

## Leaving baggage-depression :valley of shadows

### A reading list:

- Depression: A Stubborn Darkness--Light for the Path  
by [Edward T. Welch](#)
- New Light on Depression: Help, Hope, and Answers for  
the Depressed and Those Who Love Them  
by [David B. Biebel](#)
- Honestly by Sheila Walsh
- Laughing in the Dark: A Comedian's Journey through  
Depression  
by [Chonda Pierce](#)
- Getting Over the Blues: A Woman's Guide to Fighting  
Depression  
by [Leslie Vernick](#)
- Unmasking Male Depression  
by [Archibald D. Hart](#)

We realize it is impossible to cover the whole topic of depression in one conversation on Sunday morning and that you might go away with more questions than you had before. You might even see yourself and your struggles in a different light than you did before or maybe you are walking away thinking – that sounds a lot like my life. Perhaps you've been struggling for a while but you haven't been able to talk to anyone about this gnawing darkness and hopelessness you seem to battle with all the time and you feel no one will understand.

We really intend for these talks on Sunday morning to be the beginning of our conversation, so if you or someone you love is struggling with depression you don't have to go through it alone.

We would strongly encourage you to talk to one of our pastors, Walter Wilson, or Michael Amman @610-599-0202 or if you'd like to talk to a counselor contact Terry Wilson @ 610-349-7655.

