

Our partner in ministry to the world....

Joan Thieme knew something was not right—she was not eating properly, she was crying constantly, and life seemed empty. The day-care provider would lock the door and turn off the lights as soon as the children would leave.



“I would cry myself to sleep by 6:30 at night,” she says. “I had no desire to leave my home or communicate with anybody.” The 46-year-old divorced mother and grandmother from Lyons Station, Pa., realized she had hit rock bottom. “I have always been

someone’s mother. I’ve always been someone’s wife. Then I became ‘me’ and everything came to the surface,” she says.

After several months, Thieme found the courage to contact her pastor, who recognized the signs of depression and referred her to Family Life Services of The Lutheran Home at Topton, which offers community-based counseling.

Within two to three months, Thieme learned how to process things in a way that she could help herself. “As time went on, these breakthroughs kept occurring and things got brighter and brighter,” she reveals. She believes a big part of her success is based on her therapist’s awareness of her faith. “I don’t know if I had gone to any other therapist, if I would have been able to talk about my spiritual life,” says Thieme. “The program also worked with me to make fees affordable.”

Although she admits depression is something she has to work with everyday, she is stronger and able to handle it. “Therapy, spiritual guidance and medication brought me to where I am, and I face each day with hope and support.”

Diakon Lutheran Social Ministries offers Family Life Services throughout Northeastern Pennsylvania. For information on service or locations, call 1-888-499-2699. Others can conquer their challenges through your support of Family Life Services. Call 1-888-582-2230, ext. 1219, to learn how.

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