

May is Mental Health Awareness Month

How can I help someone who is depressed?

If you know someone who has depression, first help this person see a health care provider or mental health professional. You can also:

- Offer support, understanding, patience, and encouragement.
- Never ignore comments about suicide and report them to this person's health care provider or therapist.
- Invite the person out for walks, outings, and other activities and encourage healthy nutrition.
- Help the person adhere to the treatment plan, such as setting reminders to take prescribed medications.
- Help the person by ensuring that transportation to therapy appointments is available.
- Remind the person that with time and treatment, the depression will lift.

If you or someone you know is in crisis, get help quickly.

- Call the person's health care professional.
- Call 911 for emergency services.
- Go to the nearest hospital emergency room.

Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TYY: 1-800-799-4TTY (4889)

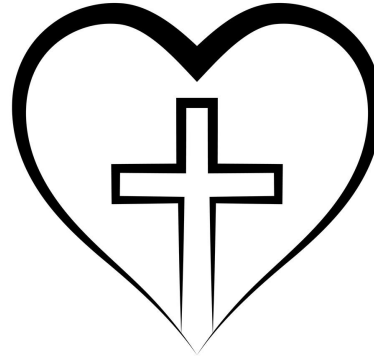
For More Information:

Go to MentalHealth.gov at www.mentalhealth.gov or NIMH website at www.nimh.nih.gov

ALL NATIONS FELLOWSHIP SDA CHURCH

Order of Service

May 30, 2026 11:15AM



Opening Song ----- ANF Praise Team

Welcome ----- Aaron Robinson

**Opening Prayer &
Scripture Reading** ----- Glen White

1 Kings 19:19 - 20

Song of Praise ----- ANF Praise Team

Health Nugget ----- Michael Campbell

Tithes & Offering ----- Video

Intercessory Prayer ----- Barry Barnswell

Special Music ----- Michael Campbell & Kuyani Robertson

Sermon ----- Elder Michael White
"The Extra Mile"

Benediction ----- Elder Michael White

ANNOUNCEMENTS

- Please refrain from eating/drinking in the sanctuary.
- Please remember to support the renovation of LRC schools on your tithe envelope.
- Have an announcement? Please send email to elders@anfisdac.org before 5pm on Wednesday.

MAY BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS: Allison Hull (5/6), Serena Scott (5/14), Pastor Darlene Thomas (5/20), Ava Lacey (5/31)

ANNIVERSARIES: Marty & Serena Scott (5/7)

REQUESTS FOR PRAYER & HEALING

Ron Harlan and his family on the passing of his aunt. Shawn Clayton; her sister passed, Cintron Family (nephew was murdered), William/Corvina Coleman, Caleb Bays, Dolly Robinson, Angela (Ron Tunis' daughter), Michael Wright, Gabby Smith, Sade Carpenter (Osborne's niece), Sophie Reyes (co-worker of Diane Wright), Jerome Atkins, Deb/Joyce Agard, Henrietta Collins, Maria/Michael Hartung, Alex Campbell, Bob (Fuchsia Campbell's nephew), Gloria Toscano, Dana (Allison's daughter), Shirley Matthews Akins, Nicole Pratts, Winston Family, Debbie Jones, Lacey Family, Fanchon Lewis, Nirayl Israel, Nancy Mandra (husband passed), Will Carter & David S. Phelps house. Jason Frazier (Ava's friend), Baby Lucy (Darlene's grand daughter), Vanessa and her family (Visitor from the Mystery Dinner), Bereaved families in the church. Jerry Clay (close friend passed; another is dying;), Al (recently diagnosed with prostate cancer). Pray for our government & elected officials.

Health Corner



Herbs for Mental Wellbeing

The World Health Organization reports that mental health conditions are rising worldwide. Mainly due to demographic and lifestyle changes there has been a rise in mental health conditions and substance use disorders in the last decade.

Mental health is a big issue and people suffering with mental issues will often try every possible remedy to relieve their symptoms and achieve calmness and relaxation. Among all the available choices, traditional herbs have been proven to be very effective in improving mental wellbeing. I will share some of these herbs for mental wellbeing.

St. John's Wort: Is one of the most studied herbs for mental health. It is widely used to alleviate mild to moderate depression. Clinical data indicates its effectiveness can rival some standard antidepressants.

Ashwagandha: A popular adaptogenic herb used to help the body resist and adapt to physical and mental stress. Studies suggest it is beneficial for reducing symptoms of anxiety and general affective disorders.

Lavender: This herb has consistently been shown in clinical trials to relieve neurological symptoms like stress, anxiety, and sleep disorders.

Chamomile: Known primarily as a calming agent, chamomile extract and teas are effective for managing sleep disorders, generalized anxiety, and soothing nervous tension.

Valerian Root: Is a common herbal remedy used as a sedative. It is primarily utilized to improve sleep quality and ease mild insomnia and stress-related restlessness.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

ALL NATIONS FELLOWSHIP SDA CHURCH

Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ. **Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3**

ANF RECURRING EVENTS

- Sabbath School is at 9:45AM in the ANF sanctuary and via Zoom.
 - **Zoom ID:** 945 6406 8099; **Passcode:** ritBb4
- "Breakthrough Tuesdays" is every Tuesday of the month (except the 2nd Tuesday) at 7:30PM and remotely via Zoom.
 - **Zoom ID:** 960 9135 6728; **Passcode:** 7
- Health Meetup is every 2nd Tuesday at 6:45PM via Zoom.
 - **Zoom ID:** 865 6085 9283; **Passcode:** 3700

ANF LEADERSHIP

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You Are Welcome Here

...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.

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| Sabbath School | 9:45 AM |
| Divine Hour | 11:15 AM |

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630-964-4625

www.anfisdac.org

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