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PATHWAYS
to Promise
Connecting Communities of Care

Mental Health Ministries
To erase the stigma of mental illness
A Program of Pathways To Promise

SPOTLIGHT

April 2025

NEW Monthly Spotlight!

Beginning this month, *Spotlight* will be delivered to your inbox on a monthly basis rather than quarterly. While each issue will continue to feature the same valuable resources, it will now be tailored to highlight content relevant to the current month.

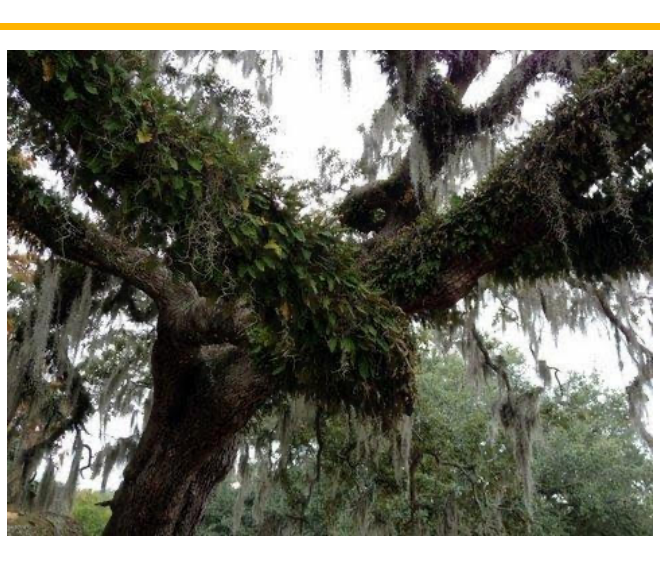
Pathways to Promise & Mental Health Ministries

Mental Health Ministries, a program of Pathways to Promise, provides resources to erase the stigma of mental illness in our faith communities and create caring congregations for persons living with mental health challenges and their families.

Mental Health Multifaith Resource Center (MHMRC)

Our Mental Health Multifatih Resource Library is your comprehensive destination for mental health and wellness information. We have meticulously curated this resource center to ensure ease of use and to provide you with the most relevant materials. This library builds upon the outstanding work initiated by Rev. Susan Gregg-Schroeder, who founded Mental Health Ministries in 2001.

Visit the MHMRC



When Rev. Susan Gregg-Schroeder led Mental Health Ministries, she included a brief meditation in each issue of the Spotlight, which she called "Snippets from Susan." With her permission, we will include these occasionally in the Spotlight. Here's the one she wrote for the Spring 2016 issue:

"Snippets from Susan"

By Susan Gregg-Schroeder

"Resurrection Fern"

I had the opportunity to visit New Orleans in December. I was intrigued by the beauty of a lush plant that was growing on many of the old oak and pecan trees. A mossy green blanket covered many trunks and branches. Our guide told us that the plant was called the Resurrection Fern. The lush leaves that I saw wither up and appear to die in hot and dry weather.

This remarkable plant can lose about 75 percent of its water content during a typical dry period and possibly up to 97 percent in an extreme drought. During this time, it shrivels up to a grayish brown clump of leaves. Resurrection Fern attaches itself to the deep cracks and fissures of the tree bark so that it can survive even though it appears to be dead. It holds on firmly but will "come back to life" within hours of receiving rainfall.

We all have times when we go through very difficult "dry periods" that seem hopeless. It is during those times that we need to hold on tight to persons who care about us until we are "resurrected." (Spotlight, Spring 2014)

Explore Upcoming Training Events

JOIN US!
Become a Companion
Build meaningful connections and provide spiritual support through Companionship Training
3 HOUR VIRTUAL WORKSHOP
SIGN UP ONLINE: PATHWAYS2PROMISE.ORG
PATHWAYS to Promise

***Become a Companion* Workshop**

Thursday, May 14, 2026, 5-8:30 pm CT
Register for Become a Companion Here

ATTEND
Community Trainer Training
Make a difference by becoming a Companionship Workshop Trainer!
2 DAY VIRTUAL COURSE
APPLICATION REQUIRED
PATHWAYS to Promise

Community Trainer Training

Thursday, May 14, 2026, 5-8:30 pm CT
PLUS Saturday, May 16, 2025,
9am-5pm CT
For more information and to register/apply, click here

Learn More About Training Opportunities Here

ATTEND
Taste of Companionship
Come to this 30-minute Zoom session for a presentation about Pathways and our Companionship program with time for questions.
PATHWAYS to Promise

Attend *Taste of Companionship*

Taste of Companionship introduces Companionship and provides time for questions and answers, all in about half an hour.

- **Wednesday, May 6, 12 PM CT**

(Contact admin@pathways2promise.org for Zoom support.)

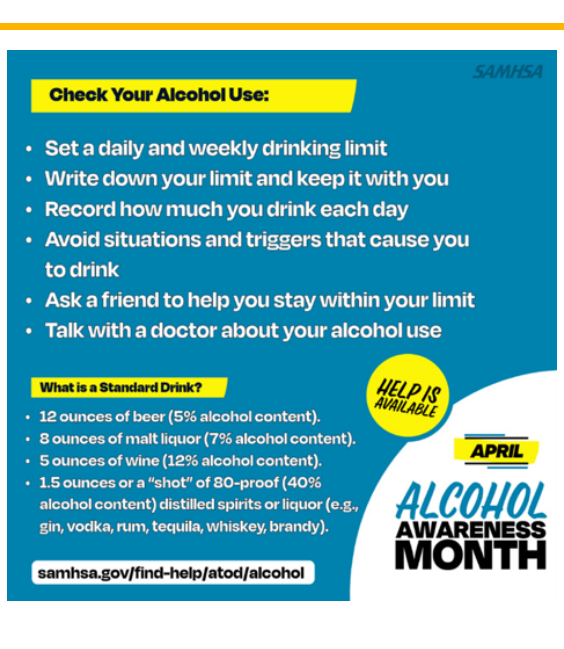
Register Here on the Pathways to Promise Homepage

All of the following articles from websites other than pathways2promise.org are intended as a library of resources only. Pathways to Promise receives no financial benefit from these organizations.

APRIL

These resources are helpful for any time, although intended to highlight themes from the Mental Health calendar for April.

Alcohol Awareness Month


SAMHSA
Check Your Alcohol Use:
Set a daily and weekly drinking limit
Write down your limit and keep it with you
Record how much you drink each day
Avoid situations and triggers that cause you to drink
Ask a friend to help you stay within your limit
Talk with a doctor about your alcohol use
What is a Standard Drink?
12 ounces of beer (5% alcohol content).
8 ounces of malt liquor (7% alcohol content).
5 ounces of wine (12% alcohol content).
1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy).
samhsa.gov/find-help/atod/alcohol
HELP IS AVAILABLE
APRIL
ALCOHOL AWARENESS MONTH

In Recognition of Alcohol Awareness Month

"Alcohol consumption can have serious health effects, yet this is often under-discussed. April is Alcohol Awareness Month, which reminds us to consider how alcohol affects a person's life."

Read More Here

Stress Awareness Month

Tips for Navigating Alcohol Awareness & Stress Awareness Month

"Stress and alcohol can often intertwine, creating a complicated relationship that merits a closer look.

April marks both Alcohol Awareness Month and Stress Awareness Month, a perfect time to explore how these two issues can impact each other, with stress often leading to increased alcohol use. It's important to recognize the signs of alcoholism early, as alcohol can mask stress temporarily, but ultimately exacerbate it into a harmful cycle.

In this blog, we'll identify early signs of stress and where to turn for support, ensuring that you or your loved ones can navigate these challenges effectively."

Click here to learn more

Taking Care of Your Mental Health: Tips to Manage Stress

"April is Stress Awareness Month, a time to recognize the impact that stress has on our lives and take steps to manage it effectively. In today's fast-paced world, it's easy to become overwhelmed by the demands of work, family, and other responsibilities. However, ignoring stress can lead to a variety of mental and physical health problems. In this article, we'll explore the importance of taking care of your mental health and provide tips for managing stress."

Read More Here

Passover - Judaism - April 2-9

With Outstretched Arms: Reflections On Passover and Mental Health from a Parent's Perspective

"Passover, or Pesach in Hebrew (פֶּסַח), is a major Jewish holiday that commemorates the biblical story of the enslaved children of Israel leaving ancient Egypt. From the most secular to the most observant, almost every Jew observes the holiday with certain rituals, including joining family and friends at a Passover meal, known as a Seder. Literally translated as "order," the Seder is one of the most widely observed rituals in Judaism. Reclining in chairs the way free people — as opposed to slaves — did in ancient times, we go around the table recounting the story of the Israelites' exodus."

Read More Here

Volunteer Week - April 19-25

Strengthens Communities

"National Volunteer Week highlights how community service delivers evidence-based mental health benefits including reduced depression symptoms, enhanced psychological well-being, and stronger social connections that serve as protective factors against isolation and loneliness.

Feeling disconnected from your community in an increasingly divided world? National Volunteer Week offers a powerful reminder that meaningful connection and renewed purpose are just a service opportunity away, bringing research-backed mental health benefits that extend far beyond helping others."

Read More Here

World Autism Awareness Day - April 2

"On the occasion on World Autism Day, WHO joins families and communities worldwide in recognizing the dignity and worth of all autistic people and advocating for policies that promote neuroinclusive environments in health, education, workplaces, sports and other sectors.

Globally, 1 in 127 people is diagnosed with autism, a lifelong neurodevelopmental condition affecting social interaction, communication and behaviour. Autism is among the top 10 brain health conditions contributing to health loss globally."

Read More Here

Easter - April 5

Easter Sunday: Cultural Significance Through a Therapeutic Lens

"Easter Sunday traditions provide therapeutic benefits through cultural rituals that promote emotional renewal, community connection, and spiritual reflection, offering valuable opportunities for mental wellness practices and meaningful personal growth when integrated into mental health support strategies.

Have you ever noticed how certain days carry the power to transform our emotional landscape? Easter Sunday brings more than just springtime celebrations—it offers profound lessons about hope, renewal, and personal transformation that resonate deeply with our journey toward emotional wellbeing."

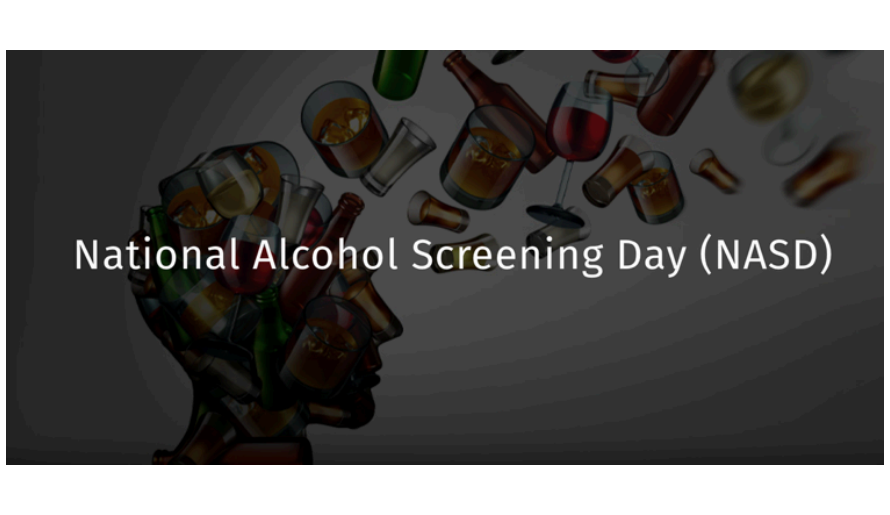
Read More Here

World Health Day - April 7

"On World Health Day 2026, WHO unites and mobilizes the world under the theme "Together for health. Stand with science." celebrating the power of scientific collaboration to protect the health of people, animals, plants, and the planet. The year-long campaign spotlights both scientific achievements and the multilateral cooperation needed to turn evidence into action."

Read More Here

National Alcohol Screening Day - April 9


National Alcohol Screening Day (NASD)

"Today is National Alcohol Screening Day (NASD) which has been observed the first Thursday in April since 1999. This initiative was originally launched by the National Institutes of Health, as a resource to provide anonymous and confidential online or in-person screenings at NASD events.

Alcohol continues to be the most used and accepted addictive substance in the United States. NASD serves as an important public health awareness opportunity to raise awareness about the harmful effects of alcohol abuse and alcohol dependency."

Read More Here

Alcohol and Mental Health

"Alcohol and mental health are closely linked. Drinking too much can affect your well-being. Some people may drink to try to relieve the symptoms of mental ill-health.

People drink for many reasons: to celebrate, socialise, commiserate or drown our sorrows. We may drink to try and change our mood: to feel more relaxed, courageous or confident. However, the effect of alcohol is only temporary. As it wears off, we often feel worse because of how alcohol withdrawal affects our brain and body."

Read More Here

Having Compassionate Conversations on Mental Health - April 21 webinar

"As communities navigate the growing complexities of care, responding well to the complex mental health challenges can stretch the caring skills of community leaders. Join the Future Communities Lab and The Congregational Collective on April 21 from 12 – 1 PM (CDT) for a virtual conversation with practical theologian and registered mental health nurse John Swinton. Register for the free webinar HERE."

Sign Up Here

MARK YOUR CALENDARS

April

Month long themes

Sexual Assault Awareness and Prevention Month
BIPOC Health Month
Autism Awareness Month
Alcohol Awareness Month
Stress Awareness Month

Week long themes

*2-9 - Judaism: Passover
March 29-April 5 - Roman Catholic, and Protestant Christianity: Holy Week
19-25 - Volunteer Week
April 21 - May 3 - Baha'i: Festival of Ridvan

2 - World Autism Awareness Day
2 - Jehovah's Witnesses: The Memorial of Jesus' Death
3 - Yazidi New Year
5 - Christian: Easter
7 - World Health Day
9 - National Alcohol Screening Day
12 - International Day of Pink
12 - Eastern Orthodox: Pascha
14 - Baisakhi (Vaisakhi) - Sikh
21 - First Day of Ridvan - Baha'i
23 - St. George's Day - Christian
23 - International Girls in ICT Day
29 - Ninth Day of Ridvan - Baha'i

Reminder: All holidays marked with * begin the prior evening.

Also consider the following calendars for other important dates:

2026 Interfaith Calendar
2026 Diversity Calendar

Mental Health Ministries, a program of Pathways to Promise, creates and promotes resources to help erase the stigma of mental health challenges in our faith communities. Join us in making a difference for those with mental health challenges and those who love and support them.

Click the button below to give a monthly gift of $30 (just $1 a day) or a one-time amount of $120 (which equals just $10 a month) or any amount you choose. You may also send a check to Pathways to Promise at the address below.

Thank you for joining us in supporting mental health needs!

Click here to give now

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admin@pathways2promise.org

www.pathways2promise.org

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