



**January 26, 2020**  
**Third Sunday after Epiphany**

**New Places for New People: Courageous Relationships**  
Rev. Dr. Kandace Brooks

**The mission of Saint Paul's United Methodist Church is to be a faithful community of disciples who serve as the heart, hands and feet of Christ so that all people come to know the love of God.**

# 8:30 & 11:00 a.m. ORDER OF WORSHIP

Please see our ushers for large print hymnals and bulletins.  
We also have hearing loops for hearing aids with t-coil technology.

**Prelude** *O Love, How Deep, How Broad* arr. V. Collinsworth

## Welcome and Announcements

**Choral Call to Worship** (11:00) *In the Garden* A. Miles  
Ed Holmes

## Call to Worship

We are the body of Christ!

**Baptized in one Spirit, we are members of one body.**

None of us can say to another, "I have no need of you."

**For only together can we find wholeness.**

None of us can say to another, "I will not care for you."

**For we are connected like muscle and bone.**

**If one suffers, we all suffer.**

**If one rejoices, we all rejoice!**

Thanks be to God who, in Christ, has made us one.

**Let us worship God!**

\* **Opening Hymn** *Savior, Like a Shepherd Lead Us* UMH 381

\* **Psalm 139:1-12** UMH 854

\* **Gloria Patri**

## Pastoral Prayer and Lord's Prayer

**Anthem** (8:30) *In the Garden* A. Miles  
Ed Holmes  
(11:00) *Come Follow Me* S. Kupferschmid

## Children's Chat

**Scripture** Mark 5:1-20 New Testament pg. 39

**Sermon** **New Places for New People: Courageous Relationships**  
Rev. Dr. Kandace Brooks

**Offering** *O Love of God Most Full* D. Phillips

\* **Doxology**

## Sacrament of Holy Communion (8:30)

\* **Closing Hymn** *Amazing Grace (My Chains are Gone)*

\* **Closing Prayer**

Loving God, open our eyes. Help us see those on the margins of our community. Help us see ways to expand our world that it might include all people. Amen

**Dear Lord, multiply your kingdom through us. Amen.**

**Postlude** *Holy God, We Praise Thy Name* H. DeCou

### **Points to remember when you are hurting:**

- You are loved by, and matter to, God.
- No pain lasts forever.
- There is always hope.
- Others can help – just ask.

### **How To Be Inclusive And Welcoming to those with Mental Health Struggles**

Faith and spirituality can be a very helpful component of someone's management and recovery from mental illness. A place of worship is a safe space for people where they can feel welcomed and have an instant sense of support and community, but how they are treated within this environment is crucial to that feeling of security. Here are a few guidelines that might help:

- Always keep in mind that a person living with a mental illness is a person first. Never define them by their illness.
- Check in with the person or their family. Do not assume that the person wants to be included. A person might feel strongly about maintaining their privacy; continue to check in with them to offer flexibility.
- Ask them what would be the most helpful.
- Invite the family to sit with you at church services and events.
- Make an effort to talk to them and show that you care and understand. People living with mental illness often feel isolated and talking with them alone can make a difference.
  - Instead of trying to fix their problems, just listen.
  - Don't belittle or minimize mental illness.
- Offer to pray with them and for them.
- Offer a place to belong, a small spiritual support/fellowship group. Having a network of supportive friends can make a huge difference to someone living with a mental illness.
- Offer to cook a meal, run an errand, or any other helpful task.
- Plan a home visit. Mental illness can sometimes prevent people from leaving their home, which may make them feel even further isolated. Having someone come to their home can significantly uplift their mood and spirit.
- Learn about mental health. The topic of mental health is often avoided and considered taboo to talk about. Be open to learning more.
- Convey a message of acceptance and compassion.

### **FLOWERS ON THE ALTAR**

The flowers on the altar are given by Tom and Kay Fussell, to the glory of God and in celebration of their 60th wedding anniversary.

# Around Saint Paul's

## MUSIC AT SAINT PAUL'S

**Toddler and Preschool Music Groups** meet Wednesday afternoon from 5:30-5:55 p.m. in the Children's Ministry wing.

**SPARKS Choir** (Gr. K-5) is diligently working on our Spring musical, "Heroes of the Faith," on Wednesday afternoons during SPARKS time.

**Youth Choir** meets this afternoon at 4:30 in the choir room.

**Handbell Choir** meets in the sanctuary this evening at 6:00. Don't forget the Winter Ring, February 7-8, at Thomasville Road Baptist Church. The closing concert will be at 3:30 on Saturday, February 8. Everyone is invited to attend!

**Covenant Chancel Choir** meets Tuesdays, 6:15 - 7:15 p.m. in the Choir Room. This choir sings at the 11:00 worship service weekly and occasionally at the 8:30 worship service. We, also, perform Christmas and Easter cantatas. We would love for you to try us out. For more information email Cynthia Prescott at [prescottc1360@gmail.com](mailto:prescottc1360@gmail.com).

**Se'lah** If you want to sing but don't feel that you can commit to singing weekly in worship, Se'lah may work for you! We rehearse Tuesdays, 7:30 - 8:30 p.m. in the Choir Room. This group sings once a month in the morning worship services and gives an annual concert. For more information, email Cynthia Prescott at [prescottc1360@gmail.com](mailto:prescottc1360@gmail.com)

**CLIMATE JUSTICE CLASS** - Climate impacts from extreme weather such as massive hurricanes and fires are in the news and Greta Thunberg was just named Time's Person of the Year for her climate justice efforts. Join our Creation Care team as we learn how people all over the world are responding to the climate crisis, and how Christians are mobilizing to help those in harms way. You can register for this six week Wednesday evening class at <https://saintpaulsumc.breezechms.com/form/78bdb7>.

**SPARKS** - January is a GREAT TIME for Kindergarten-5th grade ages to join the fun on Wednesday afternoons! We continue our stories on Biblical heroes and learning our spring musical. Contact Jill Merryday or Kambea Chan for more info. Link: <https://saintpaulsumc.breezechms.com/form/53e53f>

**SPARKS BUS DRIVER NEEDED** - Wednesdays, 2:30 - 3:30 p.m. Please call Jill Merryday, 443-9428. No special driver's license needed.

**METHODISTS UNITED IN PRAYER IN CUBA AND FLORIDA** - Since 1997, our Florida Annual Conference has been united in prayer with the Methodist Church in Cuba. Saint Paul's has been united in prayer with the Methodist Church in Yaguaramas, Cuba. In addition to prayer, Saint Paul's contributed most of the funds to construct a new sanctuary in 2013 and we are contributing to the construction of their new parsonage. David Gill is going with others from the Florida Conference to represent our church in visits to Yaguaramas Church and their district conference February 6-13. He would love to have a collection from Saint Paul's to present to our sister church. Here is a list of suggested items:

- Cards and letters of encouragement (place in the box under the church model in our narthex)
- Crayons, colored pencils
- Coloring books
- Pencils and erasers
- Cards and games
- Small cars
- Cash for Cuban pastors to purchase Spanish Bibles
- Bible stories in Spanish

Please bring any of the above items to send to Cuba with David by **Sunday, February 2**. On that day we will pray for those traveling to Cuba and for the gifts to bless the people in Cuba who will receive them.

# Around Saint Paul's

## WONDERFUL WEDNESDAYS

Dinner in Sanders Hall - 5:15 - 6:15 p.m. Reservations due by midnight Monday by calling 385-5146 or online at [saintpaulsumc.org](http://saintpaulsumc.org). \$7 adults, \$3 ages 4 - 12.  
January 29: International - Greek

**CONFIRMATION CLASSES** - Begin Sunday, January 26. If you are in 7<sup>th</sup> grade or higher and are ready to take the next step in your faith and become a full member of the church, join us during the Sunday School hour in the youth room 211. We will meet together as one class and then break off and go across the hall for confirmation. We will meet January 26 through March 8.

**I BEG TO DIFFER** - Friends and strangers clash with each other over issues large and small. Coworkers have conflicts in the office. Married couples fight over finances. People demonize each other on social media. Is there any hope for civil discourse? This course, led by Rev. Dr. Brooks, will provide a strategy for having difficult conversations, helping us move from contentious debate to constructive dialogue. Using insights from Scripture and communication theology, this class will provide practical ways to manage disagreements and resolve conflicts. Class will meet Wednesday, January 29 - February 19, in room 326. Please go to <https://saintpaulsumc.breezechms.com/form/66c487> to sign up for the class.

**CHILI COOK-OFF** - Everyone mark your calendars for Sunday, February 2, 2020! There are titles to defend, and chili to be eaten as the youth group hosts our annual chili cook-off! Come support our youth as they raise money for their summer mission trip. Look for sign-ups this month, and come hungry. Our Chili Cook-off will be in Sanders Hall right after worship.

**WOMEN'S RETREAT - Stronger than the Storm.** February 7 - 9 on Saint George Island. Sign up *now* and read all the details on the church website under "Quicklinks". Fee is \$150. If registration is full, please call Peggy Benton (385-5146) to be put on a waiting list. Additional housing may be possible.

**CHILDREN'S MINISTRIES LAY TEAM** - If anyone is interested in serving on the 2020 Children's Ministries Lay Team, please join us this Wednesday at 6:00 p.m. in Room 305. Please let Jill Merryday (850-443-9428) know if you will be joining us!

**FUN & FELLOWSHIP TEAM** - If you are willing to join this team and help plan some fun & fellowship opportunities for Saint Paul's in 2020, please let Jill Merryday (850-443-9428) know.

## This Week at Saint Paul's

### Sunday, January 26

4:30 pm Youth Choir/CR  
5:15 pm Youth ROOTED/SH  
6:00 pm Handbells/S

### Monday, January 27

8:00 am Classical Conversations/210-211  
5:45 pm MOPS Night Out/N  
6:30 pm Governing Board/301

### Tuesday, January 28

6:15 pm Covenant Chancel Choir/CR  
6:30 pm Homeschool Geography Bee/C  
7:30 pm Se'lah Choir/CR

### Wednesday, January 29

8:00 am Prayer Group/325  
10:30am Creation Care T-Shirts/302

### Wednesday, January 29 cont.

3:00 pm SPARKS/100 Level  
3:15 pm Midtown Classical/P/210/211  
5:15 pm Wednesday Night Dinner/SH  
5:30 pm PreSchool Music/200 Level  
6:00 pm Children's Ministries Meeting/305  
6:30 pm Climate Justice/310  
6:30 pm I Beg to Differ/326

### Thursday, January 30

9:15 am MOPS/SH/N

### Friday, January 31

#### Church Office Closed

9:00 am Alzheimer's Respite/P  
6:00 pm Midtown Classical/P/210/211



As a Spirit-formed **living expression of the kingdom of God**, the vision of Saint Paul's United Methodist Church is to **glorify God** wholeheartedly, **grow** the community of the faithful, **nurture** the faithfulness of that community, **alleviate suffering** wherever it is found and **advocate** for **social justice**.

### WELCOME, GUESTS!

We are glad you have chosen to worship with us today. Nurseries for ages infant to five years are located on the 200 level of the children's wing of the educational building. One of our friendly ushers can give directions to restrooms.

### AIDS FOR THE VISUALLY AND HEARING IMPAIRED

Are available from our ushers. Kindly return the large-print hymnal at the end of worship. We, also, have hearing loops for hearing aids with t-coil technology.

### NAME TAGS

Name tags help us get to know one another better. They are located in the narthexes. If you need a name tag, please indicate so on the attendance pad so we can make one for you. Please wear your name tag each week during worship.

### SUNDAY SCHOOL

A wide variety of adult Sunday School classes and age-appropriate classes for children and youth are offered at 9:45. For details, visit the welcome table in Sanders Hall or call our office.

### INTERESTED IN JOINING SAINT PAUL'S?

If you are interested in becoming a member of Saint Paul's, please indicate so on the attendance pad. We will set a date for you to be received with joy!

#### Financial Snapshot

Expenses to date: \$28,790.00      Average weekly expenses (2019): \$17,477.00  
 Income to date: \$56,228.00

Actual	January 5	January 12	January 19	November 24
Income:	\$11,526.00	\$24,551.00	\$20,151.00	

January 19 attendance: 8:30: 89    11:00: 161    Sunday School: 164

**We encourage you to give on-line** - No wallet required! It's fast, safe, and secure. Use your phone's camera and hover over the image to go directly to the webpage for online giving. Or use this link to access online giving. <https://www.saintpaulsumc.org/give/>



## Saint Paul's Staff

Rev. Dr. Kandace Brooks, Senior Pastor  
 Rev. Becky Rokitowski, Associate Pastor  
 Cynthia Prescott, Adult Choirs  
 Gaye Herndon, Music Performance Associate  
 Jill Merryday, Director of Children's Ministries  
 Peggy Benton, Ministry Coordinator  
 Kambea Chan, Children's Ministry Assistant

Laurie Batten, Church Administrator  
 Linda Fletcher, Publishing Specialist  
 Raymond Pandley, II, Youth Ministry Assistant  
 Simon Webb, Lead Sexton  
 Betsy Gingery, Kitchen Coordinator  
 Bridget Weisbrod, Nursery Coordinator