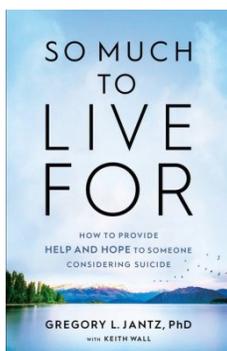


BOOKS OF THE MONTH



So Much To Live For
*How To Provide Help and Hope To
 Someone Considering Suicide*

By: Gregory L. Jantz
with Keith Wall

ISBN: 0800739817
ISBN-13: 9780800739812

Scripture Readings:
Encouragement to Live

September 1-4

1 Corinthians 10:13

September 5-11

2 Corinthians 12:9-10

September 12-18

2 Corinthians 2:9

September 19-25

Philippians 4:13

September 26-30

Psalms 118:14

We who have run for our very lives to God have every reason to grab the promised hope with both hands and never let go. It's an unbreakable spiritual lifeline, reaching past all appearances right to the very presence of God where Jesus, running on ahead of us, has taken up his permanent post as high priest for us, ...
Hebrews 6:18-20a (MSG)

Lifeline

September is designated as **National Suicide Prevention Month**. Around the clock - 365 days a year –boys and girls, men and women of all ages and backgrounds are at risk of committing suicide. The matters that impact the mental health of people who are at risk of ending their life are real and detrimental. Some of the signs and symptoms can be apparent. However, the stealth of anyone's emotions about suicide are mostly hidden right before our eyes. Our lack of awareness and action gambles the risk of a devastating outcome for suicide victims. If a *lifeline* doesn't reach them in time...*if we don't reach them in time...*

NAMI - National Alliance on Mental Illness – is an organization that serves to help people affected by mental illnesses. They provide advocacy education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares (www.nami.org).

We – you, me, and the community – are the lifeline that suicidal people need. Together we can minimize the causes of this mental illness in children and adults by being fully present with them, especially when they need to talk and have their feelings acknowledged, accepted, and respected. Within the process of time and unconditional love, along with counseling, treatment, and the power of prayer – slowly but surely people with suicidal thoughts can come to understand the significance and purpose of their life in this world. Serving as a lifeline of hope to those who have lost hope, we walk beside them in their journey back to - not only their life – but to their person of purpose, hope, and a desire to live.

To learn more about suicide prevention and resources that are available, to become a volunteer, or to receive help for yourself or someone else who may be contemplating suicide – contact **Ms. Tosha Dean (trained in suicide prevention / NAMI Albany President)** @ (229)462-3899 or send an email to albanynami@gmail.com. You may also call NAMI Albany @ (229)329-1444 or the NAMI Georgia Suicide Resource Center (state helpline) @ (770)234-0855.

What we do to save a life is 'an unbreakable spiritual lifeline, reaching past all appearances right to the very presence of God...'

Pastor Daniel Simmons