

Candle Lighting Service

We light the candle of **truth** that God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety and obsessive compulsive disorder. (*Moment of silent prayer*)

We light the candle of **healing** that troubled minds and hearts, broken lives and relationships might be healed. (*Moment of silent prayer*)

We light the candle of **understanding** that the darkness of stigma, labels, exclusion and marginalization might be dispelled for the sake of those touched by mental illness. (*Moment of silent prayer*)

We light the candle of **hope** for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve. (*Moment of silent prayer*)

We light the candle of **thankfulness** for compassionate, dedicated caregivers and mental health professionals, for new discoveries in brain research and better medications. (*Moment of silent prayer*)

We light the candle of **faith** to dispel doubt and despair for those who have lost hope and are discouraged. (*Moment of silent prayer*)

We light the candle of **steadfast love** to remind us of God's love and faithfulness and to remind us to share the light of love and service for those living with mental illness. (*Moment of silent prayer*)

~ Carole J. Wills

Other Options

- After lighting the candles, participants can be invited to come forward and light a votive candle while saying the name of someone they wish to pray for aloud or in their heart.
- Other types of candles can be used and a song can be incorporated.
- Another option is to have a fountain or bowl of water in the center of the candles. Participants can come forward and take a stone, colored marble or shell from the water and take it with them as a reminder of their personal prayer.