

Inner Insights

A series about our mental health.

Sundays in September

Sunday, September 17, 2023

11 A.M. WORSHIP CELEBRATION

All Are Welcome

Today we continue our worship series called "Inner Insights" that invites us to see our mental health as part of our overall health and faith life. 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? Thank you for joining us for this 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

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



ST. JOHN'S
United Methodist Church

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

Rev. Lane Cotton Winn
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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

I Will Arise and Go to Jesus
arranged by Dan R. Edwards

Alleluia Ringers

Words of Welcome

Rev. Lane Cotton Winn

Introit

On Eagle's Wings

*Call to Worship

Joyce Perry

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.

**As with a deadly wound in my body,
my adversaries taunt me,
while 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; for I shall again praise him,
my help and my God.**

*Hymn of Praise

His Eye Is On the Sparrow
The Faith We Sing Songbook 2146, vs. 1 & 3

*Sharing the Love and Peace of God

Ministry Moment

Good Grief! Fellowship

Susan Johnston

FACING THE TRUTH

Children's Moment

Connor Dean

Prayer for Illumination

Joyce Perry

O God,
Light the dark corners of our minds,
Warm the cold places in our hearts,
Fill the empty chambers of our spirits,
Heal the brokenness in our lives.
Amen.

Scripture Reading

Acts 16:25-34

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

Joyce Perry

"We Are All Here: Dealing With a
Mental Health Crisis"

Pastoral Prayer and The Lord's Prayer

Song of Meditation

Chancel Choir

Bridge Over Troubled Water
by Paul Simon

ACCEPTING GOD'S GRACE

*Affirming Our Faith

Affirmation From Romans 8:35, 37-39
The United Methodist Hymnal 887

Who shall separate us from the love of Christ?
Shall tribulation or distress,
or persecution or famine,
or nakedness or peril or sword?

No!

**In all things we are more than conquerors
through the One who loved us.**

**We are sure that neither
death nor life,**

**nor angels, nor principalities,
nor things present, nor things to come,
nor powers, nor height, nor depth,
nor anything else in all creation,**

**will be able to separate us from the love of God
in Christ Jesus our Lord.**

Thanks be to God! Amen.

***Gloria Patri**

**Glory be to the Father
and to the Son and to the Holy Ghost;
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen. Amen.**

Offering Our Tithes and Gifts to God

Offertory

Savior, Like a Shepherd Lead Us

arranged by Sandra K. Tucker

Alleluia Ringers

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.



***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**

O How He Loves You and Me

The Faith We Sing Songbook 2108, vs. 1 & 2

***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 Rev. Marie Williams in celebration of Dr. James Williams' 46th birthday September 17 and in memory of Rev. John Williams who passed away September 18, 2011.

USHERS

Ushers for today's worship service are Susanna Seals and Harriet Walters.

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.

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. *A limited number of printed copies can be found in the Narthex and the church office.*

Announcements

UPCOMING MEETINGS

Today - United Women In Faith

This afternoon, **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.

Finance Committee

The Finance Committee will meet **Tuesday, September 19 at 6 p.m.** in Pastor Lane's office at which time we will be reviewing the financials through July 31, 2023. We will also be looking at the expense side of the Budget for 2024.

Church Council

The Church Council will meet **Tuesday, September 26, 6:30 p.m.** in the Library. At this meeting the paperwork for the Charge Conference will be approved and the proposed 2024 budget will be reviewed.

Save the Date

St. John's is being asked to host one of two Baton Rouge District Charge Conferences on **Sunday, October 15, 6:30 p.m. in the Sanctuary**. At the upcoming Church Council meeting we will discuss ways we can serve and host.

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. We will meet in the Family Life Center on **September 23**, from 9 a.m. – noon. **THIS WILL BE OUR FINAL WORK DAY FOR FALL 2023.**

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.

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 sign up by scanning the QR code or by visiting this link: 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.

FALL FEST 2023

St. John's is hosting a Fall Fest for families in our community on Sunday, October 22 from 4 - 6 p.m. -- and we need your help! Fall Fest will be a community celebration involving activity stations, a trunk-or-treat, food, and an inflatable slide. We are so excited for this opportunity to engage more families in our area, but we need donations and volunteers to make sure Fall Fest runs smoothly.

If you would like to sign up for trunk-or-treat or an activity station, please visit stjohnsbr.org/fall-fest-volunteers. If you would like to donate items for Fall Fest, we are requesting nut-free, individually-wrapped candy and small prizes for games. You can find more specific donation requests on our Amazon wish list at stjohnsbr.org/fall-fest-wishlist. Thank you for supporting our family ministry events at St. John's!"

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 if you are able to attend so that we can prepare to welcome you.

GOOD GRIEF FELLOWSHIP

The Good Grief Fellowship is a group for anyone who is dealing with grief. The gatherings are held once a month in the church parlor at 5:30 p.m. on the third Tuesday of each month - our meeting this month will be **September 19**.

The purpose of this group is to provide a place of ongoing support and fellowship. It is not a set grief counseling program, rather we have a very informal format designed to provide open discussion on a wide variety of appropriate topics. All who are suffering any type of loss are invited to attend. For more information contact Susan Johnston at 225-773-9563.

A NOTE ABOUT THE UPPER ROOM DEVOTIONAL

I will be calling the Upper Room offices again Monday to see if they know why we have not received our small copies of the September-October edition of the Upper Room. I know many in our congregation read this daily devotion and prefer the book to the online version but until we receive the printed copies, you can read it online at upperroom.org/devotionals.

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. Select the "Other" Fund and the "Learning in the Community" series Sub Fund. Please register by October 4: stjohnsbr.org/life-transitions.

GRIEF SHARE 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. 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).

Children & Youth Ministries

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 **Sunday, September 24 from 4-6 p.m.**

At this event children are to be dropped off at the playground at BREC's Highland Road Community Park. While grownups 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 17

- 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
- 3:00 p.m. UWF General Meeting, Parlor
- 4:00 p.m. Youth Group, Youth Room
- 4:30 p.m. Music Makers, Choir Room

Monday, September 18

- 7:00 a.m. Early Risers Exercisers, FLC
- 9:00 a.m. Ladies' Covenant Group, Parlor
- 10:00 a.m. Immersion Bible Study, Library
- 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 19

- 8:00 a.m. The Shepherd's Market
- 2:00 p.m. GriefShare Support Program, Parlor
- 5:30 p.m. Good Grief! Fellowship, Parlor
- 6:00 p.m. Finance Committee, Pastor's Office
- 6:00 p.m. Immersion Bible Study, Library
- 6:30 p.m. AA Meeting, FLC-E

Wednesday, September 20

- 7:00 a.m. Early Risers Exercisers, FLC
- 6:30 p.m. Choir Practice, Choir Room
- 6:30 p.m. Women's AA Meeting, FLC-C

Thursday, September 21

- 8:00 a.m. The Shepherd's Market, FLC

Friday, September 22

- 6:30 a.m. Men's Prayer Group, Parlor
- 7:00 a.m. Early Risers Exercisers, FLC
- 8:00 a.m. Food Bank Delivery, FLC

Saturday, September 23

- 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