



## 4<sup>th</sup> Sunday of Easter: Mental Health Awareness

*Worship at home live by video or phone, or on your own schedule.*

VIDEO: View & interact on any device live at 10AM on May 3  
([facebook.com/sjecmanitowoc/videos](https://facebook.com/sjecmanitowoc/videos))

AUDIO: Listen by phone live at 10AM on May 3

(call 1-312-626-6799 & enter Meeting ID 342 570 232 & Password 0 [zero])

*Everybody is invited to read/pray/sing at the appropriate times during Worship.*

*We're keeping all phones muted throughout Worship so everybody can hear.*

**Welcome! We're glad that you chose to worship with us today!**

Amma Diane

### ♪ **We Come to You for Healing, Lord**

We come to you for healing, Lord, of body, mind, and soul,  
and pray that by your Spirit's touch we may again be whole.

As once you walked through ancient streets and reached toward those in pain,  
we know you come among us still with power to heal again.

You touch us through physicians' skills, through nurses' gifts of care,  
and through the love of faithful friends who lift our lives in prayer.

Through nights of pain and wakefulness, through days when strength runs low,  
grant us your gift of patience, Lord, your calming peace to know.

We come to you, O loving Lord, in our distress and pain,  
in trust that through our nights and days your grace will heal, sustain.

Words: Herman G Stuempfle Jr, 2002. ©2006 GIA Publications Inc. All rights reserved.      Tune: *LAND OF REST*, American Folk melody.

### **Gathering**

*Celebrant* Alleluia! Christ is risen!

*All* Christ is risen, indeed! Alleluia!

*Celebrant* If anyone is in Christ, there is a new creation: everything old has passed away; see,  
everything has become new!

Let us confess our sins against God and our neighbor.

*All* Most merciful God, we confess that we have sinned against you in thought, word,  
and deed, by what we have done, and by what we have left undone. We have not  
loved you with our whole heart; we have not loved our neighbors as ourselves. We  
are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have  
mercy on us and forgive us; that we may delight in your will, and walk in your  
ways, to the glory of your Name. AMEN!

*Celebrant* Almighty God have mercy on you, forgive you all your sins through our Lord Jesus  
Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in  
eternal life.

*All* AMEN!

## Remembering Those Touched by Mental Illness

*Celebrant* Mental Health Awareness Month has been observed in May in the U.S. since 1949. Mental illnesses are more common than cancer, diabetes, or heart disease. According to the National Institute of Mental Health, about 1 in 4 adults and 1 in 5 children in the U.S. suffer from a diagnosable mental illness in any given year (about 1 in 17 adults live with serious mental disorders). That means a significant number of people in our congregation have a family member or friend living with mental health issues or is living with those issues themselves. These include major depression, bipolar disorder, mood disorders, schizophrenia, anxiety disorders, panic disorders, post-traumatic stress disorder, personality disorders, obsessive compulsive disorder, social phobias, and others.

In many places, including our faith communities, there can be stigma surrounding mental illness. Many people of faith with mental health issues first go to a spiritual leader for help, and studies show that clergy and lay leaders are often not effective in providing appropriate support and referral information. All our faith communities can be a caring congregation for persons living with a mental illness and their family and friends. We as people of faith can help to educate, welcome, support, and advocate for those among us who are touched by mental illness.

## Candle Lighting

*Celebrant* Paul, writing to the Galatians, challenges those Christians to “Bear one another’s burdens, and in this way you will fulfill the law of Christ.” We’ll now light seven candles to remind us of the burdens we share and our ongoing call to support each other.

*The first candle is lighted*

*Reader 1* We light the candle of **Truth** that God will help us dispel ignorance and misinformation about mental health disorders.

*The second candle is lighted*

*Reader 2* We light the candle of **Healing** that troubled minds and hearts, broken lives and relationships might be healed.

*The third candle is lighted*

*Reader 1* We light the candle of **Understanding** that the darkness of stigma, labels, exclusion, and marginalization might be dispelled for the sake of those touched by mental illness.

*The fourth candle is lighted*

*Reader 2* We light the candle of **Hope** for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve.

*The fifth candle is lighted*

*Reader 1* We light the candle of **Thankfulness** for compassionate, dedicated caregivers and mental health professionals; for new scientific discoveries and better medications.

*The sixth candle is lighted*

*Reader 2* We light the candle of **Faith** to dispel doubt and despair for those who have lost hope and are discouraged.

*The seventh candle is lighted*

*Reader 1* We light the candle of **Steadfast Love** to remind us of God’s love and faithfulness, and to remind us to share the light of love and service for those living with mental illness. Let us pray.

*All* Lord of the excluded: Open my eyes to those I would prefer not to see... Open my life to those I would prefer not to know... Open my heart to those I would prefer not to love... In doing so, open my awareness to where I exclude you. AMEN!

*Reader 2* Holy God, open unto us light for our darkness, courage for our fear, hope for our despair. Loving God, open unto us wisdom for our confusion, forgiveness for our sins, love for our hate. God of Peace, open unto us calm for our turmoil, joy for our sorrow, strength for our weakness. Generous God, open our hearts to receive all your gifts.

*All* AMEN! *candle lighting litany from Carole J Wills, NAMI's FaithNet advisory committee*

*Celebrant* Lord, open our lips.

*All* And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. AMEN!

## **Christ Our Passover**

1 Cor 5.7-8, Romans 6.9-11, 1 Cor 15.20-22

*Celebrant* Alleluia! Christ is risen indeed:

*All* Come let us adore him. Alleluia!

Alleluia! Christ our Passover has been sacrificed for us; therefore let us keep the feast, Not with old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth. Alleluia! Christ being raised from the dead will never die again; death no longer has dominion over him. The death that he died, he died to sin, once for all; but the life he lives, he lives to God. So also consider yourselves dead to sin, and alive to God in Jesus Christ our Lord. Alleluia! Christ has been raised from the dead, the first fruits of those who have fallen asleep. For since by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so in Christ shall all be made alive. Alleluia!

*Celebrant* Alleluia! Christ is risen indeed:

*All* Come let us adore him. Alleluia!

## **Unison Reading**

Psalm 23

*All* The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures and leads me beside still waters. He revives my soul and guides me along right pathways for his Name's sake. Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me. You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. AMEN!

**First Lesson**

Acts 2. 42-47

*Reader 1* A reading from the Acts of the Apostles.

*Those who had been baptized devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.*

*Reader 1* The Word of the Lord.

*People* Thanks be to God.

**Unison Reading**Canticle 19, *The Song of the Redeemed*

*All* O ruler of the universe, Lord God, great deeds are they that you have done, surpassing human understanding. Your ways are ways of righteousness and truth, O King of all the ages. Who can fail to do you homage, Lord, and sing the praises of your Name? for you only are the Holy One. All nations will draw near and fall down before you, because your just and holy works have been revealed. Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. AMEN!

**Gospel**

John 10. 1-10

*Celebrant* A reading from the Gospel according to John.

*Jesus said, "Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers." Jesus used this figure of speech with them, but they did not understand what he was saying to them.*

*So again Jesus said to them, "Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly."*

*Celebrant* The Word of the Lord.

*People* Thanks be to God.

**Sermon**

Amma Diane

## The Apostles' Creed

*Celebrant* Let us join in the words of the Apostles' Creed.

*All* I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day Christ rose again; he ascended into heaven, and is seated at the right hand of the Father, and he will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. AMEN!

## Offering Our Prayers

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

*All* 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 trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. AMEN!

*Celebrant* Help us, O God our Savior;

*All* Deliver us and forgive our sins.

*Celebrant* Look upon your congregation;

*All* Give to your people the blessing of peace.

*Celebrant* Declare your glory among the nations;

*All* And your wonders among all peoples.

*Celebrant* Do not let the oppressed be shamed and turned away;

*All* Never forget the lives of your poor.

*Celebrant* Continue your loving-kindness to those who know you;

*All* And your favor to those who are true of heart.

*Celebrant* Satisfy us by your loving-kindness in the morning;

*All* So shall we rejoice and be glad all the days of our life.

*Celebrant* O God, whose Son Jesus is the good shepherd of your people: Grant that when we hear his voice we may know him who calls us each by name, and follow where he leads; who, with you and the Holy Spirit, lives and reigns, one God, for ever and ever.

*All* AMEN!

*Celebrant* O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord.

*All* AMEN!

## Prayers of the People

*Reader 2* God of love, we celebrate that today you are still speaking a word of acceptance, wholeness, and inclusion of all your differently-abled people, including those living with mental health disorders and those who support them. We give thanks for the Body of Christ and the ways we seek to live out Christ's commandment to love you, and to love our neighbors as ourselves.

*All* **We give thanks that you are the source of healing and peace.**

*Reader 2* On this Mental Health Awareness Sunday we pray for people who live with untreated mental illness and who are unable to find help and cannot afford medical care:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for an end to the stigma of mental illness:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for families torn apart by mental health issues, and for families that hold on to one another during difficult times of illness:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for those who have lost a loved one to suicide:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for children, teens, and adults learning how to live with newly diagnosed conditions:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for people burdened by labels and stereotypes:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for mental health caregivers, for scientific researchers, and for professionals who seek to bring compassion, treatment, and healing to those who live with mental health disorders:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for people who are victims of bullying and discrimination because of their mental illness. Help our society to be more compassionate of differently abled people:

*All* **Bring healing, bring peace.**

*Reader 2* We pray for people burdened by labels and stereotypes:

*All* **Bring healing, bring peace.**

*Reader 2* We lift up all those on our prayer list, and others we remember now:

*All* **Bring healing, bring peace.**

*Celebrant* We give thanks for the many gifts that people with mental health disorders bring into the world and celebrate the creative genius of artists, scientists, authors, scholars, business leaders, actors, musicians, inventors, and presidents who live with mental illness. Still speaking God, as the mysteries of the human brain unfold, we remain in awe of the intricate ways in which we are created in your image.

*All* **AMEN!**

*adapted from the United Church of Christ Mental Health Network*

## A Prayer of St Chrysostom

*Celebrant* Let us pray.

*All* Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. AMEN!

## ♪ O God Our Creator, You Work Every Day

O God our Creator, you work every day:  
 A potter, you form us — your people — like clay.  
 A shepherd, you guide us and seek out the lost.  
 A parent, you love us, not counting the cost.  
 Christ Jesus, how rough were your hard-working hands!  
 You labored among us; our God understands!  
 Bless workers who struggle, their families to feed;  
 Bless those who face hardship, oppression, or greed.  
 Lord, some live among us who need constant care,  
 Whose work is to make us more humbly aware.  
 They teach us the best of your lessons, by far:  
 It's not what we do, Lord, you love who we are!  
 We're baptized! Your Spirit gives new work to do,  
 That we, through our serving, may glorify you.  
 Each person's vocation, each calling, has worth  
 As you send us out to bring Christ's love on earth.

Tune: *ST DENIO*, Traditional Welsh melody. Text: Copyright © 2000 Carolyn Winfrey Gillette. All rights reserved.

## Sending

*Celebrant* Let us bless the Lord. Alleluia, alleluia!

*All* Thanks be to God! Alleluia, alleluia!

*Celebrant* Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever.

*All* AMEN!

*Gifts may be mailed to the church or sent through your bank. Thank you for your support!*

*There are also online giving options on our web site at [mysjec.com/donate](https://mysjec.com/donate).*

**St James Episcopal Church, 434 North 8th Street, Manitowoc, WI 54220**

If you have any questions, concerns, or pastoral needs, please call The Rev Diane M Murray, Rector: 920.860.5152

## MENTAL HEALTH RESOURCES

Phone numbers are area code 920 unless otherwise indicated.

### IN TIMES OF CRISIS

**National Suicide Prevention Lifeline** – call 800-273-8255 (24 hours/7 days)

*Your call is confidential and free. No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline. People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few. A skilled, trained crisis worker will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.*

**Crisis Text Line** – send a text message to 741741 (24 hours/7 days)

*Your texts are confidential and free. The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text messaging. A crisis counselor will help you sort through your feelings, with the goal of helping you feel calmer and safer. Resources and referrals are available, if necessary.*

**911 emergency calls** – call 911 (24 hours/7 days)

*If you or a loved one is in immediate danger related to mental health concerns, 911 can help. Let the operator know you are calling about a mental health crisis, explaining their mental health history and/or diagnosis. You can ask for an officer trained in crisis intervention or trained to assist people experiencing a mental health crisis.*

**Manitowoc Co Human Services Crisis Intervention** – call 683-4230 (Mon-Fri/8am-4:30pm; 888-552-6642 after hours)

*Provides telephone and in-person/mobile crisis intervention services for people experiencing a mental health and/or substance use crisis in which they may be a danger to themselves or others. Manitowoc County contracts with Northwest Connections to provide after-hours telephone and in-person crisis services.*

### INFORMATION, RESOURCES, SCREENING, DIAGNOSIS, SERVICES

**NAMI Helpline (National Alliance on Mental Illness)** – call 800-950-6264 (Mon-Fri/9am-5pm) / [www.nami.org](http://www.nami.org)

*Your call is confidential and free. Trained workers are prepared to answer your questions about mental health issues including: symptoms of mental health conditions; treatment options; local support groups and services; education programs; helping family members get treatment; programs to help find jobs. Or email [info@nami.org](mailto:info@nami.org)*

**Painting Pathways Clubhouse** – call 652-9952 / 1226 Washington St / [www.paintingpathways.org](http://www.paintingpathways.org)

*Non-profit organization changes lives by empowering individuals with diagnosed mental illness, building community, and supporting recovery. PPC supports members in education, employment, housing, community support, and much more, while fully involving members in the operation of the Clubhouse.*

**Holy Family Memorial Behavioral Health** – call 320-8600 / 339 Reed Ave / [www.hfmhealth.org](http://www.hfmhealth.org)

**Aurora Behavioral Health Center** – call 793-7420 / 5300 Memorial Dr / [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

**Bellin Health Psychiatric Center** – call 433-6073 / 3415 Custer St / [www.bellin.org](http://www.bellin.org)

*This list includes some helpful essentials, but there are a variety of other resources available. For other community resources, call 211 or go to [www.211.org](http://www.211.org). Additional resources can also be found online or in your phone book.*



All things are possible with God