



Blessed Are the Crazy: Breaking the Silence about Mental Illness, Family and Church (The Young Clergy Women Project)

Sarah Griffith Lund

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When do you learn that normal doesn't include lots of yelling, lots of sleep, 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.

Part of The Young Clergy Women Project.

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