

**Illuminating Invisible Injustice (“iCubed”)  
The Mental Well Being Initiative at First Unitarian Society of Denver**



## PURPOSE

This group is founded on the understanding that it is common for people struggling with addictions, trauma, and mental health issues to feel disconnected from community and their spiritual paths, often at just the times when community and spiritual grounding could be essential to restoring balance to a chaotic life. This project strives to “illuminate the invisible injustices” of mental health, addiction and trauma, and promote compassion, dignity and interdependence.

*Bringing light and attention to our struggles and stories of mental health, addiction and trauma,  
and thus, trying to bring action to the ‘Unity that makes us One.’*

## VISION

In order to “illuminate the invisible injustices” of mental health, substance abuse and trauma, the iCubed or Mental Well Being Initiative creates this vision of what the community both within and beyond First Unitarian Society of Denver will look like if this project is successful:

- First Unitarian is known as an innovative, vital and avant gard congregation that provides leadership to other congregations in eliminating stigma and better meeting the needs of individuals and families coping with mental illness, substance abuse and trauma;
- Topics of mental health, trauma and substance abuse are a visible presence within all aspects of the church. Visitors to the First Unitarian Society of Denver are keenly aware that this congregation is welcoming to persons coping with these issues;
- First Unitarian Society of Denver is a community in which deep, personal relationships are created in which all individuals feel welcomed and cherished, including those with personal stories of mental illness, substance abuse or trauma; and
- First Unitarian Society of Denver actively works with local community agencies and initiatives to eliminate the stigma of mental health, trauma and substance abuse, through involvement in the community, “beyond the four walls” of our congregation.

## PROGRAMS

iCubed Worship Services—You may have been one of the 200 people at the recent service who quietly lit a Candle of Compassion for themselves or a loved one struggling with mental illness, addiction or trauma. iCubed will continue to sponsor these services to remind us all that while these issues are difficult and isolating individually, they are often an invisible presence in our Community.

Workshops and Classes—Are presented regularly to illuminate a specific topic or diagnosis, what it is, and what the latest research reveals. Sometimes these are panels, sometimes a formal presentation, but they always include a Sharing Circle of Discussion afterward.

iCubed Core Circle—The goal of this core circle is to provide a safe place for those in some way affected by mental health, addiction or trauma to explore spiritual matters. We welcome individuals, parents of children and family members who may be struggling with the above issues. This is not a therapy group but a gathering of those who want to share their experiences, give comfort, and provide strength to those with similar concerns.

**For more information, email us at [mentalwellbeing@fusden.org](mailto:mentalwellbeing@fusden.org)  
or leave a message at the church office.**

*“Our wounds are often the openings into the best and most beautiful part of us.”  
—David Richo*

