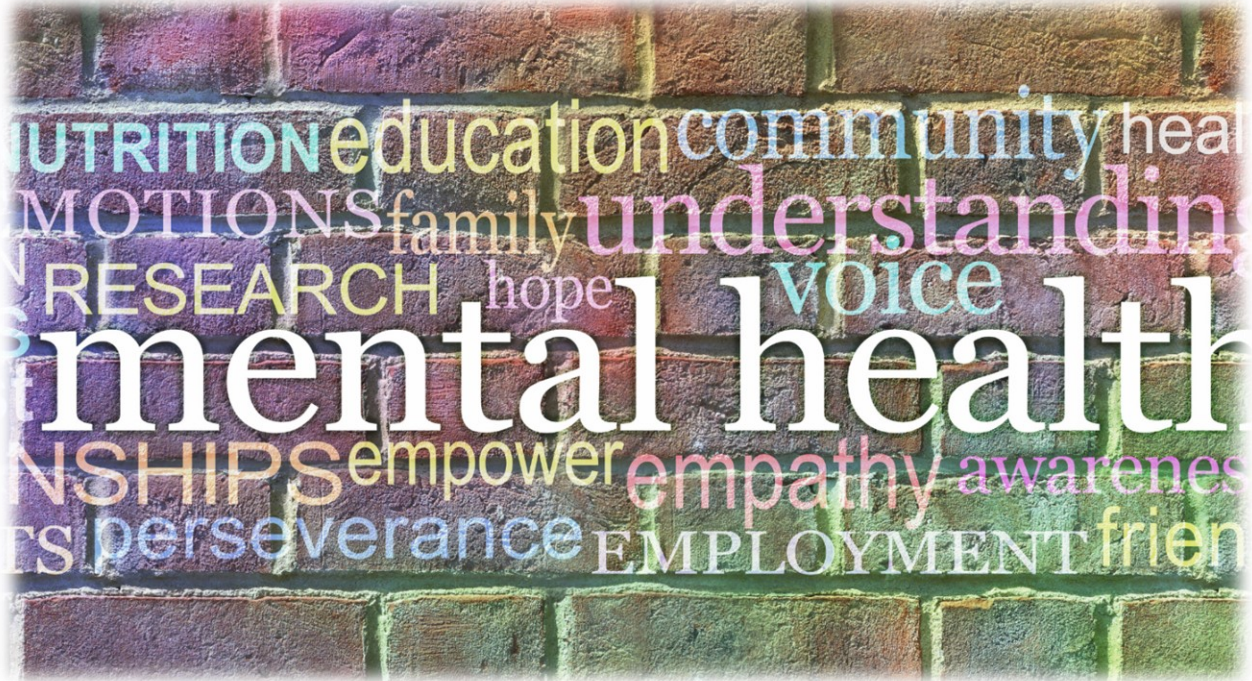




**Celebrating
177 Years**



May 7, 2023

Melville United Church

300 St. Andrew Street West, Fergus, ON N1M 1N9

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Youth Faith Formation

Naomi Flint

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Pastoral Care Number

519-843-3841

Melville United Church
May 7, 2023
Mental Health Sunday

Presiding: Melville Social Justice and Outreach Team
Music Ministry: Colleen Weber

Prelude – “Medley of Spirituals, It Is No Secret” *Holstein Belles*

Welcome

We greet you in the name of who calls us to welcome, love and seek dignity for all, Jesus the Christ. We gather in community today – May 7, 2023 virtually and in person. We will continue to offer both in-person and on-line services with printed copies being distributed to those without internet access who are unable to attend in person. We encourage people to come out to worship in the sanctuary. There is ample room to socially distance, and you are welcome to wear masks or not as is comfortable for you.

We gather on this **Mental Health Sunday**, the beginning of Mental Health Awareness week, to consider mental health in ourselves and our communities. Mental Health Week seeks to promote mental health because mental health is something we can promote and protect, not just something we can lose.

We gather to learn and listen, to understand how God is calling us to support and respond for those facing mental health challenges. Welcome!

Announcements:

- **UCW meat pies** are for sale and are only **\$4.50 each!** You can pay by either a cheque made out to Melville United Church UCW or cash. Please have the correct change if you can. Contact Marg Frayne @ 519-843-3274 for your order.
- **TCOW (Two Countries – One World)**, a highly valued United Church global youth programme since 2003, is holding one final information meeting THIS WEDNESDAY, **May 10th at 6 pm on ZOOM**, to share with high school students, their parents and friends, news about our 2023-24 year experience in learning, justice making and international travel to Colombia (during March Break) as guests of the Columbian Methodist Church. Link in to hear about our plans, meet committee members and past alumnae, ask your questions, and consider your own possible participation in this quest for global citizenship. Check out our website at waterlootcow.ca where applications are available and join us Wednesday at this link:
<https://us05web.zoom.us/j/84057906355?pwd=S1hMd3BPSmphYmJDNU5jUEs3NzJSUT09>
- **Mother’s Day Concert Sunday, May 14th – 2:00pm** St. John’s Choir presents an afternoon of music with special guest musicians at St. John’s Church Belwood. Free-will offering.
- Come out and join us for the **Melville’s Plant, Baked Goods and Meat Pie Sale on May 27th from 9:00am-1:00pm!** This fundraising event will feature a variety of fresh plants, savory frozen meat pies, and delicious baked goods that you won't want to miss.

- **Friday or Sunday Coffee Time** – We encourage people to sign up to host either a Friday or a Sunday Coffee Time. It is not difficult! We'd be pleased to show you how. Sign-up sheets are at the Parlour Door. Please speak to Lorna Bevcar or Marg Frayne.
- **Donations to Garage Sales:** If you know of anyone moving, downsizing or de-cluttering, please keep Melville and our Garage Sales in mind. Donations can be dropped off at the office Tuesdays, Thursdays, and Fridays from 9:00-3:30. For more information or if you have large items to donate please contact Lorna Bevcar.
- Are you looking for a supportive community to help you on your journey to sobriety? Come join us at the **Fellowship of The Spirit Alcoholics Anonymous meeting!** Our group meets every **Friday evening from 7:30-9:00 in the Fellowship Hall**. We provide a welcoming and non-judgmental space where you can share your experiences, receive guidance, and connect with others who are also striving for a sober lifestyle. Whether you are new to AA or a long-time member, our group is here to support you every step of the way. Don't go through this journey alone - join us at the Fellowship of The Spirit.
- **VON invites you to join SMART (Seniors Maintaining Active Roles Together) Gentle Exercise Program Classes** at Melville **Tuesday and Thursday at 9:30 am** as there are available spots. The 10:30 class is fully booked. Classes are FREE. Call Danielle to register 519-803-0144.
- **The Community Resource Centre** is looking for **volunteer drivers** to help those in our rural community who don't have the means to get to appointments, work, or education. Volunteer drivers receive \$0.55/km reimbursement. To apply, please visit <https://communityresourcecentre.org/transportation/become-a-volunteer-driver/> or call 519-843-7003 for more information.
- **Save your Used Stamps from Incoming Mail:** Cut off your used stamps, leaving a 1/2" border around them and give them to Marlene Tosh **or** put them in the Stamp Box on the shelf in the Cloak Room, where the Lift is on the main floor of the church. Marlene tidies them up and takes them to the Bible Society, to buy bibles. You can do this year-round!
- **Gifts with Vision: A Giving Catalogue from The United Church of Canada**
Give meaningful gifts that make a difference with [Gifts with Vision](#)! Each year's gift catalogue gives a glimpse of the breadth of our Mission & Service ministries and programs. *Gifts with Vision* has gift ideas to suit every interest, budget, and person. It's a great way to celebrate special occasions and honour loved ones! The gift catalogue is updated online regularly and is fully refreshed every fall. **To order gifts, be inspired, or learn more, visit GiftsWithVision.ca today!**

We invite you to join us now for a time of worship and contemplation.

Land Acknowledgement *(Peter Chynoweth, Gathering: Pentecost 1 2022, p.33. Used with permission.)*

We acknowledge that this land on which we gather for worship is the traditional land of the people of Petun, Haudenosaunee (Hoe-day-no-show-nee), Anishinabewaki, Mississaugas of the Credit First Nation, Odawa and Mississauga nations.

We acknowledge that we live on this land as people who have agreed to share the care and use of this land as a result of treaties—the Simcoe Patent—Treaty No. 4, 1793 and the Haldimand Treaty, 1784 - that outlined the rights and responsibilities associated with our place in this land. May we be people who remember this with thanksgiving and respect.

Lighting the Christ Candle: *Jim McKean, Gathering: Advent/Christmas/Epiphany, 2022-2023, p.43. Used with permission.*

(If you are watching this on-line or reading it from a page, I invite you to take a moment to light a candle, centre yourself and prepare to enter in to a time of worship and prayer. As you light your candle repeat the following words)

The candle is lit.

This is a day when light is important.

Light of new insight.

Light to overcome shadows and despair.

Light of hope.

Light of promise.

May this candle and the light it produces be a symbol and sign of all of these things.

Call to Worship: *(read bold pieces in unison)*

Rev. Dr. Sarah Lund, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.5

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

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

Jesus shows us how to love our neighbors as ourselves.

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.

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.

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 Prayer (in unison): *Rev. Dr. Sarah Lund, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.6*

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.

Opening Hymn: In the Bulb There Is a Flower VU 703

- 1 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.

- 2 There's a song in every silence,
seeking word and melody;
there's a dawn in every darkness,
bringing hope to you and me.
From the past will come the future;
what it holds, a mystery,
unrevealed until its season,
something God alone can see.

- 3 In our end is our beginning;
in our time, infinity;
in our doubt there is believing;
in our life, eternity.
In our death, a resurrection;
at the last, a victory,
unrevealed until its season,
something God alone can see.

Call to Reconciliation Rom 8:6-10

To set the mind on the flesh is death,
But to set the mind on the Spirit is life and peace.
Trusting in the Spirit of God,
Let us confess our sin.

Prayer Seeking Forgiveness and Reconciliation (in unison)

Rev. Dr. Rachael Keefe, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.9.

**God of promise and possibility,
we come before you broken and breathless,
thinking we are trudging through a valley of lifeless bones.
We look for life amidst the bones and dust and fail**

to notice your breath flowing in and around us.
We think we need to be perfect before we can
enter the new life you have for us.
We become fearful when illness in body, mind, or spirit
enters into our lives or the lives of those around us.
We worry that sickness of body, that mental
illness, is a judgement from you.
We would rather walk in a valley of bones than believe
that your Love, your Spirit, claims us all –
in our brokenness and our wholeness.
Open us to the power of your Spirit, a power
that makes us all whole: bone, sinew, and flesh
filled with your breath.
Let us remember that you do not leave us alone
in a valley filled with dusty, dry bones;
You call us into new life, again and again.

Words of Assurance: *Rev. Dr. Rachael Keefe, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.9.*

Hear the Good News: No valley is too despairing,
broken, or dusty for God to enter in.
No fear, no chaos, no hopelessness is beyond the reach
of the One whose breath gives us life.

Through Christ, God sees only our wholeness.

Through Christ, forgiveness, love, and new life are always possible.

Come, Holy Spirit, come. Make all things new.

We are reclaimed and remade by the Spirit of Life.

In our brokenness and in our wholeness, we are God's beloved.

Thanks be to God. Amen.

Hymn/Song: Lord, Listen to Your Children Praying **VU 400**

Lord, listen to your children praying,
Lord, send your Spirit in this place;
Lord, listen to your children praying,
send us love, send us power, send us grace!

Children's Ministry

Ministry of Music: "I Will Follow Him" *Holstein Belles*

Scripture: John 13:34-35

As we talk about breaking down stigma, we remind
ourselves of what Jesus said to the disciples,
"I give you a new commandment, that you love one another.
Just as I have loved you ... By this everyone will know
that you are my disciples, if you have love for one

another.” (John 13:34-35)

Jesus is speaking of unconditional love, and yet there is work to love. Breaking down stigma related to mental health is not simple, it requires a great deal of love that is built out working to understand another’s journey.

Litany of Naming: *Rev. Alan Johnson, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.16*

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

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.

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 disorder, anxiety disorder, schizophrenia, and eating disorder. We name:

The Hope which upholds our spirit through honest sharing;

The Pain when people turn away because of fear;

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;

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

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

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

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

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

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

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.

GUEST SPEAKER: Neil Dunsmore “Reflections in the Ripple”

Good morning it is a pleasure to be here with you this morning. You may notice the backpack sitting at the front of the church today I would like some of the younger people to pass that backpack around assisting some of the older people I want you to feel the weight of that backpack, but I don't want you to get hurt either. That backpack is important to my mental health message today.

One day on the walk where I had lingered too long in a little place called Hastings, I was walking along a major County Road not unlike County Road 7 here, heavy traffic! I put my head down and soldiered on and I was tired, feet aching knees aching. I checked my map and there was another road about a kilometer east of me that I was heading for that meant end was coming, my pace quickened. Imagine the relief on my face when I got to the road I was to turn down and instead of just having the County Road number they'd given the road in name Gospel Rd. What could possibly go wrong now!

I could hear them before I could see them! But when they came into view, or more importantly when I came into their view everything changed. They were a pack! They were organized they sent the cute

cuddly one in first, with a floppy Cocker Spaniel ears and the big brown eyes. I almost fell for it hey gorgeous look at you. Wait a minute! Where are your friends I looked around I was surrounded I looked back just in time to see the largest one lunge for my leg! I barely got my walking stick in the way and that's when everything went crazy. There were teeth slashing and gashing there was growling howling!!! And if I'm not mistaken the dogs might have been making some noise too!

I thought my 531-kilometer journey to raise awareness for suicide and mental health was coming to an end right there and then. It would have except for two things; first the owner bellowed from the balcony here now! The beast bolted; second my cell phone rang. It was Norman from my Rotary Club. Have you ever been so scared your legs went weak? That's where I was at but Norms call allowed me to focus on him and his voice and take my mind away from what had just occurred. Norm talked and I continued to walk until I came to my support vehicle and that day ended the way I had planned it to end.

In that moment Norman's call and his voice help me push past the fear. In that moment Norm's presence in my life was everything to me.

That became a common occurrence on the walk where people would reach out and I would learn the incredible power that each one of us has to help another. On the longest day of the walk, it happened again 41 kilometers from Oxbridge to Lindsay, imagine the feeling when I arrived early in the morning at the trailhead and there were people waiting for me. Toastmasters' friends who had driven from Waterloo and Toronto to help see me off and start my day and then there was Jayne she brought her bike. She told me I can't walk 41 kilometres Neil, but I sure can ride so I'm coming with you for the whole day.

At the midday point we stopped for lunch my feet were so sore and my knees and back we're just killing. Have you ever seen those concrete abutments, that block vehicles from going down the trail? They're about four feet wide and four feet high and eight feet long. We came to one of those and in that moment to me that looked like a bed! I sat on top then I laid back just to take the load off my feet and knees and back. Oh, the relief! Suddenly, I felt a strange sensation in my feet, I opened my eyes, I looked down at my feet. Jayne had removed my boots and socks and she was washing my feet! Then she began to Massage them! Oh my! I am middle-aged, married, man in the middle of the woods, with a beautiful woman messaging my feet! I did what any married man would do, I took out my cell phone, took a picture and texted it to my wife! She's messaging my feet! The response was quick and brutal. Sucks to be her! I'm still not touching them have a nice walk dear. When I got up and began to walk Oh my no pain.

In that moment Jayne's magical massage, her presence in my life helped me persevere through pain! In that moment Jayne's presence in my life meant everything to me.

Near the midpoint of the walk, I began to see bear scat along the trail particularly in the areas where there were Berry patches, so I kept my eyes peeled for bears. Since the dog incident I had Shawna bring me some bear spray and I started carrying a knife. Just in case! Imagine my shock and horror when I looked down the trail and saw a bear sitting at the side of the trail! The last road I passed was a good 10 kilometers back going back and around on the road was out of the question. I remembered my high school outdoor education class where the teacher said" know this, the bear is more afraid of you

then you are of the bear! The key is not to startle the bear rather let them know you're coming!" I then armed with that knowledge alerted the bear to my presence. "Hey bear! Move bear!" The bear did not move in fact it paid me no attention at all. Then I remembered they also told us to make yourself look bigger than the bear! I put my walking sticks in the backpack put my orange reflective vest on top of them making myself look 7 feet tall. "Look at me bear I'm huge bear! You better run bear, I'm bigger than you!" The bear did not move! Now they say that when you're fatigued you will make stupid decisions, so I made one of those stupid decisions and I decided if the bear wasn't moving, I was going around him anyway! I drew the bear spray from its holster and removed the safety I took the knife from its sheath, and I prepared for battle! I should probably tell you now the three days prior to this incident I had misplaced my glasses somewhere in my camper and without them well I could barely see the people in the front row here. Sure, I can see your shape and your outline, but I can't tell who you are whether you're smiling or not. Imagine the horror and shock on my face when I got close enough to the bear and realized it was a woman! I know gentlemen Can you imagine my fear? We've all been asked at one time or another does this outfit make me look fat? And we know there's no right or wrong answer to that question you just shut up! Here I was having referred to a woman I did not know as a bear! To say I was now afraid would be an understatement.

Now I may not be able to identify a bear without my glasses, but I spent 10 years working in a maximum-security detention centre and one thing I learned to identify quickly what is fear. This woman that I came upon she was terrified! I moved across the trail from her then sat down and began to chat. There was no response. I removed the water bottle from my backpack, the one you're passing around now. and I rolled it across the trail to her she drank it faster than I've ever seen anybody drink. I then tossed my lunch just a sandwich and she ate really fast. It took quite some time to get her to talk to me but eventually when I noticed she kept looking back down the trail from where I came. I told her whatever is back there isn't going to hurt you not today, you decided to leave. I'm walking the other way to Ottawa why don't you walk with me for a while. After a while she told me some of the most horrific stories I had ever heard in my life! It took me a while, but I convinced her to use my phone and reach out to a woman's crisis line and ask for help. She did and we created a plan for them to meet us along the trail where it crossed the major road and when we got there, we waited until the van came down the road. We had created a code conversation to make sure I knew was them and they knew it was me and with that verified I put her in the van, and I have never seen her again. I did get a text from a blocked number to tell me that she was OK and that was probably one of the best text messages I've ever received.

In that moment when our paths crossed, and I helped her carry on with the choice she had made. I helped her walk to a new life and I know in that moment my presence meant everything to her.

On my walk I learned the incredible power each and everyone of us holds. It is impossible for any one of us to be everything to everyone but at any given moment our presence can mean everything can someone! Your presence in someone's life can help them push past fear, persevere through pain and to push on, in this journey we call life. The backpack that you have been passing around can you feel the weight of that? That backpack has become a metaphor for the mental health journey that people are on. What goes on in their life they carry with them, and the weight causes you to slow and fatigue quickly! I carried that back for 25 days starting out with that weight each morning, but I consumed everything in that pack. I drank the water, and I ate the food and by the end of the day with this light as a feather. Each one of us carries a mental health backpack with all the burdens of our lives and if we

fail to consume those burdens, the burdens will consume us. Every one of us has the ability, just by being present in someone else's life to lighten that backpack. To help them deal with and consume the issues that are weighing on them. All we need is the courage to risk being everything to someone in any moment. The problem we have is fear! Fear that we will say the wrong thing, fear that we will trigger them. It is not your job to fix them, it is your job to help them find the people who can help them.

Arm yourself with the appropriate numbers if it is an emergency and you fear that they are suicidal call 911. If you don't think it's reached that stage help them then contact Here 24/7. Their number is 1 844 437 3247 put it in your cell phone and offer to stay with them while they call. Here in Wellington County with the efforts of this community and the presence of Here 24/7 combined with the creation of the Grove hub we are having an impact! In a pandemic that brought Mental Health to the forefront and increased calls to the crisis line we have a reduced number of suicides! That means the things we are doing are working! Keep up the good work keep being everything to someone!

Ministry of Music: "In the Garden" Holstein Belles

Joys and Concerns

Preparation for Prayer

Let us practice the art of Praying with our Eyes Wide Open, that in seeing the world and those within it we are called to tend we may be opening the eyes of our hearts to all in need around us
(Lamont Koerner '81 MDiv God Pause for Thursday, September 16, 2021 from Luther Seminary)

Prayers of the People (in unison) *Rev. Dr. Sarah Lund, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.16*

God of love, we celebrate that today you are still speaking a word of acceptance, wholeness, and inclusion of all your differently-abled people. We give thanks for this church and the ways we seek to live out Jesus' commandment to love You, and to love our neighbors as ourselves.

On this Mental Health Sunday, we pray for people who live with untreated mental illness and who are unable to find help and cannot afford medical care.

We pray for an end to the stigma of mental illness.

We pray for families torn apart by mental health diseases, and for families that hold on to one another during difficult times of illness.

We pray for those who have lost a loved one to suicide.

We pray for mental health caregivers, for scientific researchers, and for professionals who seek to bring compassion, treatment and healing to those who suffer from brain diseases.

We pray for children, teens, and young adults learning how to live with newly diagnosed brain diseases.

We pray for people burdened by labels and stereotypes.

We pray for people who are victims of bullying and discrimination because of their disability.

We give thanks for the many gifts that people with mental health disease 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.

May we be reflections of your love in this world. Amen.

Lord's Prayer

Our Father who art in heaven, hallowed be thy name.
Thy kin-dom 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 kin-dom, the power, and the glory forever and ever. **Amen.**

Minute for Mission item - The Grove Hub Fergus

Youth are experiencing a mental health crisis and we are incredibly fortunate to have The Grove Hubs - Fergus site to respond to their needs.

One of seven planned sites in Wellington County & Guelph, each will offer a “one-stop-shop” to meet a wide range of needs for youth aged 12-26, including mental health, substance use, primary care, education, employment, training, housing and other community and social services.

Most importantly, the “one-stop-shop” means that youth will only tell their story once regardless of where they are. This is made possible through an interconnected online system.

For youth, the mental health system has been like trying to solve a puzzle without all the pieces. And they may be navigating this complex system on their own. Dealing with bullying? Visit this website. Having problems in your relationship? Read this brochure. Depression or anxiety? Call this number. Addictions? Look here.

When they walk into any of The Grove Hubs locations, youth are greeted by another youth, who chats with them and lets them know what’s happening at that site today.

Through these sites, over 30 community agencies are ready to help. No stigma. No shame. The focus is on prevention and intervention, providing tools and support before mental health concerns become a crisis.

Six sites are now open; one in Erin, Palmerston and Fergus plus three sites in Guelph. The last will be located in the new CMHA Waterloo Wellington building under construction in north Guelph.

Please remember, for youth or anyone else requiring immediate emergency, in-person care, please call 1-844-437-3247 (HERE247). HERE 247 Posters, wallet cards and magnets are available throughout the church.

Today’s special offering will benefit The Grove Hub Fergus to support the incredible youth programming they provide in CW. Thank you for your generosity!

This information and related links are posted under the Social Justice section of the Melville website.

Offering Invitation *Rev. Dr. Alydia Smith, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.15*

In our offering we share not only measurable treasures of time, talents and resources, we also radically commit to sharing immeasurable gifts of forgiveness, grace, compassion, acceptance and loving concern with each other and with ourselves.

Offering Hymn: Hope of the World VU 215v4

Hope of the world, who by your cross has saved us
From death and dark despair, from sin and guilt
We render back the love your mercy gave us,
Take now our lives, with them your kingdom build.

Offering Prayer *Rev. Dr. Alydia Smith, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.15*

May these gifts help to build the community
of radical belonging that we hope to create.
May they be a legacy of justice, hope, faith and most importantly love. **Amen.**

Closing Hymn: On Eagles's Wings VU 808

- 1 You who dwell in the shelter of our God,
who abide in this shadow for life,
say to the Lord: 'My refuge,
my Rock in whom I trust.'

'And I will raise you up on eagle's wings,
bear you on the breath of dawn,
make you to shine like the sun,
and hold you in the palm of my hand.'
- 2 The snare of the fowler will never capture you,
and famine will bring you no fear:
under God's wings your refuge,
God's faithfulness your shield. R
- 3 You need not fear the terror of the night,
nor the arrow that flies by day;
though thousands fall about you,
near you it shall not come. R
- 4 For to God's angels is given a command
to guard you in all of your ways;
upon their hands they will bear you up,
lest you dash your foot against a stone.

'And I will raise you up on eagle's wings,
bear you on the breath of dawn,

make you to shine like the sun,
and hold you in the palm of my hand.'

'And hold you, hold you in the palm
of my hand.'

Commissioning and Blessing *Rev. Dr. Rachael Keefe, Radical Belonging: A Mental Health Sunday Resource for All, 2021, p.16*

The One who created all that is calls us by name
and invites us into a life of abundant Love.

**We go out into the world as God's beloved people,
bringing Holy Love to all whom we meet.**

Jesus taught us to love one another as fiercely and freely
as God loves each of us, with the power that binds us together
as the Body of Christ.

We will embody Christ by shattering stigma and welcoming all, leaving no one outside.

The Spirit fills us with the Breath of Life and urges us to
imagine anew how to be Church in the world today.

We will breathe deeply and move beyond what has been and what is.

We will follow the Spirit and bring hope and healing to all who live in despair and brokenness.

We will be the Church!

Postlude – Old Time Hymn Medley, Thank You Dear Lord for Music - *Holstein Belles*

Worship Schedule

May 14	Christian Family Sunday (Mother's Day)	Rev. Jeff Hawkins
May 21	7 th of Easter	Rev. Tom Watson
May 28	Day of Pentecost	Rev. Tom Watson