



Anxiety Ministry

With Aimee Hopkins

Are you feeling “stressed out”? World situations, family life, work got you worried a lot?



In the Christian calendar, Lent is a time for spiritual reflection, and a giving over of the physical self to spiritual matters, perhaps adding a spiritual discipline of some kind in order to get closer to God. Last year for Lent, I gave up worrying and beating myself up, two big sources of my anxiety.

I took a class on Anxiety and

Depression and want to share with you some of my tools, not as a professional but as a fellow on the spiritual journey of faith and sanity.

5 Sundays of Lent

12 noon to 1 pm

2/18, 2/25, 3/4, 3/11, 3/18

We will do meditation, mindfulness, deep breathing exercises, journaling, and several practical cognitive behavioral exercises to help us deal with the anxiety of the times.

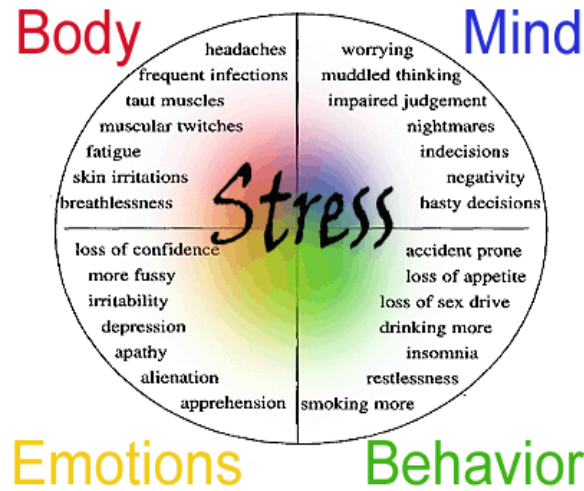
There will be light optional homework of 15 min’s per week for sharing and facilitation.

You do not need to be of any particular faith, all are welcome. There is no charge, there is nothing being sold, simply a gathering to lower anxiety as we go through our weeks, as working in a group strengthens the limbic system, which aids in reducing anxiety.



Questions? Call Aimee Hopkins 323-244-8886 or email her AimeeArtProductions@gmail.com

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Lent (*Latin: Quadragesima: Fortieth*) is a solemn religious observance in the Christian [liturgical calendar](#) that begins on [Ash Wednesday](#) and ends approximately six weeks later, before [Easter Sunday](#). The purpose of Lent is the preparation of the believer through [prayer](#), doing [penance](#), [mortifying the flesh](#), [repentance](#) of sins, [almsgiving](#), and [self-denial](#).^[1]

In Lent, many Christians commit to [fasting](#), as well as "giving up" certain [luxuries](#) in order to "replicate the sacrifice of Jesus Christ's journey [into the desert](#) for 40 days."^[2] Many Christians also add a Lenten spiritual discipline, such as reading a [daily devotional](#) or praying through a [Lenten calendar](#), to draw themselves near to God.^[8]