



2020 DAY OF DISCIPLESHIP

Healthy & Whole Congregations

Saturday, February 29, 2020

St. Paul UCC, Waterloo

WORKSHOPS FOR CHURCH MEMBERS

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

WHO: Interested Church Members
 Council/Consistory/Committee Members
 Delegates
 Youth and Youth Leaders
 Church Officers
 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. Sarah Lund, UCC Minister for Disabilities & Mental Health Justice
 Yvonne Petito, Hoyleton Youth & Family Services
 Anne King Riley, Human Support Services
 Rev. Michael Cassady, Pastor of Murphysboro St. Peter's UCC
 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

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

Individual Registration Fees		
Individual Registration	By Feb 14 \$30	After Feb 14 \$35
Registration Includes: An opportunity to hear about the denominational resources and support of which your local church can benefit.		

Clip form below and mail with check by **February 14, 2020 for early-bird discount** to
Illinois South Conference, 1312 Broadway, Highland, IL 62249.

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Day Of Discipleship Individual Registration Form

(Two workshop slots per person. Place the letter/name of your workshop choices in the appropriate spaces below.)

Note: Use separate registration form for **EACH** person registering. *Required information.

Name* _____ Region # _____

Street* _____

City* _____ State* _____ Zip* _____

E-mail* _____ Telephone* _____

Church Name* _____ City of Church* _____

Special Dietary Needs _____

Workshop Choices: (Choose one workshop for sessions one and two on the attached page.)

Workshop #1

Workshop #2

RESERVATION EARLY-BIRD DEADLINE February 14, 2020

Enclosed: Check # _____ Amount: \$ _____



Healthy & Whole Congregations

Day of Discipleship

Saturday, February 29, 2020

Waterloo St. Paul UCC

9:30 am - 2 pm

Keynote Speaker, Rev. Dr. Sarah Lund - 9:40 am - 10:30 am

WORKSHOP 1 - 10:40 am - 11:50 am

WORKSHOP 2 - 12:50 - 2:00 pm

Room #

Room #

- 1 1. 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.
- 2 1.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.**
- 3 1. 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.
- 4 1. 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 Cassidy, Pastor of Murphysboro St. Peter's UCC.
- 5 1. 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.**
- 6 1.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 St. Louis University Hospital**
- 7 1.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.**

2. A. **Welcoming All - Justice for People with Mental Health Issues**
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