

Desert of Texas

Mental Health Department



*C.C. Robinson, PP
Director
Agaba Temple No. 173
Oasis of Tyler
#YouGoodBro*



*Stephanie D. Allen, PC
Directress
Oro Court No. 20
Oasis of El Paso
#YouGoodSis*

Ringin in the Year

Greetings Team Texas,

Now that most Temples and Courts know their new Divans and have laid out their plans of how to maneuver for the new year, we can now focus on some more personal items of our daily lives. This year has been a fast one. We went from not seeming to have enough time in the day to complete tasks, to preparing fixings for Thanksgiving dinner, to in a few days, bringing in the New Year. Before stepping into year 2025, we as the Mental Health Department wanted to reach out and share a few words with you.

We realize that many of you have lost loved ones during the holiday season, and this has been a difficult time for you. We want you to know that our prayers and condolences are with you and that you are not alone. We are just a phone call and text message away. Understand that you have the right to feel the way you feel during this time. There's no need to pretend or be around others when you don't feel like being social. We all grieve and heal at different rates and there isn't a set amount of time to complete the grieving cycle. Be patience with yourself and allow yourself this time. With that said, if by chance you feel the need to speak to a professional about your grievance and any other personal problems that you don't want to discuss with family

and friends, then you should do so. It's important for us to know that just as we seek trainers and go to a gym for our physical well-being, that it's okay to seek mental health professionals for our mental health well-being.

During this time of year, we stress ourselves financially "buying Christmas" for all to enjoy, forgetting that we have to live after the holidays. We empty bank accounts, run up credit card debt, and borrow, just to later devise a plan to get back on track financially without robbing Peter to pay Paul. Many only have seasonal jobs trying to make ends meet and some have been laid off for the season, but yet we make this annual dance for our loved ones, in hopes that they enjoy the holidays. Finances or lack thereof, can wreak havoc on one's mental health. In lieu of digging deep and emptying your pockets for loved ones, remember that the best gift is being able to share space and time with those loved ones, making memories that will never break, get lost, or need batteries.

I've gotten this far without saying it! Need I say the dredged word...resolutions!! This time of the year is known for resolutions, whether it's physical, financial, spiritual...there's something that a vast of us want to improve on or accomplish in the new year. Indulging in these are welcomed and a joy to celebrate when achieved. In realization, a few of us have expectations of achievements, positions, and accomplishments that might not have been realized this year and may have become disappointed in feeling entitled to such ideas. Just be mindful, that your time may not be now, but it's coming. Keep showing up, keep contributing, keep giving your best, and your goals will become reality. Being a part of this organization is about selfless acts and deeds. It's our servitude that binds us and our oaths that bonds us.

The Mental Health Department wish you all a blessed and prosperous year. Be blessed and stay...TEXAS STRONG!!!!

Warm Lines for Texas

Hope Peer Support: 844-755-4673

Recovery Texas: 833-922-2557