



DIOCESE OF SACRAMENTO

www.scd.org



Retreat Journal

Healing and Hope Retreat Journal

Welcome!

Thanks for being with us today.

Pope Francis's encyclical *Dilexit Nos*, presents the Sacred Heart of Jesus as the ultimate source of mercy and healing for all who suffer, loving us "to the end" and inviting us to console the afflicted as He did.

Many families today are confronting a range of mental health issues. We hope that "Healing & Hope" will provide you and your collaborators with tools for transforming parishes into sanctuaries of pastoral care and companionship through prayer, reflection, and practical training. The goal is to integrate mental health ministry into parish life.

We are glad you are here.

Prayer for Mental Health Ministry

Lord, we pray that our brothers and sisters who suffer from mental illness & mental health challenges, and those who support them, are never alone or discriminated against, but instead are welcomed and supported in the Church.

We pray that mental health ministry becomes an integral ministry in the Church, and that every Catholic parish and community might have access to mental health ministries.

We pray that mental health ministries will help build communities of warmth and affection where those who face mental health challenges will, as Pope Francis said, "find support and a light that opens them up to life."

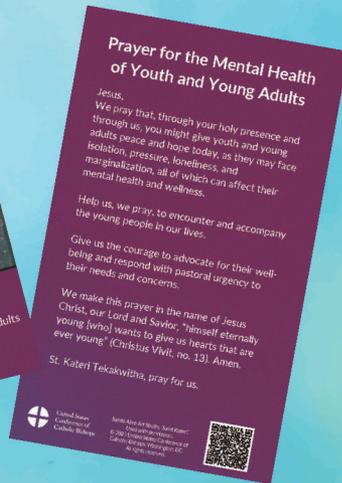
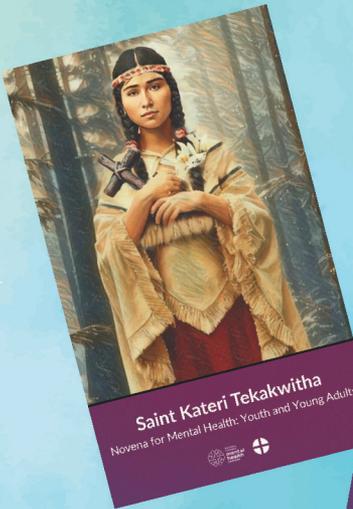
St. John of God, pray for us.

Self-Care

Practice Self-Care Always!

This workshop is geared towards volunteer and paid ministers to help them identify personal life stressors, to avoid burn-out, and increase awareness of how to practice daily physical, emotional, social, and spiritual self-care and self-love.

Come to me, all you who labor and are burdened, and I will give you rest.
Mt 11:28



1. What did you identify as being the most relevant contributor to your current stress level?

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2. Emotional Self-Care: What do you do to rest your mind during and after a work/school day?

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3. Social Self-Care: What area of your life do you need to increase setting limits?

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4. Spiritual Self-Care: Identify two things you will do to feed your spiritual life.

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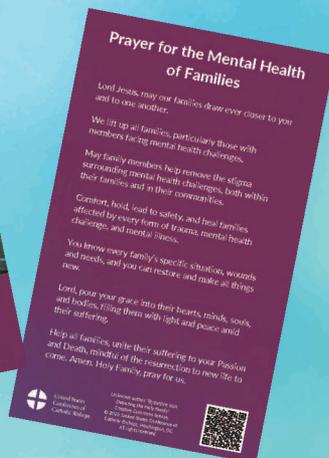
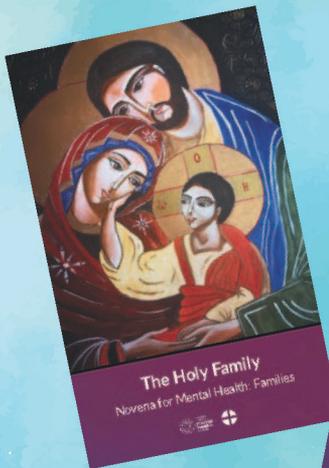
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Mental Health Awareness

Accompanying Hearts and Minds: Developing Mental Health Awareness Across the Lifespan for Catholic Ministry

This workshop, facilitated by two Licensed Clinical Social Workers, equips diocesan and parish ministers with a trauma informed, developmentally appropriate understanding of common mental health challenges across the lifespan. Grounded in honoring the God-given dignity of the human person, the workshop emphasizes awareness, compassionate response, and appropriate referral within parish ministry settings. Participants are encouraged to apply the skills learned to pastoral accompaniment, while maintaining clear, professional administer boundaries in service of healing, hope, and spiritual care.

***For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope.
Jeremiah 29:11***



1. What signs or behaviors in my ministry might I have previously misunderstood or overlooked that I now recognize could be related to mental health rather than faith, discipline, or motivation?

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2. How can I respond with compassion and respect for dignity while staying within my role as a ministry leader and knowing when to refer to professional help?

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3. What is one concrete step I can take to make my ministry a safer, more supportive place for people at any stage of life who may be experiencing mental health challenges?

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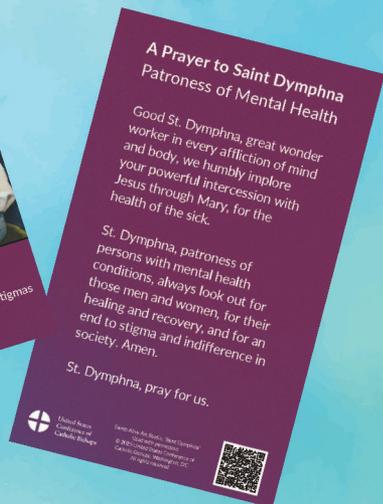
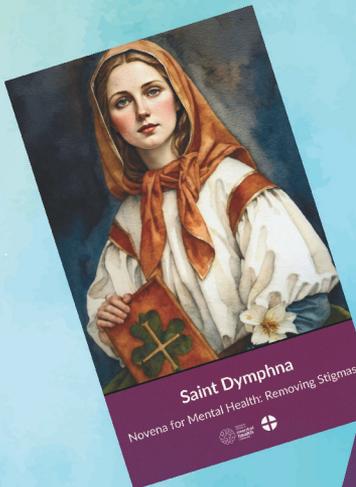
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Mental Health Ministry

Walking Together in Hope: A Pastoral Response to Mental Health

This workshop will help parish ministry leaders to understand that mental health ministry as an essential expression of accompaniment and synodality in the Church. Mental Health Ministry is presented as presence, shared hope and mission of the whole Church. We will reflect on the Church's call to listen, walk with people, and respond with mercy.

Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.
Isaiah 41:10



1. How can we create a more welcoming and open environment where people feel comfortable discussing mental health struggles?

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2. What resources or support systems would be most helpful for individuals and families dealing with mental health concerns?

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3. How can we ensure that Catholic teachings on dignity and compassion are reflected in our approach to mental health?

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Resources

- <https://www.scd.org/healingandhope> - All information for the initiative and will be updated as new resources are created for parishes
- <https://www.catholicmhm.org/> - International Association of Catholic Mental Health Ministers
- <https://www.catholicmhm.org/learning-center> - IACMM's learning platform
- <https://www.usccb.org/mental-health-sunday> - USCCB resources to celebrate Mental Health Sunday
- <https://www.usccb.org/healing-and-hope> - USCCB resources and information about the Healing and Hope campaign.
- <https://www.ncpd.org/disability-ministry/mental-illness> - National Catholic Partnership on Disabilities resources for Mental Illness.
- Maricela Campa - maricelac@catholicmhm.org - (623)703-2945
- Jacob Escobedo, LCSW - Admin@Renovocounseling.org - (951)602-3373
- Ofelia Neri, LMFT - ofelian@nuevacreaciondedios.org - (323)434-5710
- Mireya Torres, LCSW - Mireya.torres@healinginfaiththerapy.com - (760)998-9095

Blessing & Sending

God of all compassion, You sent your Son into the world to proclaim the Good News of salvation and to heal those who were afflicted in any way. Through him you call your people to walk in newness of life and to care compassionately for all who struggle with mental health conditions.

Bless our brothers and sisters, your servants, who serve our parishes. Grant that they will receive with kindness all those who are experiencing mental health challenges as well as their loved ones. May their ministry of spiritual support and education dispel any stigma and be a sign of our care and compassion for all.

Strengthen them by your grace so that, in serving their brothers and sisters, they may serve Christ himself. Who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen