

"Today's bulletin is kindly sponsored by
Shirley Neil, a former member of Trinity.

The flowers are in loving memory of her husband
Norman and daughter Monica.

Fondly remembered by Shirley, her son Sherman,
his wife Pam and their daughters Katy and Hannah.



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

33 Main Street East, Huntsville, ON P1H 2B8
705-789-5660 • trinityhuntsville.ca



WELCOME

We're glad
you're here!



Loving hearts
Open minds
Serving hands

Welcome to Trinity

The Heart in the Heart of Huntsville

Mental Health and Wellness Sunday

May 4, 2025 - 10 am

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

*“Those who mean the most to us are those who
have chosen to share our pain and touch our wounds
with a gentle and tender hand.”*

Henri Nouwen

WE GATHER AS GOD’S EASTER PEOPLE

Prelude: Kyung-A Lee

Processional: “Find a Home Here”

**Find a home here, live out faith here,
gather strength here, find family here.
Be yourself here, feel secure here,
celebrate here, be at home here. (repeat)**

Greeting

One: Jesus said, “I have come that you may have life and have it abundantly.”

All: **In our lives, may this be so.**

Welcome in Friendship!

Welcome in Faith!

Welcome in God’s radical and healing love!

Today, on this Mental Health and Wellness Sunday, we pause to acknowledge the invisible struggles so many of us carry, the aching of anxious hearts, the weight of

depression and the pain of those who feel lost within themselves. We are highlighting the importance of taking care of ourselves, our whole selves, body, heart, soul and mind.

*(If you’re visiting with us for the first time today- welcome!
Our time together is enriched by your presence.)*

Announcements

Joys and Concerns

A Moment of Meditation

Help us Gentle Spirit to be the love that is missing in the world... Settle our rattled souls...

Call to Worship

One: Come, all who are weary, weary in body, mind or spirit. Come, all who carry burdens too heavy to name.

All: **We come seeking rest, seeking hope, seeking the healing presence of God.**

One: This is a place of welcome for everybody. You are seen, you are valued and you are God’s beloved. This is a space for joy and sorrow, struggle and strength.

All: **We come as we are, whole or broken, strong or fragile knowing that God meets us in every part of our humanity.**

One: Come, let us celebrate the One who binds up the broken-hearted and who walks with us through the valleys and brings us back into the light.

Opening Hymn: “Spirit, Open My Heart” (MV 79)

Opening Prayer

All: **Companion God, you know the depths of our hearts, every joy, every sorrow and every silent cry. You are the One who sees into every shadowed place. You do not turn away from our pain but draw near with the comfort and strength we need for the journey. We lift up all who are living with mental health challenges and those who love and support them. As we strive to be the heart in the heart of Huntsville, empower us to be a community where no one suffers alone, where stigma is replaced with understanding and judgment with grace. Meet us in this moment and lead us in the way of healing and wholeness. In Jesus' name we pray. Amen.**

Time with our Light Beamers

(Our young people are taught the stories and values of Jesus of Nazareth especially his love and compassion for all God's people. In turn, they learn to share this love at home, at school and in their communities.)

Light Beamer Song: "Oh, When We All Begin to Care"
(tune of Oh, When the Saints Come Marching In.)

**Oh, when we all begin to care.
Oh, when we all begin to care.
Oh, this will be a better world,
when we all begin to care.
We need God's love.
We need God's care.
Oh, how we need God's love and care.
Oh, it will be a better world,
when we all begin to care.**

The Lighting of the Christ Candle by our Light Beamers

One: On this Mental Health and Wellness Sunday may we share this light of love with those living with mental health challenges here in person and watching at home. Breathe hope into despair, light into darkness and remind us all: we are never alone.

Light Beamer Moment with the Minister

Congregational Blessing

One: "May the peace of Christ be with you."

All: **And also with you.**

Anthem: "Ask of Me"

WE LISTEN FOR GOD'S WORD

Our Scripture reader today is Julie Brushey.

New Testament Reading: Mark 2: 1-5

(In this story we see friends who carried a paralysed man to Jesus. They even had to cut a hole in a roof to get the man the healing he needed.

What would Trinity look like if we became a church that lifted, carried and made space for healing one person at a time?)

Second New Testament Reading: Galatians 6: 1-2 and 9-10

(Paul tells his friends never to give up taking care of one another. A burden shared is a burden lightened.)

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

All: **Amen.**

The Minister's Message: "What We Carry Together"

Our Offering Invitation

One: Here's the truth. We are all carrying something. But God never meant for us to carry it alone. Companion God, open our minds and soften our hearts. May our gifts today help bear the load of those who are carrying heavy burdens in their hearts and in their lives.

Our morning tithes and offerings will now be received.

Offering Hymn (sung to the tune of the Traditional Doxology)

**Praise God for love in all its forms.
Love sees us through both calm and storms.
God's love is meant for us to share.
May we, in love, reach out to care.
Amen.**

Offering Prayer

All: Springtime God, take our gifts and bless them. We are living in communities where there are people whose lives are challenged by substance abuse, neurodiverse brain issues, depression, dementia and others. Empower us to commit to the challenge of ensuring the well being and wholeness for all your people. May these gifts help to end the stigma around these illnesses and bring healing and wholeness to those who need it most. Amen.

Prayers of the People

The Lord's Prayer

**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, the power and the glory
forever and ever. Amen.**

Closing Hymn: "Draw the Circle Wide" (MV 145)

Benediction

Go now into the world,
with hearts made tender by compassion
and minds open by understanding.

May you be a light to those in darkness.
A friend to the lonely.
A voice of kindness in a noisy world.

And may the peace of Christ,
the love of God,
and the healing breath of the Holy Spirit
go with you today and always.

All: Amen.

Sung Blessing: "We Are One" (VU 402 - last verse only)

**We are one as we hear,
as we hear, heart and hand unite,
in the word 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.**

Musical Postlude: Kyung-A Lee



With Trinity Hall busy today, you are invited to join us in the Arnold Room following today's service for a cup of tea or coffee and fellowship time.

Your hosts today are the Dorothy Russell and Marj Adam.



Spiritual thought for your week ahead

"We are here on earth to make humanity more humane."

Sister Joan Chittister



Mental health issues cut across all lines of ages, gender and economic status. It affects the mind, the body and the spirit.

The good news is- it is in most cases a treatable illness. But we need to ask for help in order to receive it.

Did you know that mental health illnesses are more common than cancer, diabetes, arthritis and even heart disease?

Let's strive to get this illness out in the fresh air of healing and remember there is no shame in the brain!

With God's healing love,
Rev. Diane ###

Looking for more Resources:

www.mentalhealthcommission.ca

www.ementalhealth.ca

Suicide prevention and support.

www.crisisservicescanada.ca

Local offices offer services and support:

www.cmha.ca

Here in Simcoe Muskoka contact Family Connections
705-645-4426 ext. 6270 or 1-800-680-4426.



ANNOUNCEMENTS AND OTHER STUFF!

The Outreach Team thanks you for helping to collect food for the Corner Lighthouse food bank.



May is CRACKERS (any type/flavour).

FundScrip orders are due today!

Order the amount you need for your month's groceries, gas and gifts and in doing so, Trinity benefits!
Thank you for your support of this fund raiser!



Dates for your diary!

Communications and Technology Team meeting on Tuesday May 6th at 2:00 pm in the Arnold Room.

The **Knitting Circle** will meet on Wednesday May 7th from 1:00 pm to 3:00 pm in the Arnold Room.
Questions, call Joan on 705-788-5838.



Mug Up with the Minister! – Join us this coming Thursday March 8th in the Arnold Room at 10 am and enjoy a cup of coffee with your church family. This is a wonderful opportunity to catch up with friends, meet new people and explore how our faith connects with our everyday lives. Bring your own mug and we will supply coffee!



Circle of Loss – Thursday May 8th at 2:00 pm in the Arnold Room.

The Huntsville Community Choir presents: "Love in Springtime" on Friday May 9th at 7:30 pm and Saturday May 10th at 2:00 pm in Trinity's Sanctuary. Tickets at the door. Adults \$25. Students under 25, \$20. Children free.



Final Day for "Hike for Hospice" Donations! Today we are hiking to raise funds for Algonquin Grace Hospice in Huntsville at the Limberlost Forest and Wildlife Reserve. Thank you to everyone at Trinity who have already donated - you have already made a difference! If you have come prepared to donate today, please find Marion McTavish after the Service. Marion will be happy to accept your donations and will make sure they are given to Linda Martin, Team "Queens and Followers", who will deliver them to Algonquin Grace Hospice. If you wish to donate online, please email Linda at the following email address. She will forward you the link.
drivingrange@cogeco.ca.



Thanks for support again this year!

Souper Sandwich Lunch and Takeout (last one until September!) Friday May 9th from 11.30 am to 12.30 pm in Trinity Hall.

Takeout order deadline is Tuesday May 6th.
Call: 705-789-5679. We welcome Trinity members as well as the public, so come on out and bring your friends for a bowl of homemade soup, sandwich and dessert. Hope to see you there!



New Members Welcome! Trinity United Church is officially welcoming new members on Sunday June 8th, the United Church of Canada's 100th Anniversary celebration.

If you, or your loved one would like to become an official member of our faith community, please contact Diane or Suzy at the office.

There will be an information session prior to the welcoming ceremony on Thursday May 15th at 7:00 pm in the Arnold Room.

Come and be a part of our family!

