



The 1st of February 2023

Joint Letter to Pastors, Elders and Family Ministries Leaders

Dear Pastors and Brethren:

Christian Home & Marriage Week: 11^h - the 18th of February 2023

Greetings to you all:

I trust you and your respective families are all well. This letter is to inform you of a special event that will be taking place from Sabbath the 11th of February - Sabbath the 18th of February 2023, focusing on a very important topic of **'Families and Mental Health.'** At a time when families are under tremendous pressure with the rising cost of living, job losses and health concerns, this year's Christian Home and Marriage Week is focusing on our mental well-being, both for adults and children. Covering such topics as:

- Nurturing Emotional Well-being
- Living with a spouse with mental illness
- The mental effects of Grief
- Shaping Your Child's Worldview. Through Modelling, Teaching and Ministering.
- Discipling Our Children with Love
- The Impact of Sexual Abuse on Children
- The Manly way to Lead
- Mental Health and Families

These seminars will be presented live from 'Mansfield Woodhouse Church and broadcast on the NEC YouTube. This series will be delivered by a range of dynamic speakers from Sabbath morning only on the 11th of February and morning and afternoon on Sabbath the 18th of February, and throughout the week (Sunday-Friday), 7 p.m. -9 p.m. each night.

During the week, there will be a live question and answer session after the main speaker each evening, so please either email your questions beforehand or interface with us on YouTube. Emotional Health experts suggest that stressful life situations, such as the death of a loved one, marriage and family problems, or divorce, may cause harm to a person's mental health.

Also, chronic illnesses, brain damage as a result of a serious injury (causing traumatic brain injury), the loss of a job, and military combat or assault all contribute to the likelihood of mental illness. This is where the Family Ministries Department assists with supporting families with tools to help them communicate more effectively, deepen their commitment in marriage, become better parents, and develop greater trust in God—the primary and leading source of mental health. After all, it is God who admonishes in Philippians 4:6-7, "*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*"

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Let us take this time to come together, pray for each other and encourage one another to keep pressing on despite the obstacles, for there is always hope.

Yours in His service,

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Pastor John Francis
Family Ministries and Stewardship Director

Enc: Posters