

Applewood United Church
An Affirming Community
Sunday, May 3, 2026
Mental Health Sunday
*(*please stand in body or in spirit)*
Bold words are for all to share

Music for Gathering

Territorial Acknowledgment and Announcements

We understand that the land on which we live, work and worship is situated upon traditional territories of the Erie, Neutral, Huron - Wyandot, the Haudenosaunee and later the Mississaugas of the Credit First Nation. The territory is mutually covered by the "Dish with One Spoon" Wampum Belt agreement. In the spirit of reconciliation, we commit to building relationships with all created beings, those who were here before, those who have settled, and those who continue to settle on this land. We commit to partnering with our Indigenous neighbours in being stewards and caretakers of God's Creation. Today, this remains the home to many Indigenous people from across Turtle Island and we seek to live as reconciled people through our respect for, and our learning and understanding of, our Indigenous siblings.

Centering Music: "Open our Hearts" MV 21

*** Call to Worship and Opening Prayer:** *(responsive)*

One: We come to worship the Holy One this day.

All: Sometimes we come broken and sometimes whole,

One: at times we arrive tired and at times we arrive energized.

All: Sometimes we sit here with our doubts and fears,

One: sometimes the cracks in our lives are showing.

All: Sometimes we are searching for God.

One: Yet we are always welcomed into God's loving presence.

All: We are always welcomed to worship and prayer.

One: And so we pray - 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.

*(Dr. Thomas E. Reynolds Invocation/Opening Prayer II in
Mental Health and Wellness: Worship Resources for All, 2022)*

*** Opening Hymn:** "The Spring Has Come" VU 187

Prayer for Reflection and Revelation: "Litany of Naming"

by Rev. Alan Johnson, United Church of Christ

Musical response: "May You be Held" TLUS 105

Scripture Readings:

1 Samuel 16:12-23 *(The Inclusive Bible)*

John 13:31-35 *(The Inclusive Bible)*

One: Hear what the Spirit is saying to the Church.

All: Thanks be to God.

Choir: "I Will Be With You"

Reflection: Becoming WISE about mental health
Welcoming, Inclusive, Supportive and Engaged

***Hymn:** "Who is My Mother?" MV 178

Invitation to the Offering

Offering of Music: "Sending You Light" TLUS 99

***Hymn of Dedication:** "Behold, Behold" MV 115

Offering Prayer: *(together)

All: In all that we do, all that we say, and all that we give, may we create spaces of radical belonging for all. Amen

*(Prayer by Rev. Dr. Alydia Smith in Radical Belonging:
A Mental Health Sunday Resource for All, 2023)*

Prayers of the People

Sung Response: "Take , O Take Me as I Am" MV 85

The Lord's Prayer *(sung, Caribbean version)*

*** Closing Hymn:** "Draw the Circle Wide" MV 145

*** Commissioning/Benediction**

***Sung Amen VU 431**

Music for Scattering

Mental Health & Wellness Resources

Help in Peel:

chrome-

extension://efaidnbmnnnibpcajpcgiclfindmkaj/https://peelregion.ca/sites/default/files/2024-04/cmha-peel.pdf

Mental Health Commission of Canada: A federal organization developing a national mental health strategy, offering support, and programs: <http://mentalhealthcommission.ca/>

eMental Health: finding mental health services in your community:

<http://www.ementalhealth.ca/>

Crisis Services Canada: Suicide prevention and support: <http://www.crisisservicescanada.ca/> 1-833-456-4566

Canadian Mental Health Association: Local offices offer services and support: <http://cmha.ca/>

Psychological First Aid: <https://www.redcross.ca/training-andcertification/course-descriptions/psychologicalfirst-aid/psychological-first-aid>

Neurodiversity:

Digital Text and Work Books on Neurodiversity by Dr. Kimberly Douglass
drkimberlydouglass.gumroad.co

<https://www.neuroinclusivecan.org/>

<https://alzheimer.ca/en>

Contact the office for an electronic copy of this resource

Wisdom Tips for Talking about Mental Health Simple Things You Can Do

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.

Share your story: Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.

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” (*Psalms 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.