

hope

JUNE 2015

inspired

The Song for My Journey

Written by Barb Cook

Psalm 121:1,2 "I will lift my eye to the Lord; who made heaven and earth..."

Depression has been my companion for more than 50 years. It has gotten me so low many times because of changes in my life, that without my strong faith in God I wouldn't be where I am today. I am a 73-year-old widow, and I have been on medication for the last 30 years. I have gone to counseling at times, until I am unable to afford the co-pay or until insurance runs out.

I came to Lancaster 22 years ago to attend seminary. When depression took my grade point average from 4.0 to 2.0, I was advised to withdraw. This was a horrible time for me, but God gave me a new ministry. I became a member of "Songs for the Journey," a group of people from all religions to attend the dying, to help them feel they are not alone during such a holy and sacred time.

Depression hits in an up and down pattern, as many of us know. I found a wonderful way to understand this through the WRAP Group I attended, presented by No Longer Alone Ministries, at The Salvation Army. WRAP (Wellness Recovery Action Planning) gave me tools to help keep depression from taking over, and keeping me from daily things I love and enjoy. Through WRAP we shared with one another and realized we



"are not alone." We made plans to keep ourselves from getting into the "dark place," by looking for beginning signs of spiraling downward. People we trust can help us look for these signs and help us seek help before harming ourselves or someone else.

We keep daily records on when, how, and why we take medications. We plan on seeking professional medical help to keep us safe. We learn ways to keep busy, eat properly, and exercise.

I use the Bible and meditation to go along with WRAP. When I feel down, I lie on my couch, look out the window, watch the trees, and recite Psalm 121. I pray, sing hymns, and then get up and take charge to do the daily and enjoyable tasks of my life. I have always known "I am no longer alone" with the support of God, friends and family.

Resounding Joy Concert

Friday, August 7 | 7:30 pm
Lancaster Mennonite School
High Fine Arts Center
2176 Lincoln Hwy E, Lancaster

Featuring accomplished composer and pianist Neal S. Harnly, MD, along with four world-class instrumentalists and the OMPH Youth Choir.

No Longer Alone will honor Dr. Harnly for his 17 years of benefit concerts with a presentation of the first ever Signature Note Award. The evening will be emceed by WGAL news anchor Jere Gish. A freewill offering will be received.



VOLUNTEER SPOTLIGHT

CAROL EBERSOLE



When a loved one in her family was in crisis, Carol Ebersole contacted No Longer Alone Ministries. Here, she met Brenda Long, our current Executive Director, who had just started with NLAM. Carol recalls that her family appreciated Brenda's "expertise, understanding, and availability during a difficult time. We felt 'no longer alone.'"

Carol and her husband, John, are involved with NLAM because it is a "needed ministry" and their family has benefited from its services. They have found Family Support Group (FSG) very helpful, with both the educational hour and the time spent sharing and praying with others going through similar life challenges. Carol has been a Board Member, a FSG Committee member, and this March co-chaired the NLAM FunFestival. She has also provided snacks for events, made centerpiece prizes for Uniquely You, helped distribute event posters, and is excellent at helping where needed!

Carol has been attending Willow Street Mennonite Church for over 20 years, and enjoys sewing, reading, riding bike on rail trails, and is an Activity Director at a retirement community. Thanks, Carol, for all you do!

CORE VALUES

SERIES

RENEWAL

By Brenda Long, Executive Director

We believe everyone has the ability to change and grow; therefore we are committed to accompanying persons with significant mental illness and their families on their journeys toward recovery.



At No Longer Alone Ministries, we value **renewal**. Merriam-Webster defines 'renewal' as the state of being made new, fresh or strong again. When life situations look bleak and we feel weak, it is difficult to have the expectation of renewal. We can hope in God who works for our good in visible as well as unseen ways.

Rest and struggle are often parts of the cycle of renewal. Looking at nature, we are reminded that "wintry maintenance" or periods of rest can be an important even a necessary part of the renewal cycle. Times of marked growth in our lives sometimes come out of time of difficulty.

As an organization, we are experiencing renewal as we discover fresh ways to engage with the community. We are excited to serve more people by offering WRAP Classes and Paths Support Groups at other agency locations. We continue to welcome ways to partner for others to improve the mental wellness of our community.



Doctor RX

By Harold Kraybill, MD

*Angry words, O let them never from
the tongue unbridled slip*

Angry words are lightly spoken

*Love one another, thus says the
Saviour*

This old gospel song came to mind as I heard about the parents of a policeman who was shot and killed as he left work. The parents told worshipers they do not want to hate, but instead want to forgive the alleged gunman. The Rev. Curtis Stephens is quoted saying, "Anger is a poison that only hurts those who drink it."

What a challenge for us! Persons with mental illness are remarkably sensitive to others' feelings, and can feel very hurt if they perceive anger towards them. May we all keep the awareness of feelings – anger, hurt, forgiveness, and renewal – as we support individuals struggling with mental illness.

Renewal

By Ann King-Grosh

Pushing the matted brown, dead leaves of winter aside allows gardeners like me to look for the first courageous green sprouts of spring. The yearly sprouting of visible life only happens because of the wintry day-by-day life of the bulb underground. In order for any of us to live God's gift of life fully within our imperfect bodies and minds, we need to commit to some kind of "wintry maintenance." This task may feel boring and unappealing, but when tailored to our individual needs and challenges, it can result in a bursting into color with fresh renewal.

FunFestival

NLAM held its second Annual FunFestival on Saturday, March 14, at Lancaster Brethren in Christ Church. Thanks to Carol Ebersole and Mary Liz Youtz for co-chairing this event; thanks also to the Committee and all volunteers! Folks were greeted by a balloon arch, stilts walker,



clown and magician. A favorite this year was special music by This Way Up! Of course, there was delicious food, including pork BBQ, hot dogs, homemade ice cream, and baked items. Along with NLAM Mental Wellness literature, there was opportunity for kids to make a Wellness Toolbox, plus activities like a Bouncy House, Steer Ring, and face painting. If you are interested in helping with this event in the future, please contact our office.



New Board Member

NLAM is pleased to have John Simkins join our Board of

Directors for a three-year term beginning January 2015. John brings his expertise in finance, marketing, and development along with a heart for serving others. He is active at Elizabethtown Mennonite Church and also currently serves on the LMS Quarterly Board. Welcome, John!

Dream Ride

Memorial to Phillip Longenecker

Phil Longenecker and his bicycle were featured on the cover of our 2009 summer newsletter, but that wasn't the only place they'd ever been seen. Years ago, Phil biked 3,800 miles across Canada and 1,200 miles across the midwest! And over the years with our organization, Phil raised over \$8,000 for NLAM through Dream Ride!

We were deeply saddened on March 4 to learn of Phil's death. Phil's absence is heavily felt here, as he volunteered many Tuesdays in the office.

This year's ride on Saturday, September 19, has been dedicated to Phil's memory. With starting points in both Marietta and Millersville, the route options are 10, 20, and 30 miles. For a longer ride, repeat shorter routes, ride a combination of routes, or extend the routes on your own.

No Longer Alone needs riders and sponsors! Contact Ken and Marilyn Langeman, NLAM Dream Ride coordinators at 717-390-4891 or office@nlam.org.

Consider making a donation in Phil's memory. Mail checks marked "Phil L – Dream Ride," or visit www.nlam.org to donate online.



UPCOMING EVENTS

Resounding Joy Concert

Friday, August 7 (See page 1)

Dream Ride

Saturday, September 19 (See page 3)

National Day of Prayer for Mental Wellness

Tuesday, October 6 at Calvary Church

Uniquely You

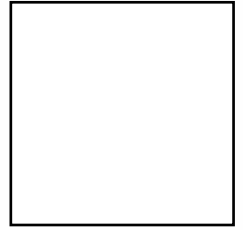
Tuesday, October 20 at East Petersburg Mennonite Church



No Longer Alone
MINISTRIES

Hope & Empowerment for Mental Wellness

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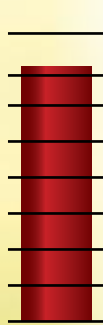
PRAISES

We are so excited to announce the launch of our new website. Check out the new NLAM.org in July!

PILLAR PARTNERS

Update: We are at **82%** of our monthly Pillars goal! Pillar gifts help cover NLAM overhead costs. Please consider helping to close the gap! For more information, to sign up, or for an EFT (Electronic Fund Transfer) form, please call Valerie at 390-4891.

GOAL



GROUPS

Family Support Group

FSG brings Christian support for families and friends of loved ones with mental illness. There are informative topics to enhance insight and understanding of mental illness.

Meets at Rossmere Mennonite Church, Fellowship Hall
741 Janet Ave, Lancaster.

Educational program from 3:00 pm-4:00 pm, followed by Share and Care Groups from 4:10 pm – 5:00 pm.

- **June 28** – The Ups and Downs of Bipolar Disorder
Presented by Donna Thomas, RN
- **July 26** – Healthy Family Communication
Presented by Kelli Strickler, MA Intern
- **Aug 23** – Diagnosis and Treatment of Schizoaffective Illness
Presented by Dr. Harold Kraybill, Psychiatrist

Paths to Discovery Support Group

Paths brings encouragement to each other on the journey of recovery from mental illness.

Paths now meets at three locations:

- **1st Thursday** of each month at 630 Janet Ave (11-12:30pm)
- **2nd Wednesday** of each month at The Salvation Army in Lancaster (11-12:30 pm)
- **3rd Thursday** of the month at The Factory Ministries in Paradise (6:30 pm – 8pm)

Please call the office for more information.

Monthly Discussion Topics will include:

- July 2 – How Forgiving You Helps Me
- Aug 6 – Sometimes We Struggle
- Sept 3 – Am I OK?
- Oct 1 – Creating Change

