

# CHALMERS UNITED CHURCH



10:30 a.m.    MAY 4, 2025

REV. ELIZABETH GUILLAUME-KOENE

“LIFE, BREATH AND FLOURISHING”

MENTAL HEALTH SUNDAY

#### Health Precautions

1. Self-screening guidelines: If you have symptoms of a contagious illness, or are isolating due to close contact, we request that you do not attend in person and join us on live-stream instead.
2. Many choose to remain masked for their own safety or for the safety of others. We welcome this and appreciate mutual respect.

*We respectfully ask people to finish their conversations and make their way to their seats as the organist starts to play, to allow for a few minutes of quiet reflection. Thank you.*

**Bold Text** indicates the parts that everyone reads together.  
☞☞ indicates you are invited to rise in body or spirit.

## WE GATHER TO WORSHIP

### PRELUDE

*Prelude on Beach Spring (Come and Find the Quiet Centre VU 374)*

arr. by William Allen Pasch

### WORDS OF WELCOME AND ANNOUNCEMENTS

#### ACKNOWLEDGEMENT OF THE LAND

Long before settlers came to Turtle Island, this land was the home of the Anishinaabe and Haudenosaunee peoples. Since time immemorial they have understood humans to be an integral and interconnected part of the natural world. What western science calls *biodiversity*, Indigenous Peoples call *All Our Relations*.

**As spring unfolds, may we marvel at the beauty around us. May we see the natural world, God's Creation and ourselves, together, as a beloved family.**

~written by member at Faith United

#### LIGHTING THE CHRIST CANDLE

One: We gather this morning in the presence of the risen Christ, whose love and peace gives light to our paths and hope to our days!

**All: In the light of our Christ candle, the joy of our hearts is rekindled this day.**

#### ☞☞ **HYMN MV 7** *Gather Us In*

Gather us in, ground us in you.

Gather us in, ground us in you.

Gather us in, gather us in, ground us, ground us in you.

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#### CALL TO WORSHIP

Leader 1: 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.

**All: 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.**

Leader 2: 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.

**All:** 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.”

Leader 1: Come, let us give thanks to God who promises to wipe away every tear from our eyes.

**All:** 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.

Leader 1 & 2: Come, let us rejoice, for God, the Alpha and Omega, is making all things new!

written by Rev. Dr. Sarah Lund

### CENTERING PRAYER

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 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.

written by Dr. Tom Reynolds

### HYMN MV 145 *Draw the Circle Wide*

**Refrain:** Draw the circle wide,  
Draw it wider still.  
Let this be our song,  
no one stands alone,  
standing side by side,  
draw the circle wide.

1 God the still point of the circle,  
'round whom all creation turns;  
nothing lost, but held forever,  
in God’s gracious arms. R

2 Let our hearts touch far horizons,  
so encompass great and small;  
let our loving know no borders,  
faithful to God's call. **R**

3 Let the dreams we dream be larger,  
than we've ever dreamed before;  
let the dream of Christ be in us,  
open every door. **R**

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arr. Michael Bloss © 1998 Wood Lake Books  
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## WORLD ENGAGED WITH GOD

### A PRAYER FOR RECONCILIATION

One: 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 into our lives or the lives of those around us. We worry that sickness of body, that mental illness, is a judgement 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. Amen.

### ASSURANCE OF GOD'S LOVE


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.

**All: 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.

**All: We are reclaimed and remade by the Spirit of Life. In our brokenness and in our wholeness we are God's beloved. Thanks be to God. Amen.**

written by Rev. Dr. Rachael Keefe, based on Ezekiel 37

 **HYMN VU 808** *On Eagle's Wings*

(Psalm 91)

**Refrain:** "And I will raise you up on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of my hand."

**1** You who dwell in the shelter of our God,  
who abide in this shadow for life,  
say to the Lord: "My refuge  
my Rock in whom I trust."

**2** The snare of the fowler will never capture you,  
and famine will bring you no fear:  
under God's wings your refuge,  
God's faithfulness your shield. **R**

**3** You need not fear the terror of the night,  
nor the arrow that flies by day;  
though thousands fall about you,  
near you it shall not come. **R**

**4** For to God's angels is given a command  
to guard you in all of your ways;  
upon their hands they will bear you up,  
lest you dash your foot against a stone. **R**

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**A PRAYER FOR ILLUMINATION**

**All:** **Holy One, Sacred Mystery, greater than words can express;  
whose love for us and all creation exceeds our capacity to  
imagine, open our hearts and minds to hear afresh your  
Word to us today. Amen**

**READING**

Ezekiel 37:1-14  
Psalm 150

Hear what the Spirit is saying to the Church.

**Thanks be to God.**

**SERMON**

*Life, Breath and Flourishing*

**SONG** *Take It Easy* (© Porter's Gate)

Video

# COMMITTING TO THE FUTURE

## HIGHLIGHT: TRANSITION CIRCLE

### OFFERING ANNOUNCEMENT

☞ **HYMN VU 603** *In Loving Partnership We Come* 1X

1 In loving partnership we come,  
seeking, O God, your will to do.  
Our prayers and actions now receive;  
we freely offer them to you.

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### PASTORAL PRAYER

#### LORD'S PRAYER

**All:** **Source of Life, beyond and within us, Your presence is holy.  
May Your dream for creation be realized, Your deepest hopes  
take root, here on earth, as in the fullness of being.  
Give us today what we truly need. Forgive us our failings, as we  
forgive those who have failed us. Guide us away from the things  
that tempt us, and free us from all that holds us back.  
For all glory grows from Your care, love and grace,  
now and for all time. So be it. Amen.**

☞ **HYMN MV 138** *My Love Colours Outside the Lines*

1 My love colours outside the lines,  
exploring paths that few could ever find;  
and takes me into places where I've never been before,  
and opens doors to worlds outside the lines.

2 My Lord colours outside the lines,  
turns wounds to blessings, water into wine;  
and takes me into places where I've never been before  
and opens doors to worlds outside the lines. **R**

**Refrain: We'll never walk on water if we're not prepared to drown, body  
and soul need a soaking from time to time.**

**And we'll never move the gravestones if we're not prepared to die,  
and realize there are worlds outside the lines**

3 My soul longs to colour outside the lines,  
tear back the curtains, sun, come in and shine;  
I want to walk beyond the boundaries where I've never been before,  
throw open doors to worlds outside the lines. **R**

4 My soul longs to colour outside the lines,  
tear back the curtains, sun, come in and shine;  
I want to walk beyond the boundaries where I've never been before,  
throw open doors to worlds outside the lines.

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### BENEDICTION

**All: We will embody Christ by shattering stigma and welcoming all, leaving no one outside.**

One: The Spirit fills us with the Breath of Life and urges us to imagine anew how to be Church in the world today.

**All: We will breathe deeply and move beyond what has been and what is. We will follow the Spirit and bring hope and healing to all who live in despair and brokenness. We will be the Church!**

One: As we leave this place to live out that promise, know that we do not go alone:

The grace of Christ attend us, the love of God surround us,  
the Holy Spirit keep us. Go in peace to love and serve. Amen.

written by Rev. Dr. Rachael Keefe

### CHORAL BENEDICTION



**HYMN MV 214** *May God's Sheltering Wings* 1X

May God's sheltering wings, her gathering wings, protect you.  
May God's nurturing arms, her cradling arms sustain you,  
and hold you in her love, and hold you in her love.

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### POSTLUDE

*O Great is the Depth* (from St. Paul) - Felix Mendelssohn

## THANK YOU FOR TALENTS SHARED

<b>Minister</b>	Rev. Elizabeth Guillaume-Koene
<b>Special Guest</b>	Malcolm MacPherson
<b>Organist</b>	Juliet Milsome
<b>Co-Liturgist</b>	Linda Steinberg
<b>Reader</b>	Florence Boyd
<b>Hymn Singers</b>	Members of Chalmers Choir
<b>Media Techs</b>	Ahmad Spierij, Brigitta Holzschuh, Aidan McClung
<b>Counters</b>	Murray Anderson, Mary Davis Little
<b>Refreshments</b>	Florence Boyd

You are invited to join in fellowship and refreshments following the service.

At 10:30 join us in person at Chalmers or watch live-streamed on Chalmers YouTube channel. The service will also be posted later to the same channel,

<https://www.youtube.com/channel/UCUgl1tZaiRji18sFwj2P2Q>

The link for Chalmers' YouTube channel can also found on the home page [www.chalmersunitedchurch.org](http://www.chalmersunitedchurch.org).



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