



Association of
Catholic Mental
Health Ministers



CLICKTOPRAY



Pope's Worldwide
Prayer Network

Monthly Mental Health Day of Prayer – February 2023

For parishes: We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need.

February 13, 2023 - Daily Moments

WITH JESUS IN THE MORNING

I welcome today with an open heart. Today is the monthly day of prayer for mental health and Pope Francis' monthly prayer intention is for parishes. Today's Gospel tells of the Pharisees who were unable to recognize that God was standing before them in the person of Jesus. Help us to see the presence of Christ in our fellow parishioners who live with mental illness. Pope Francis asked that we support those who suffer from mental illness by recognizing "that those who suffer allow the irrepressible beauty of human dignity to shine forth in their wounded lives."¹ Our Father ...

WITH JESUS IN THE AFTERNOON

The Way of the Heart invites us to consider how God wishes to make his compassion present in the world in and through us. Pope Francis prays this month for parishes and today is the monthly day of prayer for mental health. Pope Francis said that we need to, "overcome the stigma with which mental illness has often been branded and ... ensure that the culture of community prevails."² May I allow God to work through me so that I can help make my parish a place of compassionate spiritual support to those who live with mental illness.

WITH JESUS IN THE NIGHT

Thank you, Lord, for being with me through this day. Pope Francis prays this month for parishes and today is the monthly day of prayer for mental health. Who have I encountered today that is living with a mental illness? Did I welcome them with understanding and compassion? What can I do to make my parish community a more open and welcoming place for those who live with mental illness? Tomorrow, help me to take the first steps towards bringing a mental health ministry to my parish community. Hail Mary...

SCHOOL OF PRAYER CARD

Prayer for Mental Health Ministry in the Church

We pray that mental health ministry becomes an integral ministry in the Church that is available in every Catholic parish and community. We pray for the elimination of the stigma and discrimination that people living with a mental illness encounter.

Monthly day of prayer for Mental Health – January 2023

This month Pope Francis asks us to pray for parishes. Parishes have a unique opportunity to be welcoming places that see the presence of Christ in our fellow parishioners who live with mental illness; where those with mental health challenges can know that they are never alone. With a mental health ministry our parishes can follow

¹ MESSAGE OF THE HOLY FATHER TO THE PARTICIPANTS IN THE SECOND NATIONAL CONFERENCE FOR MENTAL HEALTH [ROME, 25-26 JUNE 2021]

² IBID

Pope Francis call to be “privileged places of listening”³ where people who are struggling with the invisible cross of mental illness find spiritual support to help carry their cross.

The Association of Catholic Mental Health Ministers (<https://www.catholicmhm.org/click-to-pray>)

SOCIAL MEDIA POST

Pray for Parishes

“Every parish community is called to be a privileged place of listening” - Pope Francis

BLOG

Title: *Parishes and Mental Health Ministry*

Press Summary: *Do we understand the mental health challenges facing people in our parish community? A mental health ministry can help parishes be welcoming places for people with mental health challenges.*

In our parishes we worship together and support each other as members of the Body of Christ. Yet do we understand the mental health challenges and invisible crosses being carried by people in our own parish community?

Often it is hard to come forward to fellow parishioners when struggling with mental health challenges because of the stigma surrounding mental illness. Pope Francis has said we must destigmatize mental illness. In a message to a conference on mental health the Holy Father said it was necessary to take actions to "fully overcome the stigma that mental illness is often tainted with".

Parishes have a unique opportunity to be welcoming places where those with mental health concerns can talk, cry, and pray with their community in Christ. To know that they have not been abandoned and they have the spiritual support that is so needed in the recovery and healing process.

A parish based mental health ministry can help reduce the stigma around mental health. Parishes can offer faith sharing groups for anyone who is struggling with poor mental health, along with their families, friends, and caregivers. A parish can host events to bring awareness and healing, such as a Mass of Remembrance for those who died by suicide, and Healing Masses for those struggling with poor mental health. With a mental health ministry our parishes can be places of inclusiveness where our brothers and sisters who are struggling with the invisible cross of mental illness find support to help carry their cross.

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³ ADDRESS OF HIS HOLINESS POPE FRANCIS TO PILGRIMS FROM THE DIOCESE OF ISERNIA-VENAFRO, Paul VI Audience Hall, Saturday, 2 May 2015