



Colesville United Methodist Church

A Community of Faith in Action

May 10, 2026
Cathy Rannels
Health Ministry

CUMC Health Ministry

Abundant Health

In the United Methodist tradition, health is part of our call to wholeness, stewardship, and community care.



What is Mental Health?

It's a sense of inner balance that helps us:

- 1) manage our thoughts and emotions
- 2) handle life's challenges
- 3) connect with others in our society in healthy ways

Like physical health, mental health can change over time and benefits from care, support, and attention.

This is a simplified definition adapted from Toward a new definition of mental health, PMCID: PMC4471980

CALENDAR EVENTS

(see FLYERS attached to Bulletin)

May 13-15

Freedom From Smoking Virtual Classes, 6-7 pm, 8 wks, Free

Register: eventsuburbanhospital.org
301 896 3844

June 6

Biometrics Wellness Screening Fair, 9 am-3 pm

People's Community Baptist Church
Registration required:
240-777-1833

June 9-Aug 21

Certification Course: Foundations of Faith Community Nursing

\$450 fee. One Scholarship per congregation is available

Contact: Imani.oakes@holycrosshealth.org

Feeling Off? Quick Reset Tools

Sometimes we just need a simple reset. These quick check-ins can help in everyday moments when we feel stressed, distracted, or out of sorts—they're not a substitute for care, but a way to pause and regroup.



Help Us continue to
"Choose Healthy Life"

Join the Health Ministry!

Contact: **Cathy Runnels**
healthministrycumc@gmail.com

HALT

Hungry
Angry
Lonely
Tired

A quick check-in: many emotional reactions are tied to basic needs.

PLEASE

Physical health (take care of your body)

Limit mood-altering substances
Eat balanced meals
Avoid sleep deprivation
Stay active (exercise)
Engage in self-care

May help stabilize mood by caring for your body

Breathe (Simple Reset)

Inhale 4 seconds → Exhale 4 seconds
Then Inhale 4sec → Extend Exhale 5 then 6 sec

Slows heart rate and calms the nervous system.

PRAY

(a reflection developed by Cathy Runnels, © 2026)

Psalm (read for encouragement)

Reflect

Ask (after listening for discernment)

Yield – trust, release, wait

Creates space for stillness, discernment, and trust in God's presence.

While tools can help in the moment, ongoing or deeper struggles deserve support. Consider reaching out to:

Mental Health Specialist

workplace E.A.P.

988 Hotline

National Alliance of Mental Illness:
www.nami.org

Behavioral Health services through your medical plan

24/7 Crisis Center of Montgomery County
Located at 1301 Piccard Dr., Rockville, MD 20850
Provides in-person and phone support (240-777-4000)

Maryland Dept of Human Resources:

<https://dhs.maryland.gov/local-offices/baltimore-city/what-is-kinship-care/resources-community-connections/>

CRISIS 988
HOTLINE Suicide &
Crisis Hotline

What does the Bible say?

God created humankind in his image, in the image of God he created them. (Genesis 1:27)



Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I am gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light. (Matthew 11:28)

Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2)

But the Lord says, "Because the poor are oppressed, because of the groans of the needy, I'm now standing up. I will provide the help they are gasping for.

(Psalm 12:5)

I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rules, not present things or future things, not powers or height or depth, or any other thing that is created. (Romans 8:38-39)

I came that you might have life and have it abundantly. (John 10:10)

What does the United Methodist Church say?

"We affirm health care as a basic human right and vow to work toward expanded access to all forms of medical treatment, including preventative, therapeutic, and palliative care." (Social Principles 163.A)



We believe that faithful Christians are called to be in ministry to individuals and their families challenged by disorders causing disturbances of thinking, feeling, and acting categorized as "mental illness." We acknowledge that throughout history and today, our ministries in this area have been hampered by lack of knowledge, fear, and misunderstanding. Even so, we believe that those so challenged, their families, and their communities are to be embraced by the church in its ministry of compassion and love. Our model is Jesus, who calls us to an ethic of love toward all. (Book of Resolution #4207 Ministries in Mental Illness)

The United Methodist Church affirms its long-standing support for persons with mental illness and their families. Jesus Christ made no distinctions in his healing ministry between persons with physical disabilities and those with what we might today call mental illnesses. (Book of Resolutions #4284 Mental Health Discrimination in Disability Compensation)



CHURCH & SOCIETY

The United Methodist Church

Living FAITH Seeking JUSTICE Pursuing PEACE

MENTAL HEALTH

FAITH & FACTS

ECONOMIC, HEALTH, AND GENDER JUSTICE

What do the facts say?

- Mental illnesses are common in the United States. Nearly one in five US adults live with a mental illness (52.9 million in 2020).¹
- Young adults aged 18-25 had the highest prevalence of mental health concerns (30.6%) compared to adults aged 26-49 years (25.3%) and aged 50 and older (14.5%).²
- The COVID-19 pandemic caused a 25% increase in prevalence of anxiety and depression worldwide.³
- Suicide is the leading cause of death in the United States, with 45,979 deaths in 2020. This is about 1 death every 11 minutes.⁴
- In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.⁵



^{1,2} National Institute of Mental Health / National Institutes of Health, ³ World Health Organization, ^{4,5} Center for Disease Control

What do you say?

Take **ACTION** for justice...

- **Remind** your elected officials that individuals and families experiencing mental illness form a sizable and vulnerable population in your community. Those dealing with mental illness benefit from public health services, community health initiatives, and having thoughtful advocates that listen to their needs. Programs at the community, state, and federal level help individuals in coping with mental illness and provide assistance to families.
- **Learn** more about how mental illness affects your community, and about how to support public and private resources for those struggling with mental illness through National Alliance on Mental Illness (www.nami.org/faithnet) and Pathways (<http://pathways2promise.org>).



For more information contact:
advocacy@umcjustice.org

www.umcjustice.org

Updated 2025

General Board of Church and Society

100 Maryland Ave, NE Washington, DC 20002

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The United Methodist Church



HEALTH AND WELLNESS PROVIDER



Biometric Wellness Screening | Saturday, June 6, 2026 | 9:00 AM - 3:00 PM

Blueprint for Wellness

The People's Community Baptist Church | 1 Norwood Rd., Silver Spring, MD 20905

Knowing your biometric numbers provides a window into the state of your health.

Quest Diagnostics' Blueprint for Wellness (BFW) is a comprehensive wellness and diagnostic screening tool that provides participants with vital information about their metabolic, weight, and coronary indicators. BFW is a valuable tool for identifying health concerns and empowering you to work in tandem with your healthcare provider to improve your well-being.

- ✓ Metabolic
- ✓ Lipid and Glucose
- ✓ Coronary
- ✓ Biometric Measurements May be Taken



The People's Community Baptist Church



To register for a wellness screening on Saturday, June 6, 2026, from 9:00 AM - 3:00 PM, call AAHP at 240-777-1833 to speak with a health navigator.

The African American Health Program is funded and administered by the Montgomery County Department of Health and Human Services and implemented by McFarland & Associates, Inc. This material may be reproduced.

Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request—with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact the Wellness Division, Program Manager for the African American Health Program at 240-777-1451 or send a request to wanesh.dixon@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.





The People's Community
Baptist Church

Quest

CHOOSE
HEALTHY LIFE

LCHC

Leadership Council for
Health Communities (LCHC)

Presents:

Blueprint for Wellness

Date: June 6, 2026

Location: 31 Norwood Rd, Silver Spring, MD 20905

Pre-Registration Form (Please Print Legibly)

Name:		Date of Birth:	
Self-Identified Gender:		Phone:	
Email Address:		Race:	

MAILING ADDRESS:					
City:		State:		ZIP:	

HEALTH INFORMATION

Have you been fully vaccinated for COVID?

Yes No

Do you currently have a primary care physician, or do you visit a clinic regularly?

Yes No

Help improve cancer awareness in Maryland.

Participate in a virtual focus group.

The Maryland Department of Health is seeking feedback from Maryland residents to help improve cancer awareness and support early detection efforts across the state. Insights will help inform future public health communication and outreach.

If you are a Maryland resident age 35 or older, we invite you to participate in a virtual focus group to share your thoughts and experiences related to cancer awareness and screening.

What's involved?

- One 90-minute Zoom group discussion
- **May 14, 2026** at either **11am** or **1pm**
- Contact us by **May 11** to see if you qualify

Interested?



Scan to apply.

Or, contact
Tracey Haldeman
at
traceyh@pinnacleco.com
or
443-841-1084.



Pinnacle Communications will conduct the focus group on behalf of the Maryland Department of Health.



Foundations of Faith Community Nursing Online Course



SHENANDOAH[®]
UNIVERSITY

Eleanor Wade Custer School of Nursing

Shenandoah University's Eleanor Wade Custer School of Nursing's Faith Community Nurse Certificate Program will offer Foundations of Faith Community Nursing in 2026. This course will be offered in an online format.

This nursing continuing professional development activity is accredited by Virginia Nurses Association -an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. The course is based on the 2024 curriculum developed through the Westberg Institute, a ministry of Spiritual Care Association.

DATES:

June 9, 2026 -August 21, 2026

Launch your Faith Community Nursing journey this Summer 2026, starting with an information session, six engaging Zoom sessions, and flexible online coursework. Celebrate your achievement at the in-person graduation and pinning ceremony on August 21st at Shenandoah University.

COST:

Approximately \$450

Manual purchasing information to be provided after registration.

*Some scholarships may be available for qualified nurses.

CONTINUING EDUCATION:

Earn CEs (contact hours) for full participation, including completion of online self-study and evaluation form.

COURSE MODULES:

Spirituality:

History & Philosophy, Health, Healing & Wholeness, Spiritual Care, Prayer, Self-care

Professionalism:

Ethical issues, Documenting Practice, Legal Aspects, Beginning your Ministry, Communication & Collaboration

Holistic Health:

Health Promotion, Behavioral Health, Transforming Life issues-Loss, Suffering & Grief

Community Assessment:

Assessing Resources, Advocacy, Care Coordination & Transitional Care

Applications

Open:

March 30, 2026

Deadline:

May 30, 2026



Learn more about our program at
<https://www.su.edu/nursing/faith-community-nursing/>

<https://forms.gle/zPnKMtb1KhmezBnt7>

