DAY OF DISCIPLESHIP
February 29, 2020
St. Paul UCC, Waterloo

PURPOSE: To take home an abundance of information and resources for extravagant welcome

WHO: Interested Church Members Youth and Youth Leaders
Council/Consistory/Committee Members Church Officers
Delegates Christian Educators

WHEN: Saturday, February 29, 2020
9:30 am – 2:00 pm (Registration begins at 9:00 am.)

WHERE: St. Paul UCC, 200 N Main St, Waterloo, IL 62298
(A map is on the back.)

KEYNOTE SPEAKER: Rev. Dr. Sarah Lund, UCC Minister for Disabilities & Mental Health Justice

WORKSHOP SPEAKERS:
Rev. Dr. Sara Lund, UCC Minister for Disabilities & Mental Health Justice
Yvonne Petito, Hoyleton Youth & Family Services
Anne King Riley, Human Support Services
Rev. Dr. Kristen Leslie, Professor at Eden Theological Seminary
Nancy Berry, St. John’s Community Care Executive Director
Rev. Dr. John Allen, Chaplain and CPE Educator at SSM Health St. Louis University Hospital
Lynne Taylor, Christ UCC Member & Stop the Bleed Instructor

Individual Registration Fees

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<th>Individual</th>
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<td>Registration</td>
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Registration Includes:
An opportunity to hear about the denominational resources and support of which your local church can benefit.

Schedule

9:00 Registration/Snacks
9:30 Welcome/Prayer/Announcements
9:40 - 10:30 **Keynote: Rev. Dr. Sarah Lund**
10:30 Move to Workshops
10:40 – 11:50 Workshop 1
12:00 – 12:50 Lunch
12:50 - 2:00 Workshop 2
2:00 Heading home
**Workshop Sessions and Speakers**

1 & 2 A  Welcoming All - Justice for People with Mental Health Issues  
As the church, all are welcome to God’s table. Discuss how your church may be able to ensure equality and welcome to those who suffer from mental health issues and their loved ones.  
*Presented by Rev. Dr. Sarah Lund, UCC Minister for Disabilities and Mental Health Justice.*

1 & 2 B  Self-Medication: So What?  
Look at ways people cope with their mental health - healthy & unhealthy. Come find out how untreated & undiagnosed mental health issues can be disruptive and how to support someone facing these health concerns.  
*Presented by Yvonne Petito, Hoyleton Youth & Family Services.*

1 & 2 C  Mental Health 101 Crash Course  
Mental Health is a difficult subject to approach with members of the congregation and with the loved ones of someone faced with mental health issues. Let’s define mental health disorders, who they affect, ways to approach the subject, and resources to help.  
*Presented by Anne King Riley, Human Support Services.*

1 & 2 D  Let’s Pay Back the Sacrifices of Veterans  
We owe much to the people who have served our country. Many times, mental health issues and PTSD go unidentified. We will discuss resources and what we can do to help those in need.  
*Presented by Rev. Michael Cassady, Pastor of Murphysboro St. Peter’s UCC.*

1 & 2 E  How to Help Those Who Can’t Remember  
Dementia is becoming more prevalent, and caring for a loved one with impaired memory and judgement presents many challenges for the family. Learning facts about the condition and strategies to address problem behaviors can improve quality of life for both the individual with dementia and caretakers.  
*Presented by Nancy Berry, St. John’s Community Care.*

1 & 2 F  Grief’s Effect on Mental Health  
Mental Health issues can be magnified when faced with our final days as well as times we suffer from the loss of a loved one. Let’s talk about resources to aid during these times.  
*Presented by Rev. Dr. John Allen, Chaplain and CPE Educator at SSM Health Saint Louis University Hospital.*

1 & 2 G  Stop the Bleed  
The number one cause of preventable death after injury is bleeding. This workshop will teach you how to stop a bleed until professional help can arrive.  
*Presented by Lynne Taylor, Christ UCC & Trained Instructor of Stop the Bleed Program.*