
Church of
The Resurrection

The mission of the Church is to restore all people to unity with God and each other in Christ. Church of the Resurrection respects the dignity of every person and supports activities that seek to unite all humankind and elevate marginalized populations.

Sunday, October 11, 2026

Music	**Cindy**
Lector	**Josh**
Coffee Hour	**Tom**
Usher	**Sandy**





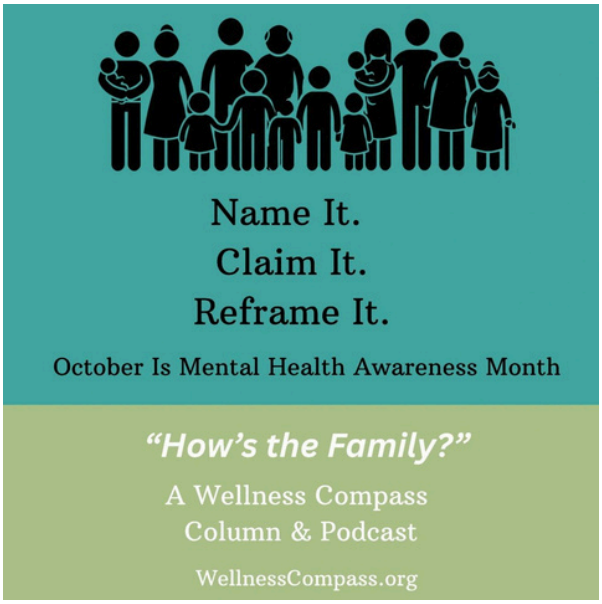
The Wellness COMPASS

A Whole-Person Mental Health & Well-Being Initiative

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October 2, 2026



Mental Health: Name It. Claim It. Reframe It.

October is Mental Health Awareness Month, a good time to reflect on how we think and talk about mental health in ourselves, our families, and our communities. As marriage and family therapists, we would like to offer a simple three-part way to honor this month: name it, claim it, and reframe it.

Name It

Naming mental health challenges is an essential step toward removing the stigma that still surrounds them. Too often, we describe a struggling person by their behavior rather than by what they are going through. We say, "He's just so negative these days," or "She's been really irritable lately."

Consider how differently we talk about physical health. If someone were short-tempered because of chronic back pain or excruciating migraines, we would naturally say, “She's dealing with migraines, and it's been causing a lot of irritability." We name the condition, and naming it brings understanding and compassion, both to the person and to their relationships.

We hope to become just as comfortable naming mental health challenges as we are naming physical ones. Instead of "He's so negative," we can learn to say, "He's struggling with depression right now." We can say the same about ourselves, “I've been dealing with some anxiety lately."

Naming it also does something important: it separates the person from the challenge. There is a world of difference between saying, "My brother is a depressed person" and "My brother is dealing with depression." The first defines him. The second describes something he is going through, whether a current struggle or a long-standing one. Whether it is Mom, Dad, a sibling, a partner, or ourselves, every person is far more than

their mental health challenges.

Claim It

Once we have named what is going on, the next step is to claim it. Claiming has several dimensions.

First, claiming means taking responsibility. When our own mental health is low or ebbing, we can own that without shame. It might sound like, "I know I'm not showing up the way I usually do. It's not that something is wrong between us. I'm dealing with something right now." That kind of honesty helps the people around us understand what is happening, rather than guessing, or worse, assuming they are the cause.

Second, claiming means owning our story. If we or members of our family have a history of mental health challenges, that history is part of our lived experience, just as a history of physical illness or financial hardship would be. It is part of our story, but never our whole story.

Third, claiming means reclaiming our agency. We rarely get to choose whether we, or someone we love, will face mental health challenges. But we can always choose how we respond to them. For example, we can decide to share it with another or keep it to ourselves.

Finally, claiming mental health means making it a priority. When we claim our mental health as something worth caring for, we commit to tending it proactively, rather than waiting for a crisis.

Reframe It

Mental health is often talked about as a purely individual issue. In our work, we think systemically, and we know there is a reciprocal relationship between our mental health and our relationships.

A person's mental health affects their family, their extended family, and the wider network of relationships they are part of. In turn, what is happening in that family and network of relationships affects the mental health of each person in it.

We often use the image of a mobile to describe this. Every piece of a mobile is connected to every other piece. Move one, and all the others move too. And when the whole mobile is in motion, each individual piece is affected.

This reframe widens our lens. Mental health challenges are both individual and systemic. Neither is more important than the other; they are interconnected. So when we seek help or work to address a mental health challenge, we want to include that family systems perspective, paying attention not only to the person, but to the relationships that surround them as well.

Honoring Mental Health Awareness Month

This October, let's honor Mental Health Awareness Month by naming it, claiming it, and reframing it. When we do, not only does our own well-being benefit, but so do all of our relationships: our friends, our families, and the wider circle of people whose lives are connected to ours.

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Parish Prayer

Please pray for: Tim, Greg, Cricket, Cindy, Jane, Karel, The Guerin Family, Milissa, Janet, Nancy , Susan, and Tim

The Departed: Scott, Elaine, Audry, Jim, Jeremy, Larry

Prayer Request

You can now make prayer requests online. Click the button below & fill out the brief form. Names will remain on the list for one month. You may request for them to be removed early or remain long term.

Prayer Request

Flower Requests - if you'd like to honor someone with altar flowers, please let the office know using the forms on the round table in the narthex. Prayer request forms are also available.

UPCOMING EVENTS:

Wednesday, **October 7**, 5:30p Outreach Meeting
Sunday, **October 11**, 10-11a Holy Eucharist w/Rev. Joe Lavela
Sunday, **October 18**, 10-11a Holy Eucharist w/Rev. Joe LaVela
Sunday, **October 25**, 10-11a Holy Eucharist w/Rev. Joe LaVela

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MAHJONG

We meet onTuesdays @ 1pm unless the Clarkston Schools are closed because of the weather.

Don't worry if you weren't able to come today, you are always welcome at any time. Bring a friend or neighbor with you! This is a great way to introduce them to our church. See you there!

The Vestry Corner

The next Vestry meeting will be held on **October 19 @ 1:00,**. in person, at Church of the Resurrection. A ZOOM option will also be available.

All past vestry meeting minutes are available on Dropbox, here.

Please help with our church property's maintenance by adding anything that you observe

requires attention to the Maintenance List, here.



The Weekly Connection - Your Diocesan News Delivered
Tuesday, September 29, 2026

To view the Diocesan NewsletterCLICK HERE



Donate to your congregation electronically, even if they don't have their own online giving program! To make a donation to a congregation within our diocese, go to edomi.org/give. Type in your contact information. Select your congregation from the drop-down list. Once you click the donate button you will be directed to the diocese's PayPal site to complete the transaction. Donations will be sent to your congregation. If you have any questions please contact Mark Miliotto, Our Canon for Finance and CFO, at mmiliotto@edomi.org.

Church of The Resurrection

Located at 6490 Clarkston Rd, Clarkston MI 48346

https://clarkstonepiscopal.org

Phone: 248-625-2325

See MAILING ADDRESS below

Office Hours: Monday 9:30a-1:30p
TeriLandreth - OfficeAssistant

The Rev. Joe LaVela
973-391-4261
priest@clarkstonepiscopal.org

Office Hours: Monday 9:30a-1:30p

Pledge Payments and Donations

Mailing address: (checks are getting processed most weeks)
Church of the Resurrection
PO Box 984
Clarkston, Michigan 48347-0984

We are currently accepting payments through PayPal..
We appreciate your support of the work of Church of the Resurrection.

Resources at COR

Chuck Griffith, Counselor
charlesagriffith@gmail.com
(248) 425-8820

AA - Sunday 7p - 9:30p
Henry (248) 931-9943
Tom (248) 534-5611

AA - Monday 11a -Noon
Brad (313) 815-0443

Al-Anon - Calvary Lutheran on Sunday @ 6:30pm.

Ways to Help COR & the Community

Kroger Rewards # 90636
Paper Recycling - in the parking lot