

THE CONGREGATIONAL CHURCH

■ UNITED CHURCH OF CHRIST IN TRYON ■

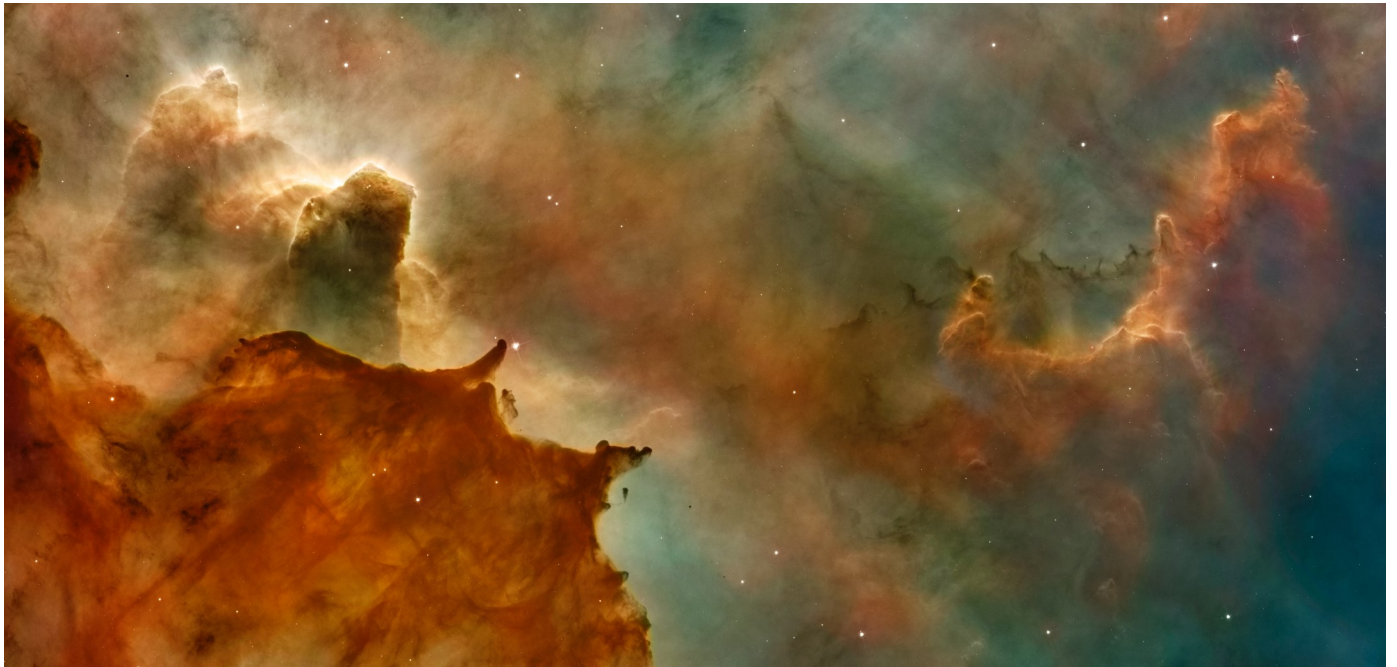


Photo by NASA on Unsplash

ORDER OF WORSHIP

Seventh Sunday of Easter ❖ Mental Health Sunday
21 May 2023 ❖ 10:00 in the morning

Welcome to this service of worship. Open your heart to the familiar and the new, and may your spirit relax into the peace of God's presence as we share this time together.

For those worshipping in-person: While masks are optional, for the safety of our community and congregation, we urge you to wear a mask if you may have been exposed to COVID-19 or are experiencing any symptoms, regardless of vaccination status. Please respect those who may wish to social distance.

Live Stream: Please be advised that our service is live streamed. You may appear on camera.

Worship Response Cards & Prayer Requests: Please complete the weekly Worship Response Card on our website or by using your phone to scan the QR code to the right. Paper copies may be found in the back of the sanctuary and placed in the offering plates. Submit prayer requests via the response card or to the Pastor.



Restrooms: Restrooms are located down the hallway, behind the sanctuary.

Children: Children are always welcome to join us in the sanctuary for worship. If you choose to use it, our family worship space is located in the front right of the sanctuary. For those children who wish to participate in Children's Worship, please join the class outside, prior to worship. Our downstairs nursery is also available for parent use. See usher for directions. Children who attend Children's worship will rejoin the congregation at the time of offertory.

Worship is at the center of the life of The Congregational Church, UCC. Please prepare your heart and mind for worship.

Whether you are a long time member or first time visitor, we are glad you are here. If you would like to discuss matters of faith or learn more about our church, we invite you to contact our pastor at (828) 859-9414.

The people's responses are in **bold**.

Kindly silence your devices upon entering the Sanctuary

†Please rise in body or in spirit as you are able.

Gathering

The Holy Spirit calls us together to prepare our hearts to worship as the people of God.

MORNING MEDITATION

Cantabile - James Conley

¶ *Please quietly recall the presence of God and prepare yourself for worship as you receive the gift of our prelude music.*

†HYMN #414

This Is a Day of New Beginnings

†CALL TO WORSHIP

Come, let us worship God who is creating a new heaven and a new earth. Today is a new day, a fresh start, and a day of new beginnings.

Come, let us worship God who creates peace out of chaos, calm out of anxiety, and hope out of despair. Even when we are depressed, we trust God is with us.

Come, let us praise God who chooses to be among us, one of us, a Disabled and Neurodiverse God dwelling among us living with mental health challenges, substance use disorders, brain disorders, and neurodiversity.

Come, let us praise God who says to each one of us, "no matter who we are or what medications we take or our diagnoses or where we are on life's journey: I will be your God."

Come, let us give thanks to God who promises to wipe away every tear from our eyes.

Come, let us give thanks to God who loves us so much that death, mourning, crying, and pain cannot stop God from loving us. This is our greatest hope: we are held in God's love. Come, let us rejoice, for

God, the Alpha and Omega, is making all things new

CALL TO COMMUNITY

PRAYER

Jackie Weedon, *liturgist*

Holy One, we are all seekers. No matter where we are in the world, no matter what our strengths or weaknesses, no matter what our language or our creed, you seek us out with the eternal parental love of the Creator. No matter that You are always present with and for us, no matter that we do not always recognize the form, no matter that we may have a dimness of sight as in a mirror, we continue to seek you with the unquenchable human desire to know You and to rest in You.

Let us cast all our anxiety on you, O Bearer of Burdens, as we seek to follow in your footsteps. Even when we are reviled, even when we feel abandoned, even when we suffer physically and mentally and emotionally, we ask that you will help us to remember that we are, no matter what, your children. Even when we pretend to hide from you, ashamed of our wandering, ashamed of our weakness, we know you will find us and forgive us when we ask. We want to resist evil, and to remain steadfast in our faith, because we know there are many who share in our suffering. Direct us toward them, O Healing God, that we might not shy away but instead deeply engage those who are in need of your love. In You we live and move and have our being. Guide us now to recognize that truth as we gather together with you in this hour. Amen.

WORDS OF FORGIVENESS

1 Peter 6:12

The God of all grace, who has called you to eternal glory in Christ, will restore, support, strengthen and establish you. To God be the power for ever and ever. Amen.

ASSURANCE OF GOD'S GRACE #194

Come and Fill Our Hearts

**Come and fill our hearts with your peace. You alone, O Lord, are holy.
Come and fill our hearts with your peace, alleluia!**

†THE PEACE

The peace of Christ be always with you. **And also with you.**

¶ *Greet one another with a sign of the reconciling peace of Christ (a handshake, an embrace, or a non-contact gesture).*

Listening

God speaks to us in scripture reading, preaching, and song as we listen.

PRAYER FOR ILLUMINATION

THE FIRST LESSON

A reading from the Acts of the Apostles:

So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a

cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a Sabbath day’s journey away. When they had entered the city, they went to the room upstairs where they were staying: Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

Acts 1:6-14 (NRSVue)

The Word of God for the people of God. **Thanks be to God.**

¶ *The People stand as the Word is brought among the People to be heard and received.*

†SUNG GOSPEL ACCLAMATION

Alleluia - Fintan O’Carroll & Christopher Walker

Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia! Al - le - lu - ia!

†THE GOSPEL

Let us listen for the Word of God. **Our ears are open.**

A reading from the Gospel according to John: After Jesus had spoken these words, he looked up to heaven and said, “Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ, whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

“I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you, for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you, and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine, and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.

John 17:1-11 (NRSVue)

Hear what the Spirit is saying to the Church. **Thanks be to God.**

SERMON

Rev. Meghan D. Young

Responding

We respond to the hearing of God's word through prayer.

GIFT OF MUSIC

The Chancel Choir

Gentle Shepherd - Bill and Gloria Gaither

MENTAL HEALTH STORY

Linda Eiserloh

THE OFFERTORY

To contribute, you may put your gift in the offering plate at the back of the sanctuary, click on the "Give" tab at ucctryon.org, scan the QR code, or mail in your pledge. Reflect on the blessings you have been given, and how you are called to bless others.



†SONG OF GRATITUDE #49

Easter Doxology (OLD HUNDREDTH)

Your name we bless, O risen Lord, and sing today with one accord.
The life laid down, the life restored; Alleluia! Alleluia! Amen.

†PRAYER OF COMMITMENT

†HYMN #230

Like the Murmur of the Dove's Song

MESSAGE FOR ALL AGES

Lindsay Lewis, *Minister of Faith Formation*

PRAYERS OF THE COMMUNITY: JOYS & CONCERNS

LITANY FOR MENTAL HEALTH SUNDAY, *see insert*

Sending

God blesses us and sends us out into the world to love God and our neighbors.

†HYMN #444

Lord of All Hopefulness

†BLESSING

†SENDING SONG #352, vs 1

Go Forth for God

**Go forth for God, go to the world in peace; be of good courage,
armed with heavenly grace, in God's good Spirit daily to increase,
till in the kingdom we behold God's face.
Go forth for God, go to the world in peace.**

POSTLUDE

Christ, Above All Glory Seated - James Mansfield

OUR WORSHIP HAS ENDED. NOW OUR SERVICE BEGINS.

Thank you to those assisting in today's service.

Worship Leaders:
Lindsay Lewis
Dr. Susan Lyle
Rev. Meghan Young

Ushers:
Lisa Schulenburg

Liturgists:
Jackie Weedon

Music:
The Chancel Choir

Sound & Video:
Lisa Owens &
Andrea Walter

Community Hour:
Welcome &
Membership Team
Join us at our Block Party following worship.

Flowers: "Given in memory of Ron, aka Roo, who we miss so much and loved even more."
- Sherri, Megs, Nick, Juliette, and Jackson.

Sign-up for worship leadership positions, and to donate flowers, online or in the narthex.

Pastor Meghan's door is always open, so please email or call if you would like to schedule a time to meet. Friday is her sabbath day, but she can be reached by cell (860-966-2432) in case of pastoral emergencies.

There will be no community hours this week.

UPCOMING MINISTRY OPPORTUNITIES & ANNOUNCEMENTS

Check eblasts for more information about upcoming gatherings, volunteer opportunities, and ways to participate in community care. Get involved, connect, and enrich your spiritual life and your relationships in the church community.

May is Mental Health Awareness Month

Join us throughout the month of May for worship and faith formation programming as we focus on Mental Health and how we can raise awareness and care for one another. As part of Mental Health Awareness month we recognize that sharing our stories strengthens our community and network of support. We are in this together.

2nd Annual Church Block Party

TODAY, Sunday, May 21, following worship
Join us for a block party! We're inviting the church and neighbors - it's a great Sunday to bring a friend to worship. We'll enjoy the beauty of creation and each other's company outside. There will even be long games. And, with the help of some Kirby funds, we'll have a food truck serving lunch (free for the first 100 people). Spread the word!

Seeking Governing Board Nominations

The Governing Board is a working board of leaders that seeks to prayerfully guide the church at the direction of the congregation. The Board selects their own positions from within. At a June congregational meeting we will elect 2 new persons to serve 3-year terms on the Board. The nominating committee invites you to prayerfully nominate or self-nominate for the Board. The 2023 Nominating Form can be found in the weekly eblast.

Order your church t-shirt

See eblast for more details about ordering shirts. Deadline is May 31.

Sabbatical & Vacation Coverage: Pastor Meghan will be taking a Sabbatical Week (*focused on the arts*) and some vacation time, May 22–June 3, 2023. For pastoral emergencies, please call Rev. Lynnette Sills at 828-980-3133. For building or grounds questions please contact, Tracie Lutz at accounts@ucctryon.org. For worship, communications, or programing, please contact Lindsay Lewis at faithformation@ucctryon.org.

Church Office Hours - Monday & Tuesday, 9:30 AM - 2 PM. Wednesday & Thursday, hours vary. If you want to drop something off at the church outside of set office hours, or discuss a church matter, please contact Pastor Meghan at 860-966-2432.



Looking Ahead This Week

May 21 – May 28, 2023

Sunday, May 21

11:00 am ~ 2nd Annual Church Block Party

Wednesday, May 24

12:00 pm ~ Online Prayer Group

12:00 pm ~ Kiwanis

1:15 pm ~ Church Contract Bridge

4:00 pm ~ Chancel Choir

5:00 pm ~ Bell Choir

Thursday, May 25

9:00 am & 12:30 pm ~ Bridge

Friday, May 26 - Office Closed

9:00 am ~ Bridge

Sunday, May 28

10:00 am ~ Worship

11:00 am ~ Community Hour

11:15 am ~ Monthly Chat w/Gov. Board

Full calendar listings in our weekly "Be The Church" email and on our website.

Get help with Breeze. Contact the church office for help registering or getting set up on your phone. Breeze will better connect you with the congregation and our ministries.

WEEKLY GATHERINGS

WISE Book Club - 1st & 3rd Mondays at 2 PM in the Church Parlor

They are starting the book Heartwood: The Art Of Living With The End In Mind by Barbara Becker. Any and all interested women are welcome.

Prayer Group - Wednesdays at 12 PM on Zoom ([link in email](#))

Join us as we pray for the congregation, the community, and the world.

Church Fun Contract Bridge—Wednesdays, 1:30-4:30 PM, 4th floor of the church

Social bridge group. No fee, just fun. Open to all. Contact Miles Southworth to RSVP.

*We are a church that believes life is worth living,
people are worth loving, and God is worth trusting.*

Prayer List

Prayer requests are submitted by filling out the Worship Response Card with a prayer request and placing it in the offering plate, or notifying the Pastor.

Joys: May birthdays and anniversaries.

Ongoing Concerns: Mike Johnson, Bryan McAdam, Bob Reynolds, Charlie Ballentine (*Recovering from open heart surgery*), Tim, Liza, Tina Stacy, Sue (*Kathy Wells' daughter*), Melissa Cox, Barney Eiserloh, The Mullin Family, Corie Watkin, Buddy & Quanita Williams, Matt Brown, Cathy Berlin, Students and their teachers, Sonja Karlsen, Eloise, Marge Short, those killed and hurt by gun violence, our military and deployed personnel, Ginger Leavitt, Judith Cloud, for our country, all those in need of healing from Covid-19, Ruth Foy.

All the CAREGIVERS among us who affect and touch so many lives.

Grieving: The Family & Friends of Anthony Pereira. The Family and Friends of Michael Gass. The Family and Friends of Eric Matthiesen. The Family and Friends of Deena Rezab (*Kip & Carol Jean Vosburgh's sister-in-law*).

United Church of Christ: The ongoing work of our Southern Conference minister The Rev. Dr. Edward Davis, our Interim Western North Carolina Association Associate Conference Minister, The Rev. Warren Casiday, and of our partner churches in the Western North Carolina Association, Eastern North Carolina Association, and Eastern Virginia Association.

Global Ministries: The ongoing work of our partners in Global Ministries Mission personnel serving in the Phillipines.

Those Who Serve: For teachers, health care workers, first responders, poll workers, essential workers and all who sacrifice and serve. For the families that support those who serve through deployments, trainings, and each shift. For veterans and their families, who have given and sacrificed so much.

Our Neighbors: Those impacted by the evils of gun violence. The people of the Ukraine. For those impacted by climate disasters. All seeking refuge, peace, and justice. Those lacking adequate shelter, food, safety, and assistance in Polk County and beyond.



An Open and Affirming Community

Founded in 1891



The Congregational Church of Tryon welcomes persons of all ages, races, social and economic circumstances, sexual orientations, gender identities and gender expressions, abilities and church backgrounds to participate in the life and ministry of our church.

“WHOEVER you are and
WHEREVER you are on life’s journey,
you are **WELCOME** here.”

The Congregational Church (United Church of Christ)

210 Melrose Ave, Tryon, NC 28782 ❖ 828.859.9414 ❖ www.ucctryon.org

Ministers, *The Members of The Congregational Church, UCC in Tryon*

Learn more about our life of faith together on our website or on Facebook.

Pastor, *The Rev. Meghan D. Young* ~ pastor@ucctryon.org

Minister of Faith Formation, *Lindsay Lewis* ~ faithformation@ucctryon.org

Minister of Music, *Dr. Susan Lyle* ~ music@ucctryon.org

Staff Accountant & Building Support Manager, *Tracie Lutz* ~ accounts@ucctryon.org

Custodian, *Brittany Plumley* ~ custodian@ucctryon.org

Litany For Mental Health Sunday

Written by Rev. Alan Johnson

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, substance use, addiction, historic and generational trauma, racial trauma, grief 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,

Our Father, who is in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread, and forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil; for yours is the kingdom, and the power, and the glory forever. Amen.

Wisdom Tips for talking about Mental Health

Be a Friend: “A friend loves at all times...” (Proverbs 17:17*a*). 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 12:18*a*). 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.