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*edited by  
Florence Kraft*



**Mental Illness Awareness Week  
October 7-13**

A U. S. Congressional Resolution was passed in 1983, establishing the first full week of October as Mental Illness Awareness Week. Pathways to Promise has developed materials that are helpful in planning an interfaith event or incorporating an emphasis on mental illness in your congregation's regular worship services. Visit our web site <pathways2promise.org> for ideas or contact the Pathways office. Phone: (314) 644-8400; FAX: (314) 644-8834; email: Pathways@mimh.edu

The United Methodist Church at their web site <www.umc-gbcs.org/hcare> has several resources available which can be downloaded. The Presbyterian Church (USA) web site <www.pcusa.org/health> also lists a number of resources including a series of three colorful posters with matching bulletin inserts.

National mental health organizations also have educational resources designed for use during Mental Illness Awareness Week. You may wish to contact your local chapter of the National Alliance for the Mentally Ill (NAMI) or the National Mental Health Association to see what is happening in your community.

**A Word from the Chair :**

**BOB.DELL@ecunet.org**



By now we hope you have used the Mental Illness Awareness Week helps on our web site <www.pathways2promise.org> and noted the national events calendar. (See page 3)

Working back in time a bit, your chair was pleased to represent Pathways at NAMI's Conference in Cincinnati this summer and to take part in the Sunday morning closing worship. Thanks to Gunnar Christiansen and the NAMI staff for putting it all together. The sessions did indeed open up the discussion of what is evolving with faith groups and with NAMI groups that have a religious outreach. Among those reporting were Crystal Horning for the Mennonites, Paula Erdelyi and Larry Myers for the Union of American Hebrew Congregations, and Sara Moore for the Catholic Church and Mental Illness Project. A good but unusual example of a faith group and NAMI working together was the session, *Family-to-Family comes to Ohio's Amish Community*. All made interesting and helpful presentations. NAMI meets in Minneapolis, June 28-July 2, 2003. This is an excellent opportunity for faith groups to pow-wow!



**In Memoriam**

**Contributions have been made to Pathways to Promise in the names of the following people:**

**In Memory of**

**Dorothea W. Wade, by Gordon and Esther Bare**

**Charles O. Kelly, by Dr. William A. Kelly**

**John Thibeaux, by Mazie Thibeaux**

**In Honor of**

**Dr. Vassiliki Toullos, M.D. by Gail A. Olson**

## Membership Update

The Board and staff are grateful to those of you who have become members of Pathways for 2002. Without this monetary support we could not continue. The individuals who have joined are too numerous to list. However we are pleased to share with you the faith groups, congregations, organizations and agencies that have renewed their membership or newly joined Pathways since we last published a Newsletter.

### **National Religious Bodies and Organizations**

Christian Reformed Church in North America, Kalamazoo, MI  
 Presbyterian Church (USA), Louisville, KY  
 United Church of Christ Mental Illness Network, Roseville, MN  
 United Methodist Church, Board of Church and Society, Washington, DC

### **Congregations, Groups and Agencies**

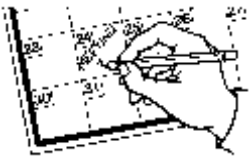
Allegheny Synod, ELCA, Altoona, PA  
 Associated Ministries of Tacoma-Pierce County Mental Health Chaplaincy, Seattle, WA  
 Aurora Foundation, Aurora, IL  
 Catholic Charities of Kansas City, MO  
 Central Pacific Conference, United Church of Christ, Portland, OR  
 Counseling Ministry of South Florida, Miami, FL  
 Diocese of Lansing, Lansing, MI  
 First Presbyterian Church, Neenah, WI  
 Jewish Community Centers of Greater Boston, Boston, MA  
 Maxine and Jack Zarrow Foundation, Tulsa, OK  
 Mennonite Central Committee Supportive Care Services, Abbotsford, Canada  
 Mennonite Central Committee, Winnepeg, Canada  
 Mennonite Mutual Aid Association, Goshen, IN  
 Mental Health Association of Milwaukee County, Milwaukee, WI  
 NAMI Eastside Support Group, Harper Woods, MI  
 NAMI Indianapolis, IN  
 NAMI Metropolitan Baltimore, MD  
 NAMI Metropolitan Houston, TX  
 NAMI-Shoals, Florence, AL  
 NAMI-St. Louis, MO  
 New York Presbyterian Hospital, Westchester, NY  
 No Longer Alone Ministries, Manheim, PA  
 Peace United Church of Christ, Hartsburg, MO  
 Reclamation, Inc., San Antonio, TX  
 Roman Catholic Bishop of Portland, ME  
 Roman Catholic Diocese of Erie, PA  
 Samaritan Counseling Services, Ann Arbor, MI  
 St. Joseph Roman Catholic Church, Hilo, Hawaii  
 St. Luke's United Church of Christ, Trappe, PA  
 University of Dayton, Institute for Pastoral Initiatives, Dayton, OH

To become a new or continuing member of Pathways, please complete and return the membership form found on the back of this newsletter.

**NOTICE:** Printing and mailing costs for the newsletter are a major and increasing expense for Pathways. In order to preserve funding for other work, we hope to trim our mailing list. The Newsletter



is also available on our Web site and some readers prefer that to a printed copy. If you want to continue receiving a printed copy through the U.S. Mail, you must let the Pathways office know by the end of the year.



## Mark Your Calendar

**Oct. 10 - National Depression Screening Day:** For information on screening sites, call your local Mental Health Association or on the Web at <[www.nmha.org](http://www.nmha.org)>

**Oct. 11-12 - New York City:** NARSAD's 14<sup>th</sup> Annual Gala Awards Dinner and Scientific Symposium. Contact NARSAD at 516-829-0091 or 1-800-829-8289.

**Oct. 19 - Sioux Falls, SD:** Day-long seminar on mental illness sponsored by Mennonite Mutual Aid. Topics include *Mental Illness and OUR Church* and *Understanding Depression*. For more information, contact MMA at: 1-800-348-7468, ext. 576

**Oct. 25-27 - White Plains, NY:** *Twenty Years of Families Helping Families*; Gala 20<sup>th</sup> Anniversary Celebration of NAMI-New York State to be held at the Crowne Plaza Hotel in White Plains. Call NAMI-NYS at 800-950-3228 or visit their web site <[www.naminys.org](http://www.naminys.org)>

**Nov. 2 - Tucker, GA:** *Models of Ministry with Individuals and Families Affected by Serious Mental Illness*. One-day conference at St. Andrews Presbyterian Church in this Atlanta suburb. Keynote speaker is the Reverend Linda MacDonald. Contact Brenda Gales at 770-929-3495 or email <[galesb@bellsouth.net](mailto:galesb@bellsouth.net)>

**Nov. 15 - Birmingham, AL:** Day-long conference at Vestavia Hills United Methodist Church exploring the topic *Mental Health: The Congregation's Role*. Keynote speaker will be Dr. Gunnar Christiansen. For more information, contact Kelly Preston at 205-783-3495.

### Our Web-site Calendar!

Many of you have told us about not being able to access our calendar without a password from Yahoo. We regret the inconvenience. As a security measure, Yahoo now requires even their members to reenter

their password. We are trying to find a way around this, but for now you may have to join Yahoo and get a password. There's no cost and you will also have access to other Yahoo features.



If you visited our Web site recently, you saw another example of the coordinating function of Pathways. Thanks to Jack Day, who led the way with the good materials produced for the United Methodist Web site, and to our Web Master, Alan Harris, we were able to pull together links to other faith groups as well as a reference to NAMI resources in time for Mental Illness Awareness Week.

### ***On the Web: More Sites***

The Alaska Mental Health Consumer Web site <[www.akmhcweb.org/recovery/rec.htm](http://www.akmhcweb.org/recovery/rec.htm)> provides hope by helping to dispel the myth that recovery from serious mental illness is not possible. It is a wonderful source of first-person "Recovery Stories" by consumers and also has "Articles" and "Activities" pages.

The National Mental Health Consumers Self-help Clearinghouse <[www.mhselfhelp.org](http://www.mhselfhelp.org)> is an excellent client resource run by consumer/survivors and funded by a grant from the Community Support Program of NIMH. Watch for notice of their annual *Alternatives Conference*.

The Center for Mental Health Services Consumer/Survivor page at <[www.mentalhealth.org/consumersurvivor/](http://www.mentalhealth.org/consumersurvivor/)> has the latest news and information on federal consumer-related programs and activities; grant announcements and funding opportunities; policy statements, etc.

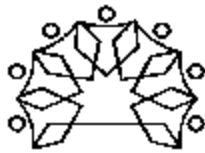
The National Alliance for Research on Schizophrenia and Depression (NARSAD) Web site <[www.narsad.org](http://www.narsad.org)> offers newsletter articles, grant information, brochures and fact sheets along with "Frequently Asked Questions" and "Coming Events" pages.

<[www.nostigma.org](http://www.nostigma.org)> is the web site for the National Mental Health Awareness Campaign, a joint project of the American Psychological Association and MTV.

<[www.psych.med.umich.edu/web/aacap/](http://www.psych.med.umich.edu/web/aacap/)> is a site for children of parents who have a mental illness.

The American Society for Child and Adolescent Psychiatry web site <[www.aacap.org](http://www.aacap.org)> offers help for parents and others interested in the well-being of children who have psychiatric disorders.

**Pathways to Promise** was well represented by Board Member Jan Burggrabe who presented a "Poster Session" at the Deaconess Parish Nurse Ministry 16<sup>th</sup> annual Westberg Symposium held in St. Louis, MO, the last week of September.



## NETWORK NEWS

**The Lutheran Network on Mental Illness/Brain Disorders** is now actively pursuing opportunities to have workshops and presentations for church conferences. As part of this initiative, speakers presented workshops at the 2002 Annual Parish Nurse Conference at Concordia University, Mequon, WI and at the Evangelical Lutheran Church of America's (ELCA) Triennial Women's Convention in Philadelphia this past July. The all Lutheran Candlelighting Service for Mental Illness Awareness can be accessed at <[www.ELCA.org](http://www.ELCA.org)> or by contacting Lisa Cleaver at 1-800-1638-3522 Ex. 2692.

The Lutheran Church - Missouri Synod (LCMS) offered a full day workshop sponsored by the National Alliance for the Mentally Ill at its denominational headquarters in St. Louis. The featured speaker was Carol North, M.D. Family members and consumers also made presentations. Additionally, Thrivent: Financial Services for Lutherans provided a generous grant to produce a congregational resource related to clergy and congregational awareness of mental illness. This resource is expected to be available by Spring 2003.

The LNMI/BD will be meeting in Chicago on October 23 & 24. Among its discussion items: sponsoring a regional conference in 2004 to educate church workers about mental illness.

**The Presbyterian Church (USA) Serious Mental**

Illness Network (PSMIN) was again active at the denomination's General Assembly in June. The annual Congregational Award for mental illness ministry was presented to the Mt. Vernon Presbyterian Church in Alexandria, VA for their Agape Reservoir Ministry.

PSMIN presented an award to Jennifer Shifrin for her pioneering work and endless energy in promoting mental illness awareness and support in faith communities

The Leadership Team met in Louisville in August for their annual face-to-face meeting with denominational staff to develop goals, plans and budget for 2003. New officers will be elected during the regular PSMIN membership meeting to be held in conjunction with the Presbyterian Health, Education and Welfare Association Biennial, January 23-26 in San Antonio, TX. Continuity is assured as current Vice-chair, the Reverend Bob Butziger (505-294-1517 or <[mbutziger@cs.com](mailto:mbutziger@cs.com)>) takes over the Chairmanship.

In line with the denomination's current emphasis on Care Teams, PSMIN Regional Representatives will receive training at a Care Team Seminar in Louisville, March 20-23. They will then become resource persons for congregations and care teams in their respective regions.

Our 2003 General Assembly will opening worship on Sunday, May 25, which our PCUSA calendar designates as Mental Illness Awareness Sunday. It also marks the 15<sup>th</sup> anniversary of passage of the PCUSA Report and Resolution on Mental Illness. Special events are planned.

**The Union of American Hebrew Congregations** will be publishing a study and resource guide aimed at raising awareness within congregations concerning the issue of mental health. The UAHC Department of Jewish Family Concerns is creating the guide which will include an overview of mental health issues from the context of Jewish Tradition; sample sermons; meditations; prayers; programs and resources.

The guide, due out in late Fall '02, will be designed to assist clergy and youth workers in developing programs of awareness and stigma reduction within the largest synagogue movement in North America.

The Department of Jewish Family Concerns will help launch the project with a series of workshops and seminars at congregations and regional conventions during the 02-03 program year. For further information, feel free to contact Rabbi Richard F. Address, director of the Department of



Jewish Family Concerns at UAHC (633 Third Ave.,  
New York, NY 100017) or e-mail:  
<deptjewfamcon@uahc.org>

**United Church of Christ:** The Board for the Mental Illness Network met immediately following the NAMI Conference. The Reverend Bryan Crousore, Hartsburg, MO, succeeds the Reverend Bob Dell as Chair. Bob and Ellen Hiatt were the founding Co-chairs in 1992.

Working with the UCC Disabilities Ministries, we are at last moving on identifying Key People in our various jurisdictions. The Key Person will provide someone close at hand to call on for help. We also look to these persons to promote awareness in the jurisdictions by means of workshops, news releases, displays at meetings, and training local church leaders.

We reach out in two ways: our Web site <www.min-ucc.org> continues to let people know something about mental illnesses, what a local congregation can do, and order forms for educational materials. We also have an occasional insert in the national UCC NEWS which reaches a growing number of homes now that the journal is free.

Challenges remain. First, insurance parity for a mental illness. Second, the several critical facets arising when the Church deals with the pastor, the family, and the congregation when mental illness strikes within the parsonage. Together with Disabilities Ministries, we hope to be present in December when placement staff meet to address these issues.

**United Methodist Mental Illness Network:** Two UMC Conferences have just created a new position within their staffs. The Reverend Susan Gregg-Schroeder of the California Pacific UMC Annual Conference has been named as the Coordinator of Mental Health Ministries. Eileen Noyes-Verchereau has been appointed to the newly created position of Coordinator of Mental Health Ministries for the New England UMC Conference. Congratulations to both of these conferences for their vision.



## The Noonday Demon: an Atlas of Depression

by Andrew Solomon

Winner of the 2001 National Book Award, this riveting book details the author's own harrowing experience with the disease, as well as the travails of numerous others, and how they eventually recovered. Mr. Solomon conducted extensive research and describes the illness with exquisite detail in a variety of contexts, showing how it is viewed in different cultures and societies. He also chronicles the history of depression and discusses the science of the disease.

Mr. Solomon presented a deeply moving discussion of his book at the NARSAD *Mindmatters* Symposium. What follows is an excerpt from that talk as first reported in the NARSAD *Research Newsletter* for Spring 2002.

*I often say, almost as a catchphrase, that I think the opposite of depression is not happiness, but vitality. And certainly what I felt was not a sort of despair, but a lack of interest and a lack of energy and engagement with the world. And slowly that sense of difficulty, that essential feeling of difficulty that I think is at the center of any serious depression, began to take over more and more of my life until it got to the point when not only the messages on my answering machine, but the very fundamentals of ordinary life began to seem impossible. And I would think 'I should eat dinner,' but the idea of actually taking the food on the plate and cutting it up and lifting the fork to my mouth and chewing it and swallowing it, it all just began to seem like more than I could really undertake and a terrible enterprise.*

*And that was when my cortisol system kicked in, and I began to have anxiety, which escalated rapidly. The depression on its own where I had started off was very unpleasant and very miserable, but I was able to tolerate it...The anxiety was absolutely intolerable, a constant sense of absolute terror, focused on nothing in particular. In better health and spirits I have enjoyed going skydiving...but I can say that it is easier for me to jump out of a plane at 30,000 feet under good conditions than it was for me to get up, take a shower, get dressed and walk out the door at the time that I was suffering from really major depression. It was a constant feeling that one ordinarily has, for example, in the split second when you trip and fall, just before you hit the ground, of being completely out of control and of something terrible happening and of being powerless, possibly similar to that moment of being in a car accident and being frozen and helpless and feeling the disaster coming on.*

*But it went on and on and on, and finally I reached the point at which I was almost entirely paralyzed, and woke up one day and really thought I'd had a stroke. I thought I'd just never felt as bad as this and I lay there staring at the telephone for four hours thinking, 'have to call someone and get some kind of help because I can't move.' But I just felt that I could not move even far enough to pick up*

the telephone. Fortunately, someone called eventually and I answered. And that was the point at which I began to seek help and seek support.



***Becoming an Accessible Congregation***, a new resource from Mennonite Mutual Aid, is designed to help congregations improve access for, and inclusion of, people who live with a mental illness or other disability. Moving beyond issues of communications and buildings, this program adds a third standard of attitude and provides tools for congregations to evaluate all these categories. Contact MMA at 800-348-7468, ext 269.

***Mommy Stayed in Bed This Morning: Helping Children Understand Depression*** by Mary Wenger Weaver is a 35-page story with illustrations written to help children ages five to ten understand something about what it is like to have a parent who lives with depression. Children can read it on their own or an adult may use it as a discussion starter with a child. Call MMA at 800-348-7468, ext 269 or visit [www.mma-online.org/resources](http://www.mma-online.org/resources)

***When Things are Sad and Gloomy*** (depression); ***When Things Get Really Weird*** (schizophrenia); and ***When Moods Go Up and Down*** (bipolar disorder). Three eight-page booklets by Nicole Chovil, published in 2001 by the British Columbia Schizophrenia Society, Richmond, BC, are designed to help children understand what life is like when a parent lives with one of these illnesses.

Eli Lilly and Company has created a new magazine, ***Reintegration Today***, dedicated to helping persons who live with a mental illness turn their hopes into reality. This bright, well designed magazine, filled with resources and uplifting stories, is available **free**. Start your subscription by calling 800-809-8202.

***Gifts in the Shadows***, Pacific Media Ministry, San Diego, CA. This Video features the Rev. Susan Gregg-Schroeder (UMC), who wrote a book by the same title, describing a series of gifts that have come out of her struggle with depression. Psychiatrist Edwardo Barreto, M.D. adds an Hispanic voice to discussion of spirituality and

mental illness. Contact PMM at 619-686-2739 or visit their web site: [www.pmm.org](http://www.pmm.org)

## Children and Mental Illness

Yes, mental illnesses do affect children. It's a sad but undeniable reality! The Surgeon General's 2001 Report on Children's Mental Health documents the crisis faced by these children and their families.

Studies of children ages 6 to 12 show that as many as one in ten suffer from the illness of depression. As with adults, some children cannot escape their sadness, but they may not have the vocabulary to adequately describe how they feel. Up to a certain age, they simply do not understand such complex concepts as "self-esteem" or "guilt" or "concentration" so they are more likely to show their feelings through behavior.

When bipolar disorder begins before or soon after puberty, it has been difficult to recognize and diagnose because it does not precisely fit the criteria established for adults. It is often characterized by a continuous, rapid-cycling, irritable and mixed symptom state that may resemble or co-occur with disruptive behavior disorders such as ADHD or conduct disorder.

A small number of children develop schizophrenia, but pervasive developmental disorders (which strike 10 to 15 of every 10,000 children) are considered the most serious of childhood psychiatric disorders. These disorders affect intellectual skills; responses to sights, sounds, smells; and the ability to understand language or talk. Some youngsters assume strange postures, perform unusual movements, or have bizarre patterns of eating, drinking or sleeping. Autism, which is generally apparent by the time a child is 30 months old, falls in this category.

Children are also adversely affected when a parent or sibling has mental illness. When one of the parents is ill, there is considerable stress for the other parent as well as for the children. When a sibling is ill, much of the parents' time may be taken up by that child, leaving less time for other siblings.

Pathways is interested in hearing about faith-based programs for these vulnerable children and their families.

## A Beautiful Mind...



## OCTOBER

...is a winner! The Academy Award movie, based on the national best-selling book by Sylvia Nasar, tells the story of John Forbes Nash, winner of the 1994 Nobel Prize in Economics who also has a long history of schizophrenia.

The movie (now available on video) is also a proven winner

with discussion groups, prompting dialogue among people who had never given much thought to mental illness. Reading Nasar's book and watching TV interviews with Dr. Nash, his wife and son have brought depth to discussions. But Hollywood has been able to do what none have done before by drawing ordinary audiences into the delusions and hallucinations of Nash's mind, making each of us more aware of how difficult it must be for affected people to separate reality from delusion. The number one question we hear is, "When did you first realize that some of what you were seeing was delusional?"

### Some points to ponder:

- With few exceptions, Nash was allowed **dignity** and **respect**;
- **Community reintegration**, attachment to familiar places, being part of a community was essential to Nash's recovery;
- Nash had an **employer** (Princeton) who found a way to **use his talents**;
- Nash's hallucinations returned when he stopped taking **medication**; Nash's **cognitive** strategy enabled him to ignore/override hallucinations or emotions [his similarly afflicted son cannot (yet?) do so];

### And questions to consider:

- How did Nash's illness manifest itself?
- What did you observe about Nash's relationships with his college roommate?...with his family?
- Where was God in this story? How do you understand God to be at work in our lives during times of turmoil?

**October Sale !** In honor of Mental Illness Awareness Week, Pathways will be offering special prices on the following items. Shipping charges remain the same.

In honor of Mental Illness Awareness Week, Pathways will be offering special prices on selected items. Requests received during the month of October will be filled in the order received, while supplies last. Now is the time to buy. Orders received after November 1, 2002, will be filled at the regular price.

Pathways to Understanding - An in-depth curriculum on ministry and mental illness designed for students in seminary or continuing education settings. Loose-leaf notebook format along with videotaped interviews with clergy, people who have mental illness, and family members.

Instructor's Manual - (regular price, \$30.00) Sale Price, \$15.00 plus \$4.00 shipping/handling

Student Manual - (regular price, \$25.00) Sale Price, \$12.50 plus \$4.00 shipping/handling

Videotape - (regular price, \$20.00) Sale Price, \$10.00 plus \$1.25 shipping/handling

Pathways to Partnership - A 38-page awareness and resource guide to assist congregations in responding to the needs of people living with mental illness. Available in Christian and Jewish versions (please specify).

Regular Price, \$5.00 Sale Price, \$4.00 plus \$1.25 shipping/handling

Our Congregation as a Caring Community: A Rabbi Looks at Mental Illness - Points to ponder, practical guidelines, and camera ready materials make this a valuable resource for any congregation.

Regular Price, \$5.00 Sale Price, \$4.00 plus \$1.25 shipping/handling

Mental Illness Awareness Interfaith Worship Resources - Series of three booklets created in response to requests for materials useful for sermons, articles, and worship services:

Caring Congregations; The Bible as a Resource; and Worship Resources are being sold this month as a set of three.

Regular Price, \$15.00 Sale Price, \$10.00 plus \$4.00 shipping/handling

To order the above materials simply circle the items you desire and indicate the quantity you are ordering. Please make checks or money orders payable to Pathways to Promise. Provide your mailing address below.

Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

City, State, Zip Code:

\_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_ Check here if you would like to continue to receive a printed copy of the Pathways Newsletter.

STOP!

STOP! BEFORE YOU TURN THE PAGE...

Remember, if you want to continue to receive a printed copy of Pathways Newsletter, you must let us know. Use the above form.

All memberships received during the final quarter of 2002 will be considered to be 2003 memberships.



**2003 Pathways to Promise Membership Form**

*All categories of membership include the benefit of a subscription to the Pathways to Promise Newsletter*

Please check **ONE** of the following membership categories

\_\_\_\_\_ Individual - \$20 \_\_\_\_\_ Congregation - \$50 \_\_\_\_\_ Other Local Group/Agency - \$50

\_\_\_\_\_ Regional Body or Chapter of an Organization - \$150 \_\_\_\_\_ National Religious Body - \$300\*

\_\_\_\_\_ Other National Organization/Agency - \$300\* \_\_\_\_\_ Individual Honorary/Lifetime Membership - \$500

*\*Current Bylaws provide membership in this category includes a seat on the Pathways Board of Representatives.*

Additional Contributions to Pathways are welcome and tax deductible

\$ \_\_\_\_\_ Gift to Pathways \$ \_\_\_\_\_ Gift to Pathways in Honor or in Memory of \_\_\_\_\_

Name: \_\_\_\_\_

Organization: \_\_\_\_\_  
Faith Group, Congregation or

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ FAX \_\_\_\_\_ Email: \_\_\_\_\_

Please make checks payable to: **Pathways to Promise** and send membership form to: Pathways to Promise, 5400 Arsenal Street,  
St. Louis, MO 63139.