



SESSION 6 TRANSCRIPT

- Lisa Rumpel: "When shall I come and behold the face of God? My tears have been my food day and night, while people say to me continually, 'Where is your God?'"
- Lisa Rumpel: It was my eighteenth birthday. I was admitted to a psychiatric ward, and I was given an evening pass on that birthday to go home with my family. They showered me with gifts, with love, with cake, because I needed love so desperately at that time because my world was falling apart. I was hearing voices. I was having hallucinations. The week before, my mom found me crying on the floor, and she said, "Lisa, are you okay?" I was in the living room, and I was crying and shaking, and I said, "Get the devil off of me. Get the devil off of me."
- Lisa Rumpel: They took me to the hospital, and I was admitted. I found out that I had a psychosis. It was a break with reality. I didn't know if I could ever have a good life again. I truly believed that I was not good enough, that I was never going to be successful. But with the help of my school community, I actually graduated. I had honors, and I had a scholarship to Corpus Christi College.
- Lisa Rumpel: I had finished high school, and I was doing better. I was even off my medication. I said to my doctor, "I'm feeling great. I'm feeling fine," and he believed me. He's like, "Yeah, you're doing really well." I go to Corpus Christi College, and I have another breakdown. This time when I was in the psychiatric ward for a month, they diagnosed me with bipolar disorder. I kind of had a mix of emotions. I was like, "Well, finally I have something that I can find a solution for." But it was difficult.
- Lisa Rumpel: I didn't get to go back home right away. I had to go to a group home. That's what my counselor and my parents decided would be best for me. They said, "This will help you in your independence, and it'll help you get you back on your feet."
- Lisa Rumpel: Every weekend, I would go and see my parents. I would travel three hours to see them. They were integral to my healing.
- Lee Kosa: When you come before another flesh-and-blood human being and bare your soul, your deepest fears, your deepest secrets, your darkest sins, and somebody stares back at you who speaks grace at our deepest point of shame...
- Hillary McBride: Yeah, exactly.
- Lee Kosa: ...and says, "I see you..."
- Hillary McBride: Yes.
- Lee Kosa: ...and yet I love you."
- Hillary McBride: Yeah.
- Lee Kosa: That is sort of the gospel enfleshed.



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- Hillary McBride: It is.
- Sue Nickel: Exactly.
- Hillary McBride: It is. In the midst of all the messiness, you're still...
- Sue Nickel: Right.
- Hillary McBride: ...good, you're still lovable, you're still chosen. I'm going to model that to you in the way that, every time you have tears emerging as you recount stories of trauma and distress, I say, "Thank you for sharing your story with me." Instead of seeing that sharing as a symptom of pathology, we see it as a sacred act of letting somebody in.
- Hillary McBride: To have people in our lives who see us and know us is one of the things that is most transformative. We can equip people to do that by educating them, to help them know these might be the things to say or not to say, so that they can be more supported to love other people well.
- Sue Nickel: Yeah.
- Lee Kosa: It's sort of the faithfulness of God enfolded through friendship. Spiritual friendship is a bit of a lost art that we could...
- Hillary McBride: Sure.
- Lee Kosa: ...equip people.
- Ross Hastings: Yes, exactly.
- Lee Kosa: I see Sanctuary doing that.
- Sue Nickel: Yeah.
- Ross Hastings: Yeah.
- Lee Kosa: To equip people to be companions through these ups and downs...
- Hillary McBride: Yes.
- Lee Kosa: ...the terrain of mental health.
- Lisa Rumpel: Our late Archbishop, Raymond Roussin, he bravely shared to the Catholic community that he was suffering from depression. This really impacted me, because I remember sitting in church [and] hearing a letter read to all the parishes in the Catholic archdiocese that he was suffering from depression and that he



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needed to take a break to take some rest, but that he was still going to come back to his duties as an archbishop. That really impressed me, that he was brave enough to tell people, "Look, I'm suffering. I'm not well right now."

Lisa Rumpel: He was one of my shining lights. I actually was in a conference in Quebec City one year, and he was there. I happened to be volunteering on the floor, and he happened to be in my section. I was actually so thrilled to just see him and to actually thank him for being such a witness. If he can be okay in sharing this story, then there's no shame. That was a huge turning point for me.

Lisa Rumpel: I definitely saw many miracles. I see God's work in my life through my journey, through my healing recovery, having comforting long phone calls with my mom. Or having a friend say, "Oh yeah, I'm free; let's go grab a bite if you're not feeling well," and just having that presence with someone. God is present in each person that is with me and supports me. That's how I see God's work, how God is helping me.

Lisa Rumpel: I also go to a Sanctuary Mental Health Ministries support group, and I found that a couple of years ago. Now, I'm helping to co-lead it. It's been really helpful being with people who also have an illness, who can really understand what you're going through, who are walking the same kind of path.

John Swinton: I was speaking to a woman who lives with major depression the other day. She was saying that, "There are times when I'm going through the darkness, when I have no idea what's happened, and I have no hope. At least when I'm well, I realize that my hope was held by my community."

John Swinton: When you can't hope, then it's possible for other people to hope on your behalf. That manifests itself in presence. It manifests itself in prayerfulness. But above all, it manifests itself even in the darkness [when you] at least have the possibility of the knowledge that people are with you. I think that holding hope is profoundly important.

Lisa Rumpel: In the midst of the struggle, I remember my sister, Monica. She was helping me down the stairs. All my support was on her because I was just shaking like a leaf. My parents and my family were such strong supporters of my health. I really feel the community has really helped me, and I call it, "I have a team." I have a team of supporters. Without them, I feel like I'd be floundering, and I would feel kind of lost.

Lisa Rumpel: There's a quote from Peter Wohlleben in *The Hidden Life of Trees*. He says, "A tree is only as strong as the forest that surrounds it." In his book, he talks about how sick trees in a forest are supported by the healthy trees. Their root systems actually connect, and they'll send nutrients through the root systems to support the sick tree.



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Lisa Rumpel: In my community, they all help me to sustain my health. I really foster friendships to keep me healthy.

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