

Inner Insights

A series about our mental health.

Sundays in September

Sunday, September 3, 2023

8:30 A.M. WORSHIP CELEBRATION

All Are Welcome

Today we start a new worship series called “Inner Insights” that invites us to see our mental health as part of our overall health and faith life. Our mental health is a key piece of who we are and how we interact with the world around us. Research suggests that as many as half of us live with mental challenges, which means that almost all of us know and love someone who does. How can our faith help us calm, cope, and center ourselves? How can Christians support good mental health practices in ourselves and our neighbors? 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
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Bill Putzig
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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

He Leadeth Me: O Blessed Thought
The United Methodist Hymnal 128, vs. 1

Through It All (2x)
The United Methodist Hymnal 507

*Call to Worship

Rhonda Tucker

*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.

**My soul is cast down within me;
therefore I remember you.**

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

You Are Mine
The Faith We Sing Songbook 2218, refrain

FACING THE TRUTH

Children's Moment

Rhonda Tucker

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

Psalm 139:1-13

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

“God Cares: Our Mental Health Matters”

Pastor Lane

ACCEPTING GOD’S GRACE

*Hymn of Faith

How Firm a Foundation
The United Methodist Hymnal 529, vs. 1 & 2

Prayer of Confession

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...

**for neglecting to care for the minds and bodies you give us;
for believing we are not worthy of every healing gift
you have to offer us.**

Give us the courage to seek help.

**In your tender mercy, Lord,
clear away these sins from our hearts, and lead us deeper
into your compassion, love, and grace.**

In the name of Christ, we pray.

Amen.

Words of Grace and Forgiveness

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.

Offering Our Tithes and Gifts to God

Offertory

You Are My All In All

by Dennis Jernigan

vocalists: Molly Means and Troy Prevot

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

Rhonda Tucker

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

Gabe Guillory

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

God Will Take Care of You

The United Methodist Hymnal 130, vs. 1 & 3

During the singing of the hymn, we invite you to bring forward donations to The Shepherd's Market.

*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

USHERS

Ushers for today's worship service are Lynn Cooper and Sandra Kuykendall.

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).

Love Offering

LOVE OFFERING FOR BILL PUTZIG

After many years of dedicated service, Bill Putzig, our Custodian, has expressed a desire to transition from a full-time role to a part-time position, effective September 1. We fully support his decision and are grateful for the nearly 7 years of dedicated service he has provided.

On Sunday, September 10 we will honor Bill during Coffee Time. To express our appreciation, we are collecting a Love Offering which we will present to him that morning. If you would like to contribute to the Love Offering, you may write a check to St. John's, marking your check in the memo line with "Bill's Love Offering" or make a cash donation using the offering envelopes in the pews, identifying the purpose on the outside of the envelope. Both checks and cash in envelopes may be placed in the offering plate on Sunday, or you may want to leave your donation in the church office. If you prefer to give online at stjohnsbr.org/give, select the "Staff Appreciation" Fund, followed by the "Bill's Love Offering," Sub fund.

During Coffee Time, we will also have a basket for collecting cards and gifts if you would like to show your appreciation that way.

Though Bill will no longer be on campus every day, you can still expect to see him on Sunday mornings. Bill will also come twice a week for two 3-hour shifts to tidy up and do light housekeeping. With the reduction of Bill's hours, the Trustees will be contracting with a professional cleaning service, who will do a thorough cleaning of our facilities once a week.

We are grateful for Bill's commitment and contributions over the years. Bill will continue to be a part of our lives, yet on a different basis. He is certainly still part of the St. John's church family.

Worship & Music

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 created a mental health resource list, compiled 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.*

MUSIC MAKERS MEETS TODAY

Music Makers, our children's music program for grades K - 5th, meets on the first three Sundays of the month. They will meet **today Sunday September 3 from 4:30-5:30 p.m.**

Servanthood

DAYS FOR GIRLS MISSION WORK DAYS

We are getting ready for 3 more workdays for Days for Girls, a mission of United Women in Faith. We will prepare and assemble 100 kits containing reusable feminine hygiene projects 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 16, 23, and 30**, 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. Also, if you are available for sewing bags prior to the work days, please let Joyce know. 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.



EMPTY YOUR FREEZER FOR THE SHEPHERD'S MARKET

Is it "that time of year" again when we have to empty our freezers? If you have some unopened items that you could donate to the pantry, it would be greatly appreciated. This past week our delivery from The Food Bank had no meat. As you know this is an expensive item to buy and we are feeding 150 families each week. Please consider a donation. Thank you very much.

SERVE ON THE FLOWER MINISTRY TEAM

One of the bright spots of worship each Sunday morning is the fresh floral bouquet in the sanctuary. A new bouquet appears each week, thanks to those congregation members who sign up to sponsor the flowers. But after worship, those bouquets continue to brighten the day of others from the congregation who are not able to enjoy them in person. No prior floral arranging experience is required! This is a great ministry opportunity for someone who works during the week and would like to serve for a couple of hours on the weekend once a month. When the altar flowers leave the church each week, they are God's love being delivered by those who are Christ's hands and feet. We invite you to join in this incredible ministry of delivering cheer and joy. 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.

FALL 6-WEEK BIBLE STUDY COMING IN SEPTEMBER

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

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).

UNITED WOMEN IN FAITH

The Ruth Circle of the United Women in Faith will meet **Tuesday, September 5 at 9:30 a.m.** in the Parlor. Kathleen Adams will present the program. 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.

PRIME TIMERS SECOND SATURDAY BREAKFAST

Prime Timers will meet on **Saturday, September 9 at 8:30 a.m.** at the Drury Inn & Suites, 7939 Essen Park Ave. This Dutch-treat buffet breakfast (\$8.99) is a wonderful way to relax over a meal you didn't have to cook or do the dishes! And, yes, you younger whipper-snappers are welcome.

This Week at St. John's

Sunday, September 3

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
4:30 p.m. Music Makers, Choir Room
6:00 p.m. Bells Practice, Bells Room

Monday, September 4

CHURCH OFFICE CLOSED

THE SHEPHERD'S MARKET CLOSED

7:00 a.m. Early Risers Exercisers, FLC
9:00 a.m. Ladies Covenant Group, Parlor
6:30 p.m. AA Meeting, FLC-E

Tuesday, September 5

8:00 a.m. The Shepherd's Market
9:30 a.m. UWF Ruth Circle, Parlor
2:00 p.m. GriefShare Support Program, Parlor
6:30 p.m. AA Meeting, FLC-E

Wednesday, September 6

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 7

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

Friday, September 8

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 9

8:30 a.m. Prime Timers Breakfast, Drury Inn
12:00 p.m. AA Meeting, FLC-C
8:00 p.m. AA Meeting, FLC

*Family Life Center

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 September 24th 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.

There will be **no Youth Group today, Sunday, September 3**, so the students can get the most out of their Labor Day break.