



CALL TO ACTION

LENT 3: TRAUMA, RESILIENCE, AND ECONOMIC HARDSHIP

- Listen to *The Neighbor Next Door* podcast episode “Cormac Russell: Part 4” (<https://www.stitcher.com/show/the-neighbor-next-door/episode/cormac-russell-part-4-82059846>) to learn more about how to address poverty by focusing on assets instead of needs.
- Take a few minutes to pray and/or journal around the following prompt: When I seek to dwell with God at the center of my life instead of trade or money, I feel _____.
- Investigate local organizations working to address food insecurity in your area. Reach out to learn about ways your family or church can assist and amplify their work in your community.
- If you are interested in learning more about the impact of accessible health care on persons experiencing economic hardship, you can learn more and connect with those working to change policies and help low-income persons gain access to health care coverage at <https://www.expandkancare.com/why-expansion-matters/>. You can also learn more about the impacts of poverty on health here: <https://www.irp.wisc.edu/publications/factsheets/pdfs/PoorInPoorHealth.pdf>.
- If you feel the need to seek further mental health services at any point in this sermon series, you can contact the pastoral staff for recommendations or go to the National Alliance on Mental Illness website (<https://nami.org/>) for recommendations on how to find a therapist, and support group opportunities to aid you in your journey.



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