

CONNECT WITH US

Let us know you're worshipping with us. Drop this connect card in the offering plate during worship.

Date:

Name:

Address:

City, State, Zip

Phone:

Email:

Children Names and Ages:

Please check any applicable:

- First Time Guest
 Returning Guest
 Regular Attender

Questions & Comments:



MENTAL HEALTH PRACTICES FOR THE WEEK



**What do you sense in your body? Sleepy or awake, tight or loose?
What do you sense in your mind? Peace or restless, distressed or at ease?
What do you sense in your heart? Proud or downcast, sorrowful or joyful?
What do you sense in your spirit? Broken or whole, abandoned or redeemed?**

Check in with how you are feeling once a day. Remember, no emotions are better or worse than others. Take this opportunity to notice, name, and acknowledge your feelings without judgment.

- As you continue to practice nonjudgmental and compassionate listening with yourself and with others, consider using the following question: "Are you ready to consider a solution or do you still need time to feel your emotions?" When/if you or they are ready to consider solutions, resist the urge to take on a "fix it" mindset. Rather, out of the emotions and stories that have been shared, ask "What does wellness or flourishing look like for you, and how could we start moving in that direction?"
- If you are contemplating your own emotions, use the previous question as a prayer. Ask God to show you what flourishing might look like and sit in silence for a few minutes to listen for God's answer. This is a lifelong prayer, a question to bring to God over and over on the journey to mental wellness.
- Take a walk in your neighborhood. Feel the ground beneath your feet and notice your surroundings. Is there something you or a community group you belong to could do to make the neighborhood a healthier, more connected place to live? Better yet, strike up a conversation with one of your neighbors. Talk to them about what they think the neighborhood needs to become a stronger community. Feeling welcome and belonging in our neighborhood is important to our own mental health, but also the collective mental health of our community.

HOLD IN PRAYER

Evette Aubertin and Baby Ripley,
Dale Anthon, Sandy Cargil, Dave Brink,
Susan Lark, Oscar Herrera,
Chris Swallows, Doris Rickard,
Becky Weitkamp, Anita Jamison,
Mike Koelsch, and homebound
Harmony family members

CHURCH LEADERSHIP

Pastor: Erika Gravely
Chair: Jodi Payne
Council Members: Shirley Gotter
Judy Wagganer, Ted Proske,
Leon Hunton, Susie Quick,
Nancy Stillwell, Sarah Dalton,
Mike Singleton



APRIL 28, 2024

HARMONY

WITH SELF • WITH OTHERS • WITH GOD

2730 Walton Road, St. Louis, MO 63114

314-428-6524

www.HarmonySTL.org

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TODAY IN WORSHIP



WELCOME

CALL TO WORSHIP

OPENING PRAISE:

JESUS LOVES EVEN ME ~ CH 495

OPENING PRAYER

ANNOUNCEMENTS

SHARING CHRIST'S PEACE

HYMN: THERE IS A BALM IN GILEAD ~ UMH 375

SCRIPTURE:PSALM 42:5-11

MESSAGE: BUT THE BODY KEEPS THE SCORE

Rev. Erika Gravely

HYMN: HAVE THINE OWN WAY LORD ~ UMH 382

PASTORAL PRAYER

LORD'S PRAYER

OFFERING

HARMONY CHOIR: RISE UP O CHURCH OF GOD

OFFERING PRAYER (in unison)

CLOSING HYMN:

SOMETHING BEAUTIFUL ~ UMH 394

BLESSINGS



WELCOME TO HARMONY

God has intentionally brought you to worship this day! With your presence here you can help us live into our vision: Different voices uniting together to live like Christ, love others, and grow in Spirit. May this experience today connect you with the God who deeply loves you.

GIVING

"God so loved the world that God gave..."

Thank you for your gift of presence this morning in worship. In response to God's blessings, you may place your offering in the plates as they are passed or you can use your smart phone to give online through the QR code to the right.



CHURCH LIFE

Show Us a Sign!

It's time for a sign...from YOU!

God has enabled things to come together in incredible ways on the inside of Harmony and now it's time to take it to the streets. This is a call to action from the people of Harmony to show the community who we are and create a more welcoming environment for those who make their journey here. You can contribute to this campaign outside of your usual tithes and offerings through <https://onrealm.org/Harmony/give/ShowUs> or mark your offering envelope with Show Us a Sign Campaign. Campaign ends on June 1, with construction hopefully following soon after!

Vacation Bible School: Plan to bring your kids, grandkids, neighbors' kids to VBS May 31 - June 2. (Friday evening, Saturday and Sunday mornings).

Theme is Outback Rock: Where Kids Venture Into Solid Faith! Register on tear-off or through QR code at right.



PRAYER REQUESTS

- Confidential - for Pastor only
- Give to Prayer Team
- I would like to be contacted by the pastor.

HOW CAN I HELP?

- Yes! I'd like to support the **capital campaign** to help secure an electric sign for the front of the church! Pledge Amount \$_____
- Yes! I'd love to help out with **Vacation Bible School** (Friday evening, Saturday and Sunday morning, May 31 - June 2)
- Yes! I'd like to register a child for **Vacation Bible School!**
Name _____
Age _____
If 5, Finished Kindergarten? Yes No
Shirt Size XS S M L XL
Food Allergies? Yes No
If yes, allergies? _____

(Be sure to list name on the reverse side of this tear-off.)