

MAY 2025



Lutheran
Counseling Services

CHURCH WORKER

NEWSLETTER

MAY IS MENTAL HEALTH AWARENESS MONTH

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Tending the Soul, Honoring the Mind: Mental Health Awareness

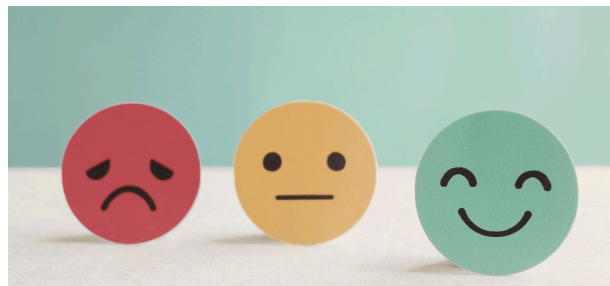
As May blooms with the promise of new life, we are invited once again to mark Mental Health Month, a time to honor the often-overlooked needs of the mind and soul. For us as church workers, pastors, deacons, musicians, educators, office staff, and volunteers; this is more than a national campaign. It is a sacred calling to embody Christ's healing love in both spiritual and psychological dimensions.

As a registered marriage and family therapy intern, I've walked with many individuals, couples, and families who love God deeply but suffer quietly. As a pastor, I've seen how church workers are often the first responders to grief, trauma, conflict, or crisis, but rarely have the space or permission to tend to their own wounds.



The Church and Mental Health: An Integrated Calling

In our Christian tradition, we proclaim that God works through means: water, Word, bread, and wine, but also through medicine, therapy, community, and compassion. As a Lutheran-Christian myself, I think of our founding father, Martin Luther. He knew the weight of depression and spiritual despair, yet he clung to grace. Today, we recognize that good mental health is not a sign of spiritual weakness; it is a form of stewardship of our bodies, our relationships, and our ministry.



The Silent Struggle of Church Workers

Let's be honest: ministry is beautiful and brutal. Many of us are burned out, carrying the emotional burdens of others while quietly sidelining our own. We often feel pressure to appear "strong" or "faithful," even when we're unraveling inside. May is a holy invitation to pause, reflect, and receive care, not just provide it.

Here's the truth: you matter—your mental health matters. You are more than a role or a title. You are a child of God whose worth is not dependent on your productivity or perfection.

How We Can Help Others and Ourselves/ Normalize Mental Health Conversations

From the pulpit to church halls, to Sunday School rooms, and classrooms, let us speak openly about anxiety, depression, trauma, addiction, and grief. Not as failures of faith, but as human experiences worthy of empathy and support.

Know Your Limits

You are not a therapist (unless you are), and that's okay. You don't have to fix everything. Develop relationships with local mental health professionals. Have a referral list ready. Walk alongside, but know when it is time to refer.

Make Space for Lament and Hope

We don't have to rush people to resurrection. The cross teaches us that suffering must be named before healing can begin. Create room in your setting for lament, prayer, and authentic emotional expression.



Become an LCS Donor

Many of our clients rely on our in-house grant funds to receive the help they need. **By becoming an LCS donor, you are helping break the silence, reducing stigma, and giving a safe place for people to change their story.** Your donation can be the lifeline that connects someone in crisis to the mental health support they desperately need. **Visit lcsfl.com to start giving back today.**



Tend to Your Own Wellness

Practice what we preach: sabbath, boundaries, counseling, spiritual direction. You can't pour from an empty cup. Prioritize your own care, not as self-indulgence, but as faithful leadership.

Remember the Gospel is for the Whole Person

Jesus healed bodies, restored relationships, and calmed tormented minds. Our work is to carry that same holistic compassion. Let us be churches and places where people feel safe to be real, where shame has no power, and love has no end.

This May, may we recommit ourselves to being both/and people: rooted in theology and trauma-informed, prayerful and practical, grounded in grace and growing in awareness. **To care for mental health is not a detour from the Gospel; it is the Gospel in action.**

HOST AN LCS Sunday



We would be honored to visit your church on a Sunday to share the vital work LCS is doing in the community. By opening your doors, you can help us raise awareness and connect individuals and families with the support they may need. Email laura@lcsfl.com to begin planning your LCS Sunday!