

Update to the Diocese from Bishop Sam

October 5, 2021

My dear Church Family,

Grace and peace to you from the Holy One who is Eternal Love and Light!

I sincerely thank you for the outpouring of love and prayers since I took medical leave in September. You have given me strength in times of weakness and faith in times of fear. You have been a blessing, not only to me but to my family as well.

I want to provide an update regarding the reason for being away from the Diocese. I do so with the consent of my family and hope to shed light on my mental health issues.

For many months now, I have been dealing with increasing anxiety to the extent that caused physical reactions, such as panic attacks, that I could no longer manage. I knew I had to seek medical help to deal with this condition before it became worse.

Thankfully, I am getting this help through excellent medical professionals. While I am early on this road of recovery, I am aware that this is not a “quick-fix” but a life-long journey of healing. While at times this is a lonely road, I know I do not walk it alone for God is with me as are my loving family and my beloved Diocesan family.

This is Mental Health Awareness Week in Canada (October 3-9, 2021). This year the theme is “There is no health without mental health.” (<https://www.camimh.ca/miaw>). While we have advanced greatly in mental health care, we still have some way to go for those unable to access it, especially the most vulnerable in our society. Mental health care must be accessible to everyone. If you do feel you need to talk to someone, I recommend the Province of Newfoundland & Labrador’s Mental Health Crisis Line 1-888-737-4668 or online at <https://nl.bridgethegapp.ca/>

I pray for all those suffering from illness of any kind and I offer this prayer from the inspirational writer John Birch:

*Healing God, bless those
on a journey of recovery
from illness or surgery.
Grant strength, patience,
and freedom from pain.
Bring restoration of health
through your Spirit’s power.
Reach out and touch them
so they know you are there,
bringing comfort and light
even in the darkest of times. Amen.*

With deepest gratitude,

Bishop Sam
The Rt. Revd. Samuel V. Rose
Bishop - Diocese of Eastern Newfoundland & Labrador