

Worship Resources for Mental Health Month

Valleyview Mennonite Church, London, Ontario
May 2014

Resources are adapted from various Internet sources, including carolpenner.typepad.com. Contact the ADNet office adnet@adnetonline.org for a PowerPoint that pairs some of these words with images.

Words of Welcome

If your life is full, too full, half full or half empty, empty or too empty, you are welcome here. Come, just as you are, as we pray, listen, sing, celebrate, mourn, lament and be in the presence of this community and God. God who created us, sustains us, restores us and loves us. Welcome to this place.

Call to Worship (1)

Left: We gather together as people with abilities and disabilities,
Right: With hopes, dreams, and visions,
Left: Glimpsing a time when there will no longer be insiders and outsiders,
Right: When all are held together in the love of God.
All: Let us worship together as a foretaste of this vision!

Call to Worship (2)

All: Let us worship God who asks us to love our neighbor as ourselves;
Right: the one who is weak and the one who is strong,
Left: the one who is happy or sad,
All: the one who is blessed with mental health and the one who is not,
Right: the one whom we understand and the one we don't,
Left: the one who is embraced or the one who is shunned,
Leader: the one who is like us or the one who is different.
God invites the little children to come,
Let us also make ourselves available, to listen, to learn.

All: Let us worship God who desires our love, who welcomes all.

Call to Worship (3)

Leader: We have come to worship you, O God;

People: **gather us in.**

Leader: Some of us come full of happiness;

People: **gather us in.**

Leader: Some of us come sore from what life brings;

People: **gather us in.**

Leader: Some of us come indifferent or confused;

People: **gather us in.**

Leader: Some of us come carrying the challenges of mental illness;

People: **gather us in.**

Leader: Some of us come with other kinds of brokenness;

People: **gather us in.**

Leader: We honour you—who forms us and calls us each by name.

You are our God, known yet unknown,
present here yet everywhere
now and forever.

You have made us distinctly unique
and yet part of your people worldwide.

People: **Gather us in to your fierce love, your tender care, your abundant grace.**

Leader: We pray in the name of Jesus. Amen.

Call to Worship (4)

Leader: With friends and strangers,
with family and neighbors, we gather:

**People: Come among us, Healing God,
with that love which never ends.**

Leader: With faith reaching out to touch,
with hearts straining to trust, we hope:

**People: Come among us, Friend of the broken,
with your compassion which makes us whole.**

Leader: With word and wonder,
with silence and song, we wait:

**People: Come among us, Dryer of our tears,
to lift us to our feet to follow you.**

Opening Prayer

Receive us God, just as we are.
You know our hearts, our thoughts.
You created us all, in the palm of your hand.
We give thanks for this place,
for this opportunity to be together, to celebrate, to learn, to heal, to grow.
Help us to be still, to know that you love and accept us, no matter our state. Amen.

Offering Prayer

Generous God;
Over and over your grace sustains us,
over and over your love provides for us,
over and over your arm steadies us.
We give you these gifts,
with gratitude and joy,
thankful that you are God over all.
Amen.

Lament

I invite you to lament, a tradition in Christianity modelled in the psalms, where we move from lament to praise and back again. The emotionally action packed psalms, are much like the cycle suffered by those identified as bipolar.

We lament for the discrimination and stigma perpetuated on those suffering from mental illness. We lament the lack of access to basic mental health care and treatment. We lament our complicity with wider society in allowing callous behaviours that infringe on the fundamental rights of people, silence open discussions and suppress understanding and prevent solutions to mental health challenges.

We must commit to greater engagement with the issue of mental health. We must combat stigma and affirm the dignity of all those suffering from mental illness. We must embody caring and compassionate values that speak out loud and clear.

Litany

Lord, you are the great Healer.

Today we pray for those who live with mental illness.

For those crippled by depression and anxious feelings,

bring healing, bring peace.

For those who suffer from the high and lows of severe mood swings,

bring healing, bring peace.

For those who are tormented by voices and hallucinations,

bring healing, bring peace.

For those who find it difficult to cope with tasks of daily living,

bring healing, bring peace.

For those who struggle with suicidal thoughts,

bring healing, bring peace.

God of great gifts,

thank you for the courage of those who live with mental illness.

Thank you for the patience of family and friends who support.

Thank you for our health system and all who work to

bring healing, bring peace.

Give us wisdom and insight as a church,

as a community, as a society,

to be places that can

bring healing, bring peace.

Benediction

Creator God, who knit us together in our mother's womb, hold us and our loved ones who live with emotional and mental illness in the palm of your hand. Give us courage to face our difficulties and to overcome fear. Assist us to walk humbly and act justly and love tenderly every day. Give us knowledge to understand mental illness. Give us strength to advocate for just and compassionate treatment and services and to address the myths we hear. Grant us hope in communities that care and trust. Give us inspiration as we go from this place proclaiming love and healing for all.