

G.R.A.C.E. PLACE FALL NEWSLETTER

Grace Lutheran Church
Sept. 27th – Oct. 3rd, 2020
Issue 3



We have made it to the 3rd week of Grace Lutheran's Fall Newsletter!

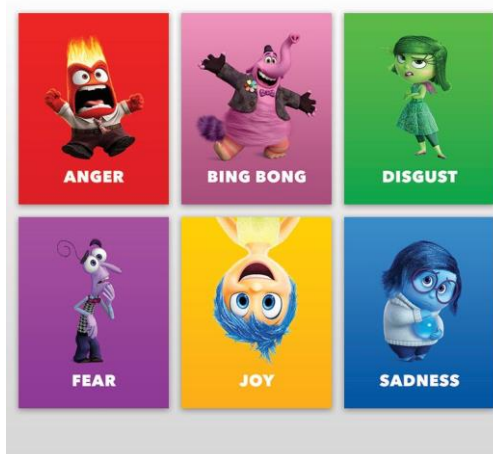
Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting password is 09192020

Join Zoom Meeting:

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

I pray your conversations with your families over the past few weeks have been faith formative and helped you all name and claim your feelings.

As we continue our conversations on mental health, I want to invite you into a conversation about sadness and depression.



Make a sock stuffed animal with your child(ren) to hold when they are sad
<https://thewhoot.com/whoot-news/crafty-corner/sock-animal-tutorials>

These conversations can be difficult and uncomfortable, but we hope this is the beginning of families being able to have these conversations.

As we talk about sadness this week, I invite you to create a sock stuffed animal with your child(ren).

<https://thewhoot.com/whoot-news/crafty-corner/sock-animal-tutorials>

These sock animals are to help your child deal with their sadness by hugging their animal when they feel sad. Just as God is with us in our sadness, their stuffed animal is too.

I also invite you to watch Inside Out, if you already haven't with your family. Ask your child(ren), as you watch the movie, to pay attention to sadness and the role sadness plays in Riley's life and memories. Once you have finished the movie, discuss sadness's role. And how your child feels about sadness/being sad.

JESUS GETS SAD

John 11: 28-37

Jesus asks Mary and Martha why they were sad, and Jesus learned they were grieving over Lazarus' death. Jesus then began weeping as well.

The emotion sadness can feel like it takes over when you feel it. Just like the movie inside out, when sadness touched the memories, they became sad.

You may not even want to talk about some of these emotions, let people know you are feeling them. All these emotions are okay to have. It is important to talk to people about it. Jesus asked people about their feelings, like in our reading today. And Jesus even felt sad.

What are times in your life that you have felt sad in the past? What has helped you feel better? How has the church or your church family or God helped comfort you in your sadness?

How do you help others feel better in their sadness? What do you do to comfort other people?

This week, as you gather around with your family, make sure you talk about your feelings, going back to those feeling posters if you need. Whether the weeks get more difficult or easier as we continue through fall, make sure you talk about how you are feeling so that as a family, you can support each other.

A prayer to pray with your family this week:
" Lord, go before us, be with us. Help us feel your presence in our sadness, our worry, and our joy. Amen"

Resources and Discussions for Suicide and Depression (Middle & High School Age)

Suicide & Depression

<http://www.nemnsynod.org/mental-health-discussion-guides.html>

NAMI (National Alliance on Mental Illness)

Mon-Fri 10am-6pm ET

1-800-950-NAMI(6264) or info@nami.org

Mont. Co Teen Talk Line

Mon-Fri 3-7pm ET

(866) 825-5856 or text (215) 703-8411

Spring-Ford Parent Resources

Vaping, Drug Use, Grief, Suicide

<https://www.springford.net/parents/parent-resources>

Owen J. Roberts School District Mental Health Support

<https://www.ojrsd.com/Page/8290>