



**“Radical Belonging”
Seventh Sunday After Easter
May 16, 2021
10:30 a.m. Facebook Live Service**

*Following Jesus, our mission is to serve God
by building an inclusive community where uplifting worship
and relevant messages deepen spirituality
and inspire acts of justice, service, and compassion.*

Our Church’s Mission Statement

Jenna Patrick, Preacher
Rev. Dr. Laura Miller-Purrenhage, Pastor
Angela Spialek, Office Administrator
Nicole Finney, Child Care
Sue Sackett, Custodian
Rev. John Baumgartner, Pastor Emeritus

Judy Nielsen, Organist
Darlene Banks, Bell Choir Director
Brandon Frost, Choir Director
Chuck Byam, Choir Accompanist

210 W. Saginaw Hwy • Grand Ledge, MI 48837 • grandledgeucc.org

• 517-627-2336 • office@grandledgeucc.org

Welcome to First Congregational United Church of Christ!

*As you look over the bulletin, please notice that you are invited to read aloud **bold** text.*

MOMENT FOR CENTERING

GREETING

One: The grace of Jesus Christ and the love of God and the communion of the Holy Spirit be with you all.

Many: And also with you.

INTRODUCTIONS and ANNOUNCEMENTS

BELLS/CHIMES

INTROIT

“Praise”
(Judy Nielsen)

CALL TO WORSHIP

One: God invites us to co-create communities of radical belonging for all.

Many: We are creating communities of radical belonging for people living with mental health challenges, conditions, and illness and their loved ones.

One: Jesus shows us how to love our neighbors as ourselves.

Many: We are loving our neighbors who experience mental health conditions, challenges, and illness and their loved ones. We are loving ourselves no matter where we are on the spectrum of mental wellness today.

One: The Spirit empowers us to create communities of radical belonging for people with brain diseases and disorders, and people living with substance use and addictions and their loved ones.

Many: We are co-creating with God communities of radical belonging and love for everyone. May our worship inspire and empower us for the journey.

OPENING HYMN

“When We Are Called To Sing Your Praise”

(please feel free to sing loud and strong from your place at home)

GATHERING PRAYER (unison)

(Psalm 30:1-5)

**Many: I will extol you, O LORD, for you have drawn me up,
and did not let my foes rejoice over me.
O LORD my God, I cried to you for help,
and you have healed me.**

**O LORD, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.
Sing praises to the LORD, O you his faithful ones,
and give thanks to his holy name.
For his anger is but for a moment;
his favor is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.**

PASSING OF THE PEACE

ANTHEM

“Peace in the Valley”
(Brandon Frost & Chuck Byam)

LITANY OF NAMING

One: On this Mental Health Sunday, we join in this Litany of Naming.

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

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

Many: Such as: Addiction, psychosis, PTSD, self-harm behaviors, obsession-compulsion disorders, personality disorders, and all mental illnesses.

One: We name:

Many: The Hope which upholds our spirit through honest sharing;

One: The Pain when people turn away because of fear;

Many: The Courage to speak in a safe place the way that Jesus spoke truth with love;

One: The Strength from being with others who listen compassionately;

Many: The Isolation that comes when no one knows what to say;

One: The Realization that mental illnesses and brain disorders can be managed;

Many: The Exhaustion that comes with living with a mental illness, as well as for those who are caregivers;

One: The Welcome of mental health as part of our church’s ministry and outreach;

Many: The Wisdom that comes when we become educated about mental health;

One: The Spirituality that comes when we walk alongside those who show both resilience and vulnerability in their lives affected by mental illness;

Many: We receive these gifts that we have named, those which are welcomed and those that are challenges. We come before you, our God, knowing we are not alone and that You will show us a way to be and live. In the name of Jesus, we pray, Amen.

FRESH PERSPECTIVES

Rev. Dr. Laura Miller-Purrenhage

FIRST OLD TESTAMENT LESSON

Psalm 42 NRSV (pg. 504)

As a deer longs for flowing streams,
so my soul longs for you, O God.
My soul thirsts for God,
for the living God.
When shall I come and behold
the face of God?
My tears have been my food
day and night,
while people say to me continually,
“Where is your God?”

These things I remember,
as I pour out my soul:

how I went with the throng,
and led them in procession to the house of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.
Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise you,
my help and my God.

My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.
Deep calls to deep
at the thunder of your cataracts;
all your waves and your billows
have gone over me.
By day my God commands steadfast love,
and at night God's song is with me,
a prayer to the God of my life.

I say to God, my rock,
"Why have you forgotten me?
Why must I walk about mournfully
because the enemy oppresses me?"
As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,
"Where is your God?"

Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise you,
my help and my God.

NEW TESTAMENT LESSON

Philippians 4: 5b-7 NRSV (pg. 1071)

The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

GOSPEL LESSON

John 16: 19-22 & 33 (pg. 984)

Jesus saw that they wanted to ask him about this, so he said to them, "Are you asking one another what I meant when I said, 'In a little while you will see me no more, and then after a little while you will see me'? Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you: Now is your time of

grief, but I will see you again and you will rejoice, and no one will take away your joy....I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

One: Words from the past, made new for us today.

Many: Thanks be to God.

Hymn #547

“Amazing Grace”

HOMILY

(Jenna Patrick)

MUSICAL REFLECTION

“Somebody Bigger Than You or I”

(Adaptation by Chuck Byam)

PRAYERS OF THE PEOPLE

(Since our services are posted publicly on Facebook, we ask that you either leave people unnamed in your prayer requests [ex: prayers for a friend who is in his last stages of life] or that you obtain permission from anyone you wish to name in prayer.)

During the Pastoral Prayer, please answer each supplication with, Lord, in your mercy, hear our prayer.

OFFERING MOMENT

Please give what you can by mail or through prayers.

If you have any questions, please reach out to Lynn Hart hartacre3@aol.com

INVITATION TO HOLY COMMUNION

COMMUNION PRAYER

One: God be with you.

Many: And also with you.

One: Lift up your hearts.

Many: We lift them to God.

One: Let us give thanks to God Most High.

Many: It is good to give God thanks and praise.

CALL TO CONFESSION:

One: It can be common for us Christians, especially for those of us struggling with mental illness, to think that we have sinned or that we are bad in some way—that we deserve punishment. Addiction, in particular, is often experienced as a cycle of shame, leading to addictive behavior, leading to shame, etc. The church, therefore, needs to be a place where people feeling this shame and guilt can express it, share it with God, confess it. Whether or not their friends and family believe they should feel that shame, confession lifts it from their hearts, and allows them to give it to God so that the cycle may be broken. And so, My Dear Ones, I invite you to confess your sins, your mistakes, your shame to God.

SILENT PRAYER

WORDS OF ASSURANCE

One: Dear Ones, we are reminded in 1 John 1: 9 that, “If we confess our sins, God is faithful and just, and will forgive us our sins and purify us from all unrighteousness.” Our God is a God of grace, full of love for you. So know and trust that you are forgiven.

Many: Thanks be to God.

SANCTUS

**Holy, holy, holy, Lord God Almighty.
Heav’n and earth are full of your glory.
Glory be to you, O Lord.
Blessed is the one who comes,
Who comes in the name of the Lord.
Hosanna, Hosanna, Hosanna in the highest!**

WORDS OF INSTITUTION

COMMUNION BLESSING AND LORD’S PRAYER

SHARING OF THE BREAD AND CUP

THANKSGIVING PRAYER

One: Let us pray.

Many: God, we thank you for inviting us to, and nurturing us at, this table. May we go forth from this table blessed, healed, renewed, and restored, and trusting always in your love and grace. Amen.

CLOSING HYMN #433

(please feel free to sing loud and strong from your place at home)

“In the Bulb There Is a Flower”

BENEDICTION

CHORAL RESPONSE

“In the Lord I’ll be Ever Thankful” (sung once)

**In the Lord I’ll be ever thankful
In the Lord, I will rejoice!
Look to God, do not be afraid.
Lift up your voices, the Lord is near.
Lift up your voices, the Lord is near.**

POSTLUDE

“What A Friend We Have in Jesus - Adaptation”

(Chuck Byam)

Please join us for a short fellowship time on Zoom at 12 noon

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SUNDAY ROSTER

Liturgist – Troy Arient

Fresh Perspective – Rev. Dr. Laura Miller-Purrenhage

Homily – Jenna Patrick

Virtual Coordinator – Chad Frost

Music Coordinator – Brandon Frost

Pianist – Chuck Byam

Organist – Judy Nielsen

When We Are Called to Sing

229

Gm F B♭ F Gm Cm D

1 When we are called to sing your praise with hearts so filled with pain that
2 When we are called to sing your praise and can-not find our voice, be-
3 When we are called to sing your praise and life a-head looks grim, still

Gm E♭ Adim Gm Dm Cm Gm Adim A7 D

we would rath-er sit and weep or stand up to com-plain,
cause our loss-es leave us now no rea-son to re-joice,
give us faith and hope e-nough to break forth in a hymn,

D G C G D7 Em C G D

re-mind us, God, you un-der-stand the bur-dens that we bear; you
re-mind us, God, that you ac-cept our sad la-ments in prayer; you
a thank-ful hymn, great God of Love, that you are ev-ery-where; you

D G E Am G/D D7 G

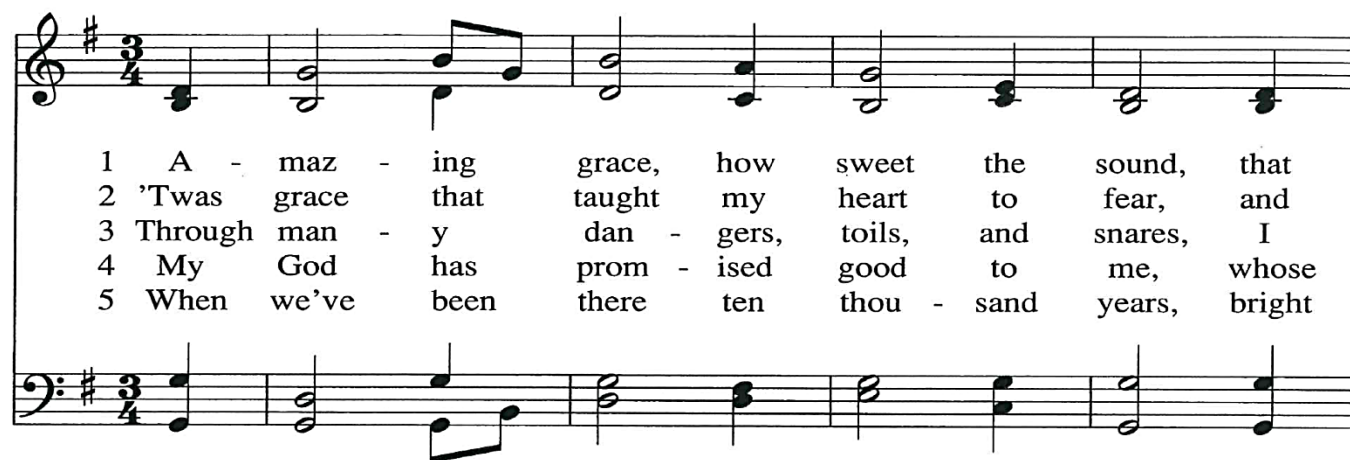
too have walked the shad-owed way and known our deep de-spair.
too have walked the shad-owed way and known our deep de-spair.
walk the shad-owed way with us and keep us in your care.

Amazing Grace, How Sweet the Sound

547

St. 1-4, John Newton, 1779; alt.

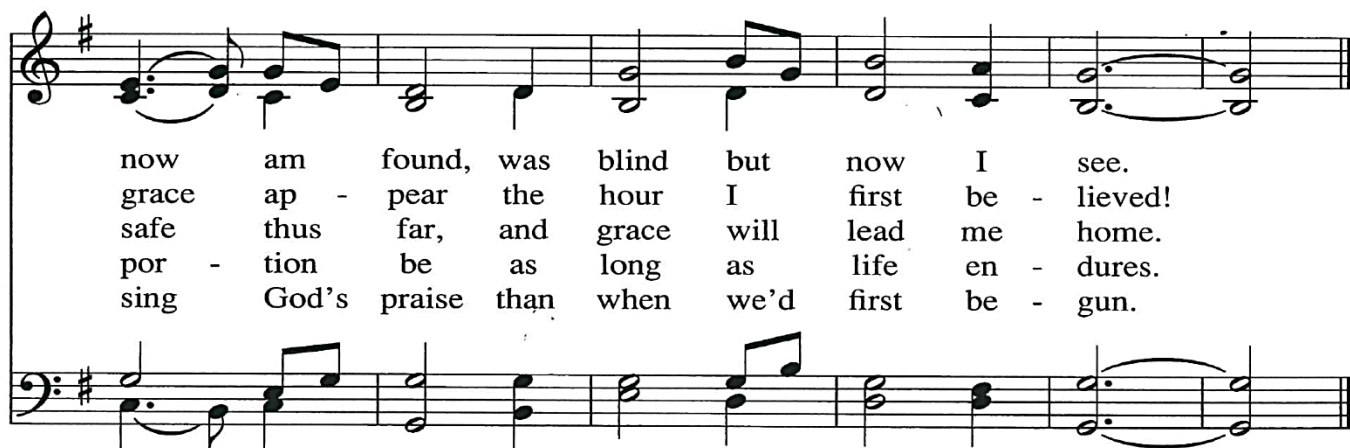
St. 5, A Collection of Sacred Ballads, 1790



1 A - maz - ing grace, how sweet the sound, that
 2 'Twas grace that taught my heart to fear, and
 3 Through man - y dan - gers, toils, and snares, I
 4 My God has prom - ised good to me, whose
 5 When we've been there ten thou - sand years, bright



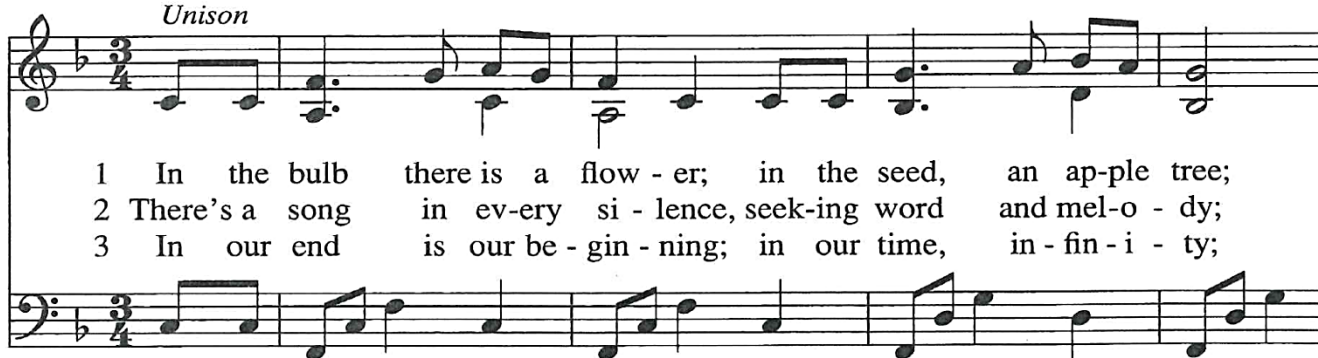
saved a wretch like me! I once was lost, but
 grace my fears re - lieved; How pre - cious did that
 have al - read - y come; 'Tis grace has brought me
 word my hope se - cures; God will my shield and
 shin - ing as the sun, We've no less days to



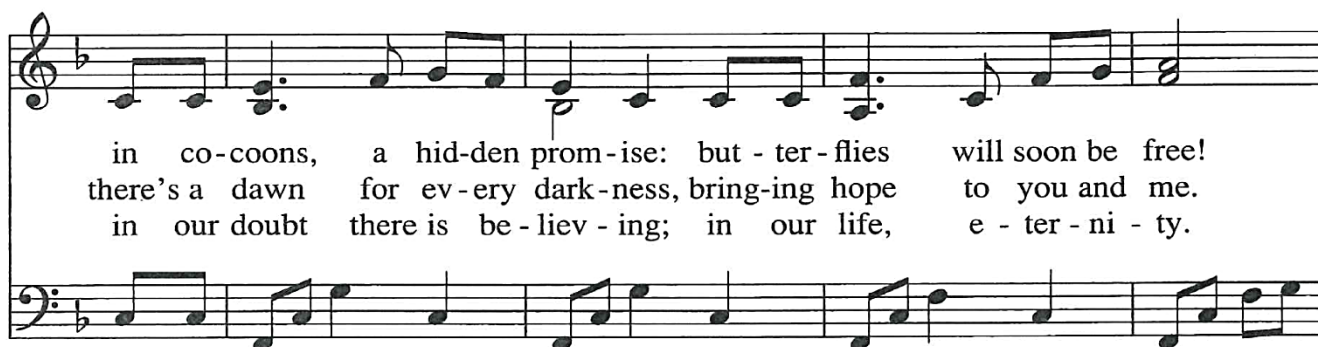
now am found, was blind but now I see.
 grace ap - pear the hour I first be - lieved!
 safe thus far, and grace will lead me home.
 por - tion be as long as life en - dures.
 sing God's praise than when we'd first be - gun.

In the Bulb There Is a Flower

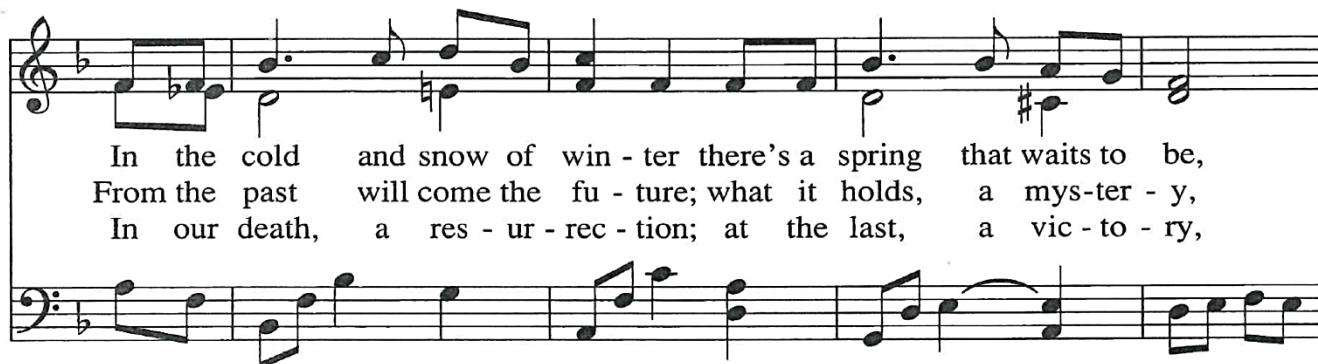
Natalie Sleeth, 1985

Unison


1 In the bulb there is a flow - er; in the seed, an ap - ple tree;
 2 There's a song in ev - ery si - lence, seek - ing word and mel - o - dy;
 3 In our end is our be - gin - ning; in our time, in - fin - i - ty;



in co - coons, a hid - den prom - ise: but - ter - flies will soon be free!
 there's a dawn for ev - ery dark - ness, bring - ing hope to you and me.
 in our doubt there is be - liev - ing; in our life, e - ter - ni - ty.



In the cold and snow of win - ter there's a spring that waits to be,
 From the past will come the fu - ture; what it holds, a mys - ter - y,
 In our death, a res - ur - rec - tion; at the last, a vic - to - ry,



un - re - vealed un - til its sea - son, some - thing God a - lone can see.
 un - re - vealed un - til its sea - son, some - thing God a - lone can see.
 un - re - vealed un - til its sea - son, some - thing God a - lone can see.



5 simple things you can do

**to make the world a better place
for people with mental illnesses
and their families**

1 Be a friend

Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group. Listen without judgement. Pray for those you know with mental illnesses and for their family members.

2 Be an inspiration

Share your story. Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.

3 Watch your language

Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy," "psycho," "lunatic" or "mental."

4 Be a "StigmaBuster"

Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.

5 Learn the facts

Educate yourself about the various mental illnesses. Attend a lecture or class or use the Internet. Good places to start include the National Alliance on Mental Illness, www.nami.org, and the National Institute of Mental Health, www.nimh.nih.gov.

Mental Health Resources

Below are a few hotlines and websites that can help with a mental health crisis, taken from the National Alliance on Mental Illness (NAMI) webpage (nami.org):

- [The American Foundation for Suicide Prevention](#) provides referrals to support groups and mental health professionals, resources on loss, and suicide prevention information (888-333-2377)
- [The National Domestic Violence Hotline](#) provides 24/7 crisis intervention, safety planning and information on domestic violence (800-799-7233)
- [The Suicide Prevention Lifeline](#) connects callers to trained crisis counselors (800-273-8255)
- [Psychology Today](#) offers a national directory of therapists, psychiatrists, therapy groups and treatment facility options
- [SAMHSA Treatment Locator](#) provides referrals to low-cost/sliding scale mental health care, substance abuse and dual diagnosis treatment (800-662-4357)
- [Anxiety and Depression Association of America \(ADAA\)](#) provides information on prevention, treatment and symptoms of anxiety, depression and related conditions (240-485-1001)
- [Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#) provides information and referrals on ADHD, including local support groups (800-233-4050)
- [Depression and Bipolar Support Alliance \(DBSA\)](#) provides information on bipolar disorder and depression, offers in-person and online support groups and forums (800-826-3632)
- [International OCD Foundation](#) provides information on OCD and treatment referrals (617-973-5801)
- [National Center of Excellence for Eating Disorders \(NCEED\)](#) provides up-to-date, reliable and evidence-based information about eating disorders (800-931-2237)
- [Schizophrenia and Related Disorders Alliance of America \(SARDAA\)](#) offers Schizophrenia Anonymous self-help groups and toll-free teleconferences (240-423-9432)
- [Sidran Institute](#) helps people understand, manage and treat trauma and dissociation; maintains a helpline for information and referrals (410-825-8888)
- [Treatment and Research Advancements for Borderline Personality Disorder \(TARA\)](#) offers a referral center for information, support, education and treatment options for BPD (888-482-7227)