



Next Meeting

We still don't have a planned next meeting, but hopefully soon things will begin to open up (and the weather will turn nicer) and then we really need to get together and fellowship again. We miss you all!

Mental Health Seminar

by Sylvia and Gloria Peterson

We are currently experiencing an epidemic. No, I'm not talking about COVID—I'm talking about mental health. One in five American adults struggles with a mental illness every year, and one in six American teens.

Christian adults and teens are not exempt from this. However, many Christians (especially teens) are afraid to seek help for fear of being judged or condemned by other Christians. Others simply don't realize they have a mental illness and live with severe symptoms for years, letting their condition get much worse than it could have if treated earlier.

For the past few decades, Christians have shunned the arena of mental health, thinking that suffering from things like anxiety and depression meant that you weren't dedicated enough to your spiritual disciplines, and that no "good Christian" could suffer from them.

As a result, Buddhists, atheists, and New Ageists have taken over the realm of mental health, pushing Christians even farther from something that shouts such uncomfortable messages as "you're perfect just the way you are."

It's time to take back mental health! The Bible is full of wisdom about mental health habits, and Christians should be leading the charge against mental illness, not hiding from it and pretending it doesn't exist.

Sylvia Phillips and Gloria Peterson are offering two workshops: one for parents and/or teens, and one for parents and younger children (though teens are welcome at this one too). We will talk about our own experiences with mental illness, our lack of knowledge about them that let them go undiagnosed for years as they got steadily worse, and our journey towards health. We will discuss warning signs for kids and parents, how to promote a healthy mental state with the equivalents of diet and exercise for your brain, what the most common mental illnesses look like, and how to get help.

We will be presenting this information from a solidly Scriptural perspective, discussing some of the common secular myths of mental health as well as what the science of psychology has right. We will talk about how much of psychology follows Scripture. There will not be any exercises in looking in a mirror and telling yourself "I love you," but we will talk about what healthy self-image looks like according to Scripture (no twisted or out of context verses here) and how crucial it is for any Christian.

Every parent needs to know these things. We can't even count the number of Christian, homeschooled kids and teens we know who have struggled with mental illness, often without their parents having a clue.

This seminar is open to SCCCHE and non-SCCCHE members.

Ages 14 & up (teens, young adults, parents)

Date: Fri, Mar 19 6:30-8:30pm

Location: Community Bible Church 4940 Benchmark Centre Dr, Swansea, IL 62226

Signup Deadline: Sat, Mar 6

Signup Link: <https://forms.gle/EDugsLT7uusNmLgr8>

Cost: \$5/person or \$10/family (FREE for SCCCHE members)

Ages 8-14ish and parents

Date: Sat, Mar 20 10am-noon

Location: Community Bible Church 4940 Benchmark Centre Dr, Swansea, IL 62226

Signup Deadline: Sat, Mar 6

Signup Link: <https://forms.gle/aJBR5AdizkfF4XEy8>

Cost: \$5/person or \$10/family (FREE for SCCCHE members)

Field Trips

We (Wanda and Kimberly) regret to report to you that due to COVID restrictions, Hidden Valley is not offering discounted rates nor availing time for groups. We are trusting that this Fall we will be able to offer a Snow Tubing trip. The cost would be approximately \$22 per person. This would be an evening trip, so it would be open for families. Please let us know if your family would be interested in this kind of trip. Include how many would be in your family group, with age. The information given will help us determine if tubing is a good fit and will help us start planning, reserving a date.

In the meantime, we will work to provide other possible trips for the group.

Be blessed in Him!

Wanda Collazo wjcollazo0225@gmail.com

Kimberly Rathke krathke@gcmetro.com

Teenpact

We are very hopeful to be able to have an in-person TeenPact Illinois class this year in March :) We have a couple of potential plans in the works, but not a solid one to pass along yet.

Many of you have already registered -that's great! Early-bird deadline is passed, but you can still register at www.teenpact.com

Christie Black
618-530-0895

Graduation

Plans are underway for SCCCHE Graduation. If you are graduating a student this year, please contact Angie Brown at angieb1099@aol.com

Trail Life

We are still meeting!

Trail Life is a Church-Based, Christ-Centered, Boy-Focused mentoring and discipleship journey that speaks to the heart of a boy. Established on timeless values derived from the Bible and set in the context of outdoor adventure, boys from Kindergarten through 12th grade are engaged in a Troop setting by male mentors where they are challenged to grow in character, understand their purpose, serve their community, and develop practical leadership skills to carry out the mission for which they were created.

They meet Monday nights at Community Bible Church, from 6:30-7:30pm.

Contact Todd Neuverth for more information.

todd.neuverth@gmail.com

Great Homeschool Convention

March 25-27, St. Charles, MO

The plans are made! More info here:

<https://greathomeschoolconventions.com/locations/missouri>

Yearbook

- Some yearbooks from last year haven't reached their owners. Contact Lori to get yours.
- The yearbook cover contest ends on February 14th.
- If you would like to purchase a family page for \$5, please contact Lori.
- Please upload your photos as you have them at <http://www.entourage.com> , User ID SCCCHE Photos, Password: SCCCHE
- If you would like your activity represented in the yearbook and want a page set aside for you, please let Lori know. We would love to represent all SCCCHE members and experiences (especially since we have been so creative this year).

Lori Hubble 618-580-7960 happyhubble@yahoo.com

www.sccche.org/yearbook

Beekeepers?

As the weather warms up and spring arrives, bees will begin moving about, as will tree cutters such as myself. It's always helpful to have a list of people who have the means to come and get a swarm from a tree that is about to be cut down. I often refer the list to other tree cutters as well, or whenever I encounter someone who wants to get rid of a swarm.

If you want to be put on the list, contact Josh Peterson at joshandnancyp@gmail.com

Coordinator Article

This year has certainly been a stressful one. Even those of us who haven't personally struggled with most of the issues have at least felt the general anxiety and insecurity in everything. When will covid be over? Will I survive it? What can I do to help my suffering friends? What's going on in our government and economy? Is hyper-inflation just around the corner?

Throughout my life (and even this past year) I never had any issues with depression or anxiety, so when my daughters began having issues as they got into their teens, I assumed it was behavioral, and as a father, I responded how I thought best.

But depression/anxiety is a whole different beast, and it often is completely illogical. People can have very odd triggers (such as hearing a phone ring) that could send them into a panic attack.

I simply couldn't understand this until my daughters held a family mental health seminar. They explained what they struggled with and what they have been doing to help them cope. Sylvia and Cecily have studied much in this area, and received counseling under well-trained Christians. They talked about the past and current state of psychology and how there is a vast difference between Christian and worldly psychology, and how the worldly version is starting to realize the truth of Christian principles. They have studied it all, discarded the bad, and held onto the good, being firmly rooted in the word of God.

It was an eye-opening experience for me, and showed me my own faults in the mental health of my family. We immediately took steps to help with the main issues, and I have already begun to see great progress in the overall health of the family.

I would encourage every single one of you to sign up for the mental health seminar. You may not even realize the problems in your family. You may be aware that there is something wrong, but you can't put your finger on it. You may even think you know what the problem is, but you could be mistaken.

Even if there isn't a problem in your family, this is good info to have in order to be a blessing to others, for we are really going to need one another in the coming years.

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