

\*Doxology

\*Prayer of Thanksgiving and Dedication

"Praise God from Whom All Blessings Flow"

#46  
Pastor Lee

SENDING FORTH		
*Sending Hymn	"They'll Know We Are Christians"	#494
*Commissioning and Benediction		
*Three-Fold Amen		
Postlude	"Allemande," by Bach	Tudor

Artwork Reflections: On the Bank of the Seine, Bennecourt, by Claude Monet

In this painting Monet captures the fleeting beauty of this moment, inviting viewers to experience the gentle tranquility of the riverside ambience. It was painted at a low point in Monet’s life: after being thrown out of their Gloton rooms, he threw himself in the river the following night (with no serious aftereffects).

Questions for Reflection

There is a juxtaposition between Monet’s peaceful river view and his internal struggle and chaos that led to his attempt to end his life. Ponder the following questions.

1.

**What moments of outward peace in your life have masked an inner struggle or emotional pain?**  
Reflect on how beauty or calm in your environment might not always align with how you’re feeling inside. How can you make space for both your outer world and your inner emotional truth?
2.

**When have you felt most alone in life’s challenges and struggles? What helped you return or recover?**  
Like Monet, who returned to Paris after his suicide attempt, think about the turning points or small steps that helped you re-engage with life, even during your lowest moments.
3.

**What role can creativity, art, or nature play in your journey?**  
Consider how painting the peaceful riverside might have offered Monet a form of solace or expression. What creative or reflective practices help you process pain or find moments of calm?

Central Congregational Church, United Church of Christ

Chelmsford, Massachusetts

An Open and Affirming Congregation

“A Community of Faith, Hope, and Love, Growing through Worship and Service”

Sunday, May 18, 2025

Mental Health Sunday

10 o’clock a.m.

But I trusted in your steadfast love; my heart shall rejoice in your salvation.  
I will sing to the Lord because he has dealt bountifully with me. Psalm 13:5-6



On the Bank of the Seine, Bennecourt by Claude Monet

Welcome to Central Congregational Church, where no matter who you are or where you are on life’s journey, you are welcome. If you are visiting us today, know that we are glad to have you. As we worship together, please note that an \* indicates a time to stand as you are able. Sentences in **bold** are to be spoken by the congregation.

GATHERING		
Prelude	“Come Just As You Are” arr. by Hayes “I Sing Praises” arr. by Hayes	Tudor Bota, Music Director
<div>Welcome and Announcements</div> <div>Ring the Bell</div>		Lynn Horton
*Opening Hymn	“Sweet, Sweet Spirit” (sung twice)	#261
Call to Worship	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. 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. 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. 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.” Come, let us give thanks to God who promises to wipe away every tear from our eyes. 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. Come, let us rejoice, for God, the Alpha and Omega, is making all things new!	Martha Chenault, Liturgist
Prayer of Invocation and the Lord’s Prayer	O God, come into our place of worship this day and enliven us. 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. We pray in Jesus name, saying, “Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us, not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory forever. Amen.”	Martha
Sharing Christ’s Peace	The peace of Christ be with you all. And also with you.	
PROCLAIMING		
Prayer for Illumination		Pastor Lee Atherton
Scripture Lesson	Psalm 13	Pew Bible p. 429
Response	This is the Word of God for the people of God. Thanks be to God.	
Message		Sam Bruetsch

*Hymn	“On Eagle’s Wings”	#77
Litany		April McCarthy
Hymn Refrain		#77
Prayers of the People		

RESPONDING IN FAITH AND ACTION		
Prayer for Transformation		Pastor Lee
<p>Creator God, You are full of grace and justice. You are Holy and Wholly present with us every moment of our lives. In our rush to compartmentalize and create control in our lives, we have sometimes ironically allowed seeds of chaos to be planted in our relationships with others. We have sought to put people and their illnesses, struggles, and complexities at bay while we justify ourselves as “normal” or “quirky.” Yet in your Righteousness, Lord, You have seen fit to be steadfastly patient and divinely compassionate with all of your Creation—including us. We confess both our subconscious and willful othering that provides us false protection from our own inner battles. You said that if we confess, you will draw us close and wrap us in your forgiveness that provides both truth and love. We come before you with humble hearts and contrite spirits asking for your pardon. Continue to grant us the invaluable gift of the ability to know one another and walk together in an intimacy that only you can manifest. Into Your care, we commit our collective weakness, assured by Your omniscient strength and love. Amen.</p>		
Words of Grace		
Invitation to Generosity		Martha
Offertory	“Come, Share, Rejoice” by Besig	Chancel Choir
<p>Rejoice, rejoice for this is the day which the Lord has made! We join together in singing. Our joyful voices we raise. Alleluia, Alleluia! Come and join us in praise!</p>		
<p>Rejoice, rejoice for this is the day which the Lord has made! Sing and rejoice. Come serve the Lord with gladness, come make a joyful noise! Alleluia, Alleluia! Let the people of God rejoice!</p>		
<p>Praise all the saints who walked in the faith, building and sharing, showing us the way. Now we go forth in fellowship and love, serving together, praising God above.</p>		
<p>Rejoice, rejoice for this is the day which the Lord has made! Come serve the Lord with gladness, come make a joyful noise! Alleluia, Alleluia! Let the people of God rejoice!</p>		
<p>Joyful, joyful join the chorus; lift your voices clear and strong. Like the saints who came before us, sing to God a grateful song.</p>		
<p>Now we share as sisters and brothers God's unfailing truth and grace. Let us join with one another serving Christ in love and faith.</p>		
		<i>Continued on back</i>



*“A Community of Faith, Hope, and Love, Growing through Worship and Service”*

Pastor Pro Tem	Rev. Lee Atherton	508-308-7116	Pastor-Lee@cccchelmsford.org
Director of Music	Tudor Bota	978-772-3173	tudorbota@gmail.com
Office Administrator	Peggy Kelly	978-256-5931	office.admin@cccchelmsford.org
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Custodian	Juarez Gomes	978-957-5075	
Council President	Dick Papenfuss	603-577-1497	dickandkarenp@verizon.net
Church Phone & Email	978-256-5931	office.admin@cccchelmsford.org	
Church Address	1 Worthen Street, Chelmsford, MA 01824		
U.C.C. Website	ucc.org (United Church of Christ)		

#### Transition Team Contact Information

*Feel free to contact a team member anytime with thoughts, questions, or concerns.*

- **John Lamplough, Chair** | 978-200-8844 | LMPL78@verizon.net
- **Judith Barnes** | 978-376-1687 | judithbarnes1621@gmail.com
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- **Peter White** | 978-407-4913 | peter.c.white@comcast.net



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Thank you for your generosity!



## Welcome to Central Congregational Church!

*No matter who you are, or where you are on your spiritual journey, you're welcome here!*

### Good morning and welcome to Sunday morning worship!

We are glad you are here to worship together! Please join in Fellowship Hall after the service for food and fellowship. This service of worship is being livestreamed on Facebook and YouTube. If you do not wish to be visible on the internet, please choose a seat in the balcony.

### Children

- 😊 Children are always welcome in our services of worship.
- 😊 Busy Bags for kids are available in the narthex (lobby).

**Deacons are available during Sunday services.** Reach out to any of them with questions or concerns. You can spot them wearing a blue name tag.

### Greeter(s):

**Liturgist:** Martha Chenault


**Acolyte:** Aly Chapman

**Nursery Care Coordinator:** Kelsey Hartigan

*Many thanks to all who enrich our morning together.*


## Announcements and Events – Sunday, May 18, 2025

**TODAY! Annual Church Meeting | Sunday, May 18 | After Worship** - All members and friends of Central Congregational Church are invited to attend the Annual Meeting of the church, to be held in Fellowship Hall immediately after today’s worship service. We will have a family potluck to enjoy during the meeting. Childcare will be available.

 **CCC Movie Group** - The CCC Movie Group is open to all! Watch the movie(s) on your own, then join the group on Zoom at 7:00 pm on “Movie Mondays” to discuss. Please contact Lynn Horton (lynn@terpsoft.com) for the Zoom link, if you have questions, or if you have difficulty accessing the movies! **May 26:** “Hacksaw Ridge” (2016)

**Downeast Maine Mission** - An important part of the DEMM tradition is the sponsoring of meals. We are looking for some CCC folks to sponsor a few meals during our week in Maine. For \$50 you can sponsor breakfast, \$75 for lunch, or \$100 for dinner. We would also love to have people include a prayer so we can introduce them and read their prayer before we eat. Prayer writing assistance is available. Overall, there are 6 breakfasts, 5 lunches, and 6 dinners. Please speak with Kristin Strobel if you would like to sponsor a meal and a prayer. Thank you.

**Sponsor a Bulletin Cover – Share Beauty and Inspiration!** Art is a sacred language—one that can stir the soul, spark wonder, and help us connect with God in new ways. Each Sunday, our bulletin cover features artwork paired with reflection questions to deepen your spiritual journey, not just during worship, but throughout the week. Would you like to help bring that experience to life? **You’re invited to sponsor a bulletin cover for any week of the year.** With a gift of \$20, you can dedicate the artwork in honor of someone special, or celebrate a meaningful occasion. Pastor Lee is happy to collaborate with you in choosing the art. To sign up or learn more, contact the church office or reach out directly to Pastor Lee. Let’s turn each bulletin into a doorway to deeper reflection, beauty, and praise.

 **Cards for ‘Mrs. P.’** – Longtime Central Co-Op Nursery School Teacher, Lynn Pieciewicz is currently undergoing treatments for breast cancer. Due to her treatment schedule, Lynn has recently stepped away from teaching to focus on her health. Lynn and her husband have two daughters and two new grandbabies to enjoy! Would you be willing to send Lynn a note of encouragement? If so, please mail to: Lynn Pieciewicz, 15 Anna St, N. Chelmsford, MA 01863 (She has given Co-Op Director, Suzanne Dionne permission to share her address.)

**KiSeLo Annual Banquet | Wed, May 28 | 12:30 PM | Princeton Station** - Please contact Karen Banakos if you have any questions: nhkaren@comcast.net

**Ramps for Neighbors** - On Sat, May 3, a small but intrepid crew repaired a ramp and deck at 22 Mobile Ave. in the trailer park off Rte. 110 in Chelmsford. We also added 21 post caps to the railings on deck and ramp at 241 Mason Ave. in the same trailer park. The All Saints and Central Congregational youth groups were scheduled to paint the ramp and deck on Mason Ave. on Sunday – but that got rained out. Thanks to all who participated and to all of you who support Ramps for Neighbors with your donations. Our next project is a new (but fairly small) ramp tentatively scheduled for May 31<sup>st</sup>. Yours in Christ, *Bryan Norman and Dave Kuzara*

**Sunday, May 25 is Memorial Sunday** – We will observe Memorial Sunday, a time to honor and remember the courageous individuals who made the ultimate sacrifice for our nation. Our worship service will be designed to be engaging for all ages, with elements that will help our younger attendees participate and learn more about worship. We invite everyone to join us for this "All Generations Friendly" worship next Sunday.

**St. Paul’s Soup Kitchen Fundraiser – Thurs, May 29 | 11AM – 9PM at Bertucci’s**, 14 Littleton Rd, Chelmsford. Bertucci’s will donate 20% of proceeds from your order when you present the Dining for Dollars flyer. There are some flyers hanging on the bulletin board near the church back entrance. If you order online, use promo code “FUNDRAISER” at checkout.

**Calling All Graduates** - Is a member of your immediate family graduating from high school, college, or a graduate program? **Graduation Sunday is Sunday, June 1.** All high school seniors are invited to the service for a celebration of their achievement. Graduates from college and graduate school programs will also be recognized in the June 1 bulletin and June Beacon newsletter. Please let the church office know the names of all graduates, the school from which they are graduating, and, if possible, their post-graduation plans. Kindly contact Peggy Kelly (office.admin@cccchelmsford.org) or Lynn Horton (Lynn@terpsoft.com) as soon as possible, and no later than May 20, 2025.

### This Week at CCC

<b>Mon, May 19</b>	7:00 PM	ChristCare Group	Zoom
<b>Tues, May 20</b>	11:45 AM	Lunch Bunch	Room 202
	7:30 PM	House Committee	Room 202
	7:30 PM	Sonlight Band Rehearsal	Sanctuary
<b>Thurs, May 22</b>	6:45 PM	Chancel Choir Rehearsal	Sanctuary
<b>Fri, May 23</b>	Articles for the June Beacon newsletter are due to Peggy.		

**Note:** On Tues, May 27, the Town will be digging near the parking lot entrance from Worthen Street next to Carson Park. The office will be closed that day; Peggy will be available by email.

**Pastor Lee’s Office hours:** Thursdays and by appointment.  
Please contact Pastor Lee directly: pastor-lee@cccchelmsford.org | 508-308-7116



# 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.

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### Annual All Church Picnic- Volunteers Needed

CE will be hosting the Annual All Church Picnic on Sunday, June 8th, and we need your help! We are looking for some volunteers to help us before, during, and after the picnic. Please scan the code below for the volunteer sign-up sheet.



Church Picnic Volunteers  
[docs.google.com](https://docs.google.com)

We are looking for volunteers to help with:

- Set-up
- During the picnic (grilling and keeping food stocked)
- Games
- Clean-up after the picnic

### Annual All Church Picnic- RSVP

The annual church picnic is a celebration of the church year, with fun, food, and fellowship for all. We will be providing the burgers and hot dogs, please be sure to note if you need gluten-free buns - vegetarian or vegan food options, and have watermelon, condiments, drinks, and paper products.

We hope that you will join us and bring your favorite side dish or dessert to share. Please remember to bring your favorite camping chairs or picnic blanket as well.

If you plan to join us please scan the QR code to register so we know how many burgers and hot dogs to buy. We will also have a sign-up table in Fellowship Hall during Coffee Hour the next few weekends. The cost is \$2 per person and \$8 per family. We look forward to spending this time with all of you!



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**Litany of Naming**  
(by Rev. Alan Johnson)

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

**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.**

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:

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

The Pain when people turn away because of fear;

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

The Strength from being with others who listen compassionately; The Isolation that comes when no one knows what to say;

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

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

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

The Wisdom that comes when we become educated about mental health; the Spirituality that comes when we walk alongside those who show both resilience and vulnerability in their lives affected by mental illness;

**We receive these gifts that we have named, those which are welcomed and those that are challenges. We come before you, our God, 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.**

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

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# Hymn Lyrics

## Opening Hymn

## “Sweet, Sweet Spirit”

There’s a sweet, sweet Spirit in this place, and I know that it’s the Spirit of the Lord; there are sweet expressions on each face, and I know they feel the presence of the Lord. Sweet Holy Spirit, sweet heavenly Dove, stay right here with us, filling us with your love; and for these blessings we lift our hearts in praise; without a doubt we’ll know that we have been revived when we shall leave this place. *[Repeat]*

## Hymn

## “On Eagle’s Wings”

You who dwell in the shelter of the Lord, who abide in God’s shadow for life, say to the Lord: “My refuge, my rock in whom I trust!”

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

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. *[Refrain]*

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. *[Refrain]*

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

## Sending Hymn

## “They’ll Know We Are Christians”

We are one in the Spirit, we are one in the Lord, we are one in the Spirit, we are on in the Lord, and we pray that all unity may one day be restored:

*Refrain:* And they’ll know we are Christians by our love, by our love, yes, they’ll know we are Christians by our love.

We will walk with each other, we will walk hand in hand, we will walk with each other, we will walk hand in hand, and together we’ll spread the news that God is in the land: *[Refrain]*

We will work with each other, we will work side by side, we will work with each other, we will work side by side, and we’ll guard each one’s dignity and save each other’s pride: *[Refrain]*

All praise to the Father, from whom all things come, and all praise to Christ Jesus, God’s only Son, and all praise to the Spirit, who make us one: *[Refrain]*