



# CHURCH WORKER **NEWSLETTER**

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May 2026

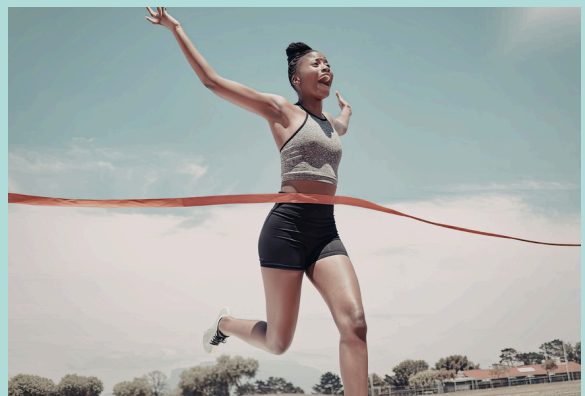
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## Finishing Well: Mental Health, Milestones, and Faithful Transitions in May

May is Mental Health Awareness Month, first established in 1949 to increase understanding, reduce stigma, and encourage care for those facing mental health challenges. For church workers, pastors, educators, and caregivers, this matters deeply. We often hold space for others while quietly carrying our own stress, fatigue, or burnout. From both a clinical and pastoral perspective, tending to mental health is part of faithful living. God meets us not only in strength, but in our need for rest, support, and healing.

### Finish Spring with Intention

May can feel like a sprint to the finish, but faithful endings require reflection. Take a few moments to notice where God has been present this season, what brought life, what was hard, and what you are ready to release. Naming both gratitude and struggle helps us end the season grounded rather than depleted.



## Honoring Transitions in School and Church Life

For those connected to schools, May is especially charged. Students move on and graduate. Classrooms empty. Roles shift. Even positive transitions carry loss. The student who struggled but grew. The class that bonded. The rhythm that became familiar. These are not small things.

In church life, we see similar transitions, confirmands stepping into new identity, volunteers completing seasons of service, families moving away, staff roles changing. These moments deserve more than passing acknowledgment.

Ritual matters here. Blessings, prayers, and intentional sending moments help mark the significance of change. They communicate: This mattered. You matter. God goes with you. We trust that God meets us in ordinary means and also in these communal acts of naming and sending.

## Celebrating Milestones Faithfully

Graduations, confirmations, and accomplishments invite celebration, but the church frames them differently. We give thanks not just for achievement, but for growth, community, and God's faithfulness. Faithful celebration honors joy while making space for those whose journeys feel more complicated. In practical terms, this might look like:

- Naming the community that supported the individual (family, teachers, church).
- Giving thanks for growth, not just outcomes.
- Offering a blessing that emphasizes vocation, who God is calling the person to be, not just what they will do next.

## Give Back for Mental Health Month!

We are committed to providing mental health counseling to individuals and families who might otherwise go without care, offering insurance-based services and a sliding scale to keep support accessible.

### **This is a blessing. And it is also a challenge.**

As the need for mental health care continues to rise, many are still unable to afford the help they need. Through our grant funds, we can walk alongside those facing anxiety, grief, and crisis, regardless of their financial situation. This work is only possible through the generosity of others.

As we recognize Mental Health Awareness Month, we invite you to partner with LCS. Your gift helps remove financial barriers and brings hope and healing to those who need it most.

Visit [lcsfl.com](https://lcsfl.com) to donate or text "grow" to 26989 to begin making an impact.



## Caring for Mental Health Ministry

Mental Health Awareness Month is an invitation to check in honestly: How am I doing? Church workers are often caregivers, listeners, and have a steady presence for others. Yet we are not immune to anxiety, depression, burnout, or compassion fatigue. Tending to mental health is not separate from faith; it is part of faithful living. To care for the mind is to care for the person God has created.

This month offers a gentle invitation:

- To check in with yourself honestly: How am I, really?
- To notice signs of fatigue or overwhelm without judgment.
- To seek support when needed, through counseling, spiritual direction, or trusted relationships.
- To model for others that needing help is not a weakness; it is wisdom.

In Scripture, we see faithful people experiencing deep emotional distress, Elijah's exhaustion, David's lament, and even Jesus' anguish in Gethsemane. God meets them there, not with condemnation, but with presence and care.

## Final Reflections

Finishing well is not about perfection. It is about presence. It is about noticing where God has been, honoring what has mattered, and releasing what is complete.

As you move through May, may you be given the grace to:

- Reflect honestly.
- Celebrate faithfully.
- Care for your own mind and spirit.
- Step into what is next with a grounded sense of God's abiding presence.

"Behold, I am making all things new." (Revelation 21:5). That promise does not only belong to grand beginnings. It is also whispered in every ending that is held in God's hands.

## Moving Towards Summer with Care

As summer approaches, the temptation may be to collapse or to immediately ramp up for the next season, VBS, camps, mission trips, planning for fall. Both extremes miss an important middle space, restoration.

Transitions are an opportunity to recalibrate. What rhythms need to shift? What boundaries need to be strengthened? What practices restore your sense of connection to God and others?

For some, summer allows for a slower pace. For others, it is just as busy, if not more. Either way, intentionality matters. Even small practices, taking a true Sabbath, stepping outside for a few quiet minutes, limiting constant availability, can create space for renewal.

