



## Faith and Mental Health

Greetings in the name of the risen Christ!

May is the height of spring in Western Michigan. The weather is finally warming up and the sun is starting to make its appearance. May is also Mental Health Awareness Month, and every May I try to address the importance of mental health. Mental health struggles can affect anyone, at any time, including people within our faith community. According to the National Alliance on Mental Illness (NAMI), approximately 1 in 5 adults in the U.S. experience mental illness each year, and the occurrences of mental illness among youth are on the rise, especially among young men. Yet, the number of people seeking treatment is far less than the number of people experiencing mental illness. All too often seeking treatment is seen as being weak, or mental illness is seen in the church as being a result of limited faith; something you can pray away.

Let me be clear: Struggling with your mental health is not a weakness or a lack of faith.

That last bit is important. Throughout my ministry, I have often encountered the idea that we need to be “put together” when we are at church. (WPastors Page) The idea that we need to smile and say that everything is ok; that church is not the place to bring our mess.

Yet, Jesus invites us to bring our struggles to him. “Come to me all who are weary and carrying heavy burdens” (Mt. 11:23-12:3). Jesus embraced those who suffered, whose lives were messy, those who struggled, and invited them into beloved community with him. Our faith community is intended as a safe and sacred space for all of us to be who we are, in whatever state we are, where we can be prayed for and supported in our struggles. God knows our struggles; God knows that sometimes it takes every ounce of strength and focus we have just to get up out of bed.

And God provides.

God provides community to support us in prayer, and to be present when we would hide away, and God provides people with knowledge and skills to help us manage our mental health. This May, and every day really, please remember that you are loved and valued. If you or someone that you know is struggling with mental health, please don't hesitate to contact Pastor Jess or seek help at a mental health facility.

May God guide you in peace and surround you with their holy, healing presence. Amen.

Yours in Christ,

Pastor Jess

## PASTOR'S PAGE CONTINUED

### Resources for those experiencing a mental health crisis

National Mental Health Hotline 866-903-3787 <https://mentalhealthhotline.org>

National Alliance on Mental Illness (NAMI) Michigan <https://namimi.org>

988 Lifeline Dial 988 [988lifeline.org](https://988lifeline.org)

### Resources for the LGBTQIA community:

The Trevor Project Crisis Hotline 1-866-488-7386 [thetrevorproject.org](https://thetrevorproject.org)

### Resources for Veterans:

Michigan Veterans Affairs Agency (MVAA) [michigan.gov/mvaa](https://michigan.gov/mvaa)

Veterans Crisis Line Dial 988 and then press 1

**MVAA Suicide Prevention Program** 1-800-642-4838 specially trained staff can help Veterans and their families address risk factors, access VA benefits, provide peer support and more.

## PRAYERS FOR PEACE

# PRAYERS FOR P E A C E

Monday, May 4

5:30-6:00 p.m.



630 State St., Holland, MI 49423 (616) 392-8085

## NOISY OFFERING



**RESILIENCE**

ADVOCATES FOR ENDING VIOLENCE™

### May/June Noisy Offering Recipient Resilience

Our Noisy Offering for May/June Resilience, Advocates for Ending Violence. “Our mission is to respond to, reduce, and prevent domestic and sexual violence in Ottawa and Allegan counties. We offer supportive services and safe housing to survivors of domestic and sexual abuse, and we provide programs to engage and educate community members to help end abuse before it begins.”

## RESILIENCE MAY BASKETS

### Annual May Baskets Campaign

**RESILIENCE**

ADVOCATES FOR ENDING VIOLENCE™

Each May, Resilience hosts our May Baskets Shop at our program office.

The shop is filled with personal care items and household essentials, allowing survivors we serve to select the products they need most. Each individual leaves with a laundry basket full of items at no cost to them.

**Your donations help make this possible!**

We provide services to survivors from diverse gender and ethnic backgrounds. We kindly request donations of a wide range of products, including those tailored for men, BIPOC individuals, as well as unscented and allergy-friendly options.

#### Personal Care Items

Baby wipes  
Body wash  
Brushes/Combs  
Shampoo  
Conditioner  
Hair Products  
Lotion  
Lip Care  
Nail Care  
Hand Sanitizer

Menstrual Products  
Razors  
Shave Cream  
Floss Picks  
Q-Tips  
Face Wash  
Deodorant  
Sunscreen  
Tissues

#### Cleaning Products

Dish Soap  
Dishwasher Detergent  
Laundry Detergent  
All-Purpose Cleaner  
Glass Cleaner  
Toilet Cleaner  
Cleaning Wipes  
Toilet Paper/Paper Towel  
Trash Bags  
Laundry Baskets

# Ladies Tea Party

*Join us in celebration of women and girls everywhere!*

*Saturday May 30, 2026*

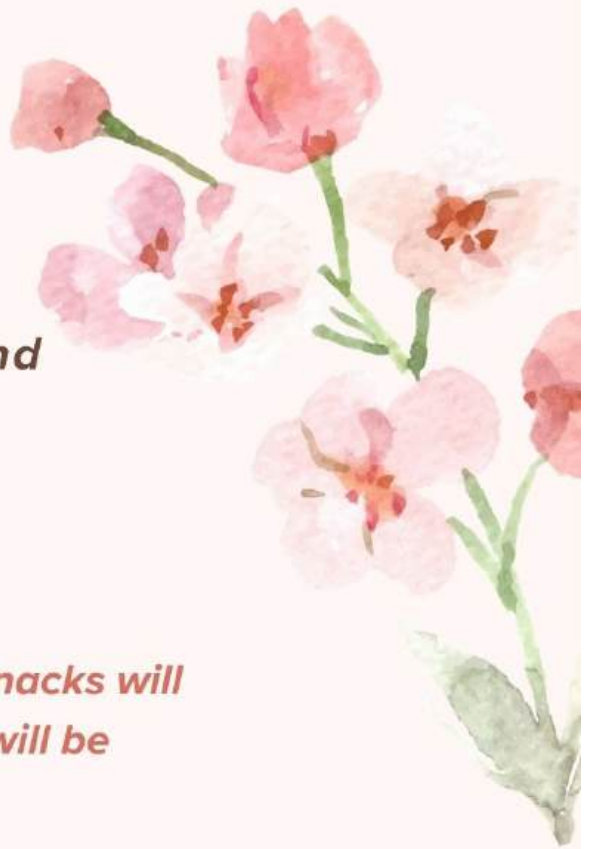
*Good Shepherd Lutheran Church*

*2:00 - 4:00 pm*

*A variety of hot and cold teas and small snacks will be provided. Additional small snacks will be appreciated but not required.*

*bring a friend*

*As part of our event, and in honor of International Menstrual Hygiene Day--which addresses the need for women and girls worldwide to have access to clean, affordable menstrual hygiene--we will be assembling Period Packs from supplies provided by GSLC. These packs will be sent worldwide through Church World Service. We will also be collecting menstrual hygiene products for Community Action House here in Holland.*





## COMMITTEE NEWS

### Mission and Outreach Committee

Next Meeting: Wednesday, May 6, 2026 from 6:30-7:30pm in person at Good Shepherd. All are welcome!



Stewardship Is...



Love in Action

### Stewardship Committee

Next Meeting: Wednesday, May 6, 2026 from 7:40-8:30pm in person at Good Shepherd. All are welcome!

## SUNDAY SCHOOL

### Sunday School Programing

After the Children's Message during the worship service, children will be directed to meet their teachers in the Commons for Sunday School.

Each class will include a lesson, singing songs, and doing a craft.

Come join us this Sunday!



## PRAISE AND THANKSGIVING



### ***The Measure of Our Love***

Computers connected via internet = Families

Total Sunday Attendance: 250

Families: 8

Average Sunday Attendance: 46

## SUNDAY SERVANTS

### Sunday Servants Needed for May

Please help us fill the spaces. Volunteer to be a Sunday Servant  
 Use the form in the Commons or contact Deb in the office.  
 616.772.4075 or [gslc.office@icloud.com](mailto:gslc.office@icloud.com)

Date	Worship Leader/ Communion Assistant	Reader(s)	Usher	Communion Set-Up/ Clean-Up
<b>May 3 5th Sunday of Easter</b>	WL- CA- Carolyn Willaman	Carolyn Willaman		Deb Ludwig
<b>May 10 6th Sunday of Easter</b>	WL - CA-	Joan Maring		
<b>May 17 7th Sunday of Easter</b>	WL - CA -			
<b>May 24 Sunday of Pentecost</b>	WL - CA -			Vicki Russell
<b>May 31 The Holy Trinity Sunday</b>	WL - CA -			Vicki Russell

## FELLOWSHIP SIGN-UP — MAY

*Fellowship Sign-up.*



Treats and Set Up & Clean Up	
<b>May 3, 2026</b>	
<b>May 10, 2026</b>	Mary White and the Dixons
<b>May 17, 2026</b>	
<b>May 24, 2026</b>	
<b>May 31, 2026</b>	Eric & Melinda Mueller

# MAY

## Birthdays

Apologies to Tessa Letourneau  
for missing her birthday on  
April 9

Ellen Lichtman 5  
Jessica Underhill 8  
Lynda Parrott 10  
Tiffany Letourneau 19  
Terry Grossman 22  
Corinne Becker 23  
Jon Hurt 26  
Tenley Letourneau 26  
Kris Norvell 27  
Vicki Russell 28

## Anniversaries

Kris & Floyd Norvell 24  
Perry & Lisa Pearson 25  
Laurie & Duane Schuldt 28

## SERVICES AND ACTIVITIES

Sunday Services are also on-line.

<https://us02web.zoom.us/j/87525508195?pwd=MmtjVENGaUg3ODFuaXhhUHR1TVR3Zz09>

Meeting ID: 875 2550 8195

Passcode: 022399

Sunday Services, 10:00 -11:00 am, also available via Zoom.  
Choir Rehearsals, Mondays at 6:30 pm, September - May.  
Quilter's Meet, Tuesdays, 11:00 am on site. No Quilting in December.  
Women's Bible Study, Wednesdays, 10:30 am, September - May.  
Weekend Bible Study, Saturdays, 10:00 am, September - May.  
Book Group, 3rd Wednesday of the month, 4:00 pm. September - May.

## PASTOR JESS' SCHEDULE



Pastor Jessica is available Monday - Thursday  
via phone, text, email and Facebook messenger.

Phone: (616) 403-4660

Email: [pj.gslc@gmail.com](mailto:pj.gslc@gmail.com)

To view Pastor's weekly in-office hours, look on the Breeze  
calendar on our website at [goodshepherdhollandmi.com](http://goodshepherdhollandmi.com)

## COUNCIL MEMBERS

### Church Council Members:

Branden Bacon (Sec)	(920) 889-8707, <a href="mailto:branden.bacon@gmail.com">branden.bacon@gmail.com</a>
Dylana Eisaman (Pres)	(616) 953-0603, <a href="mailto:dylana.pinter@gmail.com">dylana.pinter@gmail.com</a>
Bill Foster	(989) 329-6482 <a href="mailto:fosterbk@charter.net">fosterbk@charter.net</a>
Michael Russell (Trea)	(616) 283-6723 <a href="mailto:miker163@yahoo.com">miker163@yahoo.com</a>
Naomi Wahl (VP)	(605) 376-7173 <a href="mailto:whldw220@aol.com">whldw220@aol.com</a>
Pastor Jess	(616) 403-4660, <a href="mailto:pj.gslc@gmail.com">pj.gslc@gmail.com</a>

## IN OUR APRIL PRAYERS

### *In Our April Prayers...*

- **Our Sympathies:** To the family and friends of long time member Patricia Bradfield who passed peacefully in her sleep surrounded by family on February 27, 2026. Please keep them in prayer. To the family and friends of Brian Underhill's uncle, Doug Jurn, who passed away the 2nd week of March. Prayers especially for Brian's cousin, Kelly Wood.
- **Ministries of the Month, April :** BestPals and the Mission and Outreach team.
- **Healing/Peace:** Randy Bacon (Branden's father) healing from open heart surgery, Barton Family (friends of Julie Bolton, Corinne Becker, breast cancer, Zach Bergland (Beckers' nephew), Jake Bird, cancer treatment (Corinne's son-in-law), Bryan Blank, former member, needs a kidney transplant, Greg Bolton, (brother-in-law of Julie Bolton), Mary & Wayne Cagle (friends of Sally Ponstein) Wayne diagnosed with lung cancer, Mark DeGraaf, stage 4 cancer, Diane (close friend of Kris Norvell) cancer diagnosis, Brian Dixon, the Dixon family, Shawn Felgenhauer (Kerry Johnson's sister) prayers for continued healing, Jayce Genzinger (Tammy Walter's step-niece's son) born preemie in July, Jessie George (Deb P-G's daughter), Gigi Howard, gastrointestinal issues and swelling, Tessa Hurt (out-of-town member) diagnosed with Myelofibrosis, Jan (Cathy Sytsma's sister), Holly Johnson, (Steve & Kerry's daughter), Connie Lentz (friend of Kathy Shoup), Tiffany Letourneau, being treated for breast cancer, John & Judy Madison, (Lois' neighbors) both undergoing cancer treatment, Iris Mears, (PJ's godmother), Ron Meyer, Pat Ponstein (Sally's sister-in-law) having treatments at home but not progressing well, Dorothy Postema (Deb P-Gs mom) severe bacterial infection, Lois Robinson, gall stones, Greg Russell, (Mike's brother), back surgery and heart attack, Janice Russell (Mike's sister-in-law) continuing to improve, Katherine Slee (friend of Beckers), Claire Smith (Norvell's grandniece) recovery from transplant surgery, Stella, 7 yrs old, (Sally Ponstein's friend's granddaughter) prayers for non-rejection of transplant, surgery recovery, Sara Thompson (Corinne's friend) cancer diagnosis, Chuck Thor, Brian Underhill, Steve Unruh (Corinne's bro.) colon cancer treatments, Joe Vanderlaan (nephew to Sally P. & Ellen L.) severely injured in a car accident, Julia Wentz, chemotherapy treatments.
- **Assisted Living/Nursing Home/Homebound:** Christopher St. John (Son of Bonita Zielke), Dick Straith, Susan Straith, Bonita Zielke.
- **Serving Our Country:** John Bounthapanya (Som's nephew), Ryan Felgenhauer, William Felgenhauer, and Evan Felgenhauer (great-nephews of Kerry Johnson), Cortney and Konstantin Ivanov (Gigi Howard's daughter and son-in-law), Mitchell Johnson (Parrott's nephew), Koa Rosally (Grossman's grandson), Zachery Wiesner (Gigi Howard's son-in-law).
- **Prayer Partners:** Hope Lutheran Church, Rev. roger Bauer, Rhodes; Lord of Life Lutheran Church, Rev. Martha Porter-Reid, Portage; Prince of Peace Lutheran Church, Rev. Rachel Laughlin, Portage; Leer Lutheran Church, Supply Pastors, Posen; St. Paul Lutheran Church, Rev. Marcy Miller, Reed City.