



*The heart in the heart of Huntsville*



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Minister: The Rev. Diane Knowles  
Pastoral Care Coordinator: Judy White  
Director of Music: Kyung-A Lee  
Church Administrator: Suzy Simson  
Custodian: Judy Hall

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## Welcome to Trinity

Mental Health Sunday

May 5<sup>th</sup>, 2024 - 10 am

*“Loving Hearts ... Open Minds ... Serving Hands.”*

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### WE GATHER AS THE WHOLE PEOPLE OF GOD

**Prelude:** *Kyung-A Lee*

#### Introit

Hear what I'm sayin' and hear what I'm prayin',  
You are my followers when known by love.  
Each time you welcome a sister, a brother,  
you welcome the One whose life is Love.

Chorus

**So, come together. Yes, come together.  
Come together; arms open wide.  
Break down the borders and build wider tables,  
and reach out your arms. Stretch them open wide.**  
*(Repeat chorus)*

#### Greeting

One: We gather as God's beloved people.

**All: Leaving nobody outside. May our time together  
inspire and empower us for life's journey.**

Welcome in Friendship! Welcome in Faith!  
Welcome in Spirit's all-inclusive love.

#### Announcements

#### Joys and Concerns

*“Be a source of comfort and compassion. Rejoice with those who rejoice, mourn with those who mourn.” Romans 12: 15*

### **God Moments?**

*“God is love and all who live in love live in God and God lives in them” 1 John 4: 16*

(Where did God, where did love show up for you this past week? When we share our stories, we are sharing ourselves and building and strengthening community together.)

### **Moment of Quiet Meditation**

#### **Call to Worship**

One: God calls us to love our neighbour as ourselves.

**All: The one who is weak and the one who is strong.**

One: The one who is happy and the one who is sad.

**All: The one who is enjoying mental wellness today.**

One: And the one who is struggling with mental illness today.

**All: The one whom we understand and the one we don't.**

One: The one who is embraced and the one who is shunned.

**All: The one who is like us and the one who is different.**

One: As we bring our strengths and our struggles, let us celebrate our faith community and God's presence together.

**Opening Hymn:** *“All are Welcome” (MV 1)*

### **Lighting of the Christ Candle**

As we light our Christ candle today, we are reminded that the Divine Spark known as the love of God resides in each and every one of us. On this Mental Health Sunday may we share this light of love with those who are struggling. May they know they are not alone. When they lose hope, we will hold the hope for them until their hope returns.

### **Opening Prayer**

**Spirit of Life, come into this place and enliven us. Stir in us deep compassion for people living with mental illness and for their families. Families are often overwhelmed and isolated by the many challenges these issues create. Raise our awareness of how we can create a safe spiritual community for people who feel shunned and ashamed. Make us whole and gather us together to be your people in the world. Amen.**

**Light Beamers Song:** *“The Thank You Song”  
(tune of Jesus Loves Me)*

**Thank you for this lovely day (arms held wide).  
Thank you for the ways to pray (hands together).  
Thank you for the friends we see (wave to friends).  
Thank you for your love for me (hug self).  
Yes, God, we thank you (Hands out- palms up).  
Yes, God, we thank you.  
Yes, God, we thank you. We thank you every day.**

### **Time with our Light Beamers**

*(Our young people are taught the values and teachings of Jesus of Nazareth, his love and his compassion for all God's people.*

*In turn, they learn to shine their light with others at home, at school and in their communities.)*

### **Congregational Blessing**

“May the peace of Christ be with you.”

**All: And also with you.**

### **Choir Anthem**

#### **WE LISTEN FOR OUR EASTER WORD**

*Scripture Reader today is Faye McKnight.*

### **Prayer of Illumination**

God of Grace may your word abide deep within our souls. Help us to engage with your timeless story with an open spirit and a curious mind. Amen.

### **Old Testament Reading: Psalm 88**

*(The Psalmist is crying out for relief from his personal struggles and suffering. When have you cried out for help recently?)*

### **New Testament Reading: Luke 8: 27-35**

*(Jesus heals a man who is sick. Jesus is known for many healings throughout the Gospels. We too can be healers by simply being compassionate towards one another- we are all carrying burdens- some more visible than others.)*

Reader: Hear what the Risen Spirit is saying to our hearts.

**All: Amen.**

**Morning Message:** *“Ain ’t no shame in the brain!”*

### **Moment of Musical Reflection**

### **Invitation for Offering**

Christ brings us together on this our spiritual journey- together in families, together in hope, together in love.

Holy One, create in us a tenderness for all who struggle for wholeness and well-being. May our gifts turn into hope for the hopeless.

Our morning offerings will now be received.

### **Offering Hymn**

God of love, hear our prayer,  
bless this offering we bring you.  
May our lives do your will, guide and guard us forever.  
Give us the courage to stand for truth,  
help us care for others.  
God of love, hear our prayer,  
bless this offering we bring you.

### **Offering Prayer**

Source of all blessings, take our gifts and bless them. We live in communities where lives are challenged by substance abuse, mental health issues and brain disorders like dementia and Alzheimer’s. May these gifts help those who are struggling to feel your comfort and your healing presence. Amen.

**Hymn:** *“Lord, Listen to Your Children Praying” (VU 400)*

### **Prayers of the People**

#### **The Lord’s Prayer**

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 from evil.  
For thine is the kingdom, the power and the glory  
forever and ever. Amen.**

**Closing Hymn:** *“Draw the Circle Wide” MV# 145*

### **Benediction**

God of love, keep our feet firmly planted in the way Jesus leads us.  
Help our lips speak the truth that Christ teaches us.  
Fill our bodies with the life that is Christ within us.  
Go with God, go in gladness and go in peace.  
Amen.

### **Sung Blessing**

**We are one as we hear, as we hear,  
heart and hand unite.  
In the world, we receive,  
there’s a sense that God is light.  
We are one as we leave, as we love, we are loved.  
And we seek justice in God’s ways as we move  
together from this place.**

**Postlude:** *Kyung-A Lee*



*Join us in Trinity Hall following today’s service for a cup of coffee or tea, and fellowship time.*

*Your hosts today: The Outreach Team.*

Our faith community can be an important part of the recovery process through education, support and by helping individuals and families feel part of a caring community.

If you would like more information, you may visit these websites for resources:

WellnessTogether: Find24/7 help! They provide free resources for mental health and substance use support for schools and students.

BounceBack Ontario: Designed to help adults and youth 15 plus manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos.

CAMH: From assessments to brief interventions, inpatient, day hospital services, and family support CAMH provides a wide range of clinical care services.

Our minister Rev. Diane is also available for brief pastoral/spiritual care. (This typically involves no more than four weekly sessions, referrals are available upon request. Call Suzy at the office: 705-789-5660 to make an appointment.

Let’s raise our voices and help break the silence and stigma that still exists around mental health issues and brain disorders.

We need YOUR voice cause there ain’t no shame in the brain!



## ANNOUNCEMENTS AND OTHER STUFF!

**The Outreach Team** is asking you to help the local food banks.



On the last Sunday of each month, we will be collecting food for the Salvation Army and the Table Soup Bank.

➤ **May is cookies!**

### “Hike for Hospice” is today!

I will be available after Church today for 15 minutes to take any last-minute donations before beginning the Hike!

All donations of \$20.00 or more will receive a charitable donation receipt.

Cash is fine as are cheques payable to “Hike for Hospice”. Donations can also be left in the office with Suzy or placed in an envelope and put in the Ministry & Personnel mail slot located between Suzy and Rev. Diane’s offices. If you prefer, I can send you the link to make an online donation.

Thanks to those that have already sponsored me!

My Trinity family’s support is much appreciated!

Linda Martin



**A special thanks to you,** Trinity’s congregation, for your overwhelming support at our Congregational meeting Sunday April 28<sup>th</sup> with our new Vision, and the updates and additions to our Constitution. This will all be on our website in the ‘Members’ section. I was also remiss in introducing Sandra Parrott, one of our Directors, who took the minutes.



**Directors and Team Leaders meeting** on Tuesday, May 7<sup>th</sup>, 2024 at 10 am in the Milligan Room.

**Outreach Team meeting** on Wednesday May 8<sup>th</sup> at 11:30 am in the Arnold Room.

**TRINITY UNITED CHURCH**  
**SOUPER SANDWICH LUNCH**  
**(Last one till September 13)**

<b><u>SOUP - \$3.00</u></b>	<b><u>SANDWICH - \$4.00</u></b>
Leek-Potato	Tuna
Tomato-Veg	Egg Salad
Seafood Chowder	Chicken Salad
Squash	Chicken Caesar Wrap
Broccoli	

**DESSERTS - \$3.00**

Chocolate Cake	Carrot Cake
Date Square	Pecan Cream Delight

**MAY 10th 11.30 - 12.30`**

**“DINE -IN or TAKE-OUT”**

**TAKEOUT ORDER DEADLINE: May 7th**

**CALL: 705-789-5679**

## **Camp Big Canoe Wish List 2024**

Camp Big Canoe has provided a Wish List of items you may already have or wish to purchase. Your monetary donations will be used to purchase larger quantities and other necessary equipment.

Please see Nancy Waxl (705-789-5679) for further information. The deadline for drop off is Monday May 6<sup>th</sup> or if you wish to make a trip to Camp Big Canoe, you may do so after Saturday June 15<sup>th</sup>.

### **Items needed:**

#### **CRAFT**

Plastic lacing (Boondoggle red, yellow, NEON orange, green, blue and purple).

Bristol Board (red, orange, blue, green, pink).

Masking Tape, Painters Tape (green or blue), Duct Tape (many colours), Electric Tape (assorted colour).

Paint Brushes (assorted sizes).

Scissors.

Glitter (assorted colours).

Fabric, Fabric paint, Felt sheets (assorted colours).

Crayola markers, paper bags, stickers, white glue, pipe cleaners.

Popsicle sticks, playing cards, safety pins.

Dress up clothes, white T-shirts (all sizes for tye dying),

Glue guns and glue sticks.

#### **KITCHEN**

Empty plastic containers with lids (margarine, yogurt size).

Large glass jars (like big mason jars) with lids.

#### **OFFICE**

White and coloured paper (8x11).

Pens, pencils, markers, sharpies, rubber bands.

Post It Notes, paper clips, scotch tape, tacks, sticky tack (blue or white).

#### **OTHER**

Rakes, shovels, cordless drill.

Candles new or semi burned.

Iron.

