



**The United Thank Offering Presents:**  
**Mental Health + Gratitude, A Panel Discussion**  
**Wednesday, May 17, 2023**  
[Recording available here.](#)



**About the panel:**

**The Rev. Sarah Ciavarrri**, (she/her) M.Div., BCC, PCC, CDTLF, loves seeing people get excited about their lives and futures. Sarah is a Certified Dare to Lead™ Facilitator, a Board Certified Chaplain, a Professional Certified Coach through the International Coaching Federation and is always seeking new adventures in service. For ten years Sarah has traveled nationally keynoting and facilitating workshops on resilience, vulnerability, and shame. She has received numerous grants recognizing her work exploring shame and vulnerability in non-profit contexts. Sarah is the author of [Find Our Way to Truth: Seven Lies Leaders Believe and How to Let Them Go](#). Sarah is Vice President of Spiritual Life for Cassia and is a graduate of Luther Seminary, St. Paul, MN where she was a Presidential Scholar.

**If you would like to continue learning with Sarah**, she has a Dare to Lead training coming up on June 14<sup>th</sup> and another session in the fall. People can get more info and register at [her website](#). Sarah has also graciously offered 40% to UTO webinar registrants, simply use the code: “gratitude” at checkout.

**The Rev. Dr. Marta Illueca** (she/her) graduated from the University of Panamá’s School of Medicine and specialized in Pediatric Gastroenterology at Weill-Cornell Medical College in New York, where she joined their faculty until 2003. She then worked for the pharmaceutical industry in Delaware until 2014. Rev. Marta is a graduate from Berkeley Divinity School, the Episcopal Seminary at Yale University and was ordained to the Episcopal Church priesthood in 2019. By supplementing her theological training with a degree in Pain Research, Education and Policy from Tufts Medical School, she is developing innovative programs for physicians and clergy on the spiritual dimensions of healing, including work on a recently published clinical definition of spiritual pain. In addition, she is the co-creator of the scientifically validated Pain-Related PRAYER Scale (PPRAYERS) in collaboration with experts from major academic centers and the lead for the Episcopal Church in Delaware Diocese’s Pain and Prayer Project. The latter project received seed funding from the 2020 United Thank Offering Grant awarded to the Diocese of Delaware. Rev. Marta’s work is currently expanding into the Hispanic/Latino space in the U.S. and Latin America through collaborations with regional chapters of IASP as well as medical and patient-directed societies and universities in that region. Rev. Marta is also an active lecturer with the University of Panamá’s School of Medicine and a COVID educator and advisor to the government of the Republic of Panamá.

**If you would like to continue learning with Marta**, she is offering to do presentations on her research and her Prayer and Pain tool is available for people to use. Connect with her and find resources on [her website](#).

**The Rev. Erin Jean Warde** (she/her) is an Episcopal priest, spiritual director, recovery coach, and writer. She is the author of [Sober Spirituality: The Joy of a Mindful Relationship with Alcohol](#). She offers a course, Discerning Sobriety, which helps participants bring spiritual practices and mindfulness into their relationship with alcohol. She is a Certified Daring Way Facilitator, so she incorporates the research of Brené Brown in the many facets of her work. You can explore her offerings around coaching, spiritual direction, and more [here](#). You can explore her Substack, [Gather the Inklings](#), which includes free weekly posts and a community. In her free time you can find her watching comedy, thrift or vintage shopping, making new friends, and hanging out with her cats.

**If you would like to continue learning with Erin Jean**, she is accepting new clients for coaching, and you can [sign up here](#).

**Moderators and Who to Contact for More Information:**

**Sherrí Dietrich** (panel moderator) serves as the Board President of UTO. Sherrí lives gratefully in Maine with her wife, cats, chickens, and gardens. Her “day job” is indexing and editing books, so she basically gets paid to read books every day. She is a firm believer in the power of gratitude to change lives and the world, and is dedicated to spreading the ministry of gratitude throughout the church. [sdietrich@episcopalnetworks.org](mailto:sdietrich@episcopalnetworks.org) [www.unitedthankoffering.org](http://www.unitedthankoffering.org)

**The Reverend Canon Heather L. Melton** (chat moderator) is the Staff Officer for the United Thank Offering, a member of the Presiding Bishop’s staff. She has worked for the church for over 20 years, half of those years in promoting gratitude through the work of UTO. She currently lives in New Mexico, which is home to 23 federally recognized tribes and lives on land which once was a part of the Isleta Pueblo. She is also a certified trainer in The Daring Way™ with the Brené Brown Research and Education Group. Contact Heather to learn more about gratitude, UTO, or upcoming offerings. [hmilton@episcopalchurch.org](mailto:hmilton@episcopalchurch.org) [www.unitedthankoffering.org](http://www.unitedthankoffering.org)

**Links to other information shared:**

Information on the **United Thank Offering**, an organization for all Episcopalians who wish to commit to a spiritual practice of gratitude, can be [found here](#). To learn more about the UTO grant process, through which 100% of thank offerings received by UTO are given away to support mission and ministry, [visit this page](#). To support this work, you can donate online [here](#).

Sarah shared this Bible verse when talking about gratitude: Zechariah 4:10 “Do not despise these small beginnings, for the Lord rejoices to see the work begin, to see the plumb line in Zerubbabel’s hand.”

Marta shared this quote: “The great thing, if one can, is to stop regarding all the unpleasant things as interruptions of one's 'own,' or 'real' life. The truth is of course that what one calls the interruptions are precisely one's real life -- the life God is sending one day by day.” — C.S. Lewis, *The Collected Works of C.S. Lewis*

### Links to book shared:

**Sarah Ciavarrì's book:** [Finding Our Way to the Truth](#) examines seven lies we've all been taught that keep us from living a full life. The book offers practical ways to disempower these statements in our daily lives.

**Marta Illueca's work**, including the **Pain and Prayer tool** and the paper that was published about it: *The Use of Prayer in the Management of Pain* can be found [here](#).

**Erin Jean Warde's book:** [Sober Spirituality](#) where she shares personal stories with theological reflection to offer encouragement, wisdom, and practical insight for readers who want to reexamine their relationship with alcohol.

### Sarah referenced or recommends for further reading:

[The Gravity of Joy](#) by Angela Gorrell

[Set Boundaries, Find Peace](#) by Nedra Glover Tawwab

[Everything Happens for a Reason and Other Lies I've Loved](#) by Kate Bowler

[Atlas of the Heart](#) by Brené Brown

[Burnout: The Secret to Unlocking The Stress Cycle](#) by Emily Nagoski and Amelia Nagoski

### Marta referenced or recommends for further reading:

[Deaths of Despair and the Future of Capitalism](#) by Anne Case and Angus Deaton

[Thanks! How Practicing Gratitude Can Make You Happier](#) by Robert Emmons

### Erin Jean referenced or recommends for further reading:

[Global Strategy to Reduce the Harmful Use of Alcohol](#) by the World Health Organization (WHO)

[The United Thank Offering Prayer Resources On Gratitude and Thanksgiving](#) by Erin Jean Warde

[the mechanics of hope](#) by Erin Jean Warde

[Happiness Hacks](#) by Nadia Bolz-Weber