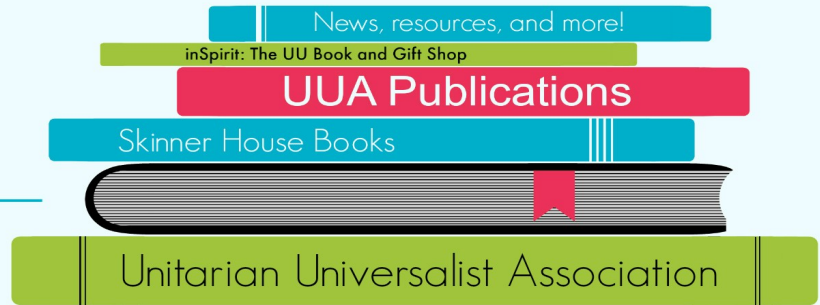


# October Publications Update

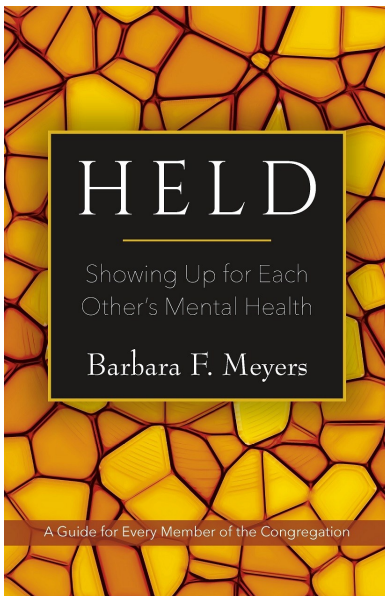
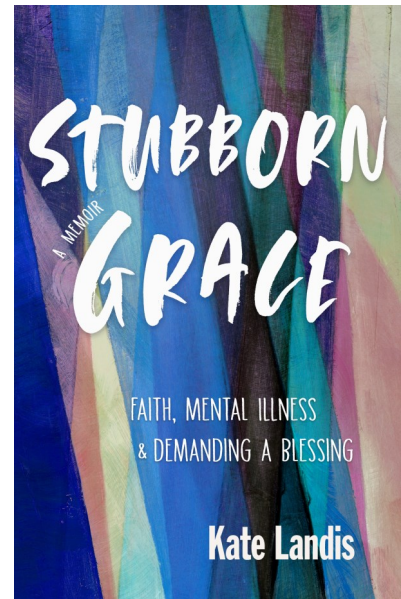


## New Books about Mental Health from Skinner House

Mental Illness Awareness Week is October 4th–10th, and includes the National Day of Prayer for Mental Illness Awareness, Recovery, and Understanding on October 6th and World Mental Health Day on October 10th. With these dates in mind and the unprecedented and challenging times we're living in, we'd like to highlight these two new books from Skinner House about mental health.

[\*Stubborn Grace: Faith, Mental Illness, and Demanding a Blessing\*](#)  
by Rev. Kate Landis

Rev. Kate Landis grew up in the American Baptist Church until she left in her late teens after surviving major depression and a handful of suicide attempts. She became an activist, feminist, punk, and self-described rabble rouser. And through activism she found a spiritual community with justice at its core and a faith that could hold it all—her mental illness, her fire, her spunk, and all of her questions—a loving, stubborn grace. With unflinching honesty and humor in the vein of Cheryl Strayed and David Sedaris but a raw tenderness all her own, Rev. Landis chronicles the hardest parts of her young adulthood as well as her poignant journey to community.



[\*Held: Showing Up for Each Other's Mental Health\*](#)  
by Rev. Barbara F. Meyers

In *Held*, community minister and mental health advocate Rev. Barbara F. Meyers illustrates how members of liberal religious congregations can be supportive to those living with mental health problems, and their loved ones, in our congregations and society at large. Rev. Meyers addresses the fundamental elements of spiritual support with stories from real life situations and suggestions for how parishioners can provide and advocate for support in their congregations. A study guide for congregations and a list of resources for more information round out this thoughtful and necessary resource.



News, resources, and more  
from UUA Publications

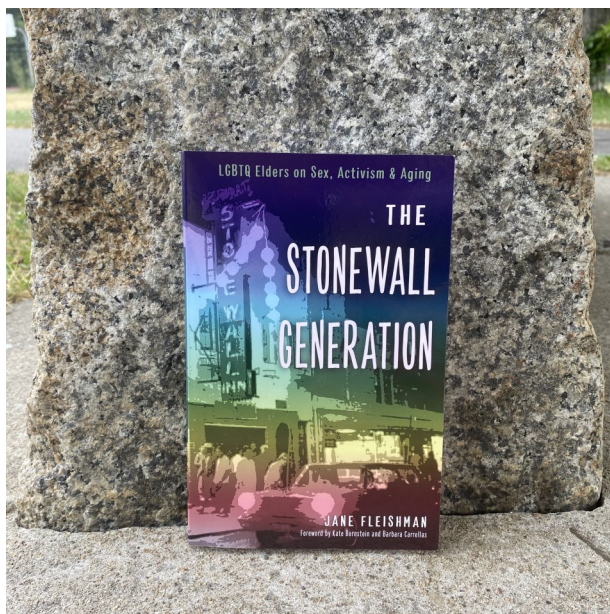
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# Announcements and Resources

## ***Stonewall Generation Virtual Events***

October is LGBTQ History Month, with National Coming Out Day on October 11th, and the author Dr. Jane Fleishman and many of the elders featured in [\*The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging\*](#) will be participating in two virtual events held by Massachusetts bookstores:

- On October 22nd at 7PM ET, Brookline Booksmith will host the launch event, in partnership with SAGE, one of the oldest and largest non-profit organizations dedicated to the needs of older LGBTQ people. Dr. Fleishman will be in conversation with Joey Wasserman, Edie Daly, and others. Registration information to come—links will be shared on Skinner House’s social media.
- And on October 29th at 6PM ET, East End Books in Provincetown, will host a second event. Dr. Fleishman will be in conversation with David Velasco Bermudez and Bob Isadore. This event is free but registration is required. [Register here.](#)



## ***Stonewall Generation Discussion Guide***

Skinner House is excited to announce a new discussion guide for [\*The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging\*](#) by Jane Fleishman. Designed specifically for congregations, this discussion guide can help communities become more LGBTQ elder-inclusive. By discussing the themes each of these courageous elders raises, communities can promote the strengths of LGBTQ elders by hearing their stories of courage and activism and inspire current and future generations to speak out against oppression. You can access the PDF of the discussion guide [online](#).



News, resources, and more  
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# Announcements and Resources

## Home Worship Resources

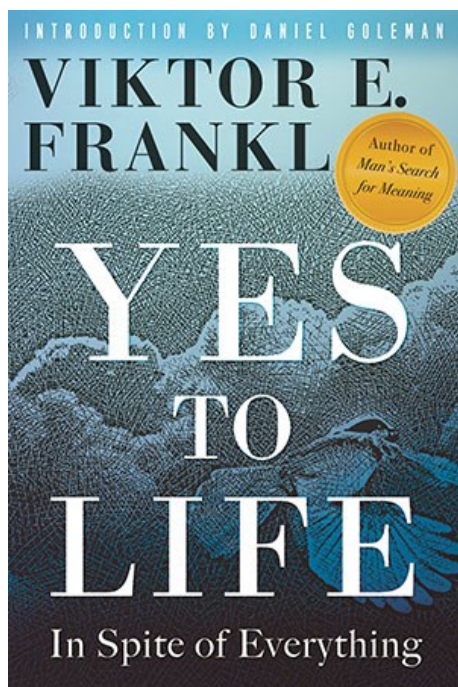
It's the early days of a new church year that looks unlike any other. And yet in the midst of challenges, Unitarian Universalists crave inspiring and restorative worship services more than ever. We'd like to highlight these powerful and flexible resources:

[\*Sparks of Wonder: Theme-Based Ministry for the Whole Congregation\*](#) by Becky Brooks and Rev. Erika Hewitt

[\*Lifting Our Voices: Readings in the Living Tradition\*](#)

[\*Ancient Stories for Modern Times: 50 Short Wisdom Tales for All Ages\*](#), retold by Faye Mogensen

We'd also like to point to inSpirit: The UU Book and Gift Shop's wonderful [music selection](#) of hymnals, songbooks, and CDs to help Unitarian Universalists worship from home.



## October's Goodreads [Book Club](#) Pick

October's group read is [\*Yes to Life: In Spite of Everything\*](#) by Viktor E. Frankl (Beacon Press). Eleven months after he was liberated from the Nazi concentration camps, Viktor E. Frankl held a series of public lectures in Vienna. The psychologist, who would soon become world famous for his book *Man's Search for Meaning*, explained his central thoughts on meaning, resilience, and the importance of embracing life even in the face of great adversity. Published here for the very first time in English, Frankl's words resonate as strongly today as they did in 1946. He offers an insightful exploration of the maxim "Live as if you were living for the second time," and he unfolds his basic conviction that every crisis contains opportunity. Despite the unspeakable horrors of the camps, Frankl learned from the strength of his fellow inmates that it is always possible to "say yes to life"—a profound and timeless lesson for us all.



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