



## **Rhythms of Renewal**

*will be the Conversation about Mental Health in a Faith Context  
on a Zoom call on Thursday, April 23, 7 pm– 8 pm*

*The facilitator is Rev. David Hay  
Hosted by the Mental Health Ministry of  
Atonement Lutheran Church*

For many of us, the last few weeks have been the most stressful time of our lives. How to get back to a sense of normalcy? In this conversation, Rev. David Hay, MDiv, MA, pastoral counselor and therapist with Centus Counseling, Consulting and Education along with Rebekah Lyons, author of the book *Rhythms of Renewal*, will help you trade stress and anxiety for a life of peace and purpose. The four rhythms of rest, restore, connect and create are more important now than ever to get us back to center, void of anxiety, depression, boredom and loneliness. Here is the link:

<https://zoom.us/j/7597395846?pwd=Vk83R1hyL2M5QUlCeHFYVFkxbjILUT09;>  
Call-in: 346-248-7799, ID7597395846#; If you are asked for the Password for the video zoom or for the telephone call it is: 930794.

David's training is in family systems, developmental, cognitive/behavioral, mindfulness, and solutions based therapies. David became a therapist to meet the mental health needs of the people in the community who are wanting to seek a balance of psychological understanding as well as spiritual insight on whatever is prohibiting a full measure of life and health. David works with Centus which is an interfaith counseling group providing counseling group providing individual, couple, and family therapy. Centus received a grant from the Rose Community Foundation for Education

