

**THE SEVENTH SUNDAY OF EASTER
IN HONOR OF
MENTAL HEALTH SUNDAY**



**MAY 12, 2024
11AM WORSHIP**

**SEATTLE FIRST BAPTIST CHURCH
1111 HARVARD AVENUE
SEATTLE, WA
seattlefirstbaptist.org**

Welcome to Worship at Seattle First Baptist. All are Welcome.

Children are a treasured part of our community. Please find a Worship Adventure Packet or a Busy Box at the tables in the foyer. Children are free to use these resources in the pews or the Wiggle Room.

We gather on the unceded ancestral lands of the Coast Salish people, past and present. With gratitude, we honor the land itself and the legacy of the First People of Seattle, the Duwamish Tribe. May we remember that the oppression of Native peoples is not a relic of the past but continues today. And may we, through God's Spirit, repent and walk forward together, changing systems that discriminate as we live into authentic diversity and healing.

**If it is comfortable, you are invited to stand.*

Announcements Pastor Anita Peebles

Prelude Christian Broughton
"Petites litanies de Jésus"
GABRIEL GROVLEZ

Call to Worship Pastor Anita Peebles

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

All: 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.

All: 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.

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

One: In Jesus' name we pray,

All: Amen.

***Hymn (insert)** MARTY HAUGEN
"Healer of our Every Ill"

Time with Children Youth Group

Song Ben Luedcke and Alex Katschke
"Be Loved"
DAN SCHLOSSER

Be welcomed, enfolded, encircled, embraced; be cradled, included, and held.

Be loved, beloved. Be loved. Be loved, beloved. Be loved.

The Lord is my shepherd; I shall not want.

God makes me lie down in green pastures;

God leads me beside still waters;

God restores my soul.

God leads me in right paths

for their name's sake.

Even though I walk through the darkest valley,

I fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

my whole life long.

Reader: For the word of God in scripture, for the word of God among us,
and for the word of God within us,

All: Thanks be to God.

Call to Giving

Donna Ward

***Hymn (insert)**

“Help Us Accept Each Other”

AURELIA

Prayer

Pastor Anita Peebles

Anthem

“No Other People's Children”

Sanctuary Choir with

ELIZABETH ALEXANDER

Kate Kelley and Terence Mejos

How did we get to this place where we could look at each other's face

And see anything but beauty and understanding?

I want to know who you are, and face the suffering that keeps us far apart

I can never truly see the world through your eyes or take away your pain,

But I'm listening, and I'm hoping you can hear me saying:

You are my neighbor. You are beloved. You are worth seeing for who you are.

I'm here, I'm listening, I'm here listening with you:

Break bread with me. Make peace with me. Speak the truth with me.
Begin again with me. Relate with me. Create with me.
Be the change with me that keeps our children safe and free:
Hold hands with me. Forgive with me. Make mistakes with me,
And take a chance with me. Be whole with me. Be real with me.
Start to heal with me so we can live courageously.
There are no other people's heartaches. There are no other people's injuries.
There are no other people's children in this world.

Scripture

1 KINGS 19 (NRSVUE)

Reader: For the word of God in scripture, for the word of God among us,
and for the word of God within us,

All: Thanks be to God.

Sermon

Pastor Anita Peebles

***Hymn 476**

“My Life Flows on in Endless Song”

ENDLESS SONG

Benediction

Written by the SFBC Youth Group

Pastor Anita Peebles

Postlude

Variations on “Jesu, Dulcis Memoria”

Christian Broughton

JESSICA FRENCH

*Please join us in the Fellowship Hall for a luncheon,
which will be followed by a Celebration of Life service in the sanctuary for Richard “Dick” Johnson.*

You may give financially to SFBC online here:



The liturgies from today's worship are all adapted from the
United Church of Christ's Mental Health Sunday worship resource packet.

WISDOM TIPS FOR TALKING ABOUT MENTAL HEALTH

Be a Friend:

“A friend loves at all times...” (Proverbs 17:17a). 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 12:18a). 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. person brings.

WEBSITES FOR U.S. MENTAL HEALTH AND WELLNESS RESOURCES

United Church of Christ Mental Health Network (www.mhn-ucc.org) works to reduce stigma and promote the inclusion of people with mental health challenges, substance use disorders, neurodevelopmental differences, and brain disorders and their families in the life, leadership, and work of congregations. We envision a future in which people with mental illnesses feel welcomed, supported, valued, and included in their faith community. It runs the WISE Congregations for Mental Health © certification, helping faith communities and non-profits across North America become welcoming, inclusive, supportive, and engaged around mental health.

GENERAL MENTAL HEALTH RESOURCES

Anxiety and Depression Association of America (ADAA) www.adaa.org

American Foundation for Suicide Prevention (AFSP) www.afsp.org

Interfaith Network on Mental Illness (INMI) www.inmi.us

Mental Health America www.mentalhealthamerica.net

Mental Health First Aid www.mentalhealthfirstaid.org

Mental Health Ministries www.mentalhealthministries.net

National Alliance on Mental Illness www.nami.org

National Suicide Lifeline 1-800-273-TALK (8255)
Veterans Lifeline – Option “1”

National Institute on Mental Health www.nimh.nih.gov

Pathways to Promise www.pathways2promise.org

Substance Abuse Mental Health Services Administration (SAMHSA) www.samhsa.gov

TRAUMA RESOURCES

Coping with Disasters and Traumatic Events
(SAMSHA) www.samhsa.gov

PTSD and Trauma Help Guide from the U.S. Department of Veterans Affairs www.ptsd.va.gov

Sidran Institute for Traumatic Stress Education & Advocacy www.sidran.org

The Effects of Racial Trauma on Mental Health: Mental Health America www.mhanational.org/racial-trauma

YOUTH MENTAL HEALTH RESOURCES

American Academy of Child and Adolescent Psychiatry www.aacap.org

Children and Adults with Attention Deficit/ Hyperactivity Disorder www.chadd.org

The Child Anxiety Network www.childanxiety.net

Child Mind Institute www.childmind.org

DEMENTIA RESOURCES

Alzheimer's Association www.alz.org

For people caring for someone with dementia www.alzheimers.gov

National Family Caregivers Association www.caregiveraction.org

NEURODEVELOPMENTAL DIFFERENCES & DISABILITIES

The Arc www.thearc.org

American Association of Intellectual and Developmental Disabilities www.aaidd.org

Autism Society of America www.autism-society.org

Autism Speaks www.autismspeaks.org

National Center for Learning Disabilities www.nclld.org

The Spire for Summer: Articles and announcements for the Summer Edition of *The Spire* are due Monday, May 20. All submissions must be sent to editor@seattlefirstbaptist.org. This edition will be published Tuesday, June 4 and cover all events through September 2.

SFBC CALENDAR THIS WEEK

For Zoom links, see our online calendar at seattlefirstbaptist.org

- Sunday 5/12 **Celebration of Life: Richard “Dick” Johnson** 1pm in the Sanctuary
Sunday 5/12 **Friendship Circle** 12:45pm in the Peacemaker Room
Sunday 5/12 **Exploring Contemplation** 6:30pm on Zoom
Tuesday 5/14 **Prayer and Reflection** 12pm on Zoom
Tuesday 5/14 **Finance Committee Meeting** 4:30pm on Zoom
Tuesday 5/14 **SFBC Council Meeting** 7pm on Zoom
Tuesday 5/14 **Parents of Adult Children Living with Mental Illness** 7pm
Wednesday 5/15 **Choir Rehearsal** 7pm
Thursday 5/16 **Bible Study** 12pm on Zoom
Friday 5/17 **Seattle University Choirs: Endless Song** 8pm in the Sanctuary (*ticketed event*)
Saturday 5/18 **Men’s Group** 10am on Zoom
Sunday 5/19 **Worship: The Day of Pentecost** 11am in the Sanctuary
Sunday 5/19 **Gay Men’s Group** 12:30pm in the Parlour
Sunday 5/19 **Interfaith Climate Action** 6:30pm on Zoom

Please see This Week in your email and on our Facebook page for further information and other announcements.

Email contact@seattlefirstbaptist.org to reach any of the following people.

STAFF

Rev. Anita Peebles, *Pastor*
Rev. Leigh Curl-Dove, *Pastor*
Darren Hochstedler, *Church Administrator*
Ben Luedcke, *Minister of Music*
Christian Broughton, *Organist & Communications Manager*
Judy Scott, *Office Manager*
Dick Steele, *Facilities Manager*
Kellie Whitlock, *Sound & Video Engineer*
Chase McAdams, *Caretaker*
Stephenie Simmons, *Chef*

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