

# OVERCOME ANXIETY

CHECK-IN &  
PRAYER REQUESTS  
VIA QR CODE



*When life feels overwhelming and our senses are on overload, Elijah's story reminds us that God is not always found in the dramatic or powerful, but in the stillness and silence. In moments of anxiety and stress, we are invited to take a holy pause—breathe deeply, ground ourselves, and become aware of the Spirit's presence. God's breath of life is with us, offering peace in the quiet moments we so often overlook.*

## MAKE A DIFFERENCE

### Days for Girls Mission Work Day!

Join us Saturday, October 4, 9 a.m. – noon in the Family Life Center to make hygiene kits for girls in developing countries. Contact Joyce Perry (225-978-2206 or [joyce.perry@cox.net](mailto:joyce.perry@cox.net)) for more info.

### Prayer Requests

Share prayer requests by scanning the QR code above, emailing [prayers@stjohnsbr.org](mailto:prayers@stjohnsbr.org) or visiting [stjohnsbr.org](http://stjohnsbr.org)/here.

### All Are Welcome & Affirmed Here

Whoever you are, wherever your faith journey, you are welcome and affirmed. We are so glad you joined us and hope you feel at home here.

### For Newcomers

**Restrooms** & Welcome **Brochures** are located in the narthex (lobby). Our **ushers** can help you in any way you may need. Text 'CONNECT' to 225-230-1017 join our updates.

### For Families with Children

- The **St. John's Playground** is in the front of the sanctuary during services. Children are welcome to spend **the entire service** here.
- The **Nursery** serves infants – preschool in the Education & Administration building next door.
- **Changing tables** are located in the restrooms and nursery.
- **Holy Communion** elements of bread and grape juice are available to all including children weekly at the 8:30 a.m. service and on the first Sunday of the month at the 11:00 a.m. service. **Gluten free** elements are also available.
- We offer **Sunday School** for 18 months – 12<sup>th</sup> grade from 9:45 a.m. – 10:45 a.m.

✿ *The flowers are from Ted and Lenni Stickles in celebration of their 12th wedding anniversary. Congratulations, Ted and Lenni!*

**Fred & Becky Shearer** are our ushers today.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Yellow Bag Sunday & Grocery Bag Sunday

Take home a yellow bag to help restock the Shepherd's Market Client Choice Food Pantry! Fill it with non-perishables and return it next Sunday for "Grocery Bag Sunday," held the first Sunday of each month. *Most-needed items: pasta, cereal, drinks, dry beans, snacks, canned fruit, and condiments.*

### Plastic Grocery Bags for the Shepherd's Market

Don't throw those bags away! The Shepherd's Center can use them. Bring them to the St. John's Office or to the Shepherd's Center on a market day (both hours listed below).

### Safe Sanctuaries Training, Today 4:30 p.m., St. John's Library

All serving in Family Ministries – including with the Nursery, Children and Youth – are asked to attend this training. RSVP to Kate [katebouchillon@stjohnsbr.org](mailto:katebouchillon@stjohnsbr.org) for questions.

### New Worship Series, "Called to Dream" beings October 5

God is always calling the church to dream – of healing, renewal, and a world made whole. In *Called to Dream*, our upcoming series and 2026 stewardship campaign, we imagine how to live faithfully into God's vision for our church, community, and beyond. Together we can turn God's dream into reality.

### Youth Bible Study, Sunday October 5

Kick off the new season of Youth Bible Study on Sunday, October 5 from 4:00–6:00 p.m.! Bring your Bible and a snack to share to the Youth Room as we dive into God's Word.

### Young Adult Night Out

Join us Monday, October 7 for dinner at Casa Maria (5:30 p.m.), followed by pickleball at St. John's (7:00 p.m.). Come for one or both – no experience needed, just fun & fellowship!

### Church-Wide Work Day, Saturday, October 18

Join us for a morning of service! We'll gather from 9am–12pm with projects for all ages (yes, even children & youth!). Scan the QR code to sign up for a task and help us care for our church together.



### Adopt A Bird

\$25 provides a turkey and holiday meal for a family through the Great Turkey Giveaway. With reduced grant funding this year, we hope to match or exceed last year's support for 500+ families. Donate at [stjohnsbr.org/give](http://stjohnsbr.org/give) (choose Shepherd's Market fund and note "Adopt a Bird").

## EVERY WEEK AT ST. JOHN'S

FLC = Family Life Center

### Worship Services

**Sundays**  
**8:30 a.m. & 11:00 a.m.** Sanctuary

### Coffee Time

**Sundays**  
**9:30 a.m.** FLC  
**Last Names H-L may bring snacks on Oct 5**

### Sunday School

**Sundays**  
**9:45 a.m.** Campus Wide

### Music Ministries

**Sundays**  
**6:00 p.m.** The Alleluia Ringers, Bells Room  
**Wednesdays**  
**6:30 p.m.** Chancel Choir Practice, Choir Room

### Children & Youth

**Sundays**  
**9:45 a.m.** Sunday School, Campus Wide  
**Upstairs Café Fruit – Teachers bring on Oct 5**

**4:30 p.m.** Music Makers (K–8<sup>th</sup> grades)

### Serve

**Fridays**  
10:30 a.m. Holy Helpers, Church Office

### Wellness

**Mondays, Wednesdays & Fridays**  
**7:00 a.m.** Early Risers Exercisers, FLC

### Tuesdays

**7:00 p.m.** Pickleball, FLC  
**7:30 p.m.** AA Meeting, FLC-E

### Wednesdays

**6:30 p.m.** Ladies AA Meeting, FLC-C

### Saturdays

**12:00 p.m.** AA Meeting, FLC-C  
**7:00 p.m.** AA Meeting, FLC

### Shepherd's Market

**A client choice food pantry**

**Mondays 3:30 p.m.** FLC  
**Tuesdays & Thursdays 8:00 a.m.** FLC  
[shepherdsmarket.org](http://shepherdsmarket.org)

### CHURCH OFFICE HOURS

**9 AM – 12 NOON**  
**Monday – Friday**

### CONTACT

[stjohnsbr.org/contact-us](http://stjohnsbr.org/contact-us)



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

**11:00 AM Worship Celebration**  
**Sunday, September 28th 2025**

[stjohnsbr.org](http://stjohnsbr.org) | [@stjohnsbr](https://www.instagram.com/stjohnsbr) | [office@stjohnsbr.org](mailto:office@stjohnsbr.org)

**225-766-4594 | 230 Renee Drive BR, LA 70810**

WELCOME

11:00 AM Worship Celebration

Please stand as you are comfortable where marked by an asterisk (\*) & join in speaking where text is in **bold**.



CHECK IN  
& PRAYER  
REQUESTS

Gathering Music

Dr. Terry Byars

Words of Welcome

Rev. Lane Cotton Winn

Musical Reflection

*Spirit of God, Descend Upon My Heart*

Invitation to Worship\*

Frankie Guajardo

In the whirlwind and in the quiet,  
in our fears and in our hopes, God is with us.  
**We come seeking peace.**  
When anxiety grips our hearts, God breathes calm.  
When we are overwhelmed, God offers strength.  
**We come seeking courage.**  
Come and bring your whole self – your worries,  
your joys, your prayers.  
**We come to worship the God who overcomes.**

We Sing Together\*

U.M. Hymnal #420 vs 1, 2, 3

*Breathe on Me, Breath of God*

Sharing in the Love and Peace of Christ\*

We Encourage Our Children

Natalie Cooper

We Pray Together

Rev. Lane Cotton Winn

May the words of our mouths and the meditations of our hearts be acceptable in thy sight, thou who art our strength and our redeemer. Amen.

We Read the Word

1 Kings 19:11–14

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.**

We Reflect on the Word

Rev. Lane Cotton Winn

*Overcome Anxiety*

We Take a Holy Pause

*You are invited to pray quietly, either at the altar or from your seat.*

We Pray the Lord's Prayer

U.M. Hymnal #895

We Sing Together\*

U.M. Hymnal #395 vs 1, 2, 4

*Take Time to Be Holy*

We Affirm Our Faith\*

Frankie Guajardo

*A Statement of Faith of the United Church of Canada,  
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 live with respect in Creation,**  
**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.**

We Sing Together\*


U.M. Hymnal #71

*The 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.**

We Offer God’s Tithes and Our Gifts

Chancel Choir

*In Thee, O Lord, Have I Trusted*  
George Frideric Handel  
*Thank you for your generosity. Your gift helps us be a blessing in our community. Scan the QR code or visit [stjohnsbr.org/give](https://stjohnsbr.org/give) to give online.*



GIVING

We Sing Together\*

**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!**

We Receive This Week’s Call To Action

*We joyfully welcome all those who wish to become members of St. John’s and invite you to come forward and stand with Pastor Lane during the singing of the next song.*

We Sing Together\*

U.M. Hymnal #534 vs 1, 2

*Be Still, My Soul*

We Share in a Blessing\*

Rev. Lane Cotton Winn

We Go Out into the World\*

*The service ends, but our worship continues as we go forth to love and serve the Lord.*