

Inner Insights

A series about our mental health.

Sundays in September

Sunday, September 10, 2023

8:30 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

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office@stjohnsbr.org | 225-766-4594 | stjohnsbr.org | [@stjohnsbr](https://www.instagram.com/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

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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.
You may scan the QR Code to register your attendance.*



TURNING INWARD

Prelude

Words of Welcome

Rev. Lane Cotton Winn

*Songs of Praise

More Like You
The Faith We Sing Songbook 2167

As the Deer
The Faith We Sing Songbook 2025

*Call to Worship

Jane Walker

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.**

*Song of Response

Through It All
The United Methodist Hymnal 507

FACING THE TRUTH

Children's Moment

Molly Means

Prayer for Illumination

Pastor Lane

**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

Luke 9:23-27

Pastor Lane

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

ACCEPTING GOD'S GRACE

*Hymn of Faith

It Is Well With My Soul
The United Methodist Hymnal 377, vs. 1 & 2

*Prayer of Confession

Pastor Lane

Trusting in God's grace and mercy,
in God's desire for wholeness and healing, let us turn inward through
confession and prayer, as we open our hearts, and souls, and minds
to the truth of our lives, and offer that truth to God.

**Gracious God,
Forgive us...
that we ever doubted your grace; that we thought anything
could separate us from you; that we heaped shame upon
shame, and fear upon fear.
Teach us to treat crisis with gentleness,
shame with hope, fear with love, and danger with courage.
Give us the strength to live life, share life, and save life.
We pray in the name of the Resurrected Christ.
Amen.**

*Words of Grace and Forgiveness

Pastor Lane

Hear the Good News:

No valley is too despairing, broken, or deep for God to enter.

No fear, no chaos, no hopelessness is beyond the reach of the One whose breath gives us life.

Through Christ, forgiveness, love, and new life are always possible.

We are redeemed and remade by the Spirit of Life.

In our brokenness and in our wholeness we are God's beloved.

Thanks be to God. Amen.

*Sharing the Love and Peace of Christ

Offering Our Tithes and Gifts to God

Offertory

You'll Never Walk Alone

by Rodgers & Hammerstein

vocalist: Molly Means

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!

*Invitation to the Table

Pastor Lane

In communion we come to the table of a broken God.

A body, broken for us.

Blood, shed for us.

A voice, crying out in despair:

Why have you forsaken me?

We do not worship perfection.

We worship the broken Christ,

who invites us to this table

just as we are.

All are welcome here.

Everyone has a place at this table.

You are welcome.

I am welcome.

*The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

In the beginning, there was chaos

a nothingness, a void.

God touched that nothingness, stirred it up, and the world began:
stars and oceans and life bursting into being.

Then God created people

first one, then another, because it was not good to be alone.

We were made to be together.

But paradise slipped through our grasp,

and we began our long journey in exile.

But soon we found there was grace outside the garden, too.

God was still with us.

When we were enslaved in Egypt,

God freed us.

When we were lost in the desert,

God led us.

When we got disoriented, God gave us a law to follow.

When we were hungry,

God fed us.

When we turned on each other, God sent us prophets,

God's word on human lips, to call us back to each other.

And then—of all things—God came to us

as another person—Jesus of Nazareth,

God in a human body, with a brain like ours,

a heart like ours, hurts like ours, hopes like ours.

Jesus laughed and wept, got angry and forgave,

lived a deep faith and showed deep uncertainties,

loved the Lord his God with heart and strength and soul and mind,

loved us, his neighbors here on earth, just as fiercely.

Afraid and angry, we hung Jesus on the cross,

but God turned death's period into a semicolon,

and on the third day, Jesus rose from the grave

to pave the way for each of us to rise, too.

He bore the scars even on that Easter Day,

but he was alive, and still with us, for us.

And so we lift our broken alleluias

to the Lord of Life, our Risen Savior,

joining our voices with all the scarred and sacred saints

from every time and place,

who find their seat at this table.

**Alleluia, alleluia, alleluia,
alleluia, alleluia, alleluia,
alleluia, alleluia.**

You may be seated as we recall Jesus' invitation to Holy Communion and the pastor invokes the present work of the Holy Spirit.

The Lord's Prayer

Sharing in Holy Communion

Everyone is welcome to share in Holy Communion.

Communion will be served using the ancient means of "intinction" with only the pastor and servers touching the elements. The bread will be dipped in the grape juice and handed to you. Or, if you prefer, you may receive pre-packaged elements.

A gluten-free option is also available.

You are invited to stay at the chancel for prayer as long as you desire.

If you are a person with limited mobility, please let an usher know and someone will gladly bring communion to you.

Prayer After Receiving

Jane Walker

Lord, we broke the bread and poured the cup out to remember you.

We came to your table, where you call us friends.

As we leave this table, give our forgetful minds these truths to hold onto.

Help us remember we are not alone in our brokenness.

Help us remember we are not alone in our healing.

Help us remember we are not alone on our journey.

You walk with us.

Thank you, thank you, thank you.

Amen.

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 Paul Ivey and Joyce Robinson.

COFFEE TIME

After the 8:30 service, everyone is invited to the Family Life Center for coffee and refreshments.

After the 8:30 service we offer snacks for children and youth in our newly opened "Upstairs Café" in Room 202 of the Admin Building. Read more about it in the Children & Youth Ministries announcements.

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. *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.

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.

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.

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 or complete the form in the Narthex.

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.

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 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. 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).

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

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](#).

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.