

July 21, 2009

http://www

Job Seekers

St. Luke's United Methodist Church, 8817 S. Broadway, Highlands Ranch, CO 80129
www.stlukeshr.com jobseekersstlukeshr.com 303-791-0659

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Wait for the Lord; Be strong, and let your heart take courage; Yes, wait for the Lord.

Psa. 27:14

When to Get Help

Economists may say the recession is ending, but that doesn't mean hiring has begun. Many determined individuals are looking with dismay at 2009 and wondering if a job is waiting for them. We get depressed and ask "how long must I wait?"

When unemployment goes on and on the natural consequence is increased stress. It is *essential* to recognize when to seek help in coping with that stress. Here are common symptoms that indicate *now* is the time to seek help:

You Lose Interest In Things You Used to Enjoy

You used to love going out, but now you consider socializing a burden. Your interest in everything is low--sex, hobbies, work. You feel ambivalent toward the world. You don't care anymore. Everything takes too much effort.

Your Sleeping or Eating Habits Change

You'd sleep all day if you could. Some days, you can't even stand the thought of getting out of bed. Or, you can't sleep at all. You're awake all hours of the night. The same with eating. You eat constantly, even when you aren't hungry. Or, you don't have the stomach or the heart to eat at all.

You Can't Concentrate

Focusing is a challenge. So much so that you find you can't remember what you were doing. You start forgetting little things, then more important things--meetings, dates, appointments, deadlines. Your inability to concentrate begins to affect your home and day-to-day activities.

You Think About Death or Suicide

If you've had any thoughts about death or suicide, seek help immediately. And go to John McManamy's [Suicide Prevention](#) articles now.



When to Get Help – cont.

You Begin To Use Alcohol As A Coping Mechanism

You drink in the morning. You hide liquor so no one knows how much you are drinking. You have more than two or three drinks or beers every night. You get “mean” when drinking.

You Feel Helpless, Impotent. You Cry A Lot.

You feel like you're on an emotional roller coaster. A teasing comment from a friend might set you off, or a well-intentioned comment from a co-worker or loved one. You feel like nothing you do is good enough. You can't make heads or tails of your life. You feel stuck, frustrated, utterly incapable.

You Feel Distanced, Alienated

You would like to curl up into a ball and lock yourself away in a closet somewhere. The world seems to move around you; you do not move in the world. You have no desire to be with other people--not even family or friends. You push anyone who tries to reach you away. You don't want to be reached. You don't want to be bothered. Your withdrawal affects your relationships.

You Feel Uncontrolled Anger

You hit, shove, kick your spouse (or visa versa). You lash out with sarcastic remarks, belittling those close to you.

You Feel Guilty, As Though You Are Not Being A Good Parent Or Spouse.

You Discipline Your Child Too Harshly

You Hear Voices Or See Things

You Feel Overwhelmed By Bills

Your Children Are Starting To Act Out, Getting In Trouble With The Law Or At School.

You Find You Are Starting To Lie To People About What Happened To You Or What You Are Doing. You Start Lying To Yourself.

You Have Attacks Where You Feel Extremely Panicky, Have A High Pulse Rate And/Or Shortness Of Breath.

You Consider Separating From Your Spouse Because Of Problems.

All of these symptoms are serious. If you experience any of these, reach out. We need you to remain present in our lives and the life of the community. You are an essential component of the fabric of our lives. Let us help you, let others help you, and then, give back to the next person who needs help and complete the circle of life.

Assistance – Resources

The Department of Human Services provides child and adult protection, and assistance with basic living needs. Our mission is to deliver quality Human Services to our community by strengthening individuals, preserving families and protecting vulnerable adults and children.

For more details about the various programs, click on any of the areas listed below.



[Financial Assistance](#)



[Food Assistance](#)



[Medical Assistance](#)



[Child Care Assistance](#)



[Adult Protection Services](#)



[Office of Veterans Affairs](#)



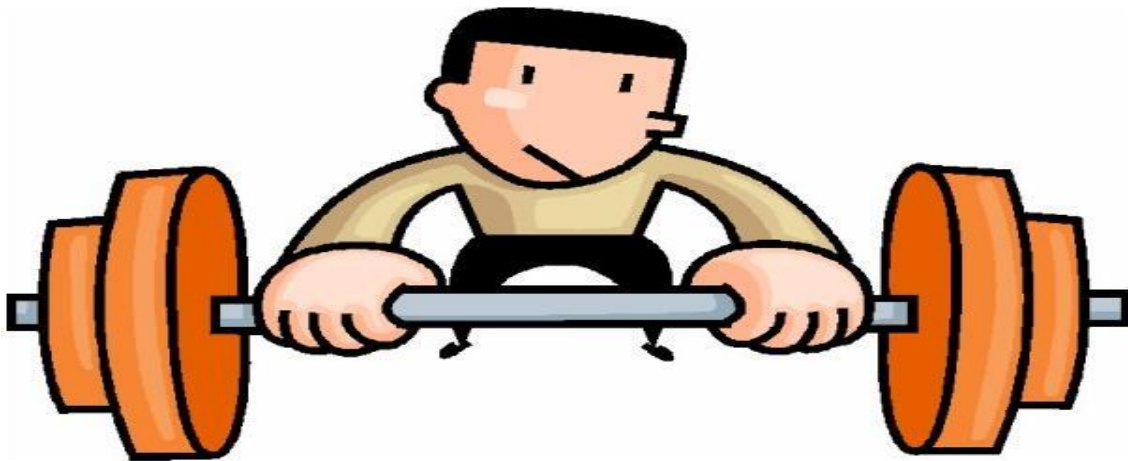
[Neighbor Network](#)



[Frequently Asked Questions](#)



[Contact Human Services](#)





More Information

[LEAP \(Low Income Energy Assistance Program\)](#) helps low-income households with the winter heating costs from Nov. 1, 2007 through April 30, 2008. LEAP pays a portion of the home heating costs, but is not intended to pay the entire costs of home heating. LEAP does not pay electric unless the home is 100% total electric.

[Arapahoe Douglas Mental Health](#) is a private, nonprofit (501c-3) provider of professional, confidential, quality mental health and substance abuse treatment services in Arapahoe and Douglas Counties.

[Developmental Pathways](#) is a Colorado non-profit agency created to serve persons with developmental disabilities and their families. It was established in 1964 as a community-based alternative to institutional care. Since that time, Pathways has developed a broad array of services based on the principle that full inclusion and participation in community life is attainable for every individual with a developmental disability. Developmental Pathways serves citizens of Arapahoe and Douglas Counties, and the portion of Adams County within the City of Aurora city limits.

[WIC \(Women, Infants and Children\)](#) a program through the Tri-County Health Department offers free groceries and nutrition counseling for children up to age five and to pregnant and breastfeeding women. Qualifying people must live in Adams, Arapahoe or Douglas Counties, and meet specific income guidelines.

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline's mission is to provide immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider through a toll-free telephone number: 1-800-273-TALK (8255). It is the only national suicide prevention and intervention telephone resource funded by the Federal Government

Arapahoe/Douglas Mental Health Network is here for you.

We provide professional, culturally inclusive mental health and substance abuse services. Arapahoe/Douglas Mental Health Network offers outpatient services such as individual, family, marital and group counseling therapies – plus a full range of group and inpatient programs.

Anxiety, stress, depression, bipolar disorder...

There's a good chance that you – or someone you know – will experience an emotional or behavioral challenge at some point. If you or a loved one is struggling with loss, alcohol, drugs...or just the everyday emotional challenges of life, we can help.

After all, some form of mental illness affects one out of every five American families. And while mental illness is an equal-opportunity disease that can happen to anyone at any time, it doesn't have to take over your life. We are here to help. And you can recover.

We provide comprehensive behavioral health services.

Our mental health services include inpatient treatment for people challenged by substance abuse, mental illness or both. Programs include acute residential care for adults, shorter-term evaluation, crisis / emergency intervention, and an adolescent day treatment therapeutic school for kids ages 9 to 17. Those with persistent mental illness can drop in to our STAR Reach Clubhouse for work and recreational rehabilitation. We also offer case management services and a pharmacy, with courier service to our numerous locations.

In fact, we are able to meet just about any level of need through our comprehensive network of mental health services. It's the way we put it all together in order to meet the needs of our clients, or consumers – the children, teens, adults, seniors and families we serve as a private, nonprofit mental health provider for more than 50 years – that sets us apart.

Call 303 730 8858 for more information and an appointment.

So if you, or someone you know, is dealing with emotional problems and mental illness, give us a call. You'll be glad you did!

Lonely? Sad? Discouraged?



Going through a tough time – emotionally or spiritually? Struggling with a crisis in life? Or simply feeling down?

Consider letting a Stephen Minister help. A Stephen Minister is a member of our congregation who is trained to listen, care, encourage, pray, and walk alongside you during difficult times. It's confidential, free, and very helpful.

To learn more, talk with a [pastor](#) or [Stephen Leader](#).

*Bear one another's burdens,
and in this way you will fulfill
the law of Christ.*

– Galatians 6:2

Our Stephen Ministers are there to care!

Rev. Sallie 303-475-0141
Suby-Long

It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed. (Deuteronomy 31:8)

- Go to www.crossroadscareer.org and click the red tab **Register Now**.
- Then click **Explorers** and follow the online instructions to register
- Select name of church: **St. Lukes United Methodist Church**
- Enter church membership key for Career Explorers:
seekers

Browse, explore and make yourself at home. Each week work one step of the process.

JOB SEEKERS E-MAIL LIST

When you join Job Seekers, you may want to add your name to the Job Seekers Group e-mail list on St. Luke's Web site. It is through this e-mail list you will receive information about Job Seekers, as well as job opportunities and information, on this list

- The web site for St. Luke's is <http://www.St.Luke'sHR.com>
- Go to the e-ministry page from the top menu bar
- Go to e-mail lists
- Find the Job Seekers Group
- Add your e-mail address. Information and Job opportunities will be distributed via this list.



FACILITATORS

We currently have four group facilitators and we are looking for additional volunteers to serve as coaches, resources, presenters, and coordinators for the Job Seekers group. Please contact Job Seekers coordinator, Jim Wolff or any of the facilitators for more information.

Jim Wolff, Coordinator	303.619.3386	jwolffrcsdaol.com
Rev. Janet Forbes	303.791.0659	Janetstlukeshr.com
Dave Laurvick	303.601.5528	dplaurvickmsn.com

Pay it Forward!