

life. His wise choice of psychological and medically researched non-drug treatments worked, because I was consistently respected, taken seriously and included as a participant in my care.

I spoke truth to power by writing to politicians, health, and government officials. My key to recovery was so simple and could easily open the door to recovery for others living with mental illness. Although I caught the ear of one department, I learned that most officials would prefer not to open the can of worms of bad treatment and violations of patients' rights.

Now I am writing my story as an illustration of hope and action for those living with mental health issues. Supported people become empowered people, doing better in every way when they are equipped with knowledge, using firm, fair advocacy tools to speak out safely together. I am speaking truth to empower.

My prayer today is the same prayer of long ago: "Hear my prayer, Oh God, incline Thine ear! Thyself from my petition do not hide". The only difference now is that I pray for the more than three million Canadians labeled 'psychiatric', so that they are heard and restored to their rightful places as healthy, equal, and valued citizens.

Daisy Anderson, VIMM

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Book Review:

God's Healing Grace: Reflections on a Journey With Mental and Spiritual Illness

Mariellen Gilpin,
Pendle Hill Pamphlet # 394, 2008

Reviewed by Arnold Ranneris

Ministry and Counsel of Canadian Yearly Meeting has identified good mental health and poor mental health concerns for Meetings.

Dealing with depression as one aspect of mental well-being is clearly needed. In this recent Pendle Hill Pamphlet, Mariellen Gilpin tells about her own journey with mental and spiritual unwellness and healing. It is a very personal story but has lessons for all of us.

The author is one of the founders of the periodical, "What Canst Thou Say?" and editor of a recent book based on this publication "Discovering God as Companion". She is an experienced Friend and a deeply spiritual person. She says, "Feelings are neither good nor bad - they are pleasant or unpleasant. What we do about these feelings can be either positive or negative. Choosing to feel better in the short run, rather than to do better and be better in the long run, is negative." Her response to dealing with "the negative" required continual monitoring of her thoughts and feelings but also seeking and finding support through consultation with, and support from a mutual help organization named GROW (a sort of AA for mental sufferers) as well as experienced counseling from clergy of other denominations. Her husband John Gilpin, "who is wonderful in every way" is also part of her journey.

Two appendices are helpful: "Strategies for Coping With the Mental Health and Medical Systems" and "Being a Committee of Care" (directed to Meetings). Several study/discussion questions help to make this a pamphlet useful for group consideration.

This is also a pamphlet of faith and its outcome reminds one of the vision of George Fox, "of an ocean of light and love which overcame the ocean of darkness".

Arnold Ranneris

Victoria Friends Meeting, Vancouver Island MM