



Living by Faith, Known by Love, A Voice of Hope



First Church in Windsor, UCC
April 25, 10 a.m.

Mental Health Sunday

Prelude

Welcome

Litany for Mental Health Sunday

One: As a congregation we are glad to lift our voices and our spirits to break the silence that often happens when we are confronted with mental illness.

Two: As a faith community, we name the often-unnamed experiences which come to those who live with a mental illness such as major depression, bipolar disorder, anxiety disorder, schizophrenia, and eating disorder.

One: We name the hope which upholds our spirit through honest sharing; the pain when people turn away because of fear;

Two: The courage to speak in a safe place the way that Jesus spoke truth with love; the strength from being with others who listen compassionately;

One: The isolation that comes when no one knows what to say; the exhaustion that comes with living with a mental illness as well as for those who are caregivers;

Two: We want our church to be a place where we do not have to hide a piece of ourselves, like mental health issues. We want to truly know and love one another as we are.

One: We want to extend our welcome to people with mental health issues. We desire the wisdom that comes from education about mental health;

Opening Hymn

Pass Me Not, O Gentle Savior

Words by Fanny Crosby

Music by William Doane

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**Pass me not, O gentle Savior, hear my humble cry.
While on others you are calling, do not pass me by.
Savior, Savior, hear my humble cry.
While on others you are calling, do not pass me by.**

**Trusting only in your merit, would I seek your face.
Heal my wounded, broken spirit, save me by your grace.
Savior, Savior, hear my humble cry.
While on others you are calling, do not pass me by.**

**Be the Spring of all my comfort, more than life to me.
Not just here on earth beside me, but eternally.
Savior, Savior, hear my humble cry.
While on others you are calling, do not pass me by.**

Prayer of Invocation

God of love, today as we celebrate Mental Health Sunday, stir in us deep compassion for people living with brain disorders and their families. Raise our awareness of how we can create a supportive and safe spiritual community for people who feel isolated, shunned and ashamed. Inspire us to reach out in love as a sign of your radical hospitality and grace. Encourage us to receive the gifts that are given by all, including those who are living with mental health challenges. Amen.

Prayer of our Savior

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread, and forgive us our sins, as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power, and the glory, forever. Amen

Children's Moment

Scripture

John 20: 19-21

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' ²⁰After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. ²¹Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.'

Sermon

Pastor Nicole

"Faith in a Seed: The Peace Jesus Gives"

Hymn

When Peace Like a River (It Is Well with My Soul)

Words by Horatio Spafford

Music by Philip Bliss

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**When peace, like a river, upholds me each day,
when sorrows like sea billows roll,
whatever my lot, you have taught me to say,
"It is well, it is well with my soul."
It is well with my soul, it is well, it is well with my soul.**

**Though evil should tempt me, though trials should come,
let this blessed assurance control,
that Christ has regarded my helpless estate,
and has paid life and blood for my soul.
It is well with my soul, it is well, it is well with my soul.**

O God, speed the day that is filled with your light,
when clouds are rolled back like a scroll.
The trumpet shall sound and the Lord shall appear,
'even so,' it is well with my soul.
It is well with my soul, it is well, it is well with my soul.

Prayers of the People

Pastoral Prayer

Prayer Response

In the Bulb there is a Flower
Words and music by Natalie Sleeth
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**In the bulb there is a flower, in the seed an apple tree;
in cocoons, a hidden promise: butterflies will soon be free!
In the cold and snow of winter there's a spring that waits to be,
unrevealed until its season, something God alone can see.**

Announcements

Benediction

Postlude

Les Tourterelles
By Francois Dagincourtby
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Today's prayers were adapted and used by permission by Rev. Sarah Lund and Rev. Alan Johnson
from the Mental Health Network of the United Church of Christ.