

WellBeing

Mental Health & Wellness Monthly E-Newsletter



Building Your Sanctuary

Sandra Jones - Newsletter Editor

“And let them make me a
sanctuary, that I may
dwell in their midst.”
(Exodus 25:8)

‘There are four natural sanctuaries: silence, solitude,
stillness and simplicity.’ *Zachary Fisher*

Read it again. When you find yourself anxious, lonely, or depressed, find one of these glorious spaces. The world as we know it, at a minimum, offers two extreme situations for most of us - hectic or slow-going. you may find yourself at opposite ends of this spectrum, neither of which offers comfort. The spiritual foundation of this ministry reminds us to invite God into our concerns. He already knows the outcome. Once you visit the sanctuary of your choice, ask God to guide you (in my grandmother’s voice).



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WHAT IS THIS MINISTRY?

St. Joseph Catholic Church began its Catholic Mental Health Ministry in April 2025. Due to limitations in space, we are holding our meetings at St. Vincent de Paul Church located at 220 Third Street, Hanover, PA in the Gym (on the opposite end of the building that houses the Thrift Store).

The objective of the group is to create a circle that promotes paths to mental health and wellbeing. Whether you are struggling with a mental health disorder, supporting a loved one or trying to maintain your own wellbeing, consider this a nurturing environment. This is a much-needed ministry, and we hope to break the stigma surrounding mental health, and create a more inclusive community.

English Support Group	Spanish Support Group
Jun 25, 2025	Jun 26, 2025
July	
Jul 9, 2025	Jul 10, 2025
Jul 23, 2025	Jul 24, 2025
August	
Aug 13, 2025	Aug 14, 2025
Aug 27, 2025	Aug 28, 2025
September	
Sep 10, 2025	Sep 11, 2025
Sep 24, 2025	Sep 25, 2025
October	
Oct 8, 2025	Oct 9, 2025
Oct 22, 2025	Oct 23, 2025
November	
Nov 5, 2025	Nov 6, 2025
Nov 19, 2025	Nov 20, 2025
December	
Dec 10, 2025	Dec 11, 2025
Dec 17, 2025	Dec 18, 2025

Remember to support your brothers & sisters in Christ. In June, Pope Leo XIV asked us “to pray that the world might grow in compassion.”