

NEWSLETTER

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The First Baptist Church of Granada Hills
11011 Hayvenhurst Ave. Granada Hills, CA 91344

Pastor's Corner – Pastor Jack Rager

Cast Your Burden

In one of the pastor's blogs I read listed the most read stories of 2017. The number one story was [Is Your Church Healthy for People with Mental Illness?](#) The article was written by a board certified Adult Psychiatrist and he gives an account of one person with bipolar disease. He asked her if she ever shares her struggles with her mental illness with her pastor, small group leader or anyone in a discipleship role? She said no because the behavior of her church traumatized her even more. She said; "I now feel spiritually defective to go along with my defective mind. The Doctor continues describing believers who struggle with mental illness; "Many people of faith are too ashamed, guilty, or embarrassed to take the risk of revealing their struggles with mental illness."

The following statistics help us understand the extent of mental illness in America:

- Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.¹
- Approximately 1 in 25 adults in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.²
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.³

- 1.1% of adults in the U.S. live with schizophrenia.⁴
- 2.6% of adults in the U.S. live with bipolar disorder.⁵
- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.⁶
- 18.1% of adults in the U.S. experienced an anxiety disorder such as post-traumatic stress disorder, obsessive-compulsive disorder and specific phobias.⁷
- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.

The author tells about one of his patients who had experienced emotional healing in his local church. He had struggled with depression through his college years but continued on to have a successful business career. He was also a Bible study leader in his local church but felt like he was a fraud, teaching others about the Bible while he struggled. He eventually told his pastor who recommended that he have a psychiatric evaluation. The evaluation revealed several significant medical and genetic problems that caused his brain to function abnormally. In fact, the test suggested that he should have barely graduated high school and should be on disability from severe depression.

God knows our struggles. Jesus said; *"Come to Me, all who are weary and heavy laden and I will give you rest."*
Matthew 11:28

Bro. Jack

<https://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>



WMU NEWS

Upcoming WM&M Events:



Jan 18th - WMU Rinaldi Convalescent Ministry
at 10:00 a.m.

Jan 20th - WMU Meeting & Luncheon at
10:00 a.m. in the Fellowship Hall.

Have you ever wanted to be involved with missions in your community?
Here are some mission ideas for you:

Coffee House – This is a great place to hang out and build relationships. Go there the same time and day of the week, notice the people, interact, be friendly, engage in conversations and share stories that could lead to deeper spiritual conversations such as prayer requests, answered prayers and so on. Continue this ministry each week at the same time.

Blessing Bags – Fill with soap, wash cloth, socks, toothbrush & toothpaste, tissue, fruit cups and spoon, lotion, chapstick... be creative. This winter seems colder so hand warmers would be great too. Then distribute to people in need.

Miscellaneous Acts of Kindness – Pick up groceries for a neighbor, help someone with yard work, bake cookies and take them to a neighbor or a clerk at the store, take flowers to someone who is having a bad day.

Upcoming Dates...

- Jan 06** Discipleship Course 10:00 a.m.
- Jan 07*** Discipleship Course 10:00 a.m.-10:45 a.m.
- Jan 07** Church Council Meeting 5:00 p.m.
- Jan 15** Martin Luther King's Day (*office closed*)
- Jan 18** WMU Rinaldi Conv. Home 10:00 a.m.
- Jan 20** WMU Meeting/Luncheon 10:00 a.m.
- Jan 20** Discipleship Course 1:00 p.m.
- Jan 21*** Discipleship Course 10:00 a.m.-10:45 a.m.
- Jan 21** Meeting with CSBC/NAMB reps 12:00 p.m.
- Jan 27** Men's Breakfast 8:30 a.m. – 10:00 a.m.
- Jan 27** Discipleship Course 10:00 a.m.
- Jan 28** Quarterly Business Meeting 12:00 p.m.
- Jan 28*** Discipleship Course 10:00 a.m.-10:45 a.m.
- Jan 28** Deacons' Meeting 6:00 p.m.

**For those who are unable to attend the Saturday class.*

PRAYER MEETINGS are held Wednesday evenings at 6:00 p.m. Please email your prayer requests to us at admin@fbcgh.net so we can be sure to pray for you during this time.

CHOIR PRACTICE is held Wednesday evenings at 7:00 p.m. Please contact Wee Chin for details.



BIRTHDAYS

1 - 05	Eugenia Rodriguez
1 - 06	Richard Sepulveda
1 - 14	Ro Chin
1 - 20	Alex Rodriguez
1 - 21	Rafael McNeal

FBCGH Sunday School Department
invites you to join us in learning God's word by attending one or more of the following:

SUNDAY SCHOOL – Sunday morning 9:45 am to 10:45 am.

Classes for all ages:

- Nursery – Loretta Barnwell/ Len Wong (Teachers)
- Children – Eugenia Rodriguez (Teacher)
- Youth – Eli Avege (Teacher)
- Young Adults – Sarah Rager (Teacher)
- Middle Aged Men – Richard Sepulveda (Teacher)
- Middle Aged Women – Loretta Barnwell (Teacher)
- Senior Men – Tom Peabody (Teacher)
- Senior Women – Loretta Barnwell (Teacher)

CHILDREN'S CHURCH – Sunday morning from 11:10 am for ages 5-10. Children are dismissed to class during offering time.

SMALL GROUP:

Men's Life Group - breakfast every fourth Saturday of the month from 8:30 am – 10:00 am.

Come and be a part of our Christian family!

Jeremiah 29:11

