

Spirituality & Mental Health – Joining Hands

A workshop exploring the role of spirituality in mental health

- ❖ St. Paul's Church, Rothesay
- ❖ October 17th 9 am – 4 pm
- ❖ \$20 registration fee (lunch provided)
- ❖ Keynote speaker: Dr. Chris Summerville
Chief Executive Officer Schizophrenia Society of Canada, member of the Mental Health Commission of Canada



Who Should Attend?

Lay People, Family, Clergy, Students, Youth Workers, Counsellors, General Public

Goals for the Workshop:



- ❖ Enable discussion about mental health and spirituality
- ❖ Dealing with symptoms that involve religion without abandoning spirituality
- ❖ Discuss avenues of care and inform people of these programs

About the Keynote Speaker Chris Summerville

Mr. Summerville is one of the eleven non-government directors of the Mental Health Commission of Canada, chaired by Dr. Michael Kirby. As a family member and a recipient of psychiatric services, Chris has been the executive director of the Manitoba Schizophrenia Society since 1995 and is the CEO of the Schizophrenia Society of Canada.

As a provincial and national leader and advocate he serves on numerous boards and committees including the Manitoba Provincial Advisory Council on Mental Health, The Mood Disorders Society of Canada, The National Network on Mental Health, the Alliance on Mental Illness and Mental Health in Manitoba), the South Eastman Regional Health Authority Board, and the Mental Health Ethics Committee of the Winnipeg Regional Health Authority.

With an earned doctorate, he is certified with the International Association of Psychosocial Rehabilitation Services as a Certified Psychosocial Rehabilitation Practitioner (CPRP) and as an ASIST Suicide Intervention Trainer with Living Works. He lives in Steinbach, Manitoba. Chris is an ordained pastor credentialed by the Associated Gospel Churches of Canada.

“Mental illness is not just a health issue, but a social justice issue as well. When we know as a society what helps people living with mental illness to recover and avoid relapse and we do not provide those supports and services, it then becomes a social justice issue!” – Chris Summerville

To register for this workshop, please contact:
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Background on Saint Luke's Day at St. Paul's Church

An ancient partnership exists between the Church and healing. Early in the Christian era monasteries provided healing for the sick and hospitality for the traveler. Much of this focus changed with enlightenment in the 18th century. From then on, more and more people sought more rational and less faith based understanding of life and nature. While in some ways this was a valuable development, it put a wall between science and religion which still exists today with an ongoing debate.

Today, however, there are influential voices raised about aspects we have overlooked. One area of discussion is the relation between spirituality and healing.



Articles appear in local media about the importance of this healing aspect. We wanted to be aware of this and to salute the fine care and

dedication of our health professionals. We also wanted to focus on our responsibility for healing in our Parish and in our community.

St. Paul's Church in Rothesay has developed a special focus for Saint Luke's Day. We use the Sunday nearest the date to dedicate to Saint Luke, to consider different aspects of our gifts. We have invited leading professionals to speak on health and healing, parish nursing, health missions in developing countries and so on.

Thinking about Saint Luke as a physician in the early Church has provided the stimulus for our celebration of health and healing on Saint Luke's Sunday. When we think of Luke as a freed slave, travelling with Saint Paul, providing details of the Christmas story and obviously being the physician to the early church, as reflected in the Acts, it seemed like an ideal platform for community awareness and dialogue. The response has been very positive and Saint Luke's Day attracts a large congregation.