



Walking together toward wellness in our new parish community

Introducing Pathways to Wellness

As our parishes come together as **one new parish community**, we know many people are carrying a lot. Some are excited. Some are sad. Some are unsure. Some are grieving the loss of what has been familiar. All of those feelings matter.

What Pathways means

Pathways to Wellness is a new parish effort meant to help us care for one another in a deeper way. It is about the wellness of the whole person: heart, mind, body, and soul.

When you see the Pathways to Wellness logo, know that it is connected to our parish's care for the whole person.

Wellness touches everything

Wellness is not just one thing. It includes our faith, our relationships, our sense of belonging, our emotional health, our mental health, our physical health, and the support we have around us.

When one part of us is hurting, it can affect the rest of our lives.

Rooted in our Catholic faith

As Catholics, we believe every person is made in the image and likeness of God. We are called to care for one another with mercy, compassion, and hope.

This work connects with Bishop Patrick Neary's Mental Health Ministry initiative in the Diocese of Saint Cloud.

A work in progress

A group of parishioners is coming together to begin this local effort. Pathways to Wellness is still a work in progress. We are not launching a program. We are beginning a conversation.

Our question is simple: How can we better support the real needs of our new parish community?

What could this look like?

This may include resources, conversations, gatherings, prayer, education, events, or other ways to help people feel seen, heard, supported, and connected. The goal is to help our parish grow in wellness in a way that is rooted in our Catholic faith.

**If this speaks to your heart,
please join us.**

Pathways to Wellness Meeting

Thursday, June 25 at 6:30 p.m.
St. John Paul II Conference Room
at St. Henry's

Whether you have ideas, questions, life experience, or simply a heart for helping others feel less alone, you are welcome. To learn more or share your thoughts, please reach out to Deacon Randy at deaconrandy@ncacc.net.

Together, we can help build a new parish community rooted in faith, hope, care, and belonging.

June Mental Health Minute

Brought to you by the Mental Health Ministry Team

Is your glass half-empty or half-full?

How you answer this age-old question, can offer clues about your attitude toward yourself. It can even influence your physical and mental wellbeing.

We all have an inner voice or self-talk that runs through our thoughts. This is completely normal and helps the brain interpret and process daily experiences. Sometimes our self-talk can be positive and encouraging; other times it can be negative and harsh. Over time, those negative thought patterns can have detrimental effects on our overall health.

Positive self-talk doesn't mean ignoring life's challenges. Instead, it means approaching them in a more constructive and hopeful way. Research has shown that positive thinking can lead to:

- Increased life span
- Lower rates of depression
- Greater resistance to illness
- Better coping skills during times of stress or hardship

Negative self-talk, on the other hand, can have a harmful impact. It might include statements such as, "I'm not good enough", "I'll never get better", or "I always fail". These thoughts rarely reflect reality, yet they can become so persistent that they convince a person they cannot improve.

The good news is that you *can* learn to shift negative thinking into positive thinking. Here are some strategies to help you get started:

- **Identify areas to change.** Notice which parts of your life trigger the most negative thoughts – work, relationships, or major life changes.
- **Do regular self-checks.** Pause throughout the day to assess your thoughts and look for opportunities to reframe them more positively.
- **Choose a healthy lifestyle.** Eating healthy, exercising and getting plenty of rest support a more balanced mindset.
- **Practice positive self-talk.** Use encouraging statements about yourself, and practice saying them aloud if it helps. If you wouldn't say it to another person, don't say it about yourself.

It may not happen overnight, but with practice, your self-talk can become more positive and less self-destructive. Over time, this shift can help you develop a healthier, more optimistic outlook on yourself and the world around you.

Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8

St. Dymphna, patron saint of mental health, Pray for Us

- ❖ In a Crisis? If you or someone you know is in crisis, call, text, or chat 988 (chat available at www.988lifeline.org).