



“Holy & Whole”

Lenten Fast for Community Well-being

“Well-being” is a Biblical concept, expressed in the word, “shalom.” In short, “Shalom” is wholeness or fullness of life experienced spiritually, emotionally, mentally and physically. Well-being is experienced when we are in just relationship to God, one another and the rest of creation.

Essentially, we establish and maintain a state of well-being by living in mutual, loving relationships. A state of well-being is the fruit of being valued, affirmed and supported by those around us throughout every age and stage of our lives.

Unfortunately, we live in a society where experiencing a state of well-being is elusive. Our current social ordering works against well-being. Economic and social systems create and reinforce inequality. Social relationships are stratified. Individuals and groups are valued based on age, race, ethnicity, gender, gender orientation, educational status, economic status, abilities, etc. Those people who do not “fit in” often experience mental, emotional and physical distress. Those who are in distress are often blamed for their struggle, shamed and ostracized.

Jesus said, “I have come that they may have life—and have it fully.” John 10:10 Jesus brought life and wholeness to everyone he met, especially showing compassion toward those experiencing “dis-ease.” As followers of Jesus, we are called to show grace and mercy to those in distress—not judgment or condemnation. The faith community is a healing community where the weak find strength and those bound in chains find release; and where everyone experiences “shalom.”

In this season of Lent, we will work to be a faith community of shalom and well-being, based on the following fundamental beliefs.

WE BELIEVE that every person is created in God’s image and is valuable, lovable, capable, and holy.
WE BELIEVE that every person at every age and every stage deserves respect and acceptance, and deserves to be treated with dignity and kindness, no matter what.

WE BELIEVE that every person deserves to be valued, affirmed and supported at all times, but especially when facing trauma, crisis or personal struggle.

Therefore, during the 40 days of Lent, starting Ash Wednesday, February 14, we will...



Fast from words that kill; and feast on words that give life.

“Words kill, words give life; they’re either poison or fruit—you choose.” (Proverbs 18:21, The Message)

We all know the power of words to hurt. We’ve been victims, but we’ve also been perpetrators of verbal abuse. God calls us to ‘give life’, so we will become aware of our language and give up name-calling, condemnation, insults, curses, sarcasm and other words that kill. We will replace verbal abuse with language that encourages and builds up.

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Practice being a faith community of mutual and loving relationships where everyone thrives and experiences wholeness.

We will do this through weekly “wellness checks” where we will use the words of Scripture to renew our minds and build up one another. We will meet on Wednesday evenings at 7:00 pm, starting February 21, at 3413 W. Medill Ave.



Work with neighborhood churches and organizations to create a Community Mental Health Center.

While we recognize that we must work for an end to wealth inequity, low wages, housing insecurity and other systemic injustices that inhibit community well-being, we also recognize that our community needs to provide support to individuals that struggle with trauma, anxiety, depression and other types of mental illness.

Because the city of Chicago has systematically shuttered or curtailed mental health clinics throughout the city, we will work for the creation of a Community Mental Health Center in the Logan Square, Hermosa and Avondale communities by gathering signatures for a binding referendum on the November 2018 ballot.

We will kick off our campaign at Occupy Palm Sunday, March 25, at the Logan Square ‘Eagle’ Monument. More details will coming soon.

Together, we will be ‘Holy & Whole’