



# Pastor article

Written by Pastor Candy O'Meara

Did you know that May is mental health month?

According to the National Alliance on Mental Illness (NAMI):

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 20 U.S. adults experience serious mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- Suicide is the 2nd leading cause of death among people aged 10-14.

I don't know about you, but that last statistic is shocking!

A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.

Did you also know that our scriptures (and Jesus himself) has something to say about mental health?

During the month of May, we'll be looking at some of those scripture readings through the lens of mental health. You might be surprised when you hear about some of those whom we love that also struggle.

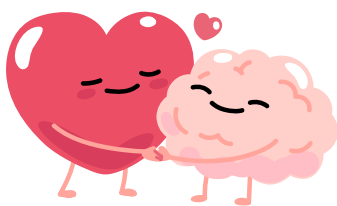
On May 5, a representative from the St Tammany NAMI will be at the church between services, and they will have some information. If you aren't going to be at worship and you want information, contact me, or if you're out of town, your local NAMI organization.

Struggling with mental health is not a sin, and it's not weakness. Mental health is not something to be ashamed of any more than any physical ailment would be.

Praying peace and blessings to each of you as you enter the summer months.  
Pastor Candy

**In crisis?**  
**Call or text the National Suicide & Crisis lifeline at:**  
**988 Lifeline chat: 988lifeline.org/chat**

**NAMI Helpline: M-F 10am-10pm**  
**Call: 1-800-950-NAMI (6264)**  
**Text: 62640 Chat: nami.org/help Email: helpline@nami.org**



## Hosanna Lutheran Church

Physical Address: 222 South Jefferson Avenue, Covington LA 70433  
 Mailing Address: PO Box 1018, Covington LA 70434  
 Phone Number: (985) 727-9200  
 Email: office@hosannalutheran.com

GET CONNECTED:  
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**3 Ways to Give**

- ONLINE**  
[hosannalutheran.com](http://hosannalutheran.com)
- MAIL**  
 PO Box 1018  
 Covington, LA 70434
- SMART GIVING**  
 Text 'hosannalutheran'  
 to 77977

Online giving through Pushpay

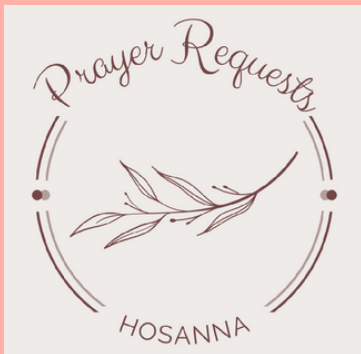
# Hosanna Highlights

## Notes & News

JOIN THE HOSANNA FAMILY  
AT 9:00AM  
OR WATCH ON FACEBOOK  
[WWW.FACEBOOK.COM/HLCPAGE](http://WWW.FACEBOOK.COM/HLCPAGE)

More events may be added throughout the month. Check Hosanna Happenings emails, Sunday slides or Facebook for an updated list of events.

To submit prayer requests  
[CLICK HERE:](#)



## Online Resources

[ONLINE COMMUNITY](#)  
[Online Church Calendar](#)  
[Find a Group List](#)  
[Online Directory\(Log in required\)](#)  
[Online Giving](#)  
[Register for Events or Classes](#)

# May 2024

## Church Calendar

[CLICK HERE](#) FOR THE ONLINE CHURCH CALENDAR


April 25	Quilters @8:30am in the Fellowship Hall
April 27	Property Brothers @9am
April 28	Sunday Worship @9am Beer and Hymns @ The Abita Brewery 6-8pm
April 29	Hosanna Hot Meals
May 1	JOY Meeting @10am at Windsor Senior Living
May 2	Quilters @8:30am in the Fellowship Hall
May 4	Property Brothers @8am
May 5	Breakfast Church @9am in the Fellowship Hall Sunday Bible Study @10:15am
May 6	Hosanna Hot Meals
May 9	Quilters @8:30am in the Fellowship Hall
May 11	Property Brothers @8am
May 12	Sunday Worship @9am Sunday Bible Study @10:15am
May 13	Hosanna Hot Meals
May 15	JOY Meeting @10am at Windsor Senior Living
May 16	Quilters @8:30am in the Fellowship Hall
May 18	Property Brothers @8am
May 19	Sunday Worship @9am Sunday Bible Study @10:15am
May 20	Hosanna Hot Meals
May 21	Coordinating Council
May 23	Quilters @8:30am in the Fellowship Hall
May 25	Property Brothers 8am
May 26	Sunday Worship @9am Sunday Bible Study @10:15am

happy  
Mother's  
day

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GET CONNECTED: CLICK ANY LINK

 [hosannalutheran.com](https://www.hosannalutheran.com)  
[facebook.com/hlcpge](https://facebook.com/hlcpge)



**Hosanna Hot Meals**

Serving those with food insecurities in St. Tammany Parish. Pick up and delivery available every Monday. We couldn't do this ministry without our partners: Covington Presbyterian Church and Just Love Your Neighbor!

Wish to help?  
We are Looking for volunteers of all types: food prep, food packaging, drivers, cleaners, please contact the office if you would like to help!

222 South Jefferson Avenue, Covington, LA 70433



*Hosanna Quilters:*

**Quilters meet every Thursday from 8:30 am-12pm in the Fellowship Hall @ 222 S. Jefferson Avenue.**

**If you have any questions, please contact Debbie Coleman or the office**

## REDEVELOPMENT

The Redevelopment Team meets every Tuesday at 6 PM

The team consist of: Pastor Candy O'Meara  
Pastor Katie Glass  
Pastor Zac Ritchie  
Donna Hoblack  
Monica Growden  
Brian Nichols  
George Michell  
Rob Rhea



*Joy*  
*(Just Older Youth)*

meet the 1st and 3rd  
Wednesday of the month  
at 10am



New meeting location  
Windsor Senior Living Center  
1770 N. Causeway BLVD. Mandeville  
2nd Floor Conference Room  
(elevator available)

For questions or a ride, please contact Rachael Moore  
504-432-8541

**THE FAITH GARDEN IS G R O W I N G!!!!**

**THE FAITH GARDEN TEAM MEETS MONDAYS AT 4:30PM.**  
**WE'D LOVE TO HAVE YOU AS PART OF OUR TEAM!!!**



CONTACT THE CHURCH OFFICE TO VOLUNTEER OR STOP ON BY MONDAY EVENINGS!

IF YOU HOST A SMALL GROUP THAT YOU WOULD LIKE PUT ON THE CALENDAR AND IN THE NEWSLETTER, SEND THE INFO TO OFFICEMANAGER@HOSANNALUTHERAN.COM

**PROPERTY BROTHERS**  
MEETS SATURDAY MORNINGS AT 8 AM AND NEEDS OUR HELP



FOR INFORMATION CONTACT MARK ALEXANDER AT (985) 705-5230

# Hosanna Highlights

## HOSANNA'S OFFICE STAFF

rightnow MEDIA

### Free Access to +25,000 Bible Study Videos

Every person in our church has free access to biblical video series for adults, youth, and kids—now streaming on your favorite device.

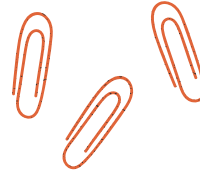








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Text "HOSANNALC" to 49775 to get RightNow Media set up on your phone. It is completely free to you with thousands of studies and videos for your whole family!

## SUNDAY BIBLE STUDY EACH WEEK, AFTER THE SERVICE

*Resumes May 5th!*

On May 5 we will start a new study: "Honoring Our Neighbor's Faith". If anyone is interested in ordering this book, it's \$15.00. Book not required to attend the class.

### *Chemo Care Bags*

Thank you, Hosanna and CPC members for your continued support of this ministry. If you would like to sew bags, I have several kits of cut out fabric and samples that I can give you. If you prefer to order from Amazon rather than shop, there is a link to follow.

Linda Busfield

#### ITEMS STILL NEEDED:

- Small bags of mints or lemon drops
- Fleece blankets
- Ladies Scarfs
- Women's cozy socks
- Men's Socks
- Unscented Chapsticks or lip balm
- Unscented Lotion
- Journal Books

AMAZON GIFT LIST-[CLICK HERE](#)





Just Love

## Help Slidell Neighbors

May 2nd Sign up [HERE](#)

## Donate to JLYN NAMI Walks Team

Donate or sign up to walk with JLYN [HERE](#)

Just Love Your Neighbor partners with Hosanna in many aspects of ministry.

Most frequently with our Hosanna Hot Meal ministry. JLYN has helped us identify food insecure individuals in St. Tammany Parish as well as donating their time and efforts into helping HHM on Mondays.

If you are looking for others ways to serve your community, JLYN is always doing something! See above for some of their upcoming events.



**Dar Barke     May 27**

**Kim Michell     May 30**

*Hosanna Lutheran Church*

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