

***Inner* Insights**

A series about our mental health.

Sundays in September

Sunday, September 24, 2023

11 A.M. WORSHIP CELEBRATION

All Are Welcome

How can we support those who might be struggling with their mental health? How does our faith support us in supporting them? We'll ponder these questions together as we wrap up our mental health series, "Inner Insights," with a message about caring and supporting one another. 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

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

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
Lead Pastor
pastorlane@stjohnsbr.org

Connor Dean
Director of Youth & Children's Ministries
connordean@stjohnsbr.org

Lynn Cooper
Administrative Assistant
office@stjohnsbr.org

Dr. Steve Rushing
Choir Director
stevenrushing@stjohnsbr.org

Ben Balsler
Media Producer
benbalsler@stjohnsbr.org

Cheryl Roubique
Nursery Coordinator

Gabe Guillory
Youth Intern
youth@stjohnsbr.org

LeAnn Davis
Manager of Finance & Facilities
leanndavis@stjohnsbr.org

Dr. Terry Byars
Praise Team Director and Accompanist
terrybyars@stjohnsbr.org

Bill Putzig
Custodian
billputzig@stjohnsbr.org

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

Welcome to the Family of God!
by Natalie Sleeth

Music Makers

Words of Welcome

Rev. Lane Cotton Winn

Introit

This Is the Day
by Rick Shelton

Music Makers

*Call to Worship

Clara Maynard

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

The Servant Song
The Faith We Sing Songbook 2222, vs. 1 - 4

*Sharing the Love and Peace of God

FACING THE TRUTH

Children's Moment

Ben Hartman

Prayer for Illumination

Clara Maynard

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

Ben Hartman and
Clara Maynard

Mark 5:1-20

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

"How to Show Up: Caring for Others"

Pastor Lane

ACCEPTING GOD'S GRACE

*Hymn of Faith

They'll Know We Are Christians By Our Love
The Faith We Sing Songbook 2223, vs. 1 & 2

*Affirming Our Faith

A Statement of Faith of the United Church of Canada
The United Methodist Hymnal 883

We are not alone, we live in God's world.

We believe in God:

who has created and is creating,
who has come in Jesus, the Word made flesh,
to reconcile and make new,
who works in us and others by the Spirit.

We trust in God.

We are called to be the church:

to celebrate God's presence,
to love and serve others,
to seek justice and resist evil,
to proclaim Jesus, crucified and risen,
our judge and our hope.

In life, in death, in life beyond death,

God is with us.

We are not alone.

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.**

Prayer Litany of Life Experiences

As we share in prayer, our response will be:

God of mercy,
help us.

The Lord's Prayer

Ministry Moment

Flower Ministry

Pat Cobb

Offering Our Tithes and Gifts to God

Offertory
A Little Love
by Natalie Sleeth
Chancel Choir Anthem

*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**

Blest Be the Tie That Binds
The United Methodist Hymnal 557, vs. 1, 3, & 4

*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 Lenni and Ted Stickles in celebration of their 10th anniversary. Happy anniversary, Lenni and Ted!

USHERS

Ushers for today's worship service are Scott Durham and Renee Rodi.

PRAYER FOR ILLUMINATION

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

SEPTEMBER WORSHIP SERIES - INNER INSIGHTS

Today we conclude our worship series, “Inner Insights: A Series About Our Mental Health.” 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. 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. We also have a number of brochures and handouts available for you to take, located in the Narthex and the church office.

Announcements

UPCOMING MEETINGS

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

GROCERY BAG SUNDAY

Don't forget to pick up a yellow bag and bring it back **October 1, Grocery Bag Sunday** with food items to help stock the shelves of The Shepherd's Market. The truck that came from the Food Bank on Friday was low on all items. But items that are REALLY needed are: canned vegetables, cereal, pasta, snacks, and drinks. Thanks for all you do to help.

SAFE SANCTUARIES TRAINING

Safe Sanctuaries training is scheduled for **Wednesday, October 4 at 6 p.m.** in the Parlor. All Children and Youth Sunday School teachers, parents who help volunteer with those programs, as well as our nursery workers need to attend this training annually. Please confirm your attendance with Connor (225-766-4594 or connordean@stjohnsbr.org).

ST MARK'S MISSION

St John's will return to St. Mark's UMC in New Orleans to provide a meal on **Sunday, October 8**. We will need about eight volunteers to help prepare and serve the meal after the 10 a.m. service there. Our team will leave the parking lot of St John's on October 8 at 7:30 a.m. Two vehicles will be needed to provide transportation for the team and for the meal supplies. Please let Larry Norman know if you will be among the volunteers and/or can provide one of the vehicles. You may text or call Larry at 225-933-1881.

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!"

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.

Fellowship & Spiritual Growth

VOLLEYBALL NIGHT

We will meet in the Family Life Center to play volleyball on **Wednesday, September 27 from 6 - 7:30 p.m.** Participants of all ages are welcome. We will be playing with a regulation-height net, however, so younger children (under the age of 10) may have difficulty. Light snacks and drinks will be provided.

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.

WORSHIP

WORLD COMMUNION SUNDAY

Sunday, October 1 is World Communion Sunday. We will Celebrate our oneness in Christ with our Christian siblings around the world at both services.

PARLOR RENAMING AND DEDICATION

For 60 years, the Founders Sunday School class gathered in the church’s parlor for study and fellowship each Sunday morning. Among the class members were some of the founding and charter members of St. John’s. They have been pillars of our congregation for generations. Most of the class members have joined the communion of saints or are no longer able to attend. In honor of their legacy, the Board of Trustees has voted to rename the parlor the Founder’s Parlor. We will hold a brief Dedication and Renaming Ceremony on **Sunday, October 1 at 9:50 a.m.** We invite those who have been part of The Founder’s Sunday School class and their friends to join us for a five minute dedication and celebration in the newly named Founder’s Parlor.

“CALL TO COMMUNITY” 2024 STEWARDSHIP CAMPAIGN AND WORSHIP SERIES

Join us October 8 as we launch our 2024 Stewardship Campaign with a new worship series titled, “Called to Community,” in which we affirm the ways that we, here at St. John’s, are making a difference in our community and explore how God is calling us to invest even further in this place we call home. The prophet Jeremiah reminds us that when our prayers and service enable our community to thrive, we, as a church, will thrive, too.

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

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 24

- 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. Discover St. John's!, Pastor's Office
- 9:45 a.m. Sunday School, Campus Wide
- 11:00 a.m. Worship Service, Sanctuary
- 4:00 p.m. C.H.A.O.S., Highland Rd. Park
- 6:00 p.m. Bells Practice, Bells Room

Monday, September 25

- 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 26

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

Wednesday, September 27

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

Thursday, September 28

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

Friday, September 29

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

Saturday, September 30

- 12:00 p.m. AA Meeting, FLC-C
- 8:00 p.m. AA Meeting, FLC

*Family Life Center