



# CBC Messenger



May 2020

Issue 16

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**Join us online via Facebook, Zoom and YouTube.**

**Tuesday: 6:30pm Women's Bible Study (Zoom Live)**

**Wednesday: Noonday Study**

**Wednesday: Children's Study**

**Wednesday: 6:30pm Adult Study (Live)**

**Thursday: Special Needs Study**

**Friday: 7:00pm Adult Study (Live)**

**Saturday: 5:00pm Prayer**

**Sunday: 9:00am Sunday School (Live)**

**10:00am Church Service (Live)**

**Toddler Church**

## Pastor's Corner-

God bless you church. I want to thank you for your continued support for Community Baptist Church by your prayers, support, and acts of kindness during this season. We want you to know that we are doing all we can to keep us connected in the Spirit and as the Body of Christ. Please be safe. Our prayer is that you stay healthy, happy, thankful, and blessed.

There are constant improvements going on in and around our church. Thank you for allowing us to be the good stewards of what God has given us stewardship over. We will continue to grow in our online presence and influence. Tell your friends, family, and enemies about our online services. Also, give us your feedback. We are not perfect, but we are striving! God bless you and keep you is our prayer.

***"So the church throughout all Judea and Galilee and Samaria had peace and was being built up. And walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied." Acts 9:31***

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## Mother's Day- May 10, 2020

Mother's Day is definitely going to be a little different this year, but we can still share the love and make this Mother's Day one she will always remember. This is an annual reminder to cherish the relationship you have with your mom, and the other women (grandmas, aunts, etc.), that we love most, and we must make extra-special effort to recognize and appreciate their roles in our lives.

Though our usual traditions and celebrations of attending Church Service, spa days, brunches and fancy dinners will have to wait until next year, this does give us an opportunity to be creative and discover new traditions that honor mothers and motherhood.

Mothers treasure every gesture of love- whether it is a handwritten note, a phone or video call, breakfast in bed, a handmade craft. However you choose to show your love and gratitude to mom this year, it is the effort they appreciate and will remember for years to come. Happy Mother's Day to all the moms out there and God Bless you.

***"As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem." Isaiah 66:13***

Please contact us if you have questions about any of our online services, or check our website.

**Remain faithful with Tithes and Offering.**

Online giving available through our website.

### Contact Information

<http://www.cbcsr.org>

[cbc1620@att.net](mailto:cbc1620@att.net)

Facebook page-  
*Community Baptist Church of Santa Rosa*

YouTube Channel-  
*CBC1620 live*

Instagram-  
*communitybaptist1620*

**(707) 546-0744**

**1620 Sonoma Avenue,  
Santa Rosa, CA 95405**

**"A Friendly Church For A Growing Community"**

### Mental Health Resources

[www.aha.org](http://www.aha.org)

[www.mhanational.org](http://www.mhanational.org)

[www.nami.org](http://www.nami.org)

[www.healthline.com](http://www.healthline.com)

[www.nimh.nih.gov](http://www.nimh.nih.gov)

## Mental Health Awareness Month



While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. This year, National Mental Health Awareness Month coincides with one of the most complex and challenging periods in our Nation's recent history- the Coronavirus Pandemic.

Not only has the virus caused physical suffering and loss for many, it has also resulted in mental and emotional hardship. The stress and worry over the health and safety of family and friends, forced isolation, and financial distress can all result in anxiety, depression, substance abuse, and, tragically, even suicide.

As many as 6 in 10 people with drug addiction disorder also suffer from another mental illness. For these individuals, one condition becomes more difficult to treat successfully as an additional condition is intertwined. Half of mental health conditions begin by age 14, and 75% of mental health conditions develop by age 24. Knowing warning signs can help let you know if you need to speak to a professional.

COVID-19 has only exacerbated mental health issues for many in our community. While the current environment we live in presents challenges, there is still hope for any and all people facing their own unique challenges in regards to mental health. In a time when many may feel that their mental health must take a backseat, we instead must lift up those who may be struggling and let them know there are people there to support them- especially in the toughest of times. Remaining at home does not mean you have to remain isolated, with online communities and resources available at nearly every hour of the day. No one person's challenges are the same as another's, but collectively we can end the taboo around mental health and create real change. **#Notalone #breakthestigma**

### National Suicide Prevention Lifeline

**Call 1-800-273-TALK (8255); En Español 1-888-628-9454**

### Crisis Text Line

**Text "HELLO" to 741741**

### Veterans Crisis Line

**Call 1-800-273-TALK (8255) and press 1 or text to 838255**

### Disaster Distress Helpline

**Call 1-800-985-5990 or text "TalkWithUs" to 66746**

***"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10***