

First  
Congregational  
Church of St. Louis

UNITED CHURCH  
OF CHRIST



UNITED CHURCH  
OF CHRIST  
a just world for all

# Mental Health *Sunday*



SUNDAY • MAY 15, 2022

**First Congregational Church of St. Louis**  
**United Church of Christ**  
*An Open & Affirming Congregation*

***Welcome!***

*Whoever you are, and wherever you are on life's journey,  
you are welcome here.*

**Restrooms** are located down the hall on the main floor.

**All Gender Restrooms** are located at the back of the sanctuary  
and downstairs in the Fellowship Hall (which is accessible).

**Changing tables** are located in the Nursery on the main floor  
and at the back of the sanctuary.

**Children** are invited to remain in worship. There are activities  
at the Playground at the front of the sanctuary.

**The Coffee Bar** is available at the back of the sanctuary from 9:30-11:30.

**\*An asterisk** is an invitation to rise, in body or spirit.

**Bolded text** is an invitation for the congregation  
to read or sing in unison.

**Today's Liturgy** is from "Mental Health and Wellness: Worship Resources for All"  
by the United Church of Christ Mental Health Network.

Call to Worship - by Rev. Amy Petré Hill

Prayers of Petition & Thanksgiving - adapted from Rev. Dr. Sarah Lund

Blessing - by Rev. Dr. Rachael Keefe

Permission to podcast/stream the music in this service  
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# Mental Health Sunday

May is Mental Health Awareness Month, and the United Church of Christ celebrates Mental Health Sunday the third Sunday of May.

Who are those with a mental illness?

We are your brother, your sister, your coworker,  
the neighbor across the street, the child waiting at the bus stop,  
the unhoused person on the street, the person next to you in the pew.

Jesus reached out to people who were marginalized, to those who were ostracized,  
and to those who were the outcasts in the eyes of society.

The way of Jesus was comfort, not ridicule;  
it was love, not indifference; it was empathy, not hostility.  
Jesus' way is to overturn the customs that put the lowly down  
and to lift up those who have been shut out.

The way of Jesus is our spiritual calling.  
It is the way we are to acknowledge and affirm the worth of everyone,  
especially those who are deemed less than,  
not enough, and not deserving of respect.  
It is this spiritual calling that leads us to widen our welcome.

*(adapted from Alan Johnson, UCC Mental Health Network)*

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**Welcome & Announcements**

Paul Brady, *Chair, S&A*

**Prelude**

"It is Well With My Soul"

*Improvisation*

**\*Call to Worship**

Leader: We gather in the presence of the One who abandons no one.

**People: Come Holy Spirit, our advocate and comforter.**

Leader: All are welcome in this sacred place,  
made holy through your presence with us.

**People: Open our hearts and minds this day,  
guide us into a loving relationship with all your children.**

Leader: We gather as God's beloved people, leaving no one outside.

**People: Spark us with a word of life and radical belonging—  
a message we share with others as we seek to live out Christ's love.**

Leader: We call on the name of God, who creates, redeems, and sustains us.

**All: Amen.**

Praise to the living God, the God of love and light,  
Whose word brought forth the myriad suns and set the worlds in flight;  
Whose infinite design, which we but dimly see,  
Pervades all nature, making all a cosmic unity.

Praise to the living God, from whom all things derive,  
Whose Spirit formed upon this sphere the first faint seeds of life;  
Who caused them to evolve, unwitting toward God's goal,  
Till humankind stood on the earth, as living, thinking souls.

Praise to the living God, who knows our joy and pain,  
Who shares with us our common life, the sacred and profane.  
God toils where'er we toil, in home and mart and mill;  
And deep within the human heart God leads us forward still.

Praise to the living God, around, within, above,  
Beyond the grasp of human mind, but whom we know as love.  
In these tumultuous days, so full of hope and strife,  
May we bear witness to the Way, O Source and Goal of life.

### Prayers of Petition & Thanksgiving

#### *The Prayer of Our Savior*

Our Mother, Father, who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done on earth as it is in heaven.  
Give us this day our daily bread; and forgive us our sins,  
as we forgive those who sin against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory forever. Amen.

### Anthem

#### "Set Me As a Seal"

*René Clausen*

*Set me as a seal upon your heart, as a seal upon your arm,  
For love is strong as death.  
Many waters cannot quench love;  
Neither can the floods drown it.  
Set me as a seal upon your heart, as a seal upon your arm,  
For love is strong as death.*



## \*Passing of the Peace

### Children's Time

Emily Stokes

#### Scripture

John 13:31-35

When he had gone out, Jesus said, "Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me, and as I said to the Jews so now I say to you, 'Where I am going, you cannot come.' I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

#### Anthem

"Every Time I Think About Jesus"

arr. Larry L. Fleming

*Every time I think about Jesus,  
surely he died on Calvary.  
Every time I talk about Jesus,  
surely he rose up from the grave.  
Every time I shout about Jesus,  
surely he's coming from the sky.*

### Stories of Community and Radical Belonging

Hannah Rice, Emily Stokes

#### 5 Simple Things You Can Do

to make the world a better place for people with mental health challenges and their families:

1. **Be a friend.** Provide companionship and compassion. Offer a ride to church or a local support group. Listen without judgement.
2. **Share your story.** Your story may empower others to seek help or have hope.
3. **Watch your language.** Avoid stigmatizing labels. Do not use words like "crazy," "psycho," "lunatic," "nuts", or "mental", even in a joking manner.
4. **Be a "Stigma Buster".** Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.
5. **Learn the facts.** Educate yourself! Check out the resources at the UCC Mental Health Network - [www.mhn-ucc.org](http://www.mhn-ucc.org).

**Help us accept each other as Christ accepted us;  
Teach us as sister, brother, each person to embrace.  
Be present, God, among us, and bring us to believe  
We are ourselves accepted and meant to love and live.**

**Teach us, O God, your lessons, as in our daily life  
We struggle to be human and search for hope and faith,  
Teach us to care for people, for all, not just for some,  
To love them as we find them, or as they may become.**

**Let your acceptance change us, so that we may be moved  
In living situations to do the truth in love;  
To practice your acceptance, until we know by heart  
The table of forgiveness and laughter's healing art.**

**God, for today's encounters with all who are in need,  
Who hunger for acceptance, for righteousness and bread,  
Bring us new eyes for seeing, new hands for holding on;  
Renew us with your Spirit; God! Free us, make us one!**

**\*Responsive Blessing**

**Leader: The One who created all that is invites us into a life of abundant love.**

**People: We go out into the world as God's beloved people,  
bringing Holy Love to all whom we meet.**

**Leader: Jesus taught us to love one another as fiercely and freely  
as God loves each of us, with the power that binds us together  
as the Body of Christ.**

**People: We will embody Christ by shattering stigma and welcoming all,  
leaving no one outside.**

**Leader: The Spirit fills us with the Breath of Life and urges us  
to imagine anew how to be Church in the world today.**

**People: We will breathe deeply and move beyond what has been and what is.  
We will follow the Spirit and bring hope and healing  
to all who live in despair and brokenness. We will be the Church!**



# Announcements -

## **Zoom Coffee Hour**

Every Sunday, 11:20 AM

Join us each Sunday on Zoom for a virtual coffee hour.

Meeting ID: 3147215060 (church #)

Passcode: coffee

## **Confirmation Sunday**

Sunday June 5, 10:00 AM

Join us for worship on Pentecost Sunday as we welcome Eva Brown into our church membership. Eva has completed nine months of classes to prepare her to make this decision. We will have a shortened service including her confirmation followed by a reception in the parlor. If you would like to show your support to Eva, we invite you to bring a small gift of love to share with her.

## **Mobile Giving App**

Download the secure mobile giving app so you can easily make donations to First Congregational Church! You can make one-time or recurring gifts to our general operating fund, or a number of other options. You can set up your payment method so you don't have to enter it each time. If you need any assistance with the app or help setting up your account, contact Hannah Rice.

**Download the app - Vanco Mobile Faith Engagement**

**Search for our church - First Congregational Church of St. Louis**

(Exact spelling is important.)

**Thank you to those serving this morning.**

**Guest Organist:** Robert Mainz

**Directing the Choir:** Nathan Ruggles, Carol Bell

**Announcements:** Paul Brady

**Scripture:** Bert Merrell

**Ushers:** Chrissy Paterson, Bob O'Neil

## **Women of Wydown Lunch**

Sunday May 22, 11:30 AM

All women are invited to Carol Klein's house at 11:30 AM on May 22.

## **Word & Food Service**

Sunday May 29, 10:00 AM

Join us Sunday May 29th for worship on the Garth - weather permitting. We will worship with scripture and potluck table fellowship. If you are able, please bring a breakfast/brunch dish to share. To aid in our planning, please let us know what you will be bringing. We are using the holiday weekend as an opportunity to experience worship in an alternative fashion!



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**Our Ministry Team:**

**Jada Bell, Puppeteer**

**Mehran Moslehikhah, Maintenance**

**Emily Stokes (MAPS), Minister of Children & Families**  
([estokes@firstcongregational.org](mailto:estokes@firstcongregational.org))

**Hannah Rice (MDiv), Minister of Administration and Membership**  
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**Rev. Mia White (MDiv, MATS), Senior Minister**  
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