Sample bulletin announcements:

Black History Month:  Be Inspired

Black History Month recognizes and celebrates the accomplishments and contributions of African American men and women. These innovators, educators and pioneers significantly impacted the development of the sciences in the United States and throughout the world. We also recognize the efforts of African Americans today who inspire us to contribute to the common good in our parishes and communities. Let us set aside time this month and learn more about these amazing men and women of African descent. For resources please visit the Diocese of Columbus Ethnic Ministries webpage www.columbuscatholic.org/cem

Share your Story

African Americans sometimes experience more severe forms of mental health conditions due to unmet needs and other barriers, according to the National Alliance on Mental Illness (NAMI). One of the challenges of seeking treatment is the stigma associated with mental health problems. Another is the prejudice and discrimination African Americans face in the health care system. Be the one to share your story if you have received treatment from a mental health professional. Sharing your experience may assist those who are at risk of not receiving help or being misdiagnosed. For additional information please visit the National Alliance on Mental Illness webpage www.nami.org.

Fast and Pray

Fasting helps deepen our relationship with Christ because we use this time to overcome any tendencies detrimental to our spiritual well-being, such as racism, gluttony, pride, and acts of violence. We allow ourselves to grow in our relationship with Jesus Christ, who suffered, died, and rose again to free us from sin and death. Fasting can transform us in such a way we are truly living the Gospel. Together, let’s use this time to walk with our Lord through Sacred Scripture and be a living witness to the Gospel. See Pope Francis’ fasting tips at https://columbuscatholic.org/resources-3. Please also visit www.usccb.org for additional resources.