

# September

2019

## Action Activities

- ✓ Prepare for Respect Life Month (October 2019)
- ✓ Organize memorial services, candlelight ceremonies or walks to remember those who have died by suicide
- ✓ Hold training courses in suicide and depression awareness (see resources page 2)
- ✓ Light a candle and pray at 8pm on September 10- Suicide Prevention Day
- ✓ Report your own creative activities to Respect Life Office
- ✓ Life Intercessions
- ✓ Life Prayer for Month

# Respect Life/Social Justice

## Suicide Prevention Awareness

### Statistics for Bulletin

“Mental illness raises the suicide risk even more than physical illness. Nearly 95 percent of those who kill themselves have been shown to have a diagnosable psychiatric illness in the months preceding suicide. The majority suffer from depression that can be treated. This is particularly true of those over fifty, who are more prone than younger victims to take their lives during the type of acute depressive episode that responds most effectively to treatment.

“Like other suicidal individuals, patients who desire an early death during a serious or terminal illness are usually suffering from a treatable depressive condition. Although pain and other factors such as lack of family support contribute to the wish for death, recent research has confirmed that none is as significant as the presence of depression, which researchers have found to be the only predictor of the desire for death.”

*Herbert Hendin, M.D., Seduced by Death: Doctors, Patients, and Assisted Suicide (New York: W.W. Norton, 1998): 34-35.*

### Intercessions For The Month

For all who suffer: that the Lord will provide them with the comfort of family and friends and interior peace in prayer, that they will have hope in eternal life; We pray to the Lord.

For grandparents: that through their prayers and example they might teach their grandchildren the beauty of living the Gospel of Life; We pray to the Lord.

For those denied adequate mental health care: that we might stand up for their God-given dignity and assist them in their needs; We pray to the Lord.

For all who are forgotten or thrown away, and especially for the poor, the sick and the aged: that God might change our hearts and move us to love them as the image of Christ; We pray to the Lord.

For those who have grown tired of life, and especially for those tempted to suicide: that God might grant them patient endurance and the support of loved ones; We pray to the Lord.

For mental health workers that their love for life and healing will guide them in their services to those in need; We pray to the Lord.

For those tempted to despair because of constant pain: that they might join their suffering to the Cross of Christ; We pray to the Lord.

## Contact Us

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Respect Life/Social Justice

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***CAST YOUR BURDEN UPON  
THE LORD AND HE WILL  
SUSTAIN YOU; HE WILL  
NEVER ALLOW THE  
RIGHTEOUS TO BE  
SHAKEN. PSALMS 55:22***

## Spiritual Work of Mercy

### Comfort The Sorrowful

We all experience different moments of sorrow or depression in our lives. Comforting the sorrowful involves reaching out to those having a hard time and accompanying them on their journey of grief.

### Encourage Your Parish Family To:

Call a friend who's been feeling down and ask them about their day. Send a card to someone going through a difficult time. Listen to and comfort a friend who needs to vent or cry. Don't forget the value of simple accompaniment.

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### Resources In Our Diocese:

#### Compass Behavioral Health

Garden City (620) 276-7689

Dodge City (620) 227-8566

Ulysses (620) 356-3198

Scott City (620) 872-5338

#### Iroquois Center for Human Development

610 East Grant

Greensburg, KS 67054

(620) 723-2272 24 hour Crisis Line 888-877-0375

#### The Center for Counseling & Consultation

5815 Broadway Ave, Great Bend

606 Topeka, Suite 101, Larned

402 N. Santa Fe St, St. John

24/7 Crisis Service: 800-875-2544

(620) 792-2544

#### National Suicide Prevention Lifeline

800-273-8255

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### Life Prayer For Month

Lord, when I feel alone, you are with me; when I feel invisible, you see me; when I feel worthless, remind me that I was created with purpose.

Lord, help me to understand that you are enough, because you are everything I need and more. Remind me that when I feel hopeless, you have hope in me and for me. Remind me to love you and to love myself.

Help me to desire life and to live fully in you. In Jesus' name, Amen