-2.pdf](http://www.peterfrith.org/sacre-mental/depression_-_a_christian-2.pdf)
- *The Rainbow Project* - established at Manning Uniting Church Western Australia  
[http://www.southperth.wa.gov.au/Documents/News/2008/October/MR-rainbowproject\\_1.pdf](http://www.southperth.wa.gov.au/Documents/News/2008/October/MR-rainbowproject_1.pdf)  
<http://tluca.org.au/wp-content/uploads/2012/10/Quarterly-June-to-Aug-2013-version-1.pdf> (p.4)  
<http://www.unitingcarewest.org.au/assets/Brochures/Rainbow-Project.pdf>
- *The Gethsemane Community Inc.* – Petersham NSW  
[http://www.sosj.org.au/uploads/ckpg/files/Geth\\_cty.pdf](http://www.sosj.org.au/uploads/ckpg/files/Geth_cty.pdf)  
<http://www.gethsemanecommunity.org.au/beginning-story/>  
<http://www.gethsemanecommunity.org.au/the-christmas-project-video/>



## *A Nouwen Network*

**"I have called you friends." John 15:15**

### **OUR STORY**

Many people in churches feel isolated in their efforts to support those whose lives are affected by mental illness. In 2009, a group of these people was invited to meet together to address this issue. We formed *A Nouwen Network* so others like us could know that they are not alone, and could also be connected. It was clear that, in working together as a Spirit-directed, grassroots network, far more could be done.

### **VISION**

We are a Spirit-directed, grassroots network of diverse church communities committed to offering those whose lives are affected by mental health issues opportunities to experience the joys of acceptance and genuine friendships; and the support of good neighbours.

### **MISSION**

The network's purpose is to encourage and support, within and across faith communities, attitudes of awareness, acceptance and respect for people whose lives are affected by mental health issues.

The network also encourages the provision of appropriate pastoral support and advocacy, for all whose lives are affected by mental health issues.

The network thereby contributes to the development of communities within which all whose lives are affected by mental health issues have opportunities for genuine friendships to be established and maintained.

### **VALUES**

*Celebrating Life...  
our unique worth  
our real stories  
creativity and growth  
friendship  
...in community*



### **CONTACT DETAILS**

**Contact person: Jane Frazer Cosgrove**

**Email: [nouwen-network@optusnet.com.au](mailto:nouwen-network@optusnet.com.au)**

**Phone: 041 6649 474**

*A Nouwen Network's* blog *Out of the depths* is at <http://nouwennetwork1234.wordpress.com/>



Home About Articles Books Contact Links Liturgies and rituals Mental Health Week Mental illness and prisoners  
Mental illness and refugees Pastoral care Personal stories Poetry Prayers Psalm 130 Psalm 88 Quotes Resources  
Visual images

## Resources

A NOUWEN NETWORK has several innovative resources to assist churches in their support and care of people experiencing mental illness.

**COMFORT CUSHION** - a small, hand crafted cushion that brings comfort and reassurance to people receiving inpatient care in a psychiatric hospital or unit. [Comfort Cushion](#)

**CHURCH BULLETIN INSERT** - An insert for use by congregations to encourage the and acceptance of people with a mental illness, assuring them that they are not alone, and that the Church seeks to support them in their difficult journey. [Bulletin Insert](#)

**PRAYER CARD** - The importance of prayer for those experiencing mental illness cannot be overstressed. *A Nouwen Network's* Prayer Card is a source of encouragement to those touched in any way by mental illness, either personally or in one's family. [Prayer Card](#)

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- [Mental Health Week 2012](#)

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- September 2012
- July 2012
- April 2012
- March 2012

### Categories

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In March 2012 *A Nouwen Network* realized a long held dream when it began the *Comfort Cushion* project as yet another means of connecting and offering support. The *Comfort Cushion* project is a ministry of tenderness and prayer. The *Comfort Cushion* is 20 cm x 20 cm (8" x 8") with a pocket into the back to hold a small card with a prayer and/or *A Nouwen Network* prayer card.



The cushion expresses something of the prayer and care that we long to give to those who are very unwell, and those who are most isolated:

*May God's love guide you, uphold you, protect you and enfold you.  
May the 'God of all comfort' become your refuge and strength as you recover,  
and may the prayers of others help in some small way to bring comfort to you.*



## *Luke14 – Disability-inclusive Christian communities*

**Luke14 is a CBM Australia initiative** to encourage and enable churches to welcome and include people with a disability.

Luke14 offers five interactive workshops to equip churches with practical ideas, skills and strategies for including people with disabilities. These exciting workshops include a variety of multi-media inputs to spark discussion.

A single workshop would run well as a short day event, or two workshops could be combined over one longer day.

### **The 5 Workshops**

#### **1. DISABILITY 101: Foundations for Enabling the Church**

The basics for beginning disability ministry in your church, including understanding disability, the Disability Discrimination Act, biblical foundations, etiquette tips and respectful language

#### **2. MAKING DISCIPLES OF ALL: Faith Connections for Adults with Intellectual Disability**

Practical and inclusive teaching and learning strategies

#### **3. INCLUSION TOOLBOX FOR KIDS AND TEENS: Nuts and Bolts of Accessible Ministry**

Including welcoming kids with autism spectrum disorders, managing challenging behaviours, providing sibling and parent support, promoting peer acceptance, adapting curriculum, and establishing a buddy system

#### **4. MENTAL HEALTH UNWRAPPED: *Resourcing the Church to Support Mental Wellness***

How churches and Christian friends can provide pastoral care and support for people experiencing mental illness

#### **5. INCLUSIVE OUTREACH: Inspiring Models of Community Connection**

Inspiring and helpful ways to connect with people with a disability and disability service providers in your local area.

# Mental Health Unwrapped

Resourcing the Church to Support Mental Wellness



**Mental illness impacts a significant proportion** of the Australian community, but, despite efforts to reduce its stigma, much of it remains hidden. How can churches become places where we all can truly bring and be our whole selves, and find healing community?

This workshop addresses this issue pastorally and practically.

## Topics covered:

Understanding Mental Illness  
'Mental Health Friendly' Churches  
Prayer and Healing  
Mental Illness and Ministry

<http://www.cbm.org.au/content/our-work/luke14>

## *Star Throwers*



There's a story I would like to share with you. It was inspired by the writing of Loren Eiseley. Loren was a very special person because he combined the best of two cultures. He was a scientist and a poet. From those two perspectives, he wrote insightfully and beautifully about the world and our role in it.

Once upon a time, there was a wise man, much like Eiseley himself, who used to go to the ocean to do his writing. He had the habit of walking along the beach before he began his work. One day he was walking along the shore; as he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the day, so he began to walk faster to catch up. As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead, he was reaching down to the shore, picking up something and very gently throwing it into the ocean.

As he got closer he called out, "Good morning! What are you doing?" The young man paused, looked up and replied, "Throwing Starfish into the ocean."

"I guess I should have asked; why are you throwing Starfish into the ocean?"

"The sun is up and the tide is going out and if I don't throw them in they'll die."

"But young man, don't you realize that there are miles and miles of beach and Starfish all along it, you can't possibly make a difference!"

The young man listened politely, then bent down, picked up another Starfish and threw it into the sea, past the breaking waves. "It made a difference for that one."

His response surprised the man, he was upset, he didn't know how to reply, so instead he turned away and walked back to the cottage to begin his writings.

All day long as he wrote, the image of that young man haunted him; he tried to ignore it, but the vision persisted. Finally, late in the afternoon, he realized that he the scientist, he the poet, had missed the essential nature of the young man's actions. Because he realized that what the young man was doing was choosing not to be an observer in the universe and watch it pass by, but was choosing to be an actor in the universe and make a difference. He was embarrassed.

That night he went to bed, troubled. When morning came, he awoke knowing that he had to do something; so he got up, put on his clothes, went to the beach and found the young man; and with him spent the rest of the morning throwing Starfish into the ocean.

You see, what the young man's actions represent is something that is special in each and every one of us. We have all been gifted with the ability to make a difference. And if we can, like the young man, become aware of that gift, we gain through the strength of our vision the power to shape the future.

And that is your challenge, and that is my challenge. We must find our Starfish, and if we throw our stars wisely and well, I have no question that the 21st century is going to be a wonderful place.

### ***Remember:***

***Vision without action is merely a dream***

***Action without vision just passes time***

***Vision with action can change the world.***

(From transcript of the video, "The Power of Vision" by Joel Arthur Baker, Charthouse Video Productions  
[http://www.rawfoodinfo.com/action/activist\\_starthrower.html](http://www.rawfoodinfo.com/action/activist_starthrower.html))