

Top 10 Reasons to attend Faith & Life Forum 2021

(You'll really relate to #6)

You know the facts. Now the question is: Why should you attend?

Here are Pastor Amy's top 10 reasons:

- 1) Because it's virtual. Showering and ironing clothes are highly overrated activities. Not to mention that getting in the car and going places is sooo 2019.
- 2) Because it's not someone else's problem. The American Psychiatric Association found that 2/3 of Americans feel more anxious than they did a year ago. You are struggling. I am struggling. It's been rough, so let's learn what all has happened to our brains and souls and some ideas and tools for healing.
- 3) Because all the cool kids are doing it. That's right, all your friends will probably be there. You don't want to miss out, do you?
- 4) Because it's biblical. Our Bibles are full of folks experiencing things like anxiety (think of Jesus sweating blood in anguish in Luke 22:44), depression (Elijah's depression and suicidal ideation in 1 Kings 19:1-18), or a bipolar-type experience (the Psalms naming the heights of joy and the depths of despair just a few verses apart), to name a few. An event like this helps us understand our own stories and the stories of biblical characters better as we cry out to God that things are not as they should be.
- 5) Because the speakers are amazing. A theology professor who's done work on trauma and ways that church and spirituality can be sites of healing. A practicing psychiatrist who thinks holistically about health involving all of our selves. A conference minister who's got a question or two up her sleeve. What's not to look forward to?
- 6) Because there's no corresponding book assignment, so you don't have to feel guilty about not reading the book written by the speaker this year. This counts as two.
- 7) See #6
- 8) Because what else do you really have going on that day? Be honest.
- 9) Because of tradition. Mountain States Mennonite Conference has been having this forum for years. It's only right and proper that you would attend again. Tradition! (Yes, cue the *Fiddler on the Roof* song now, with my apologies that it will be stuck in your head for days.)
- 10) Because you're worth it. Why not take some time to learn (remind yourself?) how to care for your own brain and soul? (Btw, your best friend, spouse, and pastor agree with me on this.)

So there you have my reasons, and you can mark your calendar while noting the time change to 10:30. See you there!