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Ellington Church - Women's Support October Newsletter

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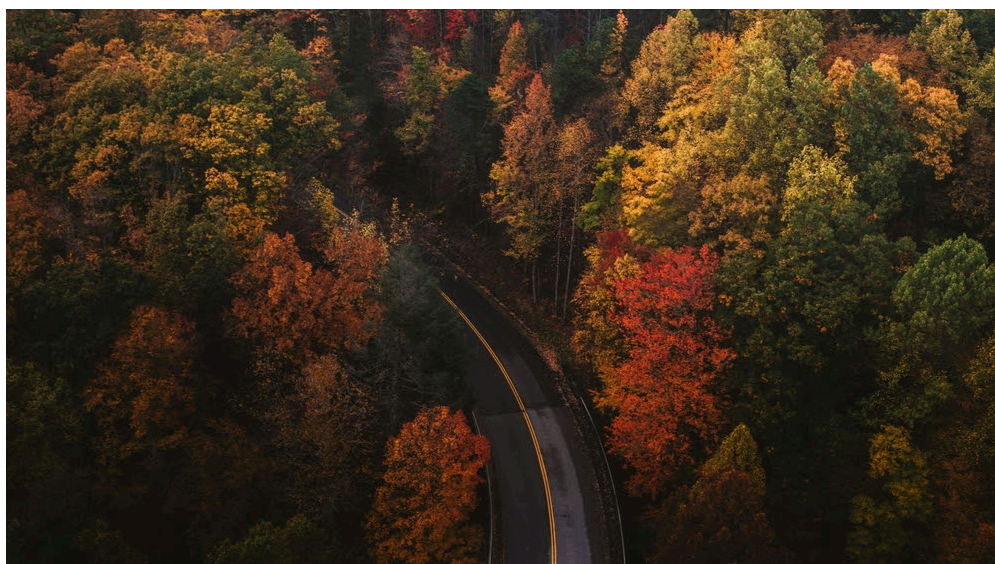
Womens Support <womenssupport@ellingtonacchurch.org>

Thu, Oct 9, 2025 at 8:52 AM

To: Heidi Virkler <heidi.virkler@gmail.com>

Women's Newsletter

"Bear ye one another's burdens, and so fulfill the law of Christ." Galatians 6:2



Join Us

Theme Night: Mental Health | Tuesday, November 4th, at 7:00 PM

Anchored in Hope

Life can be a lot sometimes! Between responsibilities, relationships and the quiet struggles we don't always talk about, our hearts can feel heavy. We are looking to create a safe place where we can breathe, encourage one another, and remember that God cares for every part of us – mind, body and spirit.

Our church community is committed to awareness, empathy, and support for women facing mental and emotional struggles. Bro. Brent recently gave a topical on [Emotional Health and Discipleship \(AC Central, September 17, 2025\)](#)

As a continuation of that effort, the Women's Support Committee is hosting **Theme Night: Mental Health** on **Tuesday, November 4th, at 7:00 PM** in the Longview Fellowship Center. This evening is for anyone walking through mental health challenges (past or present) - or simply with a heart to support others. Our prayer is that it brings comfort, connection, and the assurance that no one walks alone. Together, we bear one another's burdens.

Sign Up to Attend

Emotional & Mental Health for Women - Understanding the Difference

Emotional Health - What Is It?

Emotional health refers to our overall state of well-being: Can we recognize, understand, and express emotions in a healthy way? Do we adapt well when challenges arise? Are we building meaningful relationships?

Our answers reflect our inner and outer stability. Emotional health is like an engine—is it running smoothly, or are warning signs showing? A healthy emotional state equips us for discipleship and everyday life.

Mental Health - What Is It?

Mental health often refers to diagnosable conditions that disrupt healthy functioning and, in turn, affect emotional health. If part of the engine breaks, the whole system falters. Poor mental health

can alter behavior, hijack thinking, and create despair. Causes include, but not limited to, genetics, formative experiences, and other health factors.

Emotional & Mental Health – Useful Vessels

In an ideal world, our emotional and mental health would be strong and in sync, like a well-oiled engine. That's not reality for many. Yet facing illness does not disqualify us as useful vessels. With care, therapy, and time, emotional health can improve even with ongoing challenges. We can adapt, learn, and reregulate, helping others along the way.

The Many Faces of Mental Illness

Mental illness is more than depression. It can be anxiety about people, places, spiritual matters, travel, and more. It may include OCD, PTSD, personality disorders, addiction, and other conditions.

Those affected often feel trapped, ashamed, or hopeless. Symptoms can range from mildly intrusive to severely debilitating. Because illness shows up in different forms and intensities, we must respond with care and compassion.



Help Can Be Found

Thoughts are not facts. They don't define us. Though we may want to hide, help is within reach. Hope may look like recovery, remission, or simply a good day—or even a good moment. Those small moments become lifelines.

Like the **Armor of God**, resources can shield us during struggle:

- Seek counsel or therapy
- Build supportive relationships
- Consider medication when needed
- Take part in your healing—be proactive
- Keep a diary of God's blessings to remind yourself of His presence
- Recognize Satan's influence
- Deepen your relationship with Christ
- Stay connected to a church community
- Educate yourself through books, podcasts, and teaching
 - [*AC Central – The Story of Mental Health: May 25, 2025*](#)
 - [*AC Central – Mental Health and the Church: The AC Story, August 18, 2025*](#)

- [AC Central - Beyond Symptom Reduction: September 29, 2025](#)

Taking Inventory of Ourselves

Self-talk is powerful—it can move us toward healing or hold us in fear and defeat. The Bible calls us to think on what is true, pure, lovely, and praiseworthy (Philippians 4:8). Yet taking thoughts captive is hard, especially in the moment.

Start small. If you notice negative self-talk, don't condemn yourself—redirect gently toward something neutral or positive. Also, beware of comparison; it robs joy. Each of us is uniquely made, with no identical journeys.

Being Compassionate and Patient

Recovery is not easy. Some days, just getting out of bed is a victory. Like physical therapy after an injury, emotional and mental healing takes time, effort, and support.

Some journeys are short; others feel endless. In every case, remember: you are not alone, you are deeply loved, and God is with you in your pain. When the path seems unbearable, picture *Footprints in the Sand*—the single set of footprints is His - He's carrying you.

Mentoring

Interested in *having* a mentor? Interested in *being* a mentor? Click on [Mentor/Mentee Sign-Up](#) and fill out a survey. We will then be in contact with you soon, to discuss your survey and work with you to connect you to a mentor/mentee. You can also submit or resubmit your mentor survey below. Please check the boxes for the areas where you are willing to mentor someone. You do not need to be an expert or have personal experience in those areas to be a mentor; you just need to be willing to learn more about the topic and walk alongside someone.

Mentor/Mentee Sign-Up

Resources

Websites: ▪ ACCFS Website ▪ Ellington AC Church ▪ Ellington Church Calendar ▪ Weekly Church Announcements Sign-Up	ACCFS Events: ▪ Marriage Retreat ▪ Upcoming Webinars ▪ Discipleship Conferences
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