

OVERCOME ANXIETY

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.

CHECK-IN & PRAYER REQUESTS VIA QR CODE



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) for more info.

Prayer Requests

Share prayer requests by scanning the QR code above, emailing prayers@stjohnsbr.org or visiting 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 – 12th 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!

Bob Armstrong & Belinda Dumas 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 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 (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–8th 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

CHURCH OFFICE HOURS

9 AM – 12 NOON
Monday – Friday

CONTACT

stjohnsbr.org/contact-us



ST. JOHN'S
United Methodist Church

8:30 AM Worship Celebration
Sunday, September 28th 2025

stjohnsbr.org | @stjohnsbr | office@stjohnsbr.org

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

WELCOME

8:30 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

Welcome in the Light of Christ*

U.M. Hymnal # 420 vs 1, 2, 3
Breathe on Me, Breath of God

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 #500 vs 1
Spirit of God, Descend Upon My Heart

We Encourage Our Children

Natalie Cooper

We Read the Word

Rev. Lane Cotton Winn

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 Sing Together*

U.M. Hymnal # 395 vs 1, 2, 4
Take Time to Be Holy

We Name Our Need for Grace*
Merciful God,
we confess that we are often overwhelmed by worry and fear.
We let our thoughts race ahead to worst-case scenarios.
We cling to noise and distraction,
rather than pausing to hear Your still, small voice.
Forgive us, Lord.
Teach us to breathe deeply of Your Spirit,
to release what we cannot control,
and to trust that You are with us always.
In silence, we bring our anxious hearts before You...

Natalie Cooper

We Hear Words of Grace & Forgiveness*
Hear the good news:
God’s presence does not leave us in the whirlwind or the fire.
God meets us where we are,
and offers peace beyond our understanding.
In Jesus Christ, we are forgiven and set free.
Thanks be to God!
May the peace of Christ be with you.
And also with you.

Natalie Cooper

We Greet One Another with Joy & Peace*

We Offer God’s Tithes and Our Gifts

Our Father
Lyrics and music by Anne Trufant

Judy Gilmore &
Molly Means

Thank you for your generosity. Your gift helps us be a blessing in our community. Scan the QR code or visit stjohnsbr.org/give to give online.



GIVING

We Sing Together*

U.M. Hymnal #94

Praise God from Whom all Blessings Flow
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 Prepare for Communion*
We give thanks, remember God’s saving acts, and call on the Holy Spirit to bless the bread and cup. Together, we join in a holy meal that connects us with Christ and one another.

We Pray the Lord's Prayer U.M. Hymnal #895

We Celebrate in Communion*
All are welcome to receive Communion.
We serve by intinction (bread dipped in juice); servers handle the elements. Pre-packaged & gluten-free options are available. You may remain at the chancel to pray. If you need communion brought to you, please let an usher know.

We Pray Together Frankie Guajardo
Gracious God,
we give you thanks for this holy meal
and for the holy pause it offered us.
As we go from this table,
calm our anxious hearts,
steady our breathing,
and strengthen us to face the days ahead.
Send us out with peace to share,
courage to live by,
and hope that overcomes all fear.
Through Jesus Christ our Lord we pray. Amen.

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