

Shalom Mennonite Church

May 5, 2013

Don't Forgive Too Soon

Part 4: Depression

*The Lord leads me beside still waters,
and restores my soul.*

Psalm 23

Gathering in God's Presence

Welcome & Announcements Becky Kindy

Giving Thanks for our Sunday School Teachers Sarah Kaufman

Gathering Music & Procession

We carry in a flame, the Bible, and a prayer cloth. May we trust the Light to guide us, the Word to teach us, and prayer to knit our lives together with God as we begin our time of worship.

Call to Worship

Bless us, Lord, with your peace;
make your light shine within us,
so that your presence may be known
and your love appear to all people.

**Let all earth's nations honor you
and all people shout out your praise:
Christian, Muslim, and Jew,
Hindu, Buddhist, Taoist,
agnostic, seeker, and scientist,
brown-skinned, yellow, and white.**

*Let wisdom speak in their hearts
and justice light up their eyes.*

*Let all of them feel your presence
and sing out in the fullness of joy.*

Adaptation of Psalm 67 by Stephen Mitchell in, *A Book of Psalms*

Hymn HWB 61

Let all creation

Proclaiming the Word

Children's Time Jeffrey Graber

First Reading Psalm 23

Hymn STJ 13 *My soul is filled with joy*

Second Reading John 5:1-9

Quiet Reflection
The periods of silence will begin and end with the ringing of a chime.

Meditation “through the valley of the shadow” Eric Massanari

Quiet Reflection

Hymn HWB 377 *Healer of our every ill*

Responding to the Word

Offering and Prayer

Sharing Time & Introductions

During this time in the service we welcome visitors, invite responses to the worship service, and share prayer concerns and joys. Please sign the Welcome Pages (black books) in the pews so we can learn each others' names.

Prayers of the People

Hymn STJ 49 *Rain down*

Benediction

Hearing devices are available from an usher or the sound booth.

Things that can help us move through experiences of depression

1. Get physical exercise (walk every day)
2. Eat nourishing food.
3. Listen to calming music.
4. Spend as much time as possible outdoors.
5. Care for plants in your home, and enjoy time with a pet if you have one.
6. At the end of each day, ask yourself, "What gave me most life today?"
7. Make a list of the people who love you, and nurture those connections.
8. If the feelings of depression are overwhelming and persistent, seek the support of your doctor, mental health professionals, and support groups.
9. Pray in whatever ways most help you feel the love and presence of God.

Adapted from *Don't Forgive Too Soon: Extending the Two Hands That Heal* by Dennis Linn, Sheila Fabricant Linn and Matthew Linn

Greeters: David & Mary Duerksen, Ed Duerksen, Chuck & Cindy Regier

Musicians: Anita Bohn, Martha Unruh

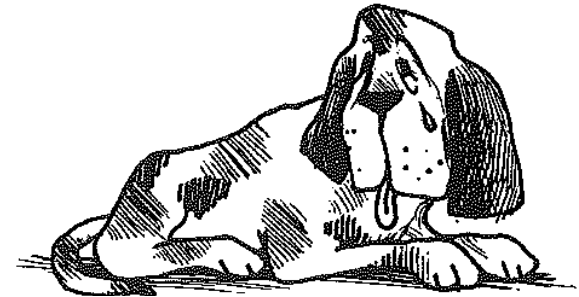
Visual Arts: Marlene Smucker

Sound & closing: Tim Buller

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Pastors: Eric Massanari, Sara Dick
Administrative Assistant: Grace Wenger
Church Moderator: Matt Schmidt

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Sunday, May 5, 2013

Our purpose is to worship and praise God together, to pray for and encourage each other to live our covenant with God and to share Christ's good news with others. As Anabaptist Christians we will reach out to others, welcome all people, be aware of our neighbors and respond to their needs, and give ourselves to service.

9:30 a.m.- Sunday School 10:45 a.m.- Worship
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