



**Trinity United Church  
of Christ**  
**Sixth Sunday of Easter**  
**May 22, 2022**  
**10:45 a.m.**  
**In-Person Worship**  
**FB Live Streaming**

**“MENTAL HEALTH SUNDAY”**

The Mission of Trinity United Church of Christ:  
*We exist to Love people where they are and  
encourage them to grow in their relationship  
with Jesus Christ.*

**WE GATHER**

*This is a Safe and Loving Place, a “Sanctuary” for  
worship, praise, and reflection; and to remember that ‘No  
Matter Who You Are or Where You Are on Life’s Journey,  
You are Welcome Here!*

**Prelude: Instrumental Music Performed by Cammeron  
Williams**

**Gathering Music: “Great is Thy Faithfulness”  
(NCH 423)**

**\*Call to Worship**

Leslie Brooks

**Leader:** May all people see the love, care, and compassion  
that is God.

**People:** **God is our counselor and therapist. They help  
us heal and walk life with our siblings or ourselves living  
with mental health challenges.**

**Leader:** Hear, O God, our prayers of hope, reconciliation,  
and wellness that we may feel your presence on our journey.

**People:** **God loves us through all our blemishes, and  
we respond by grabbing onto hope.**

**All:** **God is a Holy Counselor and Journey Partner that  
holds us up with a beacon of Their immense love today,  
tomorrow, and always.**

**Prayer of Confession (UNISON)**

**God our Eternal Counselor, your comfy sofa, devotion,  
care, and listening abilities are continuously available when  
life gets stormy. You are a paragon of compassion by  
holding a box of tissues up to us when we cry. At the same  
time, you know when to allow the tears to trail down our  
faces like that of a child that is full of anxiety, despair, and  
sorrow. We know you are there, yet, we have neglected to  
be a crying shoulder to our siblings living and walking with  
mental illness. We have ridiculed them. We have  
stigmatized them. We have made them feel less than their  
worth. Forgive us for our lack of compassion, love, and  
recognition that you affirm all of us regardless of physical,  
emotional, or mental health struggles and hurdles.**

**Words of Assurance**

**Leader:** The Counselor has confirmed our session and has  
emphasized the love, care, and worth each one of us deserves  
and bring to the table. God forgives our lack of kindness,  
tenderness, thoughtfulness, understanding, and advocacy and  
grants us a box of tissue to share with our siblings.

**People: Thanks be to God!**

## Passing of the Peace

## Children's Song:

## A Time for Discovery

### WE PROCLAIM

**First Reading: Revelation 21:1-6**      Leslie Brooks

**Gospel Reading: John 13:31-35**      *Pastor Jessica*

One: For the Word of God in Scripture  
For the Word of God among us  
For the Word of God within us

**All: Thanks be to God**

**Sermon:**      Ordinary Incarnations      *Pastor Jessica*

## Special Music:

## Joys and Concerns

## Prayers of the People

## Call to Offering

On this Mental Health Sunday we celebrate the many gifts that people living with mental health challenges bring to the church and to the world. Sometimes we view mental illness as a burden that depletes us and sometimes it does. Yet we also recognize that there are hidden gifts that come as well. Different ways of experiencing and understanding the world, different ways of being. For all the ways our lives are blessed by people living with mental health challenges, we give thanks. We give thanks that our lives are more than our illnesses. We give thanks for the UCC Mental Health Network and for all ministries of the church that

provide compassion and support to people in need of love. Today let us bring our whole selves as an offering to God: our talents, our time, our treasure, and even those parts of ourselves we hide. We bring everything we are and have to God.

**Offertory:** *Please remember to send in your offering by mail, or give to our on-line giving button on the website*  
[\(<https://www.trinityuccmanchester.org>\)](https://www.trinityuccmanchester.org).

### **\*Doxology (Sung)**

**Praise God from whom all blessings flow;  
Praise God all creatures here below;  
Praise God above ye heavenly host;  
Praise Father, Son, and Holy Ghost. Amen.**

### **Prayer of Dedication**

O God, we call out in prayer, beyond our understanding, especially in times of need.  
Our worship sends us forth in service,  
and we offer ourselves – not as individuals alone –  
but as part of larger efforts, and supported by our faith.  
We dedicate ourselves to the maintenance of healthy boundaries, and to our own self-care,  
but also as instruments of blessing for others in need,  
particularly those who are affected by the challenges with mental health.

Help us to remember our call and promise,  
and to learn from the moments we falter or mis-step,  
that love may increase,  
that wellness may flourish,  
that healing may come.

As we have always been, we are yours,  
poured out in love for the world. Amen.

### **The Lord's Prayer**

### **Blessing of the Food Bags**

## **A Litany of Life Experiences**

One: When we feel nervous, and the walls close in, and too many people are too close, and every day noises are too loud, and every light is too bright, and all we can do is plan our panicked escape from the situation we are in...

**All: God help us**

One: When sadness and depression pull us down like a lead weight, making it hard to move, hard to concentrate, hard to find motivation, hard to be alive, just hard...

**All: God help us**

One: When we can't help but burst into tears, and we learn the difference between crying and weeping, and the weeping won't stop, and we lose hope that we will ever feel hopeful again...

**All: God help us**

One: When information comes at us in blasts that we can't make sense of, and it seems like someone keeps randomly "changing the channel" when we try to focus, and it feels impossible to learn or keep up with what's going on around us...

**All: God help us**

One: When we get so revved that we want to take on the world, and leap tall buildings, and outrun freight trains and take on too many major projects at once, and stay up all night for days on end, and the only thing we know we can't do is slow ourselves down, until we crash out of control...

**All: God help us**

One: When voices inside our minds constantly intrude upon our lives, and when they won't stop and they confuse our thoughts and make it impossible to be with other people, let alone have any kind of real conversation...

**All: God help us**

One: When all we can see is a world that is out to get us, and we get stuck believing that some grand conspiracy is designed to hurt us, or ruin us, or kill us, and we believe that only our constant vigilance can save us, if anything can...

**All: God help us**

One: When we simply don't know how out of touch other people think our thoughts are...

**All: God help us**

One: When we feel completely isolated and alone, longing for social connections we cannot make...

**All: God help us**

One: When we feel utter despair, and we see more reasons to end our lives than to keep living...

**All: God help us**

One: When we strive with best intentions to stop addictions that are ruining our lives, and we try our best again and again, but we can't resist, and we end up over and over again at the same helpless place that we would give anything to avoid...

**All: God help us**

One: When our thoughts jumble and things we thought we knew slip away, and we feel helpless, powerless, and scared, for the moment and for the future...

**All: God help us. Amen**

## **Announcements (Leslie Brooks)**

**Hymn: "When Peace Like a River" (NCH 438)**

### **WE GO FORTH**

#### **\*Carrying the Light into the World**

##### **\* Benediction**

May the grace that says "you are not alone" encourage you.

May the mercy that says "you are enough" comfort you.

May the love that says "you are loved" embrace you this day and every day. Amen.

##### **\* Postlude**

Instrumental music performed by Cammeron Williams

### **Worship Notes and Resources:**

The music in our worship today is reproduced via our CCLI  
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### **Leadership**

Jessica Ashcroft-Townsley	Pastor
Cammeron Williams	Director of Music
Leslie Brooks	Lay Reader
Deb Persinger	Worship Committee
Sandy Sanders	

## **ANNOUNCEMENTS**

### **Worship at Trinity UCC for next week:**

**May 29, 2022 – Seventh Sunday of Easter**

**Guest Preacher: Rev. Rebecca Shillingburg**

**Scripture: Acts 16:16-34, John 17:20-26**

### **Budget Information:**

Amount needed from all sources each week to meet our  
budget: \$2,436.00.

### **Giving for two weeks: May 8, 2022**

**General: \$775.50**

Attendance: 33

Building Fund/Fundraising: \$60.00

### **May 15, 2022 General: \$1,201.50**

Attendance: 33

Building Fund/Fundraising: \$60.00

***Please give in the various ways we offer for you to give your financial offerings to Trinity. We are lagging in our giving and hope that we can re-gain the generous level of giving we are accustomed to receiving.***

### **Submission Dates for Bulletins/Newsletter**

Sunday Worship bulletin – Wednesday

June Newsletters - Monday, May 23

### **Meeting Dates Zoom**

Consistory – Wednesday, June 1 @ 7pm

### **Prayers of Thanksgiving and Concern**

Prayers are needed for our country at this difficult time and all those in need.

### **Food Bags for Backpacks**

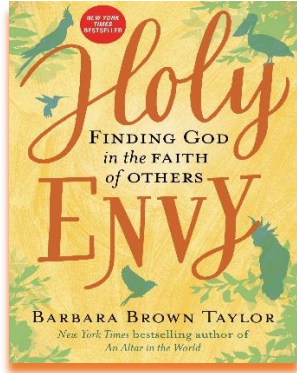
Trinity UCC continues our Food Bags for Backpacks donation program for Manchester Elementary School. Trying to be as careful as possible, we will once again just ask for Monetary Donations. Please mark “Food Bags” on any checks or giving envelopes that you wish to go to this program. Thank you, your support is greatly appreciated.

### **Trinity UCC Covid Protocol**

- **While masks are no longer required, we strongly recommend that you wear a mask while inside the building, particularly if you are unvaccinated or immunocompromised.**

- **You are welcome to sing in worship, however, we ask that family groups remain socially distanced from one another in order to limit exposure.**

**We appreciate everyone’s understanding these last two years of pandemic and joyfully look forward to what’s to come!**



## Church-Wide Read!

*Holy Envy: Finding God in the Faith of Others*

By Barbara Brown Taylor

Read at our own pace.

We will meet at the end of summer to discuss.

Please let Pastor Jessica know if you need help getting a copy of the book!



## Rock Garden

It's time to get creative!

We are running low on kindness rocks in our rock garden.

Please take a rock or two (found downstairs by the front door) to paint and add to our popular rock garden.



As COVID numbers continue to decline and we feel safer in worship, we are seeking more volunteers to serve in various roles.

If you are interested in serving as a **lay reader, media operator, greeter, usher, or helping with children's church**, please let Pastor Jessica know.

Even if you are unable to make it to worship in person, there are ways you can **serve as a reader from home**. Many hands make much lighter work for everyone!



## Wear Red for Pentecost Sunday

## Worship in the Park on June 5

The service begins at 10:45 am, followed by the annual church picnic (More details to follow in the bulletin.)



Summer Worship Hours Begin on **June 12**  
@10:00 a.m. (Children's Church TBA)

### **Trinity U.C.C. Contact Information**

Pastor: The Rev. Jessica Ashcroft/Townsley

Cell: 240-285-9357

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Director of Music: Cammeron Williams

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Church Office 410-374-2727

Church e-mail – [trinityuccmanchester@comcast.net](mailto:trinityuccmanchester@comcast.net)

Website – [www.trinityuccmanchester.org](http://www.trinityuccmanchester.org)

Facebook – [www.facebook.com/ManchesterUCC](http://www.facebook.com/ManchesterUCC)

Consistory President – Robert Miller

Vice President – Doug Rhoten

Secretary – Debra Miller

Treasurer – Sue Myers

Assistant Treasurer – Debra Miller

