

PRAYER RESOURCES

Saint Dymphna

Patroness of those who suffer with mental and nervous disorders. Saint Dymphna has become increasingly popular in recent years as someone to turn to when experiencing worry, fear, and anxiety. Saint Dymphna can be invoked for help with a range of mental issues, from daily stress to the more serious disorders.

Prayer to Saint Dymphna

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need. (Mention it.) Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request.

(Pray one Our Father, one Hail Mary and one Glory Be.)

Saint Dymphna, Virgin and Martyr, pray for us.

Whoever suffers from mental illness 'always' bears God's image and likeness in himself, as does every human being. In addition, he 'always' has the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such. *-Saint Pope John Paul II*

WHEN

SPIRITUAL SUPPORT GROUP FOR THOSE EXPERIENCING A MENTAL ILLNESS

- 10 AM | Second and fourth Saturday of the month

SPIRITUAL SUPPORT GROUP FOR PARENTS, FAMILY MEMBERS, AND FRIENDS

- 6 PM | First Thursday of the month

WHERE

- **Bishops Hall at the Cathedral Rectory, 315 Wyoming Ave., Scranton (rear entrance and down the stairs).**
- The meetings will last approximately 90 minutes.
- Refreshments will be provided.

WHO to CONTACT

Deacon Ed Shoener

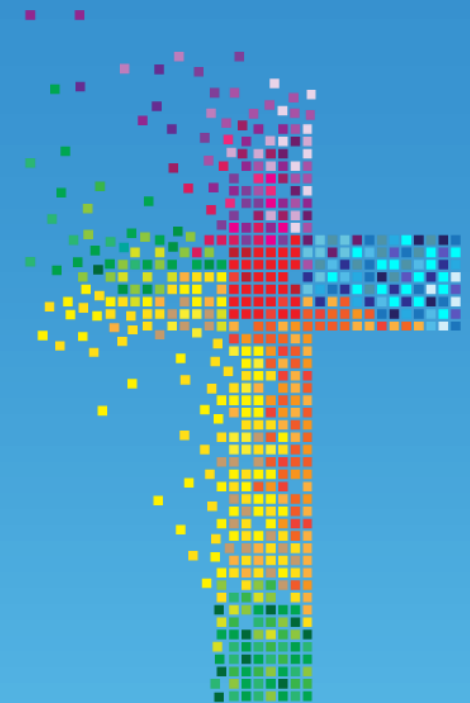
Cathedral of Saint Peter | 570-344-7231

Deacon Jan Mroz

Mary, Mother of God Parish | 570-342-4881

Deacon Pat McDonald

Immaculate Conception Parish | 570-961-5211



SCRANTON MENTAL
HEALTH MINISTRY
at the CATHEDRAL OF SAINT PETER
SPIRITUAL SUPPORT GROUP

ABOUT *the* MINISTRY

The Scranton Mental Health Ministry at the Cathedral of Saint Peter wants to provide a safe, supportive space for individuals in our community who are experiencing mental illness. The Ministry also supports the parents, family members, and friends of those who are supporting a loved one who is experiencing mental illness. The parish communities of the **Cathedral**, **Immaculate Conception** and **Mary, Mother of God** are participating in this ministry.

WHAT IS A MENTAL HEALTH SPIRITUAL SUPPORT GROUP?

The Scranton Mental Health Ministry offers two types of spiritual support groups:

- A group for anyone experiencing mental illness.
- A group for the parents, family members, and friends of those who are experiencing mental illness.

Our goal is to ensure that no one feels alone in his or her struggle with mental illness. Sharing each other's stories can be a liberating and welcome break in the silence that often surrounds mental illness. This is the place to speak out and be heard in a safe, confidential, and non-judgmental environment, where isolation and stigma dissipate as supportive community is created.

The spiritual support groups are not group therapy but a ministry in which members seek to help support others during their time of need and to grow spiritually in their relationship with God. One does not need to be Catholic to participate but Catholic prayers and devotions will be used.

HOW ARE THE MEETINGS STRUCTURED?

The meetings will open with a prayer. This is followed with individual sharing and support by group members. Group members are encouraged but not required to share experiences. The second half of the meeting will be spiritually based with reflections on scripture and spiritual readings along with prayer.

WHAT WILL YOU GAIN?

The experience of prayer, supportive relationships and inner strength. You will find that you are not alone.

DID *you* KNOW?

The National Institute of Mental Health estimates that one in five Americans has a mental, behavioral or emotional disorder. That means roughly 20% of parishioners struggle with a mental illness.

