

THE ROCK WEEKLY

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



July is National Minority Mental Health Awareness Month. It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness. In 2020, fewer than one in every two African American adults got care for mental health. In 2018, Asian Americans were 60 percent less likely to receive mental health treatment than non-Hispanic Whites. Obstacles for many include a lack of health insurance, less access to treatment, and stigma.

Mental illness can affect women of all races and ethnicities. Show your support this month and beyond by learning more about mental health. You can also use and share the resources below to help spread awareness about mental health in your communities and families.

What Is Mental Health?

Mental health includes emotional, mental, and social well-being. Mental health impacts how a person thinks and feels. It also affects how you act, manage stress, and make choices. When you take care of your mental health, you are better able to cope with stress or challenges.

Sometimes it can be hard to manage your mental health. If you have noticed a change in thoughts, behaviors, or moods that disrupts your life, talk to your health care provider. You can also contact a mental health specialist or a trusted loved one for help if you have noticed these changes in yourself or in a loved one.

THE ROCK WEEKLY

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



What Causes Mental Illness?

There is no single cause for mental illness. Multiple mental illnesses can occur at the same time and at random. They can also last for a short or long period of time.

Your mental health can change at any point. Some risk factors that can play a role in developing mental illness include:

- Use of alcohol or drugs
- Feeling lonely or isolated
- Biological factors or chemical imbalances in the brain
- Adverse childhood experiences, like child abuse or sexual assault
- Experiences tied to ongoing medical conditions, like cancer or diabetes

Symptoms of a Mental Illness

Most of the same mental illnesses can develop in both men and women. However, women may have more distinct symptoms.

Some common symptoms can include:

- Pulling away from people and usual activities
- Appetite or weight changes
- Ongoing sadness or feelings of hopelessness
- Intense changes in eating or sleeping habits
- Clear changes in mood, energy level, or appetite

THE ROCK WEEKLY

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



Mental Illnesses Common to Women

Having a mental illness is more common than most people may think. At least one in five women in the United States has had a mental illness at some point. Those that are common in women include depression and anxiety. Postpartum depression can develop after giving birth.

Anxiety Disorders in Women

While they can happen to anyone, anxiety disorders are twice as likely to occur in women than men. Anxiety is a feeling of worry, nervousness, or fear about an event or situation. Anxiety is a normal reaction to stress and helps you cope. But when it gets hard to control and affects day-to-day life, it can be disabling. Anxiety disorders happen when extreme anxiety affects your daily activities, such as going to work or school or spending time with friends and family.

Signs of an anxiety disorder include anxious thoughts or feelings of dread. The symptoms can keep you from living as you normally would.

THE ROCK WEEKLY

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



Depression in Women

Studies show that about 1 in 10 women in the United States reported symptoms that suggest they experienced an episode of major depression in the last year, and women are nearly twice as likely as men to have had depression. It is normal to feel sad at times. However, depression can cause people to feel sad on most days. This can affect your daily life and how you engage with your loved ones.

Certain types of depression are unique to women and can occur at different stages of a woman's life. Pregnancy, the postpartum period, perimenopause, and the menstrual cycle are all associated with physical and hormonal changes that could impact your mental health. If you have depression and get pregnant, your depression may get worse during pregnancy.

There are many signs of depression. A few of them include feeling sad, hopeless, or tired most of the time. Speak with your health care provider if you have noticed signs of depression. You can discuss next steps and treatment options with your health care provider.

THE ROCK WEEKLY

JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH



More Than Just the Baby Blues: Postpartum Depression

It is normal for some women to feel sad or have no emotion after giving birth. But if such feelings last more than two weeks, you may have postpartum depression. This can happen up to a year after giving birth. Once you give birth, your hormone levels quickly drop back to normal. The decrease can be sudden and extreme, which can lead to this condition.

Postpartum depression is not a normal part of life after giving birth. If you notice signs of this condition, speak to your health care provider. You can also call the [National Maternal Mental Health Hotline](#). It offers free and confidential support for new mothers. Call or text the hotline at **1-833-TLC-MAMA** (1-833-852-6262).

Managing Your Mental Health

Many parts of daily life can impact your mood and mental health. They can include stress, your physical health, or the regular demands of life. But you can improve your quality of life when you take charge of your mental health.

Here are a few ways to manage your mental health overall:

- Get enough sleep each night (at least 7 hours)
- Engage in healthy habits, like exercising and eating well
- Stick to a treatment plan given by your health care provider
- Find a support group and seek out your health care provider for support

ORDINATION SERVICE



BISHOP DENISE WILSON
Senior Pastor



MIN. MARCUS FERGUSON
Ordination Candidate



BISOP HAROLD BROOKS, JR.

Guest Speaker
Senior Pastor
First Baptist Church of Minnesota Avenue
Washington, DC

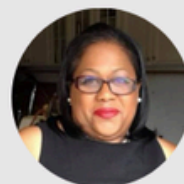
the rock
christian center

THE FALLS CHURCH EPISCOPAL
HISTORIC CHURCH BUILDING
11TH AUGUST 2024
10:45 AM

115 EAST FAIRFAX ST
FALLS CHURCH, VA. 22046

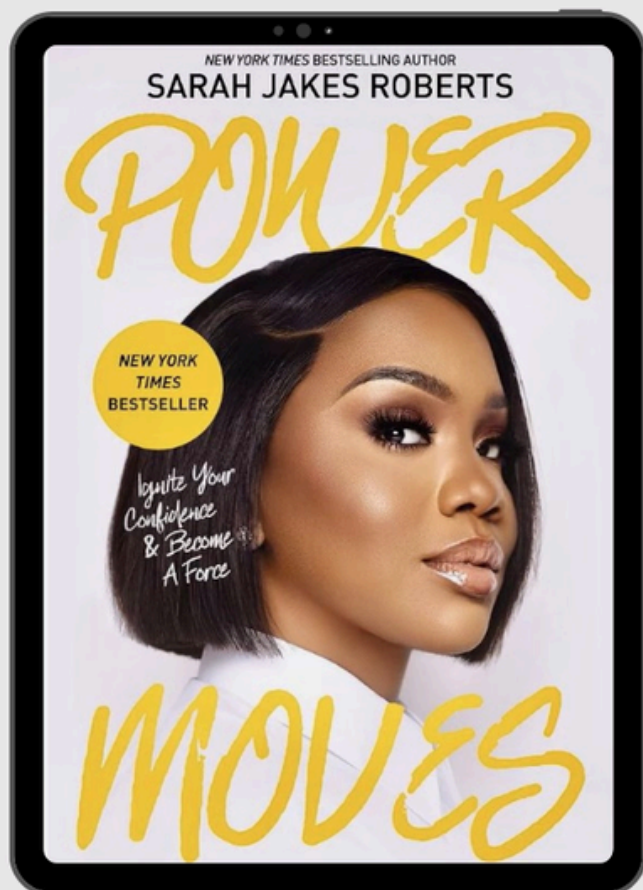
Transforming the Kingdom One Soul At A Time

the **rock**
christian center



Bishop Denise Wilson
Senior Pastor

The Rock Women's Ministry Book Club



Do you enjoy reading books? Do you like the idea of being a part of community of likeminded women where you can share your ideas and thoughts? You are cordially invited to join The Rock Women's Ministry Book Club. We will do this study the month of August starting on the 8th each Thursday Nights @ 7:00p

Our first book is entitled Power Move by Sarah Jakes Roberts. The book can be purchased via Amazon. On August 8th come prepared to discuss chapters 1 and 2. I encourage you to take notes and in your quiet time reflect on what you have read and how you can apply it to your life. See you on August 8th.

If you are interested, please rsvp to pastor@therockchristiancenter.org to get the login information.

Pastor Dee

Transforming the Kingdom One Soul at a Time/ Matthew 16:18



Bible Study

SATURDAY MORNING BIBLE STUDY

Join us for our Saturday morning bible study at 7:00am for an in-depth study of The Book of Acts. This book provides a bridge for the writings of the Old Testament to what Jesus "began to do and to teach" as told in the Gospels with what he continued to do and teach through the apostles, teaching and the establishment of the church. It is also a bridge that ties the church in its beginning with each succeeding age.

*Read Acts



Rev. Dr. Denise Wilson
Senior Pastor

The Book of Acts: An In-depth Study



Weekly Bible Study
Every Saturday at 7:00am

The Rock
Virtual Bible Study Room
Meeting ID: 840 8027 0538
Passcode: 123456

For more information
Email: info@therockchristiancenter.org
Call: (855) 656-8722



#werbuildingbyfaith

Transforming the Kingdom One Soul at a Time



We will have evangelism training tonight in place of our **Thursday night bible at 7 pm.** We look forward to you joining us. Please check your email for information that you will need for tonight.

This takes place in **The Rock Zoom Bible Study Meeting Room, Meeting ID: 840 8027 0538 Passcode 123456.**

Groupme



Are you apart of the Groupme? If you're not, then you are missing out on our vital communication app.

We are no longer using our previous text threads.

They were creating duplicate threads that were confusing. We have different chat groups on the app for our different ministries. Please download the app and look for The Rock Christian Center.

I Heard A Word



Did you come away with a word from this past Sunday or any Sunday recently? I have a question for you, did you happen to capture some key pointers in your notes and share those points with family, friends and the like? Well if you hadn't here is your chance. For the month of July, we are asking you to share with us and others what your take aways are for the sermon each week.



Sermon Notes

Topic:

Preacher:

Scripture:

Date:

TAKEAWAYS



Sermon Notes

Topic:

Preacher:

Scripture:

Date:

TAKEAWAYS

the **rock**
christian center

Summer Worship



Bishop Denise Wilson
Senior Pastor

We are worshipping in the
The Falls Church Episcopal
Historic Church Building

Time: 10:45 am

S. Washington St. Entrance
Falls Church, Va. 22046



Transforming the Kingdom One Soul at a Time Matthew 16:18



Bishop Denise Wilson
Senior Pastor

AS YOU TRAVEL REMEMBER THE ROCK

Join Us in Spreading Kindness!

Traveling anytime soon? Pack an extra dose of love in your suitcase! We're collecting toiletries for our Homeless Ministry and we need YOUR help!

From shampoo to toothpaste, every donation makes a difference in the lives of those in need. Let's come together to provide comfort, dignity, and a fresh start to those facing homelessness in our community.

For drop information, please call 855-656-8722. You can also reach out to a Rock member or email us at info@therockchristiancenter.org.

Together, let's make a positive impact, one toiletry at a time!

☀️🌿 #SpreadKindness #HomelessMinistry
#DonateToiletries

www.therockchristiancenter.org



Transforming the Kingdom One Soul at a Time



MULTIMEDIA MINISTRY

VOLUNTEERS NEEDED

Join the Team and Make a
Difference Today!

📢 Calling all creatives, storytellers, and tech enthusiasts!
👥

★ Ready to make a difference and unleash your creativity? Join us at The Rock Christian Center's Multimedia Ministry! 🚀

🎵 Use your talents to inspire, uplift, and connect with our community! 💡 Gain new skills, and be part of something truly special!

👉 Volunteer today and let's grow together! Message us to learn more or sign up now! ⭐⭐



CONTACT :
Rev. Ferguson

Ministry Meeting



Are you a ministry leader here at The Rock? Have you scheduled a meeting for your ministry? Members are you apart of a ministry here at The Rock? If you are please be on the look out for ministry meetings where you can be apart of the planning for upcoming events.

Rock Business Ministry



Do you have a business, want to start a business, have an idea for a business? We know that what we are in need of has already been provided.

If you could forward the name of your business, what you offer in your business, a website, a business card , SMS, etc. to Rev. Yolanda. Those of you who would like to start a business and may not know where to begin can also contact her.

Contact: ygantt@therockchristiancenter.org

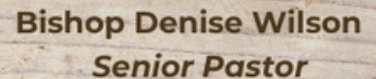
THE ROCK WEEKLY

**VOLUNTEER
NEEDED**

We need parents who are
available to help in the youth
department at least once a month.
Please see Rev. Malika



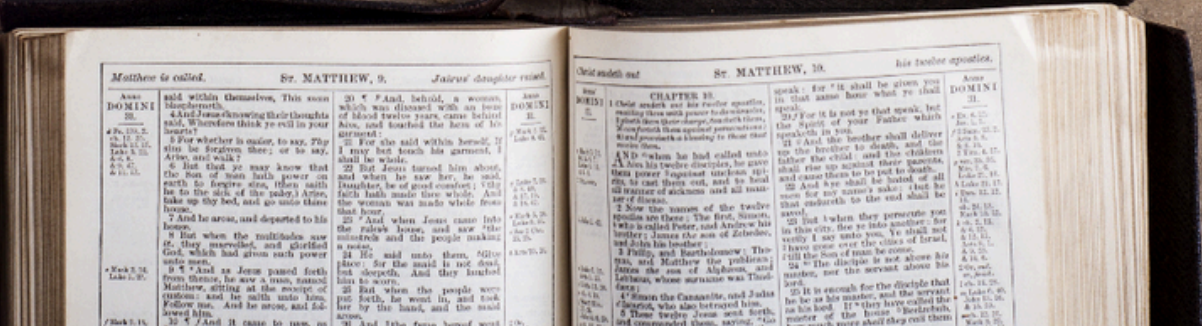
The youth department could use the help of our parents in the congregation. Please see Rev. Malika to see how you can be apart of a growing ministry in our church.



CALL

Passcode 810755#

Transforming the Kingdom One Soul At A Time Matthew 16:18



THE ROCK WEEKLY

Men's Talk



The Men's ministry will have a men's talk to check in and be in touch more with each other monthly. Look out for the next meeting date and time.

Join Zoom Meeting:
Meeting ID: 840 8027 0538
Passcode: 123456