



May 18, 2025

“In Sickness  
and In Health”

Mental Health  
Sunday

**Welcome!**

We encourage wearing name tags.

### **The Love of God Gathers Us**

**Gathering Music**

**Singing Bowl**

**Prelude & Candle Lighting**      “Christ in Me”

*Gordon/Searcy/Chisum*

*...acknowledging the light of Christ among us*

*please observe silence as we settle into sacred time and space*

**Words of Welcome & Announcements**

**Opening Words from a Neighbor**

Tibetan singing bowls took form in the 6th and 5th centuries BCE.  
In some Buddhist traditions, they accompany meditation and chanting.  
They now contribute to spiritual practices and well-being in many spaces.

**\*Call to Worship** (*responsive*)

We gather in the presence of the One who abandons no one.

**Come Holy Spirit, our advocate and comforter.**

All are welcome in this sacred place, made holy through your presence with us.

**Open our hearts and minds today, guiding us into loving relationships with all your children.**

We gather as your beloved people, leaving no one outside.

**Spark in us a word of life and radical belonging—a message that we share with others as we seek to live out Christ’s love.**

We call on you as the One who creates, redeems, and sustains us.

**Amen.**

**\*Opening Song** (see p. 8-9)      “I Dream of Church”

**Acknowledging Our Need for God’s Grace**

**Centering Ourselves**

*...in stillness and breath*

**Prayer of Confession and Longing** (*unison*)

**God of promise and possibility, we come before you breathless and hurting, as though trudging through a valley of lifeless bones. We look for life amidst the bones and dust, yet fail to notice your breath flowing in and around us.**

**We think we need to be perfect before we can enter into new life with. 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 or mind is a judgement from you. As we move through valleys, we feel distant from trusting 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 the valleys. You call us into new life, again and again. Amen.**

**Special Music**

“Psalm 42”

*Tori Kelly*

**Assurance of Grace** (*responsive*)

The peace of Christ be with you!      **And also with you!**

**Passing the Peace** (*seated*)

*...smiles and gestures of peace — to those online and seated near us*

### **A Time With Children and Youth**

**Sung Invitation**

*...as young people come forward*

**This little light of mine, I'm gonna let it shine...**

**Singing “Happy Birthday”**

**Adam Bettin (5/20)**

**Wondering Together**

**Blessing One Another**

*...with arms wide open*

Young Ones: God be with you

**All: And also with you**

**Sung Affirmation**

*...as young people depart or return to families*

**Ev'rywhere I go, I'm gonna let it shine...**

***Children's Activity*** | Children (age 3 - gr. 4) go with Carol and Wendy

***Youth Group*** | Youth (gr. 5-12) go with Telae

***Playground*** | Families supervise their own children

*We welcome the sounds and movements of children who stay in worship!*

### **Proclaiming God's Love**

**Reading from Hebrew Scriptures** | NRSV

1 Samuel 16:14-23

**Contemporary Reading** | by Nan C. Merrill

A companion text to Psalm 88

**One: Here ends the readings. All: Thanks be to God!**

As reparations for use of Black spirituals, we support Walk West (St. Paul):  
*a music learning community rooted in the African-American cultural experience,  
where people of all ages and backgrounds can gather, explore, and grow through music.*

## Morning Message

## "In Sickness and In Health"

### Responding To God's Love

## Prayer Song

"Take, O Take Me As I Am"  
sung 3 times

Piano

D G em A D G A

Take, O take me as I am, sum - mon out what I shall be;

G A D em A

5 set your seal up - on my heart and live in me.

## Prayers of the People

*We share aloud prayers for ourselves, others, and parts of the world  
Please tell Pastor Clare if you prefer yours not be added to our printed Prayer Corner*

...God, in your love **Hear our prayer**

## Prayer of Jesus (unison)

**Our Father and Mother who art in heaven,  
hallowed be thy Name.**

**Thy kindom come. Thy will be done on Earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our debts, as we forgive our debtors.**

**And lead us not into temptation, but deliver us from evil:**

**For thine is the kindom, and the power, and the glory, forever. Amen.**

## Invitation to the Offering

We give by cash, check or electronically (scanning the QR code)  
*Blue electronic giving cards* represent gifts made electronically.



**Offertory**

“Lovely Noise”

Sparks

**\*Offertory Response**

Halle, Halle, Halle-lu-u-ja.  
Halle, Halle, Halle-lu-u-ja.  
Halle, Halle, Halle-lu-u-ja.  
Halleluja! Halleluja!

**\*Prayer of Dedication**

Loving God, open us to a new world! Where there are no longer least and greatest, rich and poor, haves and have nots. Where each is treated as a beloved precious person. Where mental health is understood and cared for without stigma or judgement. Bless our contributions of time, talent and treasure – toward the building of a new world. Amen.

### Going Forth to Share God’s Love

**\*Closing Hymn (see p. 10)**      "Healer of Our Every Ill"

**\*Benediction**

**\*Sending Song**      *...forming a circle (not holding hands)*

**“Let There Be Peace on Earth”**

Let there be peace on Earth, and let it begin with me  
Let there be peace on Earth, the peace that was meant to be.  
With God as creator, family all are we.  
Let us walk with each other in perfect harmony.  
Let peace begin with me; let this be the moment now.  
With ev’ry step I take, let this be my solemn vow;  
To take each moment, and live each moment in peace eternally!  
Let there be peace on Earth, and let it begin with me.

**Today Following Worship:**

**10:30 am** | All are welcome to linger for refreshments and good company!

**10:45 am** | **Inquirers Gathering** Join us after refreshments for a time of learning who we are and what we're about. All are welcome!

**PRAYER CORNER**

\*We celebrate and pray for **Pope Leo XIV** in hopes for strong, ethical leadership, and for all who will lead alongside him.

\*We pray for **all for whom Mother's Day weekend was hard** for a variety of reasons.

\*We give thanks for mothering energy and all who nurture us.

**We seek delegates to represent our congregation at these two annual events:**



**MN Conference UCC Annual Meeting**

June 13–14 (Fri–Sat) at College of St. Benedict in St. Joseph, MN

**NACCC Annual Meeting**

June 21–24 (Sat–Tues) in St. Louis, MO

The congregation will cover the costs for all delegates.

More information can be found in our Midweek online newsletter.

*Please reach out to Pastor Clare with any questions or interest  
in serving as a delegate!*

## **Church Yard Work Day May 19th | 9 am**

As the rain garden project on the south side of the church begins on Monday, we are planning a conversion of lawn to native plantings on the North side of the church.

We need help planting rescued prairie dropseed from the People's Park labyrinth. Some of the plants are large and will need to be divided. They can be planted about 2 feet apart. (Later we may supplement the plantings with other prairie flowers.)

Then, we plan to add mulch about 2-3 inches deep.

Gary Piasecki, Claire and Paul Spilseth will lead the project.

*Questions, contact Paul Spilseth 651-271-6742*

## **Memorial Day Parade Refreshment Stand**

**May 26th | 7:30 am - 10 am**

We will once again provide treats & coffee on our church lawn during the Memorial Day parade.



Ways you can help:

- Provide bars/cookies/donuts/muffins that morning or dropped off prior (homemade & store-bought both welcome!)
- 1 person to start the coffee @ 7:30 am
- Help serve treats

Contact Cindy Siegel (cindysiegel98@gmail.com, 651-343-3270) or Megan (office@stcroixunitedchurch.org, 651-439-5667) to let us know how you can help!

## **Healing Touch Sessions May 27th | 10 am & 11 am**

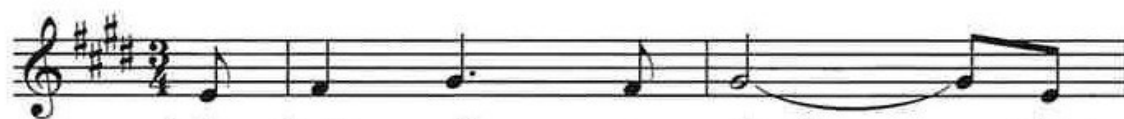
Please contact MaryAnn Litfin to schedule a time  
malitfin@gmail.com | 612-382-9920



## **Book Discussion May 29th | 6:30 pm**

Couldn't join us on previous dates? Haven't accessed the book?  
Not to worry! All are welcome in this vital discussions.

# I Dream of a Church



1. I dream of a church\_\_\_\_\_ where  
2. O God, fill our hearts\_\_\_\_\_ to



ev - 'ry-one is wel - come, I dream of a  
reach out in wel - come, make us to



place\_\_\_\_\_ we all can call home. I  
see\_\_\_\_\_ your vi - sion once more. Let's

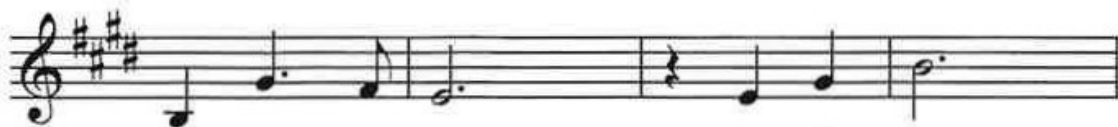


dream of a world where jus - tice is  
dream of a world where our hands are



flow - ing with hope and peace grow-ing,\_\_\_\_ where  
your hands, we of - fer our - selves,\_\_\_\_ O



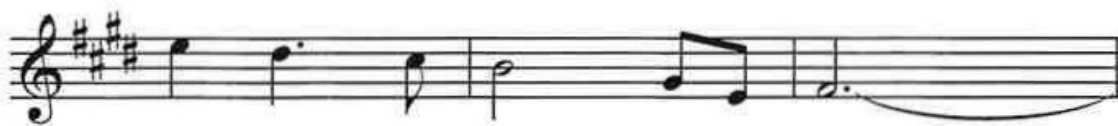


God's will is done.  
God, make it so.

Make it so,



make it so! \_\_\_\_\_ We



pray for that day, make it so. \_\_\_\_\_



\_\_\_\_\_ We dream of a world \_\_\_\_\_ where



Love reigns a - mong us \_\_\_\_\_ and your will is



done, O God, make it so! \_\_\_\_\_

## 506

## Healer of Our Ev'ry Ill

*Refrain* D Em7/D G/D A/DD G Bm7/A G A

Heal - er of our ev - 'ry ill, light of each to - mor - row,

F#m7 Bm Em7 F#7 G Em A/C# D *Fine*

give us peace be - yond our fear, and hope be - yond our sor - row.

*Stanzas* Bm F#m/A G

1. You who know our fears and sad - ness, grace us with your  
 2. In the pain and joy be - hold - ing, how your grace is  
 3. Give us strength to love each oth - er, ev - 'ry sis - ter,  
 4. You who know each thought and feel - ing, teach us all your

F Em D/F# G Bm A *To refrain*

peace and glad - ness, Spir - it of all com - fort: fill our hearts.  
 still un - fold - ing, give us all your vi - sion: God of love.  
 ev - 'ry broth - er, Spir - it of all kind - ness: be our guide.  
 way of heal - ing, Spir - it of com - pas - sion: fill each heart.

WORDS and MUSIC: Marty Haugen, 1987

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HEALER  
88.63 w. refrain

♩=96-104

# Wisdom Tips for talking about Mental Health

## **Be a Friend:**

"A friend loves at all times..." (Proverbs 17:17a).

Listen without judgment. Provide companionship. Offer a ride or a meal. Respect confidentiality. Avoid shame and guilt. Remember that we all have and we all are impacted by mental health.

## **Remember that Words can Hurt:**

"Rash words are like sword thrusts..." (Proverbs 12:18a).

Pay attention to the words you use and how they affect the people around you. Avoid labelling and stereotyping people.

## **Stop the Stigma:**

"We, who are many, are one body in Christ" (Romans 12:5).

Challenge negative attitudes toward mental health and neurodiversity whenever you encounter it. Question your assumptions. Correct misinformation about mental health challenges, substance use disorders, trauma, and brain differences.

## **Educate Yourself:**

"Does not wisdom call, and does not understanding raise her voice?" (Proverbs 8:1).

Learn the facts about the various challenges that can affect mental health, including substance use disorders, neurodevelopmental difference, trauma, and brain disorders. Realize that mental health is physical health.

## **Thank God for Neurodiversity:**

"Wonderful are your works" (Psalm 139:14 )

Be aware that we all process the world around us differently. Celebrate and affirm neurodiversity and the many gifts that each person brings.



### Week at a Glance:

**Church Yard Work Day** | **May 19, 9 am** | @ Church  
**Gentle Tai Chi with Guest Leader** | **May 19, 7 pm** | @ Church

**Gentle Tai Chi** | **May 21, 10 am** | @ Church

**Youth Choir Rehearsal** | **May 21, 3:30 pm** | @ Church

**Book Group - "Anti-Racism as a Daily Practice"** | **May 22, 6 pm** | @ Church

### Mark your calendars for more Outdoor Worship

@ Lakeside Park Beach House (95 Central Ave, Bayport)

June 1

July 6 (w/ Bethlehem Lutheran, 10:30am)

July 20 and 27


August 17 and 24, September 7



Thank you to today's partners: Sharon Neuenfeldt (Worship Accompanist), Gary Piasecki (usher), Mary Piasecki (liturgist), St. Croix United Choir, Carol Dusbabek & Wendy Staberg (age 3 - gr 4), Jane Hanson (youth group), Bob & Kathy Iverson (fellowship), Paul Spilseth, Bob Dickie & Mark Stephan (tech team), Jackie Savage (sanctuary organizer), Bob Dickie (set-up)



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