

addressing mental health:

Being a Companion Alongside Someone's Mental Health Journey

4th Sunday After the Epiphany January 28, 2024 | 9:00 am

+ Please Stand
Bold Text = Congregation speak or sing

Chancel Flowers

Stan and Pat Jacobson give flowers to celebrate their 63rd wedding anniversary today.

Worship Attendants

Rev. Jonathan Heifner, Lead Pastor
Rev. Ryan Roth-Klinck, Associate Pastor of Discipleship
Rev. Daniel Niyonzima, Associate Pastor, African Nationals
Dr. Mark Baumann, CAGO, Coordinator of Music Ministries
Michael Sauer, Director of Sanctuary Choir
Marilyn Lodge, Organ
Miriam Mackey, Liturgist
Brian Azelborn, Slide Presenter
Keith Williams, Videographer
Bob Lee, Audio

The Roundtable Team

Cynde Clymer Carol Curry Bill Daylong Cindy Edge John Nollsch

GATHERING

Welcome

Prelude

Blessed Assurance
Dale Wood

Call to Worship

When we become a companion alongside someone's mental health journey, we are in it for the long haul.

Typically, when someone gets sick, breaks a bone, or needs surgery there is a time limit where we will need to be by their side. The upset stomach will run its course, the bone will heal, and the body will recover.

But, we do not know how long someone's mental health challenges may last.

God calls us to be patient listeners.

Inhale: I am not a burden. Exhale: God's love endures forever.

Much like a chronic disease or disability, the weight of someone's mental health can be difficult to carry on a long term basis for themselves and a companion.

Those living with a chronic mental illness regularly feel trapped between wanting to share more about the grueling nature of their experience and not overburdening their loved ones with yet another story. Companions often feel trapped between wanting to be a consistent source of support, while also feeling frustrated mental health is all that gets talked about.

God calls us to honor our experiences.

Inhale: I am not trapped. Exhale: God will sustain me.



It can be hard when a companion chooses to step away from someone's mental health journey.

There are many reasons a companion may create separation. They may be burnt out and need respite to care for their own mental health. They may be frustrated with the person they are caring for and give up. Sometimes there isn't a clear reason. No matter the reason, there are real consequences.

When support is lost, those who are left behind feel hurt, confused, and abandoned.

God calls to us when we feel isolated.

Inhale: I am not alone. Exhale: God is always with me.

We know the relationship between those who struggle with their mental health and those who companion alongside them is filled with challenges.

We acknowledge that churches have often not done enough to support these two groups as they journey through life together.

Know that we want to support both of you!

We will do all we can to make room for your mental health stories and reinforce those who accompany those stories. You are embraced, loved, and called by God! Let's worship God together, amen?

Amen.



+ Hymn of Praise to the Triune God

Blessed Assurance UMH 369

Blessed assurance, Jesus is mine!
O what a foretaste of glory divine!
Heir of salvation,
purchase of God,
born of his Spirit,
washed in his blood.
This is my story, this is my song,
praising my Savior
all the day long;
this is my story, this is my song,
praising my Savior
all the day long.

Perfect submission,
 perfect delight,
 visions of rapture
 now burst on my sight;
 angels descending
 bring from above
echoes of mercy, whispers of love.
This is my story, this is my song,
 praising my Savior
 all the day long;
this is my story, this is my song,
 praising my Savior
 all the day long.

Perfect submission, all is at rest;
 I in my Savior
 am happy and blest,
 watching and waiting,
 looking above,
 filled with his goodness,
 lost in his love.

This is my story, this is my song,
 praising my Savior
 all the day long;
 this is my story, this is my song,
 praising my Savior
 all the day long.

The Peace of Christ



FORMING

Life of the Community

Prayers of the People and Hymn of Response

Let My Prayer Rise Up
see screens
Text and Music: Marty Haugen
Used by permission

Prayer response:

Let my prayer rise up like incense before you, The lifting up of my hands as an offering to you.

The Lord's Prayer

Our 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 trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

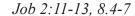
For thine is the kingdom, and the power, and the glory, forever.

Amen.

Scripture Lessons

Proverbs 25:20

Like vinegar on a wound
is one who sings
songs to a heavy heart.
Like a moth in clothing
or a worm in wood,
sorrow gnaws at the human heart.



Now when Job's three friends heard of all these troubles that had come upon him, each of them set out from his home—Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. They met together to go and console and comfort him. When they saw him from a distance, they did not recognize him, and they raised their voices and wept aloud; they tore their robes and threw dust in the air upon their heads. They sat with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his suffering was very great.

If your children sinned against him,
he delivered them into the
power of their transgression.

If you will seek God
and make supplication
to the Almighty,
if you are pure and upright,
surely then he will rouse
himself for you
and restore to you
your rightful place.

Though your beginning was small,
your latter days will be very great.

For the Word of God in scripture, for the Word of God among us, for the Word of God within us.

All: Thanks be to God. Amen!

Sermon

Response to the Word Holy Baptism/Confirmation

Baptism of Vivienne Vella Hansen UMH 33



Presentation of the Candidate

Come Be Baptized
TFWS 2252

Come, be baptized in the name of the Father.
Come, be baptized in the name of the Son.
Come, be baptized in the name of the Spirit.
Come, be baptized in love.

Renunciation of Sin and Profession of Faith

On behalf of the whole
Church, I ask you:
Do you renounce the
spiritual forces of wickedness,
Reject the evil powers
of this world,
And repent of your sin?

I do.

Do you accept the freedom and power God gives you To resist evil, injustice, and oppression In whatever forms they present themselves?

I do.

Do you confess Jesus Christ
as your Savior,
Put your whole trust in his grace,
And promise to serve
him as your Lord,
In union with the church
which Christ has opened
To people of all ages,
nations, and races?

I do.

Will you nurture Vivienne in Christ's holy church,
That by your teaching and example, she may be guided
To accept God's grace for herself,
To profess her faith openly,
And to lead a Christian life?

I will.



Do you, as Christ's body, the Church, Reaffirm both your rejection of sin and your commitment to Christ? We do.

Will you nurture one another in the Christian faith and life, And include Vivienne in your care? With God's help we will proclaim the good news And live according to the example of Christ. We will surround her With a community of love and forgiveness, That she may grow in her trust of God, And be found faithful in her service to others. We will pray for her, That she may be a true disciple Who walks in the

Let us join together in professing the Christian faith As contained in the Scriptures of the Old and New Testaments. Do you believe in God the Father?

I believe in God,
the Father Almighty,
Creator of heaven and earth.

way that leads to life.

Do you believe in Jesus Christ? I believe in Jesus Christ, his only Son, our Lord, Who was conceived by the Holy Spirit, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, died, and was buried: He descended to the dead. On the third day he rose again; He ascended into heaven, Is seated at the right hand of the Father, And will come again to judge the living and the dead.



Do you believe in the Holy Spirit?

I believe in the Holy Spirit,
The holy catholic church,
The communion of saints,
The forgiveness of sins,
The resurrection of the body,
And the life everlasting.

Thanksgiving Over the Water

The Lord be with you.

And also with you.

Let us pray.

Eternal God,
When nothing existed but chaos,
You swept across the dark waters
And brought forth light.
In the days of Noah
You saved those
on the ark through water.
After the flood you set
in the clouds a rainbow.
When you saw your people
as slaves in Egypt,
You led them to freedom
through the sea.
Their children you brought through
the Jordan to the land

Sing to the Lord, all the earth. Tell of God's mercy each day.

which you promised.

In the fullness of time
you sent Jesus,
Nurtured in the water of a womb.
He was baptized by John and
anointed by your Spirit.
He called his disciples
To share in the baptism
of his death and resurrection
And to make disciples of all nations.

Declare God's works to the nations, God's glory among all the people.



Pour out your Holy Spirit,
To bless this gift of water
and the one who receives it,
To wash away sin
And clothe her in righteousness
Throughout her life,
That, dying and being
raised with Christ,
She may share in his final victory.

All praise to you, Eternal God, Through your Son Jesus Christ, Who with you and the Holy Spirit Lives and reigns for ever. Amen.

Baptism with Laying on of Hands

You Have Put On Christ UMH 609

You have put on Christ, In Christ you have been baptized. Alleluia! Alleluia!

It is our joy to welcome our sister in Christ.

Through baptism
You are incorporated
by the Holy Spirit
Into God's new creation
And made to share in Christ's
royal priesthood.
We are all one in Christ Jesus.
With joy and thanksgiving we
welcome you as a member
of the family of Christ.

Commendation and Welcome

Members of the household of God,
I commend Vivienne
to your love and care.
Do all in your power
to increase her faith,
Confirm her hope,
and perfect her in love.

We give thanks for all that God has already given you And we welcome you in Christian love.



As members together with you
In the body of Christ
And in this congregation
of The United Methodist Church,
We renew our covenant
Faithfully to participate
In the ministries of the Church
By our prayers, our presence,
Our gifts, our service,
and our witness,
That in everything
God may be glorified
Through Jesus Christ.

Act of Praise

O Vos Omnes
Johann Michael Haydn
Sanctuary Choir
(sung in Latin)

O vos ómnes qui transítis per víam, atténdite et vidéte:

O all you who walk by on the road, pay attention and see:

Si est dólor símilis sícut dólor méus. if there be any sorrow like my sorrow.

Atténdite, univérsi pópuli, et vidéte dolórem méum. Pay attention, all people, and look at my sorrow:

Si est dólor símilis sícut dólor méus. if there be any sorrow like my sorrow.

Offering Invitation

+ Sending Hymn

Help Us Accept Each Other UMH 560 (stanzas 1, 2, 4)

Help us accept each other as Christ accepted us; teach us as sister, brother, each person to embrace. Be present, Lord, among us, and bring us to believe we are ourselves accepted and meant to love and live.



Teach us, O Lord, 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.

Lord, for today's encounters with all who are in need, who hunger for acceptance, for righteousness and bread, we need new eyes for seeing, new hands for holding on; renew us with your Spirit; Lord, free us, make us one!

SENDING

Dismissal with Blessing

+ Benediction Song

Go, My Children with My Blessing
see slides
Text: Jaraslov Vajda
Tune: AR HYD Y NOS

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Go, my children,
with my blessing, never alone.
Waking, sleeping, I am with you,
you are my own.
In my love's baptismal river,
I have made you mine forever.
Go, my children, with my
blessing, you are my own.

Going Forth

Postlude

Fugue in G Major ("Jig")
Dieterich Buxtehude

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We gather to worship God, whose nature is love.

And because God's love knows no bounds,

All are welcome here.

All

ages

races

abilities

ethnicities

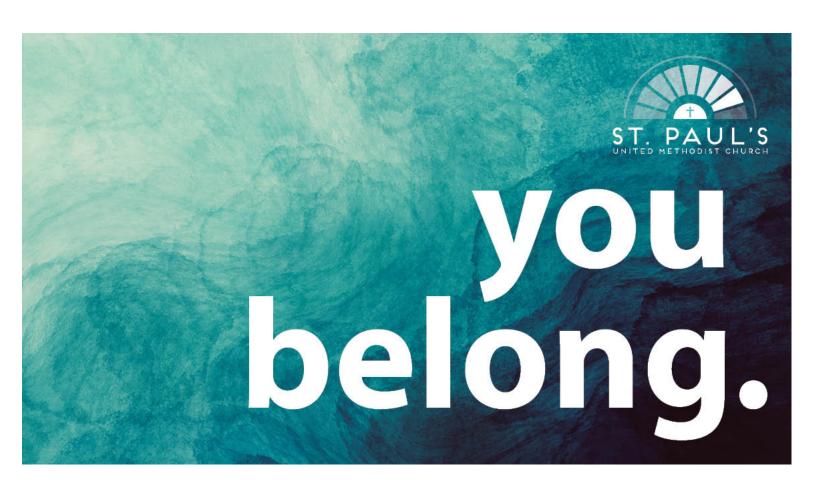
life circumstances

gender identities, expressions, and sexual orientations.

We joyfully celebrate the diversity of All God's children as we are inspired by the Holy Spirit to love as Jesus loves.

Welcome to God's extravagant, inclusive love!

Welcome to St. Paul's!





Scan QR Code above to view our events calendar.