

West Branch Friends Meeting

May 2022

“Mental Health Month”

May is national Mental Health Awareness Month. Below, I've listed stats for the U.S. and Iowa (All stats are from NAMI Iowa — National Alliance on Mental Illness) They are eye-opening. The church can be an example of loving our neighbors by being involved in work for better mental health care. We can also take time this month to check in with ourselves and others, and seeking help if needed.



- 1 in 5 U.S. adults experience mental illness each year.
- 473,000 adults in Iowa have a mental health condition. (That's more than 3x the population of Cedar Rapids)
- 1 in 20 U.S. adults experience serious mental illness each year. In Iowa, that's 128,000 adults.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year. 37,000 Iowans aged 12-17 have depression.
- More than half of people with a mental health condition in the U.S. did not receive any treatment in the last year. Of the 154,000 adults in Iowa who did not receive needed mental health care, 29.3% did not because of cost. (4.7% of people in Iowa are uninsured)
- Iowans are over 2x more likely to be forced out-of-network for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.
- 1,821, 289 people in Iowa live in a community that does not have enough mental health professionals.
- High school students with depression are more than 2x more likely to drop out than their peers. 58.1% of Iowans aged 12-17 who have depression did not receive any care in the last year.
- 2, 647 people in Iowa are homeless and 1 in 5 live with a serious mental illness.
- 1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime — leading to over 2 million jail bookings of people with serious mental illness each year. About 2 in 5 adults in jail or prison have a history of mental illness. 7 in 10 youth in the juvenile justice system have a mental health condition.
- On average, 1 person in the U.S. dies by suicide every 11 minutes. In Iowa 490 lives were lost to suicide and 129,000 adults had thoughts of suicide in the last year.

Let's get serious about addressing these issues. What are your ideas for getting involved and making a difference? I would love to hear from you!

Blessings always,

Pastor Chris

We Want to Hear From You!!



What are your favorites hymns? What scriptures do you hold close? Would you like to hear and sing these in worship? Let us know what they are! Please email Chris at deaconchris@peculiarpilgrimage.org with your hymn and scripture suggestions!

This is YOUR newsletter! What do you want to read about? Looking for something new? Missing something that used to be here? Let us know!

Please email Pastor Chris at deaconchris@peculiarpilgrimage.org with your content suggestions!

Thanks in advance for responding and letting us know your thoughts and preferences!



BLESSINGS AND PRAYERS

Our Senior Friends

Larry Reiner

Lois Semotan

Fran Fritz

Nancy Stax

Maria Denmead

Mildred Torkelson

Darlene Baum

Pat Bradley

Sheila Tallman

Joys & Blessings

- The return of the Everything Sale
- Mary's new job and great work team
- The return of the bell choir in worship
- Julie's mom Sheila doing well after her broken collarbone



Requests for Prayer

- Max's first mother-in-law Marilyn as she recovers from surgery for a broken hip
- Diane's continuing cancer treatment
- Lois staying with Anita and Eddie after a couple of falls at home
- Elaine recovering from covid
- Ben looking for a new job
- The Ukraine Crisis
- Refugees everywhere

The Ecumenical World Prayer Cycle for April

May 1-May 7: Afghanistan, Kazakhstan, Kyrgyzstan, Mongolia, Tajikistan, Turkmenistan, Uzbekistan

May 8-May 14: India, Pakistan, Sri Lanka

May 15-May 21: Bangladesh, Bhutan, Nepal

May 22-May 28: Indian Ocean Islands: Comoros, Madagascar, Maldives, Mauritius, Seychelles

May 29-June 4: Angola, Mozambique



May Anniversaries and Birthdays

Birthdays

May 1: Blake Winder
May 4: Elaine Wedeking
May 7: Daisy English
May 11: Mary Denmead
May 15: Anita Starr
May 16: Bob Arn
May 17: Gordon Edgar
May 18: Wade Bowers
May 21: Sally Peck
May 27: Henry Alvarez
May 28: Lauren Bowers

Anniversaries

May 18: Lucy Hansen & Jim Kapser
May 21: Robin Jindrich-Cecil & Mike Cecil

Upcoming Events

April 29: Sale set-up 5:00 pm — ?
April 30: Everything Sale 7:30-Noon WB Town Hall
May 3: M&C 7:00 pm
May 8: Mother's Day
Stewardship Ministry Minute
May 10: Endowment 7:00 pm
May 15: Monthly Meeting for Business 11:45 am
May 24: Stewardship 7:00 pm
May 29: Special Offering for WB Food Pantry
May 30: Memorial Day
May 31: Trustees 7:00 pm

Gathering Music each Sunday 10:20 am
Meeting for Worship Sunday 10:30 am
Prayer Group Mondays 9:30 am at the meetinghouse