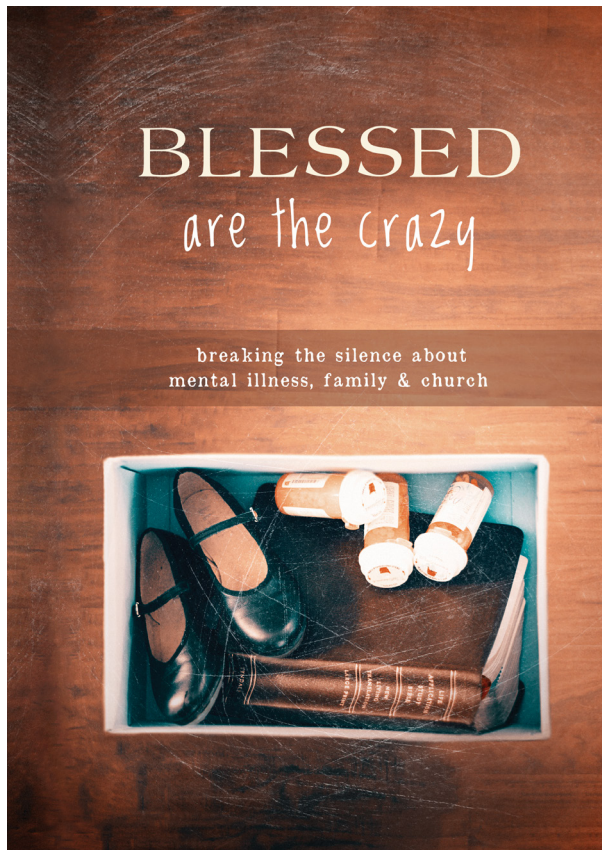


BLESSED ARE THE CRAZY

Breaking the Silence About Mental Illness, Family, and the Church
by Sarah Griffith Lund



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More than a memoir about breaking the silence of mental illness, *Blessed Are the Crazy* makes a great resource for churches.

When do you learn that "normal" doesn't include lots of yelling, lots of sleeping, lots of beating? In *Blessed Are the Crazy: Breaking the Silence about Mental Illness, Family, and Church*, Sarah Griffith Lund looks back at her father's battle with bipolar disorder, and the helpless sense of déjà vu as her brother and cousin endure mental illness, as well. She seeks answers in her faith communities, from feeling pain in God's presence, through seeing the Holy Spirit on Death Row as she witnesses her cousin's execution.

With a small group study guide and "Ten Steps for Developing a Mental Health Ministry in Your Congregation," *Blessed Are the Crazy* is more than memoir—it's a resource for churches and other faith-based groups to provide healing and comfort. As Sarah writes, "This testimony is for anybody who has ever wondered how God can use craziness to teach us about the depths of human and divine love."

"A brave and beautiful memoir that will open up conversations about some of the most neglected, shadowy corners in our human experience."—Anna Carter Florence, Columbia Theological Seminary

About the Author



Rev. Dr. Sarah Lund, Minister for Disabilities and Mental Health Justice

The Rev. Dr. Sarah Lund's mission is to partner with others to share hope and healing. She is an ordained minister in both the Christian Church (Disciples of Christ) and the United Church of Christ. Sarah has served as pastor to churches in Brooklyn, NY, Minneapolis, MN, and New Smyrna Beach, FL. Sarah served as Regional Minister in the Florida Conference of the United Church of Christ and as a Vice President for Christian Theological Seminary in Indianapolis, IN. She holds degrees from Trinity University (BA), Princeton Theological Seminary (MDiv), Rutgers University (MSW), and McCormick

Theological Seminary (DMin). Sarah received the Dell Award for Mental Health Education at the 30th General Synod of the UCC.

Sarah currently serves as Minister for Disabilities and Mental Health Justice on the national staff of the UCC and as senior pastor of First Congregational UCC of Indianapolis, IN. She volunteers on the national boards of Pathways to Promise, Mental Health America, Bethany Fellows, and Piedmont University. In January of 2022, Sarah joined the US Department of Health and Human Services national Think Tank about faith communities and youth mental health. Sarah is the author of several books about mental health: *Blessed are the Crazy: Breaking the Silence About Mental Illness, Family, and Church* (2014), *Blessed Union: Breaking the Silence About Mental Illness and Marriage* (2021), and *Blessed Youth: Breaking the Silence About Mental Illness with Children and Teens* (2022), and a pocket-sized book for youth: *Blessed Youth Survival Guide* (2022). Sarah blogs at www.sarahgriffithlund.com.



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