

The Spirit of Bethlehem



BETHLEHEM UNITED CHURCH OF CHRIST
11608 Lax Chapel Road, Kiel, WI 53042
(920)894-3332

Pastor Randy's Ramblings:

Greetings, people of Bethlehem!
God's grace and peace be with you all.

As the month of May closes, we hope that you found some meaning in Bethlehem's focus on mental health. During Mental Health Awareness month, the WISE team attempted to educate the congregation and eradicate the stigma that surrounds mental health concerns. Without a doubt, each and every one of us has mental health concerns to varying degrees. Our goal is to normalize, not demonize discussions on mental illness. As I tried to reiterate in my May 5 message: it's not their fault.

We hope you had the chance to hear our guest speaker, Maggie Boyd, on May 19. From a young age, she had mental health issues which were never addressed or treated. Rather, she was always considered the "problem child." Eventually her mental health struggles led her to substance abuse, addiction, and ultimately incarceration. It wasn't until THAT point that her mental health struggles were identified. She finally had no choice but to confront her addiction and address her illnesses. She succeeded, and now counsels others who are battling substance abuse. Maggie is a success story today, but it's unfortunate she had to suffer so long. My heart breaks to think of all those still battling or whose mental illnesses have yet to be addressed.

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JUNE 2024

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JULY SPIRIT DEADLINE:

WED. June 19th

@ 5pm

Send to Traci at

trabefamily5@gmail.com

Pastor Randy's Ramblings (continued):

The WISE team is committed to answering Christ's call to care for ALL his beloved, including those who struggle with mental illness. We hope that the people of Bethlehem will get on board, and share our compassion and concern.

As summer looms, no doubt many families will be busy with outdoor activities, camping, travel, etc. Please don't disconnect from your family at Bethlehem! Your leadership team is planning several events this summer, including a "picnic" in July. We'd love to see you there!

Enjoy the start of your summer!

In Christ,

Pastor Randy



Sunday, June 2 ~ The Mission group will share their experiences on their recent mission trip

*Sunday, June 30 ~ **New Member Sunday***

Please let Pastor Randy know if you would like to become a member of the Bethlehem family. Those interested will meet at 8:30am that morning to discuss a few things about Bethlehem and then will be welcomed as new members during the Sunday morning service.

A coffee hour celebration will follow.

Sunday, July 14 ~ Outdoor Worship Service and Church Picnic Our theme will be "Old Hat/Crazy Hat" so please look through your closet and wear one proudly to the worship and picnic. The picnic will feature a broasted chicken lunch, outdoor games and a good time for all.

Thursday, August 8 – Saturday, August 10 ~ Bethlehem UCC Annual Garage Sale

Sunday, August 11 ~ Partnering with St Peters UCC for a service in the park (Kiel parade)

There will be no worship service at Bethlehem

Bethlehem United Church of Christ

11608 Lax Chapel Road - Kiel, WI 53042

Phone: 920.894.3332

Follow Bethlehem UCC

on Facebook <https://www.facebook.com/bucckiel/>

or Bethlehem's website at www.bethlehemkiel.org

Our Spiritual Leader:

Pastor Randy Koppenhaver

Phone: 920.286.2531 or email: randynmel5@gmail.com



- Gather in the sanctuary for worship Sunday mornings. Our service begins at 9:30am.
- Tune your car radio to 101.3FM to listen to the service in the church parking lot at 9:30am.
- View Sunday's service from the comfort of your home through Facebook live stream at 9:30am <http://www.facebook.com/bucckiel/> OR watch the recorded worship service on Bethlehem's website anytime that is convenient for you and your family www.bethlehemkiel.org

Pastoral Care: *If you have any pastoral/spiritual care needs please contact Pastor Randy.*

2023 Bethlehem UCC Consistory Members

Pastor – Randy Koppenhaver (920)286-2531 or randynmel5@gmail.com

Elder/President - Steve Voland (920)286-0162 or svoland44@gmail.com

Elder - Traci Rabe (920)894-7903 or trabefamily5@gmail.com

Elder – Lee Watson (920)562-0588 or lwatson@kiel.k12.wi.us

Deacon - Ross Westphalen (920)629-0193 rossw@forhealthycows.com

Deacon/Secretary – Kathy Bowe (920)894-7243 or LandKBowe@outlook.com

Financial Secretary - Ruthie Rumpff (920)946-5849 or srumpff@tm.net

Treasurer - Jane Umland (920)286-2175 or jm59umland@gmail.com

If you are not able to join us in person Sunday mornings, please mail your giving envelope/check to:

Bethlehem UCC

c/o Ruthie Rumpff

11608 Lax Chapel Road,

Kiel, WI 53042



You can also give electronically! Please contact Ruthie Rumpff for details

Bethlehem UCC has added a Donate Button on the Church Website

www.bethlehemkiel.org



Click on the donate button to make a secure online contribution today!

Your giving will go directly to offset our day-to-day costs of maintaining the church. This option was added in addition to giving at church, mailing your giving to church or giving electronically.

The on-line giving is secure by using your PayPal account, credit or debit card. The church is charged 1.99% plus 49 cents for each transaction. You have the option to add this charge to your donation.

Thank you for all your support!

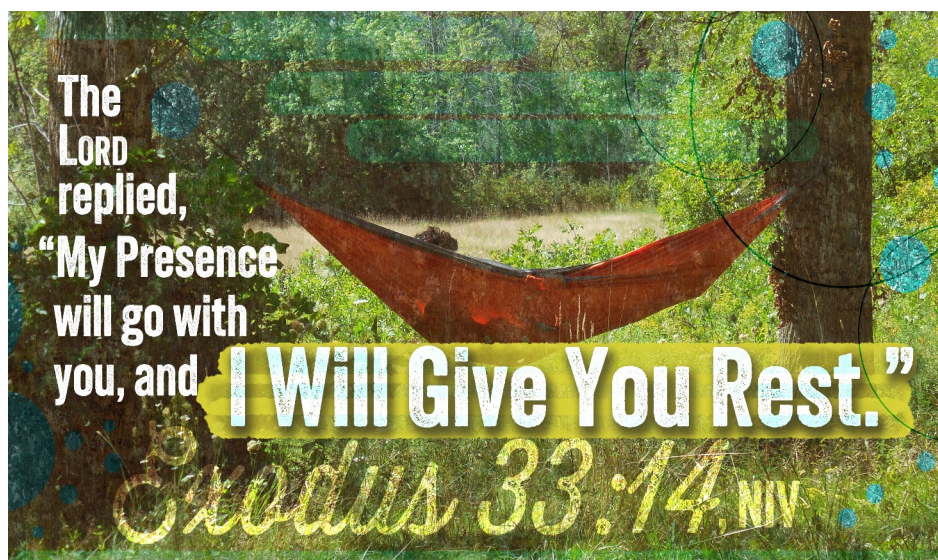
LOOKING FOR LITURGISTS!

Pastor Randy is looking for persons interested in leading worship services as liturgists. Lead the Call to Worship, Opening Prayer, Prayer of Confession, and Read a portion of the scriptures. A sign-up sheet is on the door to the pastor's office. Let Randy know if you have any questions.



Lectionary Readings for JUNE:

Second Sunday after Pentecost June 2, 2024	1 Samuel 3:1-10, (11-20) Psalm 139:1-6, 13-18	Deuteronomy 5:12-15 Psalm 81:1-10	2 Corinthians 4:5-12	Mark 2:23-3:6
Third Sunday after Pentecost June 9, 2024	1 Samuel 8:4-11, (12-15), 16-20, (11:14-15) Psalm 138	Genesis 3:8-15 Psalm 130	2 Corinthians 4:13-5:1	Mark 3:20-35
Fourth Sunday after Pentecost June 16, 2024	1 Samuel 15:34 - 16:13 Psalm 20	Ezekiel 17:22-24 Psalm 92:1-4, 12-15	2 Corinthians 5:6-10, (11-13), 14-17	Mark 4:26-34
Fifth Sunday after Pentecost June 23, 2024	1 Samuel 17:(1a, 4-11, 19-23), 32-49 Psalm 9:9-20 <i>1 Samuel 17:57-18:5, 18:10-16</i> <i>Psalm 133</i>	Job 38:1-11 Psalm 107:1-3, 23-32	2 Corinthians 6:1-13	Mark 4:35-41
Sixth Sunday after Pentecost June 30, 2024	2 Samuel 1:1, 17-27 Psalm 130	Wisdom of Solomon 1:13-15, 2:23-24 <i>Lamentations 3:22-33</i> Psalm 30	2 Corinthians 8:7-15	Mark 5:21-43



Bethlehem Consistory Monthly Meeting: 5-14-2024

Present: Steven Volland, Jane Umland, Ruthie Rumpff, Ross Westphalen, Kathy Bowe, Lee Watson, Traci Rabe, Pastor Randy Koppenhaver

Call to order: 6:34 PM

Opening Prayer by Randy: Prayer for leaders of faith community by Rev. Dr. Richard Bott

Monthly Reports



•Financial Secretary – Ruthie

.Month income \$7,043.00 (\$1,141.00 below YTD collection)

\$29,119.00 (\$3,617.00 below YTD requirement)

The report is approved as presented (motion by Jane and 2nd by Lee)

•Treasurer – Jane

.Giving's received in April to date are \$7,312.94 bringing the checkbook balance to \$59,416.78

The report is approved as presented (motion by Ruthie and 2nd by Traci)

Building & Grounds checking and Savings

- Checking = \$6,224.76
- Saving = \$8,664.24

•Secretary – Kathy

- The Secretary's monthly mtg minutes were approved as printed in the April Spirit of Bethlehem.
- Approved by Ross and 2nd by Jane

•Building & Grounds Updates

- Parsonage roof – completed---very pleased with the work (thank you for the donations you are giving)
- We will be looking for quotes to seal the cracks in the parking lot
- The lawns around the church yard have been repaired-thank you Louie, Scott and Rick
- Adding water sensors will be addressed at the building and grounds meeting. Water sensors need to be added per insurance company. Looking for quotes.
- There was a fire dept inspection for the fire extinguishers

Pastoral Report

Worship -

4/14, 4/21, 5/5

Field of Dreams on May 9

Upcoming "OFF" Sundays: June 9, June 23, July 28. August 18, August 25, Sept. 15

Planning Community worship service @ Kiel City Park on 8/11

Bethlehem Consistory Monthly Meeting (continued):

Confirmation/Youth/Sunday School

- Communications with Pastor Schultz at St. Mark's regarding VBS (has not responded to my latest inquiry. - Communications have gone out to Sunday School families
 - I have received one email from an interested family.
- I have asked the students and mentors to evaluate the mentor program.
- Confirmation was 4/21
- St. Peter's UCC is planning to join with the Bethlehem VB team

Mission

- Loads of Love on May 6. - Gave \$25 to each of our two "regulars"
- Undy 500 in progress
- WISE
 - Book Study, displays on-going
 - Working on logo and promotional ideas
 - Monthly update in the Spirit
 - Weekly "Mental Health Moments" during May.
 - Mental Health Sunday on May 19 - Can we do a special collection for NAMI or other mental health cause?
 - Melissa, Sarah, Marie and Jane created T-Shirts for the team

Pastoral care

- Phone calls and left messages 3x
- Other electronic communication 0x
- Cards 1x
- Visits 2x
- Hospital visits 0x

Wider Church/MID process

- Attended Zoom meeting at 1pm on April 11. It was a listening session on the restructuring of the associations and conference.
- Attended NE Association Annual Meeting on April 20
- COP (communities of practice) on May 7
- MID work towards ordination:
 - on draft 3 of my ordination paper - need lay readers
- Anti-Racism Training April 29, May 6, May 13 (online)

Member Outreach – cards sent on behalf of Bethlehem = 1 Thank you

OLD BUSINESS

- Kid Bags - Activity bags that can be used during worship services for young children
 - Located – outside sanctuary doors
- Donated tables – New white, lighter tables have been donated to the church. Old brown tables are for sale. \$50.00 each...make check out to Bethlehem UCC.
- WISE - May event, 5/19/24 – Guest speaker and potluck.
- VBS – Waiting for follow-up from St Marks/St James for details

Bethlehem Consistory Monthly Meeting (continued):

- Looking for a delegate for the annual meeting at the Green Lake conference center to receive a scholarship for Randy (Randy attending uncle's life celebration in Minn.)



NEW BUSINESS

- Jingle Change – Jingle change was given to NAMI on the 3rd Sunday (instead of Undy 500)
- Motion was made and second (Ruthie/Ross) to give a \$50 gift card to the guest speaker on 5/19
- Dates to add to your calendar
 - 6/2 -Mission group presentation of mission trip
 - 7/14 – Outdoor worship service/church picnic – this years' theme – old hat/crazy hat
 - Feathering boasted chicken, games and a good time
 - 8/8-8/10 – garage sale
 - 8/11 – Partnering with St Peters UCC for a service in the park (Kiel parade) There will be no worship service at Bethlehem**
 - 9/22 – Mission Fest



Motion to adjourn by Traci & 2nd by Ruthie
Meeting adjourned at 7:55 PM

Next meeting – June 12, 2024 6:30 PM (Wednesday)

Closed with Lord's Prayer

Secretary, Kathy Bowe



Have you been attending for a while, but are not an official “member” of Bethlehem? We’d love to have you join! On Sunday, June 30, we will be have a “New Member Sunday.” We will meet at 8:30am to discuss a few things about Bethlehem and then “receive” new members during worship at 9:30.

Please let Pastor Randy know if you would like to join our church!

Bethlehem Sunday School:



A big “THANK YOU” to the parents for bringing your children to Sunday School. It is amazing to see the little ones come running in with smiles on their faces. The last day of Sunday School was May 19th. They enjoyed some time outside in the first few weeks of May, and a little celebration on the last day.

Also, a “thank you” to our helpers this Sunday School season. And it won’t be possible without our teachers Steven, Sarah and Jennifer.

If you think you are interested in teaching next fall, you can sit in on a class or be a helper. Sunday School begins the week after Labor Day. We will keep you posted.

There is still time to attend VBS at St. Marks. If you are interested, refer to the letter you received and contact Pastor Randy or any teacher.

Happy Fathers Day!!!

Have a safe and happy summer.
See you in church!

Bethlehem Merry Christians:

The Merry Christians thank those who made our recent brat fry a great success.

Our menu included “Firehouse Steaks”. Several customers inquired “What’s a firehouse steak?” So, we were fortunate to have Will Mathes, the former history teacher, on board to give the background for the firehouse steak. Will explained that the Kiel fire fighters would get together regularly for meetings. A siren would sound, everyone knew that was the call to the meeting, not a fire call. Somewhere along the way at these Wednesday night meetings, it was decided to eat together. Having two butchers among the fire fighters, they would do a special cut of meat to create a thin steak for sandwiches. Thus the name “Firehouse Steaks”. After hearing the story, one customer exclaimed, “I’ll take two.”

Kaye Radder

Please Save Your Kiel Piggly Wiggly Receipts:...The Merry Christians have been collecting cash register receipts from the Kiel Piggly Wiggly store. No other area store receipts are of any use to us. We receive a monetary rebate for every dollar that is spent on groceries. Please help us help others by placing your used store receipts in the box under the mailboxes in the fellowship hall. Thank you!

Bethlehem Ladies:

The Bethlehem Ladies surprised Merlin and Doris Mae with a visit on Tuesday, May 21st to wish them a Happy 75th Wedding Anniversary! Congratulations!!! We wish you endless happiness and countless more cherished moments.

After we presented them with flowers and a card, we reminisced with them about their wedding day and other events over the years. It was enjoyed by all.



After our visit with the Ninmers, we went to Riverview Restaurant and enjoyed a meal together. While waiting for our food, we played a fun game "Name the Hymns" that Shirley found. After eating, we had a short meeting. Six members were present. Thank you cards were read from Nancy Zimmerman and Pastor Randy. Motion made to give \$500.00 to the Bethlehem Maintenance Fund.

No meeting in June or July.

We will be playing Bingo with the residents at Field of Dreams on Saturday, June 22nd at 10:00 am. Polly will get the prizes.

SAVE THE DATE! Our Annual Guest Night will be Tuesday, September 17th. Our Guest Speaker will be Steve Hamer, President of Wash for Life. Wash for Life is a nonprofit organization that installs wells (boreholes) at schools and villages in Malawi, Africa so they can access clean water. More details to follow.

On to wash Communion glasses for June are:

Sunday, June 2nd: Polly Jeanty

VOLUNTEER NEEDED PLEASE

The Bethlehem Ladies would like to thank all that have volunteered to help wash the Communion Glasses. We are still looking for help through the remainder of the year. This is a very easy job and is a fun time of fellowship. There will be one Bethlehem Ladies member scheduled for each washing and we are looking for 1 or 2 more from the congregation to help. A signup sheet with all the dates for the upcoming year is in the Fellowship Hall. Please consider helping us out. Thank you!!

~Polly Jeanty, Secretary

Bethlehem Scrip:

Graduation and Father's Day is fast approaching! Please keep in mind that gift cards make a great gift for dads and grads. Stop at the scrip table and check it out. If you have any questions, please let me know. Scrip is sold on the 1st and 3rd Sundays of the month.

REMINDER: 10% of the profit is set aside for the "families in need" program. If you know of someone in need, please contact Pastor Randy.

Thank you for your continued support!

Linda Rabe

SCRIP STATS:		PROFIT
5/05/24	\$ 4,785.00	\$153.45
5/19/24	\$ 2,665.00	\$ 83.25



From the Historical Records of Bethlehem U.C.C.



Pastor Melinda Feller recently announced her retirement while serving the congregations at St. John's UCC (Schwartzwald) and St Paul's UCC (Malone). She had served Bethlehem from July of 1991 through April of 2002. This was one of the longest terms for a pastor of Bethlehem.

Calling a female pastor in 1991 was a bit of a controversy for the yoked parishes of Bethel and Bethlehem UCC. The churches had been yoked since 1944 and always been served by male pastors, with the exception of two interims, Pastor Wanda Veldman and Barbara Loose.

Melinda Feller was born in Kendalville, Indiana and raised in Michigan. She graduated from Morley-Stanwood High School in Morley Michigan. Furthering her education she attended University of Michigan and Michigan State University. She attended Seminary of the Twin Cities where she graduated May 1991.

She was ordained at Flasher UCC, Flasher, North Dakota on June 9, 1991. Four members of Bethlehem traveled to Flasher to attend her ordination service.

Several weeks later, three members of Bethlehem drove to St. Paul to load her household items in a U-Haul. Then the next day driving to the parsonage at Bethlehem. Other members were ready to greet Pastor Melinda, unload and help her get settled into her new home. *Continued on page 12*

During her ministry at Bethlehem, she married 18 couples, baptized 42 children, confirmed 38 youth and presided over the funeral service of 20 members.

In addition to leading worship services each week at Bethel and Bethlehem, Pastor Melinda:

- *Encouraged several members to attend Lay Academy*
- *Was an advocate for Crop Walk and Heifer Project*
- *Saw the church get a new organ in June 1999*
- *Supported various fund raising efforts including putting together a church cookbook, operating a food stand at Farm Progress Days, and holding an annual garage sale.*
- *Promoted the work of small groups in special events such as the Maundy Thursday plays, Christmas Cantatas, and a float for the Kiel parade.*
- *Initiated a Sunrise Easter Service followed by Easter Breakfast.*
- *Encouraged joint events with the Bethel congregation including a picture directory of members.*
- *Saw modifications of the parsonage such as a deck and fire escape.*
- *Began first communion classes for youth. Previously only confirmed members were invited to share the Lord's Supper*

On July 14, 2001 Bethlehem UCC presented Pastor Melinda with a plaque commemorating 10 years of service with the church. (She was also given the day off from leading worship that day.)

Pastor Melinda left the Bethel and Bethlehem in April 2002 after the yoke was dissolved. Per her calling contract, Pastor Melinda could only serve both churches, not one or the other.

She went on to serve Immanuel UCC in Kaukauna, Wisconsin, Roberts UCC in Roberts, Wisconsin, St. John's UCC, Elkhart Lake, Wisconsin, and St. Paul's UCC, Malone, Wisconsin.

Kaye Radder, Historian

*****There will be an open house retirement celebration for Rev. Melinda Feller on Sunday, June 2, 1-4pm at Millhome Supper Club.***

If you are unable to attend and wish to send a card, Pastor Melinda's address is: Pastor Melinda Feller 229 East Brooklyn Street, Chilton, WI 53014

Just a reminder of the upcoming church rummage sale in August.

Your trash may be someone else's treasure.

There are plans underway for a church rummage sale in August. If you have items that other households might find useful, please save them for the sale. We do the pricing, so you don't have to.

If you don't have room to store until summer, please contact Merry Christians members who can arrange storage. If you need boxes or bags to gather items, just ask.



We would like to thank the Merry Christians for bringing us lunch from their Brat Fry. It was delicious.

Thank you for thinking of us.

Merlin and Doris Mae

Thank you to the Bethlehem Ladies and Paula for the surprise visit on our 75th Wedding Anniversary. Also, thank you for the card and the flowers. We enjoyed our time together.

Merlin and Doris Mae



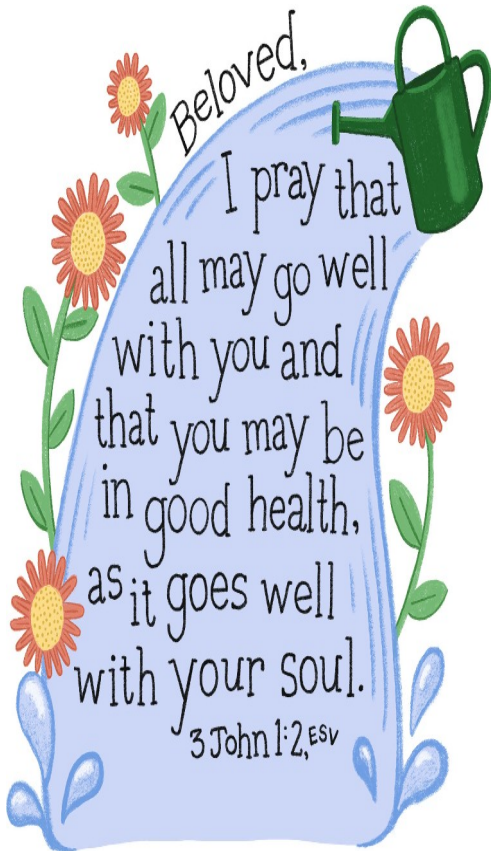
Those in our thoughts and prayers

Joys:

*Congratulations to Steve & Jennifer Deignan on the birth of their daughter, Charly Ann
Congratulations to all high school and college graduates*

Those struggling with health issues:

*Chad Jeanty
Wanda Matzdorf
Art Matzdorf
Jim Markelz
Brad Westphalen
Nancy Zimmermann
Heidi Konen
Darlene Horneck
Dawson Horneck
Jessica Horneck
Mason Kannel
Mary Beth Molitor
Marie Rietbrock
Brenda Volland
Gary Steinhardt
Tom Lefeber
Dana (sister of Melissa K)*



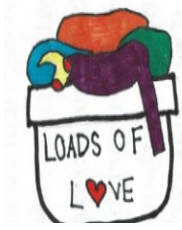
Those unable to worship with us:

*Merlin & Doris Mae Ninmer
Helen Henning*

Other concerns:

*Those affected by war in Gaza and the Ukraine
The people of Haiti
Those affected by violence and oppression in other places of the world.
The loved ones of Elijah Vue*

Loads of Love:



Once a month, recipients meet Bethlehem's Loads of Love team at the laundry mat and are supplied detergent and dryer sheets to wash and dry their clothing, towels, and bedding. Loads of Love also generously provides the quarters for the washers and dryers. With your help Bethlehem will continue to do God's work through this important mission. Your donations can be placed in the "Laundry Detergent" container located near the entrance to the sanctuary.

Bethlehem's Loads of Love Laundry Ministry has seen an increase in clients and cost in recent months. We are currently aiding TWO clients with medical conditions that result in large amounts of soiled laundry. Your financial support of the program is needed to continue providing this important service in our community.

Thank you for sharing God's love through your generosity!

Important Announcements:



Save your Aluminum Cans:

Sunday School continues to collect aluminum cans.

Place your bags in the old garage next to the cemetery.

~Can you help? Bethlehem will be assisting at the Immanuel UCC Food Pantry on the 4th Thursday of the month. Times are approximately 8:30 – 11am. Please sign-up in the Fellowship Hall for Thursday, June 27th.

- Summer Camp time is Approaching! Daycholah Center and other UCCI camps are booking for campers and ALSO hiring staff for the summer! (Perfect for college students!) Please let Pastor Randy if you'd like more information about summer camp or check out www.ucci.org







JUNE VINNIE'S PANTRY ITEMS -
Tube of Toothpaste, Tooth Brushes, Deodorant or Lotion
JUNE Jingle Change supports:
Strengthen the Church



June Bethlehem Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 9:30am Communion Service w/Pastor Randy – Mission Group Presentation	3 Loads of Love 5pm	4	5	6	7	8
9 9:30am Worship 	10	11	12 6:30pm Consistory mtg.	13	14 	15
16 9:30am Worship w/Pastor Randy	17	18	19 5pm July Spirit articles due to Traci	20	21	22 10am Bethlehem Ladies BINGO at Field of Dreams
23 9:30am Worship	24	25	26	27 8:30am Immanuel Food Pantry	28	29
30 8:30am New Member mtg. 9:30am Worship w/Pastor Randy “New Member Sunday” Coffee Hour Celebration to follow						



JUNE

Birthdays & Anniversaries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <i>Tim & Judy Mueller (2000)</i>
2	3 Brenna Koppenhaver Brian Radder Kylie Brockway	4 Brooke Muehlbauer	5	6 Gene Radder Keatyn Suttner Jesse & Jenna Rumpff (2015)	7	8 Ginny Schultz
9	10	11 Melissa Koeppenhave r	12	13 Julie Mueller Kate Wilharms	14 <i>Will & Lora Mathes (1975)</i>	15 Kevin Voland
16 Zoe Watson	17 Jason & Jennifer Brockway (2006)	18 Mike Brockway	19 Ryan & Sarah Arnold (1990)	20 Bonnie Zorn Maria Hoban Eric Muehlbauer	21	22 John Schisel
23 <i>Lee & Nicole Watson (2001)</i>	24	25 McKenna Rugowski Trent Hanson	26 Jerry Wehrmann	27 Warren Fidlin Kayla Hanson Brad & Maria Hoban (2015)	28	29
30						



Anxiety Disorders

Everyone experiences anxiety. However, when feelings of intense fear and distress are overwhelming and prevent us from doing everyday things, an anxiety disorder may be the cause. Anxiety disorders are the most common mental health concern in the United States. An estimated 40 million adults in the U.S., or 18%, have an anxiety disorder. Approximately 8% of children and teenagers experience the negative impact of an anxiety disorder at school and at home.

Symptoms

Just like with any mental illness, people with anxiety disorders experience symptoms differently. But for most people, anxiety changes how they function day-to-day. People can experience one or more of the following symptoms:

Emotional symptoms:

- Feelings of apprehension or dread
- Feeling tense and jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

Physical symptoms:

- Pounding or racing heart and shortness of breath
- Upset stomach
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea

Types of Anxiety Disorders

Different anxiety disorders have various symptoms. This also means that each type of anxiety disorder has its own treatment plan. The most common anxiety disorders include:

• **Panic Disorder.** Characterized by panic attacks—sudden feelings of terror—sometimes striking repeatedly and without warning. Often mistaken for a heart-attack, a panic attack causes powerful, physical symptoms including chest pain, heart palpitations, dizziness, shortness of breath and stomach upset.

- Phobias.** Most people with specific phobias have several triggers. To avoid panicking, someone with specific phobias will work hard to avoid their triggers. Depending on the type and number of triggers, this fear and the attempt to control it can seem to take over a person's life.
- Generalized Anxiety Disorder (GAD).** GAD produces chronic, exaggerated worrying about everyday life. This can consume hours each day, making it hard to concentrate or finish routine daily tasks. A person with GAD may become exhausted by worry and experience headaches, tension or nausea.
- Social Anxiety Disorder.** Unlike shyness, this disorder causes intense fear, often driven by irrational worries about social humiliation—"saying something stupid," or "not knowing what to say." Someone with social anxiety disorder may not participate in conversations, contribute to class discussions, or offer their ideas, and may become isolated. Panic attack symptoms are a common reaction.

Causes

Scientists believe that many factors combine to cause anxiety disorders:

- Genetics.** Some families will have a higher than average numbers of members experiencing anxiety issues, and studies support the evidence that anxiety disorders run in families. This can be a factor in someone developing an anxiety disorder.
- Stress.** A stressful or traumatic situation such as abuse, death of a loved one, violence or prolonged illness is often linked to the development of an anxiety disorder.

Diagnosis

The physical symptoms of an anxiety disorder can be easily confused with other medical conditions like heart disease or hyperthyroidism. Therefore, a doctor will likely perform a carefully evaluate involving a physical examination, an interview and ordering lab tests. After ruling out a medical illness, the doctor may recommend a person see a mental health professional to make a diagnosis.

Treatment

As each anxiety disorder has a different set of symptoms, the types of treatment that a mental health professional may suggest also can vary. But there are common types of treatment that are used:


- Psychotherapy, including cognitive behavioral therapy (CBT)
- Medications, including anti-anxiety medications and antidepressants
- Complementary health approaches, including stress and relaxation techniques.

See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders>

Updated March 2015

NAMI 3803 N. Fairfax Drive, Suite 100 Arlington, VA 22203 www.nami.org
 NAMI HelpLine: 800-950-NAMI (6264) [NAMI](http://www.nami.org) | [namimunicate](http://namimunicate.org)

Source: <https://namimanitowocounty.org/resources/about-mental-illness/fact-sheets/>



THESE SUMMER DAYS,
SHEPHERD LORD,
YOU LEAD US AMID
GREEN GRASSES AND
PEACEFUL WATERS TO
RESTORE OUR SOULS.
THANK YOU FOR YOUR
GOODNESS AND MERCY!