



### Meditation

“Just because no one else can heal  
or do your inner work for you  
doesn’t mean you can, should, or need to do it alone.”

~Lisa Olivera

“Reminder. You can love Jesus and still benefit from therapy.”  
@ChristianMentalHealth

“The science of mental health and faith can coexist.”

*Holy Covenant UCC strives to be a welcoming and supportive place for all. We support the UCC's Mental Health Network's W.I.S.E. commitment: Welcoming, Inclusive, Supportive and Engaged in the mental health of the church community and world around us. **Contents of this service vary in topic and may be triggering to some.** It is our goal to listen and learn together, to be opened to conversations, and to be supportive of those in need.*

**HOLY COVENANT UNITED CHURCH OF CHRIST  
MENTAL HEALTH & WELLNESS SUNDAY**

May 15, 2022 10:55 am

Prelude "Sweet Hour of Prayer Medley" arr. L. Bergquist

Chiming of the Hour

Welcome and Announcements Cheri Dennis

One: Alleluia! Christ is Risen!

Many: He is risen, indeed! Alleluia!

Introit "There's a Spirit of Love in This Place" arr. M. A. Miller

There's a spirit of love in this place. (2x)

You can't see it, but it's there, just as precious as the air.

There's a spirit of love in this place.

There's the presence of peace in this room. (2x)

In God's tenderness is found peace that passes human bounds.

There's the presence of peace in this room.

\* Call to Worship Terry Raley-Dennis

One: 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.

Many: 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.

*\* Please take a comfortable posture that supports your  
worshiping, reading, and singing.*

One: 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.

Many: 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.”

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

Many: 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.

All: Come, let us rejoice, for God, the Alpha and Omega, is making all things new!

#### Invocation

Terry Raley-Dennis

One: O God, come into our place of worship this day and enliven us.

Many: Come into each heart, each story, each prayer, each song, each life here today so that we may live and love with purpose, courage, and beauty.

One: O God, who has created each of us in your image and made us one body, each as holy vessels of your presence to one another, create in and among us a holy place.

Many: Give us hearts and minds, we pray, to be open to human vulnerability, to listen to each other with patient and thoughtful attention and support. To perceive the grace of the differences in our embodied experience, to resist what excludes and diminishes, and to dismantle what acts as barriers to flourishing together in love and justice.

One: O God, help us to trust your Spirit’s work to make us whole, together in relationships of mutuality and partnership, in sacred rhythms of giving and receiving.

Many: Gather us together to be your people in the world.

All: In Jesus’ name we pray. Amen.

\* Hymn

"Christ Is Alive!"

TRURO

Christ is alive! Let Christians sing. The cross stands empty to the sky. Let streets and homes with praises ring. Love, drowned in death, shall never die.

Christ is alive! No longer bound to distant years in Palestine, but saving, healing, here and now, and touching every place and time.

In every insult, rift, and war where color, scorn, or wealth divide, Christ suffers still, yet loves the more, and lives, where even hope has died.

Women and men, in age and youth, can feel the Spirit, hear the call, and find the way, the life, the truth, revealed in Jesus, freed for all.

Christ is alive, and comes to bring good news to this and every age, till earth and sky and ocean ring with joy, with justice, love, and praise.

Prayer of Confession (*unison*)

God of promise and possibility, we come before you broken and breathless, thinking we are trudging through a valley of lifeless bones. We look for life amidst the bones and dust and fail to notice your breath flowing in and around us. We think we need to be perfect before we can enter the new life you have for us. We become fearful when illness in body, mind, or spirit enters our lives or the lives of those around us. We worry that sickness of body, that mental illness, is a judgment from you. We would rather walk in a valley of bones than believe that your Love, your Spirit, claims us all—in our brokenness and our wholeness. Open us to the power of your Spirit, a power that makes us all whole: bone, sinew, and flesh filled with your breath. Let us remember that you do not leave us alone in a valley filled with dusty, dry bones; You call us into new life, again and again.

Assurance of Pardon

Cheri Dennis

One: Hear the Good News: No valley is too despairing, broken, or dusty for God to enter in. No fear, no chaos, no hopelessness is beyond the reach of the One whose breath gives us life.

Many: Through Christ, God sees only our wholeness. Through Christ, forgiveness, love, and new life are always possible.

One: Come, Holy Spirit, come. Make all things new.

Many: We are reclaimed and remade by the Spirit of Life. In our brokenness and in our wholeness, we are God's beloved.

All: Thanks be to God. Amen.

Hymn 555

“Here, Savior, in this Quiet Place”

CHATHAM

Here, Savior, in this quiet place, where anyone may kneel,  
I also come to ask for grace, believing you can heal.

If pain of body, stress of mind, destroys my inward peace,  
In prayer for others may I find the secret of release.

If self upon its sickness feeds and turns my life to gall,  
Let me not brood upon my needs, but simply tell you all.

You never said “You ask too much,” to any troubled soul.  
I long to feel your healing touch— will you not make me whole?

But if the thing I most desire is not your way for me,  
May faith, when tested in the fire, prove its integrity.

Of all my prayers, may this be chief: till faith is fully grown,  
Christ, disbelieve my unbelief, and claim me as your own.

Prayers of the People

Kristin Andes

The Lord's Prayer (*unison*)

Our Creator, who art in heaven, hallowed be your name. Your Kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For yours is the Kingdom, the power, and the glory forever. Amen.

Hymn 490

“I Want Jesus to Go With Me”

SPIRITUAL

I want Jesus to go with me; (2)  
All along my pilgrim journey, O I want Jesus to go with me.

In my trials, O comfort me; (2)  
When my heart is almost breaking, O I want Jesus to comfort me.

When I'm in trouble, O stay with me; (2)  
When my head is bowed in sorrow, O I want Jesus to stay with me.

Video

“What Is Mental Health?”

O Lord, God of my salvation,  
when, at night, I cry out in your presence,  
let my prayer come before you;  
incline your ear to my cry.

For my soul is full of troubles,  
and my life draws near to Sheol.  
I am counted among those who go down to the Pit;  
I am like those who have no help,  
like those forsaken among the dead,  
like the slain that lie in the grave,  
like those whom you remember no more,  
for they are cut off from your hand.  
You have put me in the depths of the Pit,  
in the regions dark and deep.  
Your wrath lies heavy upon me,  
and you overwhelm me with all your waves.

*Selah*

You have caused my companions to shun me;  
you have made me a thing of horror to them.  
I am shut in so that I cannot escape;  
my eye grows dim through sorrow.  
Every day I call on you, O Lord;  
I spread out my hands to you.  
Do you work wonders for the dead?  
Do the shades rise up to praise you?

*Selah*

Is your steadfast love declared in the grave,  
or your faithfulness in Abaddon?  
Are your wonders known in the darkness,  
or your saving help in the land of forgetfulness?

But I, O Lord, cry out to you;  
in the morning my prayer comes before you.  
O Lord, why do you cast me off?  
Why do you hide your face from me?  
Wretched and close to death from my youth up,  
I suffer your terrors; I am desperate.  
Your wrath has swept over me;  
your dread assaults destroy me.  
They surround me like a flood all day long;  
from all sides they close in on me.  
You have caused friend and neighbour to shun me;  
my companions are in darkness.

**One:** May we hear what the Spirit is saying to the Church;

**Many:** Open our ears, our hearts, our minds.

\* Gospel Lesson

John 13:33-35

Cheri Dennis

Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, “Where I am going, you cannot come.” I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.’

One: For the word of God in scripture, for the word of God among us, for the word of God within us.

Many: Alleluia, Thanks be to God.

Special Music

“I Need You to Survive”  
*Kathi Smith, Lisa Cloninger*

D. Frazier

I need you; you need me. We’re all a part of God’s body.  
Stand with me; agree with me. We’re all a part of God’s body.  
It is God’s will that every need be supplied.  
You are important to me. I need you to survive.  
You are important to me. I need you to survive. *(Repeat)*

I pray for you; you pray for me. I love you. I need you to survive.  
I won’t harm you with words from my mouth.  
I love you. I need you to survive. *(Repeat 2x)*

It is God’s will that every need be supplied.  
You are important to me. I need you to survive. *(Repeat)*

## Litany of Naming

One: On this Mental Health Sunday, we join in this Litany of Naming.

Many: **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.**

One: 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:

Many: **The Hope which upholds our spirit through honest sharing;**

One: The Pain when people turn away because of fear;

Many: **The Courage to speak in a safe place the way that Jesus spoke truth with love;**

One: The Strength from being with others who listen compassionately;

One: The Isolation that comes when no one knows what to say;

Many: **The Realization that mental illnesses and brain disorders can be managed;**

One: The Exhaustion that comes with living with a mental illness as well as for those who are caregivers;

Many: **The Welcome of mental health as part of our church's ministry and outreach;**

One: The Wisdom that comes when we become educated about mental health;

One: The Spirituality that comes when we walk alongside those who show both resilience and vulnerability in their lives affected by mental illness;

Many: **We receive these gifts that we have named, those which are welcomed and those that are challenges.**

One: Let us now together dedicate these gifts and our financial offerings:

## Dedication of Gifts & Offerings (*unison*)

**We dedicate these named gifts and the financial gifts Holy Covenant has received to the struggle for justice and peace in our communities and the world. 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 of mental health. Help us to remember always our call and promise, knowing we are not alone and that You will show us a way to be and live. In the name of Jesus, we pray, Amen.**

\* Doxology

LASST UNS ERFREUEN

Praise God, from whom all blessings flow.  
Praise God, all creatures high and low. Alleluia, alleluia!  
Praise God, in Jesus fully known: Creator, Word, and Spirit one.  
Alleluia, alleluia! Alleluia, alleluia, alleluia!

\* Hymn

"Lead Me, Guide Me"

LEAD ME, GUIDE ME

*Refrain:*

Lead me, guide me, along the way, for if you lead me, I cannot stray.  
Lord, let me walk each day with you. Lead me, O Lord, lead me.

I am weak and I need your strength and power to help me over my  
weakest hour. Help me through the darkness your face to see. Lead me, O  
Lord, lead me. (R)

\* Benediction

Cheri Dennis

\* Benediction Response

"The Summons"

KELVINGROVE

Lord, your summons echoes true when you but call my name!  
Let me turn and follow you and never be the same.  
In your company I'll go where your love and footsteps show.  
Thus, I'll move and live and grow in you and you in me.

Postlude

"God Will Take Care of You"

MARTIN

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*The liturgy in this service is adapted from liturgies written for Mental Health  
Sunday by Rev. Dr. Sarah Lund, Dr. Tom Reynolds, Rev. Dr. Rachael Keefe, Rev. Alan  
Johnson*

**WE COULDN'T PROVIDE OUR WARM WELCOME WITHOUT THE HELP OF:**

Lisa Cloninger, Brian Hankins, Henry Hankins,  
Dawn Robinson, Barbara Schneller, Shakti Subramanian

**OUR MINISTRY TEAM**

Rev. Cheri Dennis, Interim Pastor  
Jon Weddell, M.Div, MSW, Minister of Music  
Dawn Simmons, BSBF, Executive Assistant  
*Mailing address: PO Box 481285, Charlotte NC 28269*  
3501 West W.T. Harris Blvd., Charlotte, NC 28269-8510  
www.holy covenantucc.org 704-599-9810

## WHAT'S HAPPENING AT HOLY COVENANT

### **SOME ASSEMBLY REQUIRED...**

Join us today following worship for assembling hygiene kits and food bags. These are essential for the many asylum-seeking migrants who pass through the Charlotte Greyhound station from the border in their way to their new homes.

### **RACIAL JUSTICE & EQUITY HOSTS BLACK FATIGUE DISCUSSION PART II, JUNE 5 FOLLOWING WORSHIP**

All are invited to join in a conversation regarding recognizing and responding to the reality of Black Fatigue, June 5 after worship. This is a follow up to last fall's Zoom discussion introducing Black Fatigue. Attendance of the fall session not needed. In this session, we will briefly revisit the definition of Black Fatigue, and then move onto discussion of scenarios, in small groups, that will aid participants in identifying circumstances that can lead to Black Fatigue. The groups then will address ways to support combatting Black Fatigue. We will also provide a Zoom link if you are not able to attend in person. Please look for the link in the e-news and bulletin closer to the date. We hope to see you there! Check the church e-newsletter for links to resources.

Racial Justice and Equity Committee

### **PLEASE REMEMBER IN PRAYER**

#### **Members**

Cynthia & Tommy Simpson in the death of her sister, Mamie Stokes  
Kevin Decker, Linn Finger, Tom & Kathy Habel, Laura Hankins, Jim Hong, Helen Lambert, Karen Long, Irene Mikkelson, Sue & Bill Pascucci, Isabelle Reddy Powell, Jerry & Marion Rhyne, Anita Taylor, Kathleen Wagner

#### **Friends & Family Members**

Jeff Rivenbark and family in the death of Jeff's mother, Betty Rivenbark  
Emily (Kim Tyler), Faye Blakely (Diane Neese), Sandy Burby (Linda Burby), Gretchen Calder (Martha Bomely), Alicia Gibson (Jim Hong), David & Cecelia Griffin (JP Griffin), Donetta Halley (Ed Vickery), Henry Hildebrand (Bill & Connie Hildebrand), Alec Kirchhofner (Melissa Noll), Bob Lyon (Melissa Noll), Geraldine Mobley (Jeff Edwards-Knight), Joe Parks (Beth Christian Sharp), Janey Pernice (Dawn Simmons), Jerry Raley (Jean Raley-Dennis), Barbara Rutelonis (Eric Miner), Joyce Tyler (Bill Tyler), Kathryn Vickery (Ed Vickery), Tamber Watson (Jeff Edwards-Knight), Wanda Williams (John Rapp), John Zastrow (Barb Schneller), Paul Zinkann (Pam Zinkann), Steve Zrebeic & Calvin (Jeff Edwards-Knight)