

# ***Inner*** Insights

A series about our mental health.

Sundays in September

Sunday, September 10, 2023

**11 A.M. WORSHIP CELEBRATION**

All Are Welcome

Today we continue our worship series about mental health as we talk about severe mental illness. Just like physical illnesses, some mental illnesses respond well to treatment and management, but not all do. How do we live into our faith while living with a severe mental illness? How can Christians welcome and include our neighbors with severe mental illnesses? Thank you for joining us for the important conversation.

**STJOHNSBR.ORG | @STJOHNSBR**

*Whether you are a guest or member, we invite you to scan the QR code to register your attendance so we know you're here and we can get to know you better.*



# WELCOME TO ST. JOHN'S UNITED METHODIST CHURCH

## OUR MISSION

We are a Christian community called to share our gifts through worship, witness and service so that others will know God and become disciples of Jesus Christ.

## OUR VISION

Our church will be known as a center for feeding people spiritually and physically in our community.

## OUR CORE VALUES

We believe the following guiding principles make us a fruitful and spiritually intentional church:

- Fellowship: A sense of family, hospitality, and belonging to an open, accepting, and nurturing community.
- Caring: Loving response to needs of all people through empathy and compassion.
- Mission: giving of ourselves to meet and serve the needs of all others by faithful witness through our actions, servanthood and way of living.
- Spiritual Growth: Studying, understanding and growing in the word of God by Christ-centered prayer, worship and service through discipleship in action.

## OUR CONTACT INFO

230 Renee Drive | Baton Rouge, LA 70810

office@stjohnsbr.org | 225-766-4594 | stjohnsbr.org | @stjohnsbr

Office Hours: Monday thru Thursday 9 a.m. - 4 p.m., Friday 9 a.m. - noon



**ST. JOHN'S**  
United Methodist Church

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*Glorifying God. Feeding People. Making Disciples.*

# GUEST INFORMATION

Welcome to worship! We are glad you've joined us and hope you feel at home here. Whoever you are, wherever you are on your faith journey, you are welcome. Our ushers are happy to assist you in anyway. If you are feeling cold, shawls are available in a basket in front of the media desk in the back of the sanctuary. Restrooms are in the Narthex.

You are invited to participate in any of our activities, and to become a part of this community of faith and love.

*Thank you for being here.*

## HELPFUL HINTS FOR FAMILIES WITH CHILDREN

We fully welcome and love engaging children in worship! We include a special Children's Moment each Sunday.

- **The St. John's Prayground** is located in the front of the sanctuary. This is a place for children and their families to worship together, allowing children to more fully participate in the service. More details about the Prayground may be found on our website.
- A staffed **nursery** for infants through preschool is open every Sunday morning and is located next door in our Education/Administration building.
- **Changing tables** are located in the restrooms in the back of the sanctuary and in our nursery.
- Children are welcome to receive **Holy Communion**, which is served weekly at 8:30 a.m. and on the first Sunday of the month at 11 a.m. Our communion elements are bread and grape juice. Gluten-free elements are also available.
- **Sunday School** is offered for children starting at age 18 months through 12th grade from 9:45-10:45 a.m.

*Any questions? Ushers are glad to assist you.*

## ST JOHN'S CLERGY AND STAFF

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Brooklyn Hays  
*Nursery Worker*

# WELCOME to the CELEBRATION of the GOSPEL

*\*Please stand as you are comfortable.  
**Bold** indicates congregational response.  
Please scan the QR Code to register your attendance.*



## TURNING INWARD

### Prelude

### Words of Welcome

Rev. Lane Cotton Winn

### Introit

*Through It All*

### \*Call to Worship

Richard Damberg

*When our own words elude us, as people of faith, we have scripture to draw upon for guidance and grace. Join your voice with mine, as we recite words from Psalm 42, an ancient poem that interweaves feelings of depression, anxiety, faithfulness, and hope into holy words and prayer.*

My soul thirsts for God,  
for the living God.

**Deep calls to deep  
at the thunder of your cataracts;  
all your waves and your billows  
have gone over me.**

I say to God, my rock,  
“Why have you forgotten me?  
Why are you cast down, O my soul,  
and why are you disquieted within me?”

**Hope in God; for I shall again praise him,  
my help and my God.**

### \*Hymn of Praise

*More Like You*  
The Faith We Sing Songbook 2167

### \*Psalter

Richard Damberg

*Psalm 42*  
The United Methodist Hymnal 777-778

SUNG RESPONSE  
**God will give you a new heart,  
a new spirit put within.**

As a deer longs for flowing streams,  
So longs my soul for you, O God.

**My soul thirsts for God,  
For the living God.  
When shall I come and behold  
The face of God?**

My tears have been my food  
Day and night,  
While people say to me continually,  
“Where is your God?”

**These things I remember  
As I pour out my soul:  
How I went with the throng,  
And led them in procession to the house of God,  
With glad shouts and songs of thanksgiving,  
A multitude keeping festival.**

Why are you cast down, O my soul,  
And why are you disquieted within me?  
**Hope in God whom again I shall praise,  
My help and my God.**

SUNG RESPONSE

My soul is cast down within me,  
Therefore I remember you  
From the land of Jordan and of Hermon,  
From Mount Mizar.

**Deep calls to deep  
At the thunder of your cataracts;  
All your waves and your billows  
Have gone over me.**

By day the Lord commands his steadfast love;  
And at night God’s song is with me,  
A prayer to the God of my life.

**I say to God, my rock:  
“Why have you forgotten me?  
Why do I mourn  
Because of the oppression of the enemy?”**

Like a deadly wound in my body,  
My adversaries taunt me;

**They say to me continually,  
“Where is your God?”**

Why are you cast down, O my soul,  
And why are you disquieted “within” me?  
**Hope in God whom again I shall praise,  
My help and my God.**

SUNG RESPONSE

**\*Sharing the Love and Peace of God**

# FACING THE TRUTH

Children's Moment

Molly Means

Prayer for Illumination

God of New Life,

Speak to us in the rich, ancient words of scripture.

Send us your Holy Spirit so that we will hear your call,  
leave behind our old ways,  
and follow Jesus Christ,  
your Living Word. Amen.

\*Scripture Reading

Luke 9:23-27

For the word of God in scripture,  
for the word of God among us,  
for the word of God within us,

**Thanks be to God.**

The Message

“Out of Control: When Mental Illness  
Feels All Consuming”

Pastor Lane

Song of Meditation

*You'll Never Walk Alone*

by Rodgers and Hammerstein  
vocalist: Molly Means

## ACCEPTING GOD'S GRACE

\*Hymn of Faith

*It Is Well With My Soul*

The United Methodist Hymnal 377, vs. 1 & 2

Prayers of the People

The Lord's Prayer

Offering Our Tithes and Gifts to God

Offertory

*Be Not Afraid*

by Robert J. Dufford  
Chancel Choir

*We appreciate your generosity.*

*Each gift enables us to be a blessing in our community.*

*You may give online by scanning the QR Code  
or navigate to [stjohnsbr.org/give](http://stjohnsbr.org/give).*



**\*Doxology**

Praise God, from whom all blessings flow;  
praise God, all creatures here below:  
Alleluia! Alleluia!  
Praise God, the source of all our gifts!  
Praise Jesus Christ, whose power uplifts!  
Praise the Spirit, Holy Spirit!  
Alleluia! Alleluia! Alleluia!

## **FACING OUTWARD**

**Call to Action**

*We joyfully welcome all those who wish to become members of St. John's and invite you to come forward during the singing of the closing hymn.*

**\*Hymn of Discipleship**

*Amazing Grace*  
The United Methodist Hymnal 378, vs. 1 & 3

**\*Benediction**

May the grace that says "you are not alone" encourage you.  
May the mercy that says "you are enough" comfort you.  
May the love that says "you are loved" embrace you this day  
and every day.  
**Amen.**

**\*Postlude**

*The end of worship.  
The beginning of service.*

# Worship Notes

## FLOWERS ON THE ALTAR

The flowers on the altar are given by Scott and Clara Maynard in memory of their parents.

## USHERS

Ushers for today's worship service are Bill and Jane Metcalf.

## PRAYER FOR ILLUMINATION

Our Prayer for Illumination was written by Rev. John Winn (*For All Seasons*, 2011).

## SEPTEMBER WORSHIP SERIES - INNER INSIGHTS

Scripture calls us to love God with all our heart, with all our soul, with all our strength, and with all our *mind*. Caring for our minds, therefore, is a spiritual practice. Our mental health matters to God and is part of caring for our whole selves. Our September worship series, "Inner Insights: A Series About Our Mental Health" invites us to see mental health as part of our faith life. Each week we will talk about the different ways that mental health struggles can present themselves and will offer insights from our faith about how to support ourselves and others.

### Next Sunday's Message

"We Are All Here: Dealing with a Mental Health Crisis" - Acts 16:25-34. Sometimes mental health struggles become a full-blown mental health crisis, making us unable to function as we would want. What does our faith say to us in such a crisis? How can Christians support others in these difficult and critical moments? (On September 17, we will talk about suicide ideation and death by suicide.)

To accompany our series, we have compiled some **mental health resources**, developed with the support and guidance of the mental health professionals within our community, which you can find at [stjohnsbr.org/mental-health-resources](http://stjohnsbr.org/mental-health-resources). *A limited number of printed copies can be found in the Narthex and the church office.*

# Servanthood

## DAYS FOR GIRLS MISSION WORK DAYS

We are getting ready for Fall workdays for Days for Girls, a mission of United Women in Faith. We will prepare and assemble 100 kits containing reusable feminine hygiene products for girls in developing countries who are missing school because of a lack of available products. **PLEASE NOTE CHANGE IN NUMBER OF WORKDAYS:** We will meet in the Family Life Center on **September 16 and 23**, from 9 a.m. – noon.

We have many jobs such as applying snaps, inserting ribbons, and counting supplies. All are welcome and needed! You don't need to know how to sew to take part in this mission.

We are asking for the following donations: (1) new girls cotton panties (briefs) sizes 10, 12, or 14, solids or flowers, no characters or animals; (2) new colored washcloths; and (3) cash. For more information contact Joyce Perry, home 225-763-6613 or cell 225-978-2206 or [joyce.perry@cox.net](mailto:joyce.perry@cox.net).

## MEALS FOR ST. JOHN'S YOUTH GROUP

Help us provide meals for the St. John's youth group for their evening fellowship on the **second and fourth Wednesday of the month**. Students meet from 6-8 p.m.; meals should be delivered between 5:45 - 6 p.m. to the Admin Building. The meal should include an entree, side dish, and dessert for 8-10 people. You are welcome to bring a home-cooked meal or order fast food (pizza, chicken fingers, tacos, etc.). We will have drinks, plates, and cutlery. You can signup by scanning the QR code or by visiting this link: [tinyurl.com/StJohnsYouthMeals](http://tinyurl.com/StJohnsYouthMeals).





## **SERVE ON THE FLOWER MINISTRY TEAM**

Did you know that the flowers adorning our altar on Sunday mornings are transformed into bouquets that we share with those unable to enjoy them in person – our members who are home-centered, facility-bound, ill, hospitalized, suffering a loss, or are otherwise in need of a bit of cheer? We are seeking some servants for our flower ministry team. No prior floral arranging experience is required to serve. Team members serve on a rotating basis for a couple of hours a month. If you are interested in serving with the Flower Ministry Team, please contact Harriet Walters via text 225-620-5777 or email [harriet.walters@att.net](mailto:harriet.walters@att.net).

# Fellowship & Spiritual Growth

## **DISCOVER ST. JOHN'S**

Are you a new or long-time visitor to St. John's who is looking to learn more about the church and/or church membership? Join Pastor Lane **Sunday, September 24 at 9:45-10:45 a.m.** in her office to discover more about St. John's, meet others, ask questions, and get to know one another. Coffee and snacks will be provided. Please RSVP to [office@stjohnsbr.org](mailto:office@stjohnsbr.org) if you are able to attend so that we can prepare to welcome you.

## **6-WEEK BIBLE STUDY STARTING THIS WEEK**

Journey with others through three New Testament Epistles, letters written to the early church by its leaders. Guy Johnson will be leading a 6-week Bible Study this fall on the Epistles of Galatians, Ephesians, and Philippians, using the Immersion Bible Study program, which offers a refreshing plunge into God's Word, your life, and your life with God. We will offer two sessions of this study. Choose the one that works best for you!

DAYTIME: Mondays at 10 a.m. (First session is September 11)

EVENING: Tuesdays at 6 p.m. (First session is September 12).

Cost to attend is \$16. Register online at [stjohnsbr.org/sept-study-2023](http://stjohnsbr.org/sept-study-2023) or complete the form in the Narthex.

## **LEARNING IN COMMUNITY: LIFE TRANSITIONS**

Join us for our new "Learning in Community" series where we are fed, inspired, and grow - as members and friends of St. John's UMC lead us in occasional workshops based on a variety of topics.

Our first "Learning in Community" workshop is called Life Transitions and will be led by Jami Prince on **Saturday, October 7 from 9:00 a.m. - Noon** in the Family Life Center. Throughout life, we experience a number of changes and transitions. Join us as we explore a model for understanding change and ways to help make the most of these changes, as they invite us to grow as individuals and in our faith. If you are anticipating an upcoming change in your life, if you are in the midst of change, or if you are trying to make sense of a change that has already occurred in your life, you will find something helpful in this workshop. The session is based on the book *Transitions: Making Sense of Life's Changes* by William Bridges. You do not need to read the book to attend, although it is available online. Please bring a notebook or journal for personal use.

Participants are asked to give a \$5 love offering. To make a gift online, please visit [stjohnsbr.org/give](http://stjohnsbr.org/give). Select the "Other" Fund and the "Learning in the Community" series Sub Fund. Please register by October 4: [stjohnsbr.org/life-transitions](http://stjohnsbr.org/life-transitions).

## WRITERS' GROUP

Do you enjoy writing? Are you interested in taking up writing and/or journaling as a spiritual practice? If so, we encourage you to attend today's Writer's Group Zoom at 3 p.m. All writers, of all genres, are invited to bring a short piece of writing to share at the meeting, but it's also OK to come just for the fellowship and support of fellow writers. The St. John's Writers' Group will meet online for conversation **today, September 10 at 3 p.m.** Email [silvermari@gmail.com](mailto:silvermari@gmail.com) for the Zoom meeting information. All are welcome!

## UNITED WOMEN IN FAITH

The Mary Martha Circle of the UWF will meet **Wednesday, September 13 at 10 a.m.** in the Parlor. All women are invited to attend.

**Sunday, September 17 at 3 p.m.** St. John's United Women in Faith will hold their General Meeting in the Parlor. Pat Cobb will be the guest speaker. All women are invited to attend.

## GRIEFSHARE WEEKLY SUPPORT GROUP & PROGRAM

A 13-week grief and loss support group and program using the recently updated GriefShare materials is being held on **Tuesdays, 2 - 3:30 p.m.** in the parlor. To join the class you must register through the GriefShare website, [www.GriefShare.org](http://www.GriefShare.org). There is a \$20 charge for class materials, there are scholarships available. Please contact Dee Muenzler for more information (225-933-1668 or [deemuenzler@gmail.com](mailto:deemuenzler@gmail.com)).

# Children & Youth Ministries

## BEDTIME STORIES

On **Wednesday, September 13 at 7:00 p.m.**, our youth group will be hosting a virtual event. They will be reading a bedtime story (or two) to the children involved at St. John's. We will be via Google Meeting. To receive a calendar invite for the meeting, email [Connor](mailto:Connor).

## FALL DISCIPLESHIP SERIES - C.H.A.O.S.

Our fall discipleship series for children & families is called C.H.A.O.S., which is an acronym that stands for...

### *Christ Here And Other Spaces*

Our next C.H.A.O.S. event will take place at Highland Road Community Park on September 24 from 4-6 p.m. This is a drop-off event. While parents are always welcome to stick around for our children's events, the activity for this event is tailored more towards our children than the grownups who might accompany them.

This session of C.H.A.O.S. will be focused on the "Other Spaces" part. The activity will be centered around seeking and finding signs of Christ through God's creation and through connection with one another.

## SUNDAY MORNING CAFE TIME AND SUNDAY SCHOOL

9:30-9:50 Cafe time for youth & children (K-12th) in Room 202

9:50-10:50 Children's & Youth Sunday School time

## YOUTH GROUP SCHEDULE

In addition to our Sunday School times, the St. John's youth group (6th-12th grades) meets for Bible study on 1st and 3rd Sundays, 4-6 pm, and for fellowship activities on 2nd and 4th Wednesdays, 6-8 pm. Dinner is provided on Wednesday nights.



# This Week at St. John's

## Sunday, September 10

- 8:00 a.m. Praise Team Warm Up, Sanctuary
- 8:30 a.m. Worship Service, Sanctuary
- 9:30 a.m. Coffee Time, FLC\*
- 9:30 a.m. Upstairs Cafe, Rm 202
- 9:45 a.m. Sunday School, Campus Wide
- 11:00 a.m. Worship Service, Sanctuary
- 2:00 p.m. Nominations Committee, Library
- 3:00 p.m. Writers' Group, Zoom
- 4:30 p.m. Music Makers, Choir Room
- 6:00 p.m. Bells Practice, Bells Room

## Monday, September 11

- 7:00 a.m. Early Risers Exercisers, FLC
- 9:00 a.m. Ladies' Covenant Group, Parlor
- 3:00 p.m. Men's Covenant Group, Library
- 3:30 p.m. The Shepherd's Market, FLC
- 4:30 p.m. Ladies' Covenant Group, Parlor
- 6:30 p.m. AA Meeting, FLC-E

## Tuesday, September 12

- 8:00 a.m. The Shepherd's Market
- 2:00 p.m. GriefShare Support Program, Parlor
- 6:30 p.m. AA Meeting, FLC-E

## Wednesday, September 13

- 7:00 a.m. Early Risers Exercisers, FLC
- 10:00 a.m. Mary Martha Circle, Parlor
- 3:30 p.m. Trustees Meeting, Library
- 6:00 p.m. Youth Group, Youth Room
- 6:30 p.m. Choir Practice, Choir Room
- 6:30 p.m. Women's AA Meeting, FLC-C
- 7:00 p.m. Bedtime Stories w/Youth, Virtual

## Thursday, September 14

- 8:00 a.m. The Shepherd's Market, FLC
- 5:00 p.m. Opening Doors, Library

## Friday, September 15

- 6:30 a.m. Men's Prayer Group, Parlor
- 7:00 a.m. Early Risers Exercisers, FLC

## Saturday, September 16

- 9:00 a.m. Days for Girls, FLC
- 12:00 p.m. AA Meeting, FLC-C
- 8:00 p.m. AA Meeting, FLC

\*Family Life Center