



Worship Service for May 4, 2025 Mental Health Awareness Month

Prelude	Marshall Davies
Chiming of the Hour	Mary Davis
Welcome	Pastor Felix Carrión
Centering Moment	Pastor Felix Carrión
Praise & Worship Songs	Congregation
"God Will See Us Through"	

In times of brokenness,
in ev'ry wilderness,
God has seen us through.

Times when our strength was gone,
somehow we carried on,
God has seen us through.

Look behind and see

throughout history,
God has never let us down.
Lean ahead and trust,
God is guiding us,
God is with us here right now.

God will see me through,
God will see you through,
God will see us through somehow.
Step by step we'll be
given all we need
God will see us through this now.

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in ev'ry wilderness,
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Announcements

Mary Davis

Call to Worship

Mary Davis

LEADER: Somehow, despite all the pitfalls along the way, all the trials and tribulations in each of our lives, God has kept watch over us.

ALL: We have been confined and burdened; we have walked through fire and water; we have been mightily tested, but we have not been overcome.

LEADER: We are here because we seek to embrace, cherish, and speak the truth of our lives.

ALL: God hears us all and continues to love us with a steadfast and undying love.

*Hymn

Congregation

TNCH #179 "We Yearn, O Christ, for Wholeness"

We yearn, O Christ, for wholeness
and for your healing touch;
too long have we felt helpless;
our burdens seemed too much.
Forgetting all pretenses
we make our pleadings heard,

in hope and expectation
await your gracious Word.

We long to have companions
who travel by our side,
strong friends to call and answer
with whom we are allied;
As we lift up each other
when struggles lay us low,
community develops;
our faith and caring grow.

We need your living presence,
O Christ of Galilee,
a presence that revives us
and sets our spirits free.
No longer are we fearful,
your love pervades each place.
Empower us with courage
to claim your healing grace.

Gathering Prayer

Congregation

ALL: Holy One, be with us in this sacred space. Stir your Spirit in and among us as we offer ourselves to you. We long to hear more than our own fearful groaning. From the places deep within us, may your Spirit intercede for us. Let us see you through all brokenness that we may find wholeness in being your holy body here and now. Create in us a tenderness to the needs of all, an openness to everyone's gifts, and a commitment to the journey of healing and wholeness. We offer this prayer in the name of love and truth.

Amen.

Reception of New Members

Pastor Felix Carrión, Bill Hoffman, & Paula McKnight

Welcome and Reception

Congregation

ALL: We welcome you with joy into the common life of this church. We promise you our friendship

and prayers as we share the hopes and labors of the church of Jesus Christ. By the power of the Holy Spirit, may we continue to grow together in God's wisdom and love and be witnesses to Jesus' truth.

Prayer of Thanksgiving

Congregation

ALL: O God, we praise you for calling us to faith and for gathering us into the church, the Body of Christ. We thank you for the people gathered in this congregation and rejoice that you have increased our community of love and unity. May we live in the Spirit, building one another up in all we do and say. Amen.

Invitation to Offering

Mary Davis

National Alliance On Mental Illness (NAMI)

Offertory Music

Marshall Davies

***Doxology**

Congregation

Praise God from whom all blessings flow

Praise God all creatures here below

Praise God for all that Love has done

Creator, Christ, and Spirit one

Amen.

Offertory Prayer

Mary Davis

ALL: Holy One, you have given us the gift of love so that we might all know the truth of our precious lives. Everything we have been given has the purpose of shaping us to be of one heart and mind, and so we offer what we have to you. Bless these gifts as we bring them, that we all might reveal the truth of the handiwork of God in our lives.

Amen.

Biblical Witness

Pastor Felix Carrión

John 20:20 - 29

And when he had so said, he showed unto them his hands and his side. Then were the disciples glad, when they saw the Lord. Then said Jesus to them again, Peace be unto you: as my Father hath sent me, even so send I you. And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost: Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are retained. But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe. And after eight days again his disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you. Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not

faithless, but believing. And Thomas answered and said unto him, My Lord and my God. Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.

Contemporary Witness

Mary Davis

Plymouth's WISE Covenant

We, Plymouth United Church, UCC, an Open and Affirming congregation, celebrate the lived experiences of all people with mental health challenges and diagnosed mental illnesses. These challenges include, but are not limited to, mental illness, substance abuse and addiction, trauma, developmental disorders, and Alzheimer's.

Sometimes individuals or families feel cut off, distant, or isolated from God and don't feel included in community. Luke 10:27 tells us, "You shall love the Lord your God with all your heart, and with all your soul, and with all your

strength, and with all your mind; and your neighbor as yourself." With this teaching we understand that we are all graced with stories and relationships which are life-giving. We believe that all people are loved by God and we choose to embrace each other as whole people and love unconditionally.

Leaning on the grace of God, Plymouth United Church, UCC is committed to being a WISE (Welcoming, Inclusive, Supportive, Engaged) congregation for mental health.

Therefore we resolve to:

Educate ourselves and offer educational opportunities to our whole congregation in order to understand issues surrounding mental health challenges.

Examine our own attitudes and preconceived notions about mental health in order to confront our internalized stigma, shame, and rejection of ourselves and others.

Stand up against discriminatory social and legal mental health policies and practices.

Actively welcome those with mental health challenges into our faith community and provide a non-judgmental loving environment in which people can tell their stories and share their journeys.

Recruit, nominate, and support people with mental health challenges to serve on teams and in leadership positions within our congregation.

Be open to those with mental health challenges when considering clergy and staff positions.

Reach out to those living with mental health challenges in the same way we reach out to those living with other physical illnesses.

Offer companionship, support and compassion to individuals and families living with and affected by mental health challenges.

Welcome and engage with outside groups who support mental health issues.

Engage with other organizations to find opportunities to be in our shared mission, ministry, and advocacy, including but not limited to, the UCC Mental Health Network, the UCC Disabilities Ministry, and NAMI (locally and nationally).

This covenant is a witness to our lived experiences of being a WISE (Welcoming, Inclusive, Supportive, and Engaged) congregation for mental health.

- Voted and accepted by Plymouth United Church, UCC on June, 16, 2019

Reflection

Pastor Felix Carrión

“Jesus Showed Them His Wounds”

Special Music

Marshall Davies

Prelude in C-Sharp Major, BWV 874

Invitation and Communion Prayer

Pastor Felix Carrión

PASTOR: Welcome, friends, to this holy sharing.

ALL: Welcome to offer love.

PASTOR: Welcome to this time set apart.

ALL: A time to remember the holy promises of God.

PASTOR: Welcome to this table of remembrance and joy.

ALL: where we are fed the feast of life in the bread and cup.

Communion Prayer

Breaking Bread and Pouring Cup

Sharing the Elements

**all elements are alcohol & gluten free*

Jesus' Prayer

Congregation

The New Zealand Book of Prayer

**ALL: Eternal Spirit, Earth-maker, Pain-bearer,
Life-giver, Source of all that is and that shall be,
Father and Mother of us all, Loving God, in whom is
heaven: The hallowing of your name echoes through
the universe! The way of your justice be followed by
the peoples of the world! Your heavenly will be done
by all created beings! Your commonwealth of peace
and freedom sustains our hope and comes on earth.**

With the bread we need for today, feed us. In the hurts we absorb from one another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever.

Amen.

***Congregational Song**

Congregation

Sing! #75 "Banner of Hope"

Hastening down the morning,
floating on the breath of day,
holding out dawn's promise to the world.
Beyond any sensible warning,
joy finds a place to stay.
Hope flies like a banner unfurled.

Hastening down the morning,
coming forth without delay,
op'ning up tomorrow for God's Word.

Despite all the bitterness, scorning,
grace finds a place to stay.
Hope flies like a banner unfurled.

Hastening down the morning,
spiriting the fear away,
blessings dance as true hope is restored.
Love grows from the ashes of sorrow,
faith finds a place to stay.
Hope flies like a banner unfurled.

Benediction

Pastor Felix Carrión

Song of Parting

Congregation

Sing! #187 “Lord Prepare Me to Be a Sanctuary”

Lord, prepare me to be a sanctuary
Pure and holy, tried and true
With thanksgiving, I'll be a living

Sanctuary for You.

God, empower me to be a witness for you,
Acting boldly, in your name;
Seeking justice, where there is hurting
Off'ring hope where there is pain.

Lord prepare me to be a sanctuary
Pure and holy, tried and true
With thanksgiving, I'll be a living
Sanctuary for You.

Postlude

Marshall Davies

Today's Worship Participants

Worship Leader: Mary Davis

Video: Sarah Bowman

Projector: Scott Edmonds

Sound: Cathy & Loca Normand

YouTube Host: Rev. Lori Keaton

Pastor Felix Carrión

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