



OCTOBER 2025

CARMEL MONTHLY

A PUBLICATION OF MT CARMEL COMMUNITY BAPTIST CHURCH

Understanding Spiritual Depression

Medically reviewed by Joslyn Jelinek, LCSW — Written by Crystal Raypole on May 24, 2021

Spiritual depression generally refers to a loss of spiritual vitality and joy. In terms of Christianity, experiencing a spiritual depression might involve:

- losing touch with your faith
- “forgetting” God, or struggling to find time for spiritual study
- focusing more on past mistakes than changes you might make to do better in the future
- a general sense of unhappiness or melancholy

Protestant minister D. Martyn Lloyd-Jones appears to have introduced the term in “Spiritual Depression: Its Causes and Cures,” a collection of sermons exploring the topic.

He notes, however, that spiritual depression itself dates back to the Bible. In Psalm 42, for example, the unnamed psalmist asks, “Why are thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance.”

If you’re experiencing spiritual depression, your religious leader might encourage a similar remedy: prayer or seeking Christ. Yet, many of the symptoms associated with spiritual depression can also suggest a depressive disorder, which may not improve without support from a mental health professional.

October National Holidays

1st - International Music Day
3rd - "Mean Girls" Day
4th - National Taco Day
7th - You Matter to Me Day
12th - National Savings Day
14th - National Dessert Day
17th - Black Poetry Day
18th - World Menopause Day
19th - National Pharmacy Tech Day
25th - World Pasta Day
28th - National Chocolate Day
29th - National Oatmeal Day
30th - National Checklist Day
31st - National Caramel Apple Day

PINK OUT Wear PINK on Sunday, October 26th.

Bible Study SUMMER BREAK
WEDNESDAY NIGHT BIBLE STUDY WILL BACK ON OCTOBER 15TH.
IN-HOUSE & ONLINE.

October is PASTOR APPRECIATION MONTH
WE LOVE YOU PASTOR CALVERT

THE MARTIN LUTHER KING JR. ANNUAL PRAYER BREAKFAST
SYCAMORE YOUTH CENTER • 301 N 4TH ST, STEUBENVILLE, OH 43081
SATURDAY AT 9 AM **NOVEMBER 8, 2025**
KEYNOTE SPEAKER: REV. JASON ELLIOTT
DONATION: \$18.00

MID-WEEK Power Prayer Call
EVERY Wednesday Morning AT 7:00AM
Dial: 202-926-1174
Access Code: 699649

4 WAYS TO GIVE
CASHAPP: \$MTCARMELCONNECT
GIVELIFY: MOUNT CARMEL BAPTIST CHURCH
MAIL: 708 N 5TH ST, STEUBENVILLE, OH 43082
PAYPAL: MOUNTCARMEL STEUBENVILLE@GMAIL.COM

T-SHIRT SALE
6 DESIGNS • 3 SHIRT STYLES
T-SHIRTS START AT \$20.00!
PLACE YOUR ORDER ONLINE HERE

708 N 5TH ST, STEUBENVILLE, OH 43082 • 740-282-9257 • MTCARMEL C@COMCAST.NET • MTCARMELCONNECT.COM

FALL Coat Drive & Giveaway

Coat Drive:
September 30th - October 24th
Coat Drop - Off Location:
Urban Mission Donation Center
(Back of 7th Street Plaza)
Tuesday - Friday 9AM - 3PM

Coat Giveaway:
Tuesday, October 28th
9 AM - 4 PM
Urban Thrift & Opportunity Center
236 N. 7th Street Steubenville, OH 43952

For more information please call 740-282-8010



URBAN MISSION
To listen with compassion and to serve with love.

We Are A Community of Believers Transformed In Him To Be Agents Of Change In The Home, Church, Community, And The World.

S
C
A
N
M
E



S
C
A
N
M
E

Check out our website
www.mtcarmelconnect.com
for all upcoming events!



100th CHURCH ANNIVERSARY
GREATER ZION TEMPLE CHURCH
INTERIM PASTOR, EVANGELIST CLARISSA SPEAKER

VIRTUAL WAY TO GIVE: THEZIONPLACE@GMAIL.COM

BISHOP MARCUS MCINTOSH
THURSDAY, OCTOBER 30, 2025
STARTING AT 7:00 PM

SUFF. BISHOP JAMES M. AGNEW, III
SATURDAY, NOVEMBER 1, 2025
STARTING AT 6:00 PM

500 N. 5 ST., STEUBENVILLE, OH 43952

LA FEMME PROGRESSIVE WOMEN'S CLUB

BREAST CANCER BRUNCH

SILENT AUCTION | INFORMATION BOOTHS | SIGN UPS FOR A FREE MAMMOGRAM SCREENING



SATURDAY, OCTOBER 11, 2025
11:00 AM - 2:00 PM

WINTERSVILLE METHODIST CHURCH
702 MAIN ST. | WINTERSVILLE, OH 43953

\$20.00 DONATION

This month, help us wish...

- *Cameron Bass * Savagha Wilson
* Joshua Johnson * Toshchel Demus
* Scherry Montgomery * Yvonne Ferguson
* Michael McIntyre * Leroy T. Hilson Sr.
* Nicole McIntyre & * Manard Reed II a...

HAPPY BIRTHDAY!

Mt Carmel Community Baptist Church
708 North 5th St. Steubenville, OH 43953

Rev. Benjamin L. Calvert II, Pastor

SUNDAY MORNING WORSHIP SERVICE
@10:00 AM

Wednesday Night Bible Study @ 6:00 PM

(740) 282-9257 | mtcarmel_c@comcast.net
www.mtcarmelconnect.com



EMPOWHER
women's ministry

MT. CARMEL COMMUNITY BAPTIST CHURCH

FALL Fun Fest

SATURDAY OCTOBER 18
12:00 PM - 4:00 PM

ALL AGES WELCOME!
PIE & CAKE AUCTION • FREE HOT DOGS
FACE PAINTING • FOOD TRUCK
VENDORS • BASKETBALL SHOOTOUT
PLUS MORE!

708 N 5TH ST, STEUBENVILLE, OH 43952

EMPOWHER
women's ministry

MT. CARMEL COMMUNITY BAPTIST CHURCH

Women's RETREAT WORKSHOP

FRIDAY, 11.07.25 – SATURDAY, 11.08.25

GUEST SPEAKERS




REV. TAMARA KNIGHT

REV. DEBBIE HEARN

Pastor's Pick! Book of the Month!

Someone to Believe In: Embracing the Savior Who Stays the Same When Everything Else Changes
By Courtney Reissig

Where do you go when all that once stabilized your spiritual life suddenly shifts underneath you? When your faith is shaken and your leaders fail you? When you're languishing in ministry burnout? When you're grieving a friend who walked away from God? When the doubts, disappointments, and sufferings of this broken world, tempt you to walk away from him too?

If you feel disoriented, doubting, grieving, exhausted, or shaken in your faith, open these pages, and encounter the steadying power of the unchangeable Christ.

