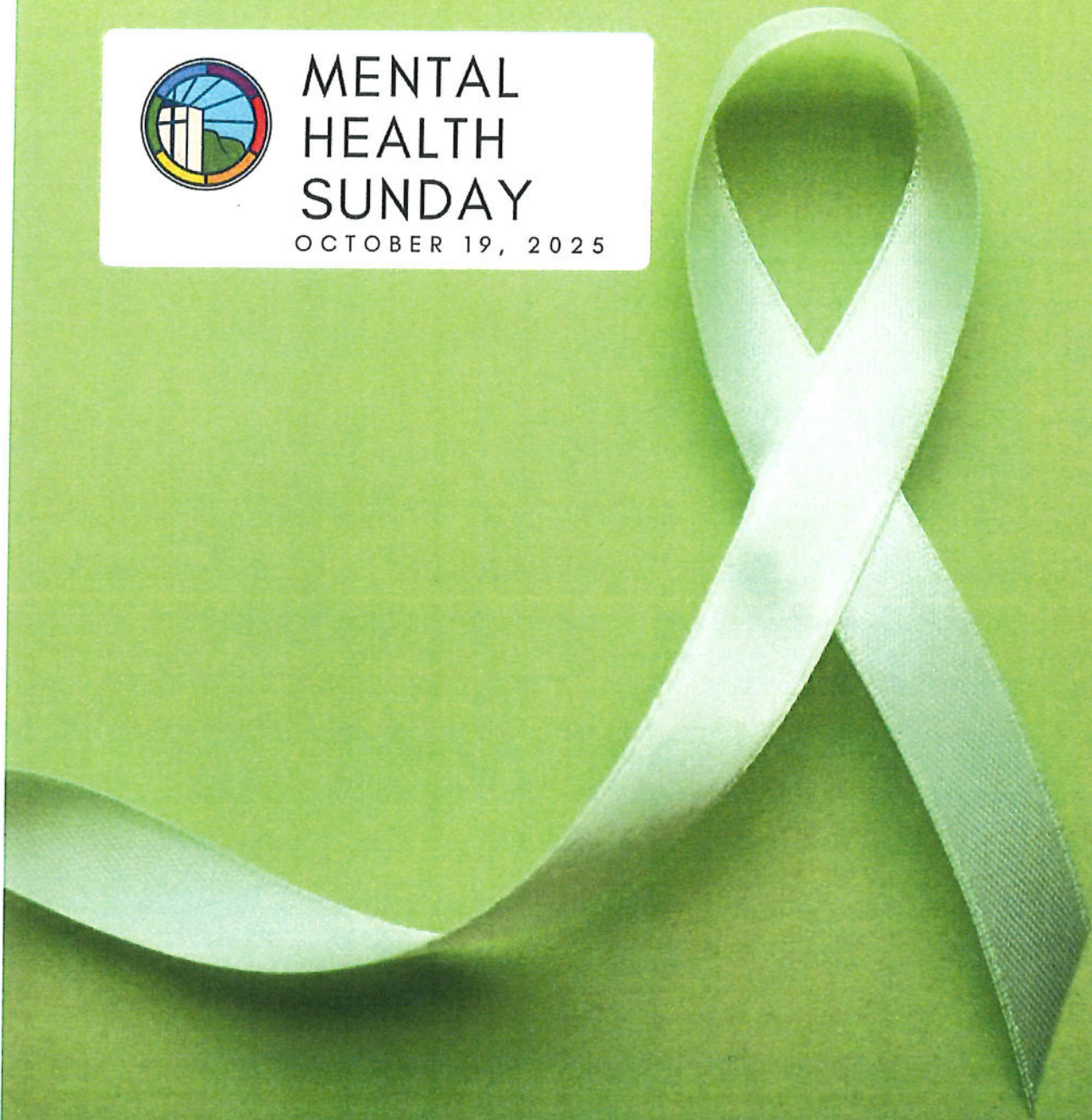




MENTAL HEALTH SUNDAY

OCTOBER 19, 2025



Welcome! The mission of First Congregational United Church of Christ is to: **Live by faith, embody love, proclaim hope, and seek justice.** If you are worshipping with us for the first time, we hope that you will find God's presence among us. When the Friendship Folder is passed during the announcements, please sign it, and then pass it back across the pew to the inside aisle.

All are welcome. Jesus called us to welcome all into God's family. Join our Fellowship Hour after worship where everyone is invited to enjoy refreshments in the Community Room. A restroom for all bodies and families is in the narthex.

Children are welcome in worship! Activity bags are available in the narthex. There is an area for parents and children at the front of the nave which allows children to be close to the action in worship. Our staffed nursery (downstairs) is an option as well. After the word for children, the kids will go to their JAM classrooms.

Livestreaming Notice for Worship. We strive for worship to be accessible for all, so we livestream our worship services on our YouTube channel, First Congregational UCC, La Crosse. Your voice and/or image may be visible in the broadcast. These recordings are publicly available at the church's discretion. If you prefer not to appear, we invite you to sit in the sanctuary's last six rows, which are not shown on camera.



Please ask an usher if you would like a large print or sensory friendly bulletin, or if you need directions or any other assistance. A Hearing Loop system is available. Turn your hearing device to the "T" setting.

Serving in Worship Today

Leading Worship.....	Mary Runyon
Preaching.....	Bev Davis
Organist, Pianist, & Choir Director	Nancy Allen
Reading Scripture.....	Jill Pein
Head Usher	Michael Feuerhelm
Ushers	Cam Roberts
Greeters.....	Sue Heuer
Nursery.....	Zali Stanton
Fellowship	WISE Committee

* In the order of service indicates all who are able, please stand.

Gathering

in the presence of God

Gathering Music

"Thanks Be to Thee"

Nancy Allen
Handel/Hopson

Welcome and Announcements

Thank you for joining us this Sunday where all are welcome. Please pass the Friendship Folder, share your name, and take note of those worshipping with you.

Prelude Music

"Sound the Trumpet"

Nancy Allen
Arr. by Hopson

*Call to Worship

One: Come, all who have known the sting of unkind words,
and all who have felt the power of love to heal.

Many: **We come to remember that every person bears the image of God.**

One: Come all who have seen people torn down or left out,
and all who have worked to lift another's spirit.

Many: **Come to this holy space where difference is met with delight.**

One: Let us sing about our God who makes all things beautiful:



In His
time, _____ in His time; _____ He makes all things beau - ti -
time, _____ in Your time; _____ You make all things beau - ti -
ful in His time. _____ Lord, please show me ev - 'ry day as You're
ful in Your time. _____ Lord, my life to You I bring; May each
teach - ing me Your way, that You do just what You say in Your
song I have to sing be to You a love - ly thing in Your
time. In Your time.

1. D Em7 D DM7 D 2. D A G A D

Moment of Silence

Take this moment of silence to be still and listen for God.

*Hymn 450 *(All join in singing the hymns.)*

"Be Still and Know"

Be Still and Know

Welcoming New Members

When we welcome new members, we affirm the baptismal vows that we make to each child and adult. We continue to live out the vows that were made to these individuals at their baptism.

*Sharing the Peace

One: The peace of Christ be with you.

Many: **And also with you.**

Please greet those near you with a wave or bow and with words such as: "Peace be with you. / And also with you."

Listening

for the Still-speaking God

The Word for Children

Rev. Bev

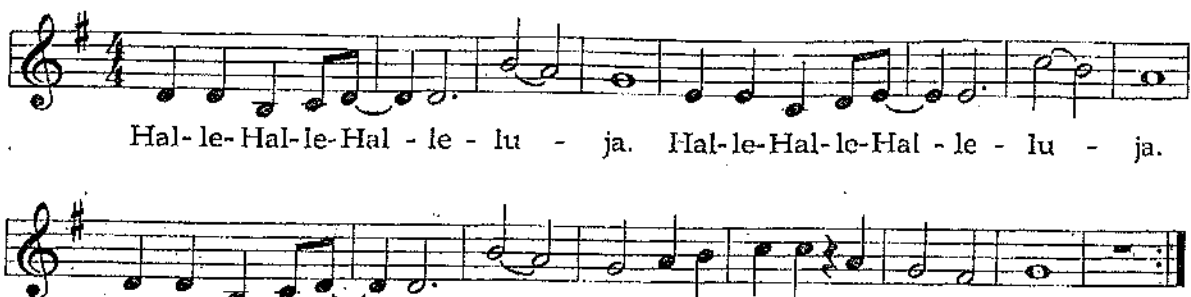
Davis

Children will join the pastor in the center aisle as we walk forward for the Word for Children. Kids will then go to their JAM classes as the congregation sings.

Acclamation *(Sung by all.)*

Halleluja

All:



Hal-le-Hal-le-Hal - le - lu - ja. Hal-le-Hal-le-Hal - le - lu - ja.

Hal-le-Hal-le-Hal - le - lu - ja. Hal-le-lu-ja. Hal - le - lu - ja.

The First Lesson

Isaiah 43:1-5a

Jill Pein

The Psalter

Psalm 34:17-20 (*Read responsively from The Message.*)

One: Is anyone crying for help?

Many: **God is listening, ready to rescue you.**

One: If your heart is broken,
you'll find God right there;

Many: **if you're kicked in the gut,
God will help you catch your breath.**

One: Disciples so often get into trouble;

Many: **still, God is there every time.**

One: God is your bodyguard, shielding every bone.

Many: **God makes sure not even a finger gets broken.**

The Gospel

Luke 17:5-10

Sermon

"I Hate Mustard"

Rev. Bev Davis

Responding

with the voice of hope

Anthem

"O Come, Let Us Sing Unto the Lord"

The Sanctuary Choir

By Diemer

The Community Invited into Prayer

Prayers of the People

Leader: God, in your love,

All: Hear our prayer.

The Prayer of Jesus (*Said by all. Use language that reflects your view of God.*)

**Our (Father / Mother / Creator) 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 trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever.
Amen.

Thanksgiving

for the gifts of God

Stories of Generosity

Tom Uphaus

The offering collected in the traditional plates will support the ongoing ministries of our church. Gifts placed in the hard hats, which will be passed after the offering plates, will support Habitat for Humanity.

Music at the Offertory

Nancy Allen

***As the Gifts Are Presented: Sing to the tune of Old 100th (Hymn 34).**

(All who are able are invited to stand and sing.)

Praise God from whom all blessings flow.
Praise God, all creatures high and low.
Praise God, for all that love has done,
Creator, Christ, and Spirit, One!



Prayer of Thanksgiving

Going

to be messengers of good news

***Hymn 405** *(All join in singing the hymn.)*

"My Hope Is Built on Nothing Less"

Solid Rock

***The Blessing**

Postlude Music

"Rondo"

Bull, Arr. by Hopson

Acknowledgements: "In His Time," words and music © 1978 Maranatha! Music (ASCAP)/CCCM Music (ASCAP) (both admin. by Music Services). "Be Still and Know," words in the public domain and music arr. © 1989 Hope Publishing Company. "My Hope Is Built on Nothing Less," words and music in the public domain. Hymns and service music reprinted and streamed with permission under Onelicense.net #A-728014.

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*Flowers today are given by David and Sue McBride
in memory of our parents: John and Margaret McBride
and Vern and Mary Heffern.*

First Congregational UCC Ministry Team

All the Members.....	Ministers
Rev. Dr. Laura Wright.....	Senior Pastor
Rev. Mary Runyon.....	Associate Minister of Faith Formation
Nancy Allen.....	Organist & Choir Director
Sue Retzlaff.....	Bell Choir Director
Michelle Logan.....	Office Manager

Contact Information: First Congregational UCC, 2503 Main Street, La Crosse, WI 54601, 608-784-8137 or office@firstcongolax.org, or visit us on the web at www.firstcongolax.org.

What gifts did you give God this week?

Can we share your gift to God with the congregation?

Yes_____ No_____

ANNOUNCEMENTS

This Week in our Church:

Sunday, October 19

Mental Health Sunday

New Member Sunday

Habitat for Humanity Faith-Build Offering

9:00 am Faith Forum:
Rev. Bev Davis Re: Bullying (C)
10:00 am Worship w/Rev. Bev Davis
10:00 am Nursery
10:20 am J.A.M.
11:00 am Fellowship (CR)
11:00 am WISE Committee Meeting (L)

Wednesday, October 22

7:00 pm Church Council Meeting (CR)

Thursday, October 23

7:00 pm Sanctuary Choir Rehearsal (S)

Friday, October 24

Office Closed

10:30 am Bell Choir Rehearsal (CR)

Sunday, October 26

Noisy Offering

9:00 am Faith Forum: Rick Rux - Salvation
Army (C)
9:00 am J.A.M. Breakfast (CR)
10:00 am Folk Songs for the Soul Worship
10:00 am Nursery
10:20 am J.A.M.
11:00 am Sweet Street Fellowship (CR)
2:00 pm Curiosity Club (CR)

CALENDAR KEY

CR = Community Room, C = Chapel, L = Lounge, N = Narthex, S = Sanctuary, J = JAM Rooms

Join Us On October 26th
For A Sunday of
Folk Music for the Soul!



Mark your calendars for a Sunday of song and spirit! On **October 26th**, the **First Congregational Choir** will lift our hearts with a program of beloved folk and popular anthems that speak to peace, justice, and hope. They will sing timeless classics by Bob Dylan, Leonard Cohen and more. Come ready to be moved, inspired, and reminded of the power of music to heal and transform. This will be a Sunday where the sanctuary rings with both beauty and conviction—an experience to invite friends, neighbors, and family to share in.