



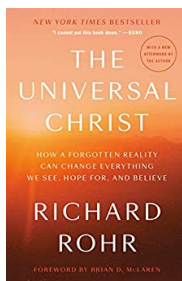
Check out our website at www.diakoniausa.org!



Dear God,

Thank you for Your continual renewal, refreshing and restoration. We pray that this season will be one of growth in our lives, just as You grow the flowers, vegetables and fruits of the season.

Amen



A Diakonia Appetizer Begins Thursday, July 6

You are invited to a conversation of *The Universal Christ* by Richard Rohr and to get a taste of *Growing in Faith: The diakonia Program*.

In three sessions we will explore the insights from Richard Rohr and be introduced to the updated offerings from *diakonia*. But *diakonia* is more than its courses – it is a community of faith, support, and care.

Come and see how this experience can grow your faith and enrich your everyday life!

The Diakonia™ Program

A three-session study of "The Universal Christ" by Richard Rohr
6:00 – 9:00 pm Thursdays: July 6, 13, 20 via Zoom

Discussion Leader:
Rev. Kenn Storck, Executive Director of Northern Illinois Synod *diakonia*

Sign up by contacting Doug Wood: dwood1955@hotmail.com
Obtain a copy of the book: \$12.25 + shipping on Amazon

[Read More](#)



The Mental Health Benefits of Religion and Spirituality

From the National Alliance for Mental Health

Religion and spirituality are both rooted in trying to understand the meaning of life and, in some cases, how a relationship with a higher power may influence that meaning. While religion and spirituality are similar in foundation, they are very different in practice.

Religion is an organized, community-based system of beliefs, while spirituality resides within the individual and what they personally believe. “The idea of religion and spirituality is like a rectangle versus a square. Within religion there is spirituality, but if you have spirituality, it doesn’t necessarily mean you have religion,” says someone who practices both religion and spirituality.

[Continue to the NAMI Website](#)



The Story Behind the Story: Finding Greater Truths Behind Bible Tales

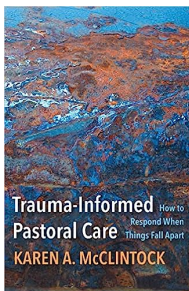
Author: Elyse Seyfried

As a little girl, I loved mermaids. I recall being crushed to discover that they didn’t exist in real life. I’d look at pictures of “The Little Mermaid,” Edvard Eriksen’s bronze statue based on the Hans Christian Andersen story, at Langelinie Pier in Copenhagen, feeling so sad that mermaids weren’t truly swimming in the ocean.

Then I learned about the haenyo, the sea divers of Jeju Island, South Korea. These women are trained to dive down and harvest conch, abalone, sea urchins and other creatures. They can stay in the water up to six hours at a time and hold their breath for up to three minutes (they carry no oxygen with them). Mermaids! How wonderful! So they do exist—just in a different way than I’d imagined.

We might easily read certain Bible stories and write them off as fiction, especially as we grow older and “wiser.” But I’ve come to believe that our real mission as people of faith is to find the greater truth of these tales.

[Continue the Article](#)



Good Reads

Title: **Trauma-Informed Pastoral Care: How to Respond When Things Fall Apart**

Author: **Karen A McClintock**

Clergy and other church leader are more likely than ever to be called on to respond to community trauma, sitting alongside trauma survivors after natural disasters, racial violence, and difficult losses. In *Trauma-Informed Pastoral Care: How to Respond When Things Fall Apart*, pastoral psychologist Karen A. McClintock calls clergy to learn and practice “trauma-informed care” so they can respond with competence and confidence when life becomes overwhelming

[Available Here](#)

We Need You!

Are you interested in being featured in or submitting a **Servant Story** for a future issue of **The Tool Box**? Are you an instructor who would like to share a bit of yourself in "Instructor Focus?" Are you a site coordinator who would like to give us a peak into your program? Do you have observations to share from your a class?

We can all learn from each other's journeys before, during and after the program.

[Email us](#) and tell us your story!



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