



Worship with Communion

20th Sunday After Pentecost – Mental Health Awareness

VIDEO: Participate on any device at 10AM on October 10, 2021

go.mysjec.com/facebook or go.mysjec.com/youtube

You can watch the videos at any time after their premier.

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

♪ **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 Publ Inc. All rights reserved. Tune: *LAND OF REST*, American Folk melody.

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be God's kingdom, now and forever. AMEN!**

Celebrant Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.

People **AMEN!**

All Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One,

you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. AMEN!

Celebrant God be with you.

People **And also with you.**

Celebrant Let us pray. Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

People **AMEN!**

First Lesson

Reader A reading of Job chapter 23, verses 1 through 9 and 16 through 17.

Job said: "Today also my complaint is bitter; his hand is heavy despite my groaning. Oh, that I knew where I might find him, that I might come even to his dwelling! I would lay my case before him, and fill my mouth with arguments. I would learn what he would answer me, and understand what he would say to me. Would he contend with me in the greatness of his power? No; but he would give heed to me. There an upright person could reason with him, and I should be acquitted forever by my judge... If I go forward, he is not there; or backward, I cannot perceive him; on the left he hides, and I cannot behold him; I turn to the right, but I cannot see him. God has made my heart faint; the Almighty has terrified me; If only I could vanish in darkness, and thick darkness would cover my face!"

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Unison Reading

Reader Let us read in unison Psalm 90, verses 12 through 17.

All **So teach us to number our days that we may apply our hearts to wisdom. Return, O Lord; how long will you tarry? be gracious to your servants. Satisfy us by your loving-kindness in the morning; so shall we rejoice and be glad all the days of our life. Make us glad by**

the measure of the days that you afflicted us and the years in which we suffered adversity. Show your servants your works and your splendor to their children. May the graciousness of the Lord our God be upon us; prosper the work of our hands; prosper our handiwork.

New Testament

Reader A reading of Hebrews chapter 4, verses 12 through 16.

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Gospel

Mark 10. 17-31

Celebrant The Holy Gospel of our Lord Jesus Christ according to Mark.

People **Glory to you, Lord Christ.**

Celebrant As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in

heaven; then come, follow me.” When he heard this, he was shocked and went away grieving, for he had many possessions. Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” They were greatly astounded and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.” Peter began to say to him, “Look, we have left everything and followed you.” Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.”

Celebrant The Gospel of the Lord.

People Praise to you, Lord Christ.

Sermon

Remembering Those Touched by Mental Illness

Celebrant October brings a variety of opportunities to remember those touched by mental illness. US Mental Illness Awareness Week and World Mental Health Day are observed, as well as National Day Without Stigma and National Depression Screening Day. 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

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

The third candle is lighted

Reader 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 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 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 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 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 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*

Nicene Creed

Celebrant Let us join in the words of the Nicene Creed.

All **We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is**

worshiped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. AMEN!

Prayers of the People: The Way of Love

Reader Creator God, by the mercies of your son, our Lord, Jesus, compel us to TURN our hearts to his Way of Love. That we might follow Jesus together as your faithful people, we pause, listen, and respond in prayer.

All **Jesus, guide us in your Way of Love.**

Reader Jesus, your life, death, resurrection, and ascension inspire the church to continue in the apostles' teaching and fellowship. Guide your people to LEARN your Word, that we might see God's story unfolding in our midst.

All **Jesus, guide us in your Way of Love.**

Reader Son of God, you responded to your Father in PRAYER and pleaded that we might all be one. Guide the leaders and faithful citizens of this nation to respond to God and to one another in compassion — in thought and deed, with or without words — that the people of the United States might live in unity and peace.

All **Jesus, guide us in your Way of Love.**

Reader Light of the World, you taught us to WORSHIP in spirit and in truth. Lead us to join with others to acknowledge the holiness of God, that the whole world might be united in the truth of your love.

All **Jesus, guide us in your Way of Love.**

Reader Lord, you came not to be served but to serve. Empower us to BLESS one another and our neighbors, that your spirit of generosity, compassion, and selfless action transform us and the people in our midst.

All **Jesus, guide us in your Way of Love.**

Reader Savior, you came into our midst that we might know life. Embolden us to GO among those who are weary, burdened, sick, or imprisoned, that we might live like you, crossing the boundaries that divide rich from poor, sick from well, and sinner from saint.

All **Jesus, guide us in your Way of Love.**

Reader Lamb of God, in your death you destroyed death and taught us the way to eternal life. Compel us to daily die to self and REST in your grace. May all who have died rest in peace and rise in glory.

All **Jesus, guide us in your Way of Love.**

Reader We lift up the special needs and concerns of this congregation.

All **Jesus, guide us in your Way of Love.**

Reader Lord Jesus Christ, who gave your life for the life of all, we commit our lives to following you. Continually guide us in your way and draw us in to live as your Beloved Community in this age and in the age to come; for you live and reign with the Father and the Holy Spirit, one God, now and forever.

All **AMEN!**

Reader We pray to you also for the forgiveness of our sins.

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 the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

People **AMEN!**

Celebrant Let us join in prayer for all those who have celebrated or will be celebrating their birthdays.

All **O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. AMEN!**

Celebrant Let us join in prayer for all those who have celebrated or will be celebrating their anniversaries.

All O God, you teach us through the example of Jesus that love is the fulfilment of the Law; help those couples celebrating anniversaries to persevere in love, to grow in mutual understanding, and to deepen their trust in each other; that in wisdom, patience and courage, their life together may be a source of happiness to all with whom they share it. AMEN!

Celebrant To all of you celebrating milestones: May the blessing of God Almighty, Father, Son, and Holy Spirit, be upon you to guide and protect you and all those you love, today and always!

All AMEN!

Passing the Peace

Celebrant The peace of Christ be always with you.

People And also with you.

Invitation to Communion

from the Iona Community, Scotland

Celebrant The table of bread and wine is now to be made ready. It is the table of company with Jesus, and all who love him. It is the table of sharing with the poor of the world, with whom Jesus identified himself. It is the table of communion with the earth, in which Christ became incarnate. So come to this table, you who have much faith and you who would like to have more; you who have been here often and you who have not been for a long time; you who have tried to follow Jesus, and you who have failed; come.

♪ God Whose Will Is Health and Wholeness

God whose will is health and wholeness, hear your people as we pray:

Many now are facing illness; more face sickness every day.

As we lift our song toward heaven, may we use the gifts you give —

Science, justice, and compassion — to help others safely live.

Jesus taught that your commandments call for us to use the mind.

May we use the gifts of science to seek health for humankind.

Bless the ones who work for healing; bless the ones who seek to be

Builders of a health care system that protects society.

God, you call for love and justice, yet our laws are far from wise:

Many don't have good insurance; lack of health care threatens lives.

Many workers must keep working, sick or not, to pay the bills.

Turn us round when we have sanctioned greed that leads to greater ills.

Loving God, we ask your blessing on the sick and those they love,
 And we pray for those now grieving as they lift their cries above.
 There is trouble all around us; illness causes pain and fear.
 Give compassion, love and kindness as we serve your people here.

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Offering Our Gifts

Celebrant Gifts and offerings may be mailed to the church, dropped off in the church mail slot, or sent through your bank. There are also online giving options on our web site at mySJEC.com/donate. We are grateful for your continued financial support of our ministry and mission.

Celebrant Inspire us to always share your love through action, O God:

People **Strengthen us to always be an inviting safe community for all.**

Great Thanksgiving

Celebrant The Lord be with you.

All **And also with you.**

Celebrant Lift up your hearts.

All **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

All **It is right to give our thanks and praise.**

Celebrant God of all power, Ruler of the Universe, you are worthy of glory and praise.

All **Glory to you for ever and ever.**

Celebrant At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

All **By your will they were created and have their being.**

Celebrant From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

All **Have mercy, Lord, for we are sinners in your sight.**

Celebrant Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent

your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

All By his blood, he reconciled us. By his wounds, we are healed.

Celebrant And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

All Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Celebrant And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take... eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

All We celebrate his death and resurrection, as we await the day of his coming.

Celebrant Lord God of our Fathers and Mothers: God of Abraham and Sarah, of Isaac and Rebekah, of Jacob, Leah, and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

All **Risen Lord, be known to us in the breaking of the Bread.**

Celebrant Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

All **AMEN!**

Celebrant And now, as our Savior Christ has taught us, we are bold to say,

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!**

Breaking Bread

Celebrant Alleluia! Christ our Passover is sacrificed for us;

All **Therefore let us keep the feast. Alleluia!**

Celebrant The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The Celebrant gives the invitation to spiritual communion to all participating near and far.

People In union, O Lord, with the faithful at every altar of your Church where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you, and, since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself with you, and embrace you with all the love of my soul. Let nothing ever separate you from me. May I live in you, and may you live in me, both in this life and in the life to come. AMEN!

Celebrant Let us pray.

All Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. AMEN!

Blessing

Celebrant May the blessing of God, who Creates, Redeems, and Sustains, be upon you and all you love and pray for, this day and for ever more.

All Alleluia! AMEN!

♪ Holy Spirit, Ever Living

Holy Spirit, ever living as the Church's very life;
 Holy Spirit, ever striving through us in a ceaseless strife;
 Holy Spirit, ever forming in the Church the mind of Christ;
 you we praise with endless worship for your fruits and gifts unpriced.
 Holy Spirit, ever working through the Church's ministry;
 teaching, strength'ning and absolving, setting captive sinners free;
 Holy Spirit, ever binding, age to age, and soul to soul,
 in a fellowship unending, you we worship and extol.

Text: Timothy Rees, 1922. Tune: *ABBOTS LEIGH*, Cyril V Taylor, 1941, ©1942, 1970 Hope Pub Co. All rights reserved.

Sending

Celebrant Go forth sharing the Good News of God's love! Alleluia, alleluia!

People Thanks be to God! Alleluia, alleluia!

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

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

There are also online giving options on our web site at mySJEC.com/donate.

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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

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

Painting Pathways Clubhouse – call 652-9952 / 1226 Washington St / 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

Aurora Behavioral Health Center – call 793-7420 / 5300 Memorial Dr / www.aurorahealthcare.org

Bellin Health Psychiatric Center – call 433-6073 / 3415 Custer St / www.bellin.org

New Day Resource – call 320-1325 / 520 N 7th St / www.newdayresource.com

This page 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. Additional resources can also be found online or in your phone book.