

*Worshiping, serving, and living with a fresh vision of
God's vibrant energy and grace for all.*

ORDER OF WORSHIP
Mental Health Awareness Sunday
May 31, 2026 // 10am

CENTERING WORDS:

“Loving God, the sea is so large, and my boat is so small.”

ENTERING GOD’S PRESENCE

PRELUDE

RINGING THE BELL & LIGHTING THE CHRIST CANDLE

GREETING

One: The God of life be with you.

All: And also with you!

GATHERING SONG

Come as You Are (Bulletin/Slides)

***CALL TO WORSHIP**

Collin Magennis

One: We gather in the presence of the One who abandons no one.

All: Come Holy Spirit, our advocate and comforter.

One: All are welcome in this sacred place,
made holy through your presence with us.

**All: Open our hearts and minds this day,
guide us into a loving relationship with all your children.**

One: We gather as God’s beloved people, leaving no one outside.

**All: Spark us with a word of life and radical belonging—a message that we share
with others as we seek to live out Christ’s love.**

One: We call on the name of God, who creates, redeems, and sustains us.

All: Amen

***OPENING PRAYER**

**Please stand if you are comfortable doing so.* _____

A LITANY OF LIFE EXPERIENCES

One: When we feel nervous, and the walls close in, and too many people are too close, and every day noises are too loud, and every light is too bright, and all we can do is plan our panicked escape from the situation we are in...

All: God, help us.

One: When sadness and depression pull us down like a lead weight, making it hard to move, hard to concentrate, hard to find motivation, hard to be alive, just hard...

All: God, help us.

One: When we can't help but burst into tears, we learn the difference between crying and weeping, and the weeping won't stop, and we lose hope that we will ever feel hopeful again...

All: God, help us.

One: When information comes at us in blasts that we can't make sense of, and it seems like someone keeps randomly "changing the channel" when we try to focus, and it feels impossible to learn or keep up with what's going on around us...

All: God, help us.

One: When we get so revved that we want to take on the world, and leap tall buildings, and outrun freight trains and take on too many major projects at once, and stay up all night for days on end, and the only thing we know we can't do is slow ourselves down, until we crash out of control...

All: God, help us.

One: When voices inside our minds constantly intrude upon our lives, and when they won't stop and they confuse our thoughts and make it impossible to be with other people, let alone have any kind of real conversation...

All: God, help us.

One: When all we can see is a world that is out to get us, and we get stuck believing that some grand conspiracy is designed to hurt us, or ruin us, or kill us, and we believe that only our constant vigilance can save us, if anything can...

All: God, help us.

One: When we simply don't know how out of touch other people think our thoughts are...

All: God, help us.

One: When we feel completely isolated and alone, longing for social connections we cannot make...

All: God, help us.

One: When we feel utter despair, we see more reasons to end our lives than to keep living...

All: God, help us.

One: When we strive with best intentions to stop addictions that are ruining our lives, and we try our best again and again, but we can't resist, and we end up over and over again at the same helpless place that we would give anything to avoid...

All: God help us.

One: When our thoughts jumble and things we thought we knew slip away, and we feel helpless, powerless, and scared, for the moment and for the future...

All: God, help us. Amen.

WORDS OF ASSURANCE

*PASSING THE PEACE

One: The peace of Christ be with you.

All: And also with you.

HEARING GOD'S WORD

TIME WITH CHILDREN *Come, Little Children*

ANTHEM *Turn! Turn! Turn!* Pete Seeger, arr. Roger Emerson

PRAYER FOR ILLUMINATION

SCRIPTURE READING Psalm 42

One: The Word of God for the People of God.

All: Thanks be to God!

REFLECTION *Christin McFadyen*

LITANY FOR MORE GOOD DAYS, TOGETHER

One: Gracious God, you created us for community, knowing that we are better together. On this Mental Health Sunday, we gather to celebrate the hope of "More Good Days, Together."

All: May your Spirit strengthen our minds and protect our hearts.

One: We recognize that 1 in 5 people experience a mental health condition each year, and 5 in 5 of us are managing our mental health every day. For the times we have felt isolated, ashamed, or broken, we ask for your healing light.

All: Lord, hear our prayer for comfort and connection.

One: We pray against the stigma that keeps us silent. Help us to create spaces of radical belonging, where every unique experience is validated and supported.

All: Help us create more good days, together.

One: For those navigating depression, anxiety, trauma, or burnout, we pray for moments of peace and access to the care they need.

All: May your peace, which passes all understanding, guard our hearts.

One: We give thanks for counselors, therapists, doctors, and support systems that help us navigate the hard days.

All: We bless the work of healing hands and listening ears.

One: As we look toward the future, we commit to being a community that walks alongside one another, understanding that "good" is defined by our unique experiences and goals.

All: With your help, we will move from merely surviving to thriving and flourishing. Amen.

*HYMN #796 *We Come to You for Healing, Lord*

RESPONDING TO GOD'S GRACE

LIFE AT FIRST

Please take this time to sign the red Friendship Pad found on the pew near you. If you have a prayer request, you are invited to fill out a prayer card (found in the pew-backs) and put it in the offering plate. The ushers will deliver it to the pastors.

— Prayer Shawl Ministry

WELCOMING OUR CONFIRMANDS

Nora Teutsch, Will Rund, Ben Van Kempen

INVITATION TO THE OFFERING

— Fifth Sunday Special Offering

OFFERTORY

***DOXOLOGY #606**

**All: Praise God whose image we all bear.
Praise Christ whose mercy we all share.
Praise Spirit making justice grow.
One God from whom all blessings flow. Amen.**

***PRAYER OF THANKSGIVING**

All: Giver of Life, we dedicate these gifts and ourselves to you. May these offerings bring comfort, support mental wellness programs, and spread your peace. Use our resources to remind the world that you are a Parent to the orphaned and a defender of the vulnerable. Amen.

PRAYERS OF THE PEOPLE AND THE LORD'S PRAYER

Some choose to begin this prayer, "Our Creator," "Our Mother," or "Our Parent."

**All: 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.**

HYMN #727 *The Servant Song

CARRYING GOD'S LOVE INTO THE WORLD

***BENEDICTION**

One: Friends, Jesus taught us to love one another as fiercely and freely as God loves each of us, with the power that binds us together as the Body of Christ.

**All: We go out into the world as God's beloved people,
bringing Holy Love to all whom we meet!**

One: The Spirit that fills us with the Breath of Life urges us to imagine anew how to be Church in the world today.

**All: We will breathe deeply and move beyond what has been and what is.
We will follow the Spirit and bring hope and healing to all who live in despair and brokenness. We will be the Church!**

***SENDING SONG #543 *God, Be the Love to Search and Keep Me* (vs. 1, 4)**

Worship Leaders: Rev. Cathy Hoop, Rev. Dr. Paul Van Kempen, Beth Magennis,
FPC Choir, Rose Gifford, Christin McFadyen

Thanks to: Sound and Video Tim Richardson, Greeter and Ushers, Bus Drivers,
M&M Café Providers, Kiki Leman and Nursery Care Providers

Come as You Are

Sr. Deidre Brown

$\text{♩} = 120$

1. Come as you are, that's how I want you. Come as you are,
2. No need to fear, love sets no lim - its. No need to fear,
3. I came to call you, not just the vir-tuous. I came to bring peace,
4. Come as you are, that's how I love you. Come as you are,

7

feel quite at home. Close to my heart, loved and for -
love ne - ver ends. Don't run a - way, shamed and dis -
not to con - demn. Each time you fail, to live by my
trust me a - gain. No - thing can change, the love that I

12

giv - en. Come as you are, why stand a - lone.
heart-ened. Rest in my love, trust me a - gain.
pro - mise. Why do you think, I'd love you the less?
bear you. All will be well, just come as you are.

The Quiet Center

Shirley Erena Murray

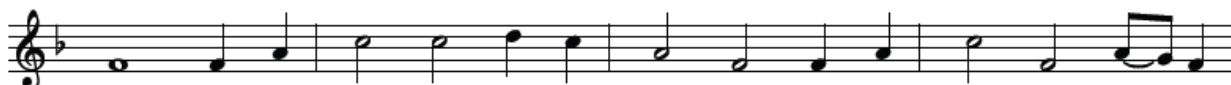
BEACH SPRING



1,4. Come and find the qui - et cen - ter in the crowd-ed life we
2. Si - lence is a friend who claims us, cools the heat and slows the
3. In the Spir - it let us trav - el, o - pen to each oth - er's



lead, find the room for hope to en - ter, find the frame where we are
pace, God it is who speaks and names us, knows our be - ing, touch-es
pain, let our loves and fears un - rav - el, cel - e - brate the space we



freed: clear the cha - os and the clut - ter, clear our eyes, that we can
base, mak - ing space with - in our think - ing, lift - ing shades to show the
gain: there's a place for deep - est dream - ing, there's a time for heart to



see all the things that real - ly
sun, rais - ing cour - - age when we're
care, in the Spir - - it's live - ly

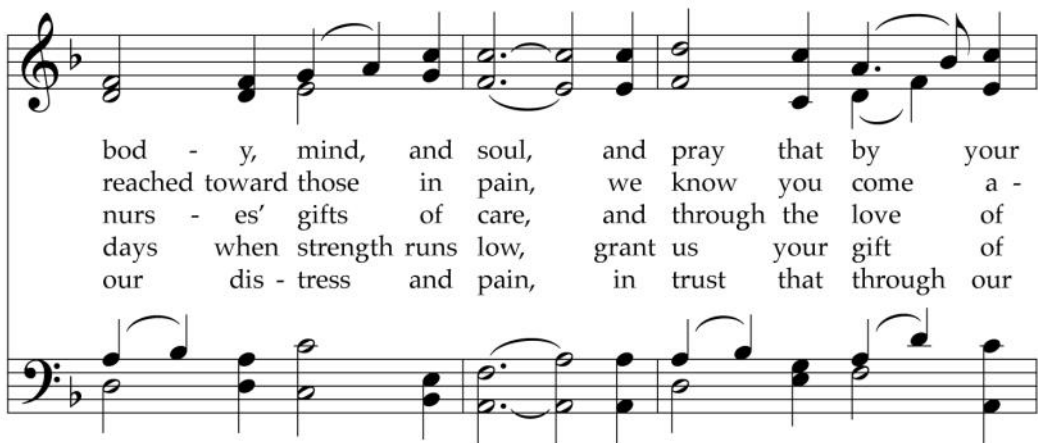


mat - ter, be at peace and sim - ply be.
shrink - ing find - ing scope for faith be - gun.
schem - ing there is al - ways room to spare.

We Come to You for Healing, Lord 796



1 We come to you for heal - ing, Lord, of
2 As once you walked through an - cient streets and
3 You touch us through phy - si - cians' skills, through
4 Through nights of pain and wake - ful - ness, through
5 We come to you, O lov - ing Lord, in



bod - y, mind, and soul, and pray that by your
reached toward those in pain, we know you come a -
nurs - es' gifts of care, and through the love of
days when strength runs low, grant us your gift of
our dis - tress and pain, in trust that through our



Spir - it's touch we may a - gain be whole.
mong us still with power to heal a - gain.
faith - ful friends who lift our lives in prayer.
pa - tience, Lord, your calm - ing peace to know.
nights and days your grace will heal, sus - tain.

Will You Let Me Be Your Servant 727

The Servant Song

1, 6 Will you let me be your ser - vant, let me
2 We are pil - grims on a jour - ney; we're to -
3 I will hold the Christ - light for you in the
4 I will weep when you are weep - ing; when you
5 When we sing to God in heav - en, we shall

be as Christ to you? Pray that I may have the
geth - er on the road. We are here to help each
night - time of your fear. I will hold my hand out
laugh I'll laugh with you. I will share your joy and
find such har - mo - ny, born of all we've known to -

grace to let you be my ser - vant too.
oth - er walk the mile and bear the load.
to you, speak the peace you long to hear.
sor - row till we've seen this jour - ney through.
geth - er of Christ's love and ag - o - ny.

(repeat stanza 1)

8

God, Be the Love to Search and Keep Me

543

O Christ, Surround Me



1 God, be the love to search and keep me; God, be the prayer to
2 Bind to my-self the Name of Ho - ly, great cloud of wit - ness-
3 Bright-ness of sun and glow of moon-light, flash - ing of light-ning,
4 Walk - ing be-hind to hem my jour - ney, go - ing a - head to
5 Christ in the eyes of all who see me, Christ in the ears that



move my voice; God, be the strength to now up - hold me:
es en - fold; proph - ets, a - pos - tles, an - gels wit - ness:
strength of wind, depth of the sea to soil of plan - et:
light my way, and from be - neath, a - bove, and all ways:
hear my voice, Christ in the hearts of all who know me:



O Christ, sur-round me; O Christ, sur-round me.

ANNOUNCEMENTS

Mental Health Education Hour - All Ages // Today we have two options for the education hour. Join Christin McFadyen to view and discuss a Ted Talk on mental health topics or - for children, youth and their families - come down to the Fellowship Hall to join Cathy for a story, *After the Fall: How Humpty Dumpty Got Back Up Again*, and some fun activities.

Fifth Sunday Offering Today // In support of Mental Health Awareness Month, our Fifth Sunday offering will support the Mental Health Foundation of West Michigan: Be Nice Initiative which offers 4 Simple Steps to recognize depression and prevent suicide (Notice, Invite, Challenge, Empower). For more information visit: www.benice.org

Mental Health Awareness // May is Mental Health Awareness Month! Please visit the display in the M & M Café for many excellent resources. Pick up a green ribbon to wear in recognition of Mental Health Awareness!

Celebration of the Resurrection for Arloa Wirbel // We will gather here on June 5th at 1:00pm for a celebration of Arloa's generous and compassionate life. If you would like to help with the reception, please contact Diane Hayes.

Front Entrance Renovations // The foundations for the ramp and new stairs are going in! Keep the crew in your prayers for safety as they work.

FPC Bus Assistant Needed // The Sunday morning bus service to 4 facilities in Holland needs a new assistant beginning in September. An assistant helps riders onto and off the bus and secures an Amigo (mobility vehicle) to the floor of the bus to and from the church service. The bus leaves the parking lot at 9:00am for pick-ups and gives riders 15 minutes after the service ends to have a cup of coffee, a cookie and time to share with friends before heading home. The bus is usually back in the parking lot by 11:45. There are 4 full-time teams and one floater team so that it only requires your service once a month. If you might be interested, let Chris Urbaniak know and she can arrange a ride-a-long so you can experience the commitment. It's an enjoyable time with riders who really appreciate the service.

Active Response to ICE Training // Todos Bienvenidos (means everyone is welcome) is hosting, Active Response to ICE training on June 2, 6-8pm. During the session, participants will learn how to effectively respond to ICE operations, and ways to support families impacted before, during, and after ICE encounters. Upon registration, the location for training will be provided. Use the QR code to register. This event is sponsored by the Outreach Committee. Please contact Janet Hostetler with any questions, janethostetler@gmail.com or 740-704-4822.



Habitat for Humanity // The next Habitat for Humanity workday is June 3. Work dates often fill up quickly. Future work dates include July 16 and August 13. Contact Bill Haines with questions, wehaines@icloud.com

ASL Class // An American Sign Language class will be offered June 10 - August 5 skipping July 1. We will meet on Wednesday nights in the Michigan Room. Sign-up in the Narthex.

- > ASL level 1 class meets from 4-6pm. The level 2 class meets from 6:30-8:30pm.
- > The required book is Learn American Sign Language, by James W. Guido.
- > Class cost is \$60 with new book –or- \$40 if you already have the book.

Justice Reads: FPC Book Group // Everyone is welcome! Our next meeting is June 18, in the M&M Café from 7:00-8:30pm. We are reading, *As Long as Grass Grows: The Indigenous Fight for Environmental Justice* by Dina Gilio-Whitake. Questions? Contact Pastor Cathy

Out on the Lakeshore PRIDE Celebration // June 27 from 12-5pm at Kollen Park. Out On The Lakeshore is proud to present the Holland PRIDE Festival at Kollen Park! Join us for an afternoon of fabulous entertainment, food trucks, merchandise vendors, resource booths, and activities for all ages. If you would like to volunteer at the FPC PRIDE tent, please see Chris Urbaniak. We always need help with set up and take down, but the most fun is welcoming folks to our booth where they can design their own buttons. Come help us spread the word that God loves ALL! Visit <https://outonthelakeshore.org/holland-pride/> for more details.

Styrofoam Recycling at FPC // The good news: Our congregation has enthusiastically participated in keeping recyclable foam out of the landfill. The bad news: with only two volunteers handling this overwhelming collection, we could use your help. The material is extremely lightweight and the drop off location is in Byron Center. Please contact Jon Kreple jskreple@gmail.com or Nancy Kreple nkreple@gmail.com for more information.

FPC Talent Show // FPC is hosting a Talent / UnTalent show on Sunday, June 28 at 12:15 following a light lunch at 11:30. You can perform by yourself, with a friend, or a group. You can perform skits, musical members, magic tricks, ect. Performances must be FIVE MINUTES OR LESS. Not a performer? You will be able to sign up to display your talents such as quilts, woodworking, ect. This will be a day of fun and laughter! Sign up in the Narthex. Contact Cindy Helder with your questions: cindyloubear6@gmail.com or 616-848-7204 or text 989-859-2257.

Save the Date // As you start making summer plans, consider joining us at Mystery Creek Campground for our paddle weekend, July 10-12. Come and camp or come for just the day - paddle or just hang out with us. It's a wonderful way to spend time outdoors growing friendships and having fun! Stay tuned for more details.



Summer is just around the corner! As you are planning your summer, make sure to **save the week of June 22-26** for Wild Wonder Camp at FPC! Wild Wonder Camp will be held June 22-26 from 9-11:45 each day. We welcome campers k-6th grade (entering in the fall) and teen helpers from 7-12th grade.

Wild Wonder Camp is totally free!

Follow the QR Code register.

We are looking forward to another great week where we learn how to care for creation! If you have any questions, don't hesitate to reach out!



WE'RE HIRING

Job Title: Lead Preschool Teacher – Great Start Readiness Program (GSRP) AND 4's AM class

Employment Type: Part-Time, School Year

About the Role

First Presbyterian Preschool is seeking a dedicated and nurturing GSRP and 4's AM class Lead Teacher to join our team in Holland. As a Lead Teacher, you will be responsible for creating a high-quality, inclusive, and developmentally appropriate learning environment for four-year-olds. You will implement research-based curricula and work closely with families to ensure every child is prepared for kindergarten.

For more information contact, Marina Tronrud at firstpresbpreschool@gmail.com.

How to Apply

Please submit your resume and cover letter to Marina Tronrud at firstpresbpreschool@gmail.com.

STAFF

Cathy Caldwell-Hoop
Paul Van Kempen

Lori Lepard
Marlene Field
Lori Klinesteker

Jane Oosterhouse
Thom Samuelson
Sue Stock

Senior Pastor and Head of Staff
Associate Pastor and
Director of Music
Administrative Assistant
Bookkeeper
Clerk of Session &
Children's Ministry Leader
Custodian
Maintenance
Communications

Cathy@fpcholland.org
Paul@fpcholland.org
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Marlene@fpcholland.org
Lori@fpcholland.org
Jane@fpcholland.org
Thom@fpcholland.org
Sue@fpcholland.org

DEACONS:

Class of 2027: Kristin Goddard, Lloyd Helder,
Michele Richardson, Leah Wallar

Class of 2028: Cathy Colten, Gail Hering,
Fred Mc Conkey

Class of 2029: Carleen Bauer, Marti Disler,
Mark Van Oostenburg

ELDERS:

Class of 2026: Luke Rund-Scott (Youth)

Class of 2027: Jen Laux Ludwig, Tom Salley,
Tim Staal

Class of 2028: Jon Kreple, Lauren Stouffer,
Chris Urbaniak

Class of 2029: Alana Cocanour, Paula Perkins

Children's Programming During Worship:

Children of all ages are encouraged and welcome to be with us during worship. If you prefer an alternative:

- Nursery: Newborn - 3 years of age. Available for the whole service.
- Celebration Time - 4 years of age through 1st grade. Available after Children's Time.

Education Offerings After Worship:

Education hour is from 11:15a -12:00p. *All are welcome to participate! Please note Education Hour is on summer break for children and youth and will resume in September.*

- Adult Class - Michigan Room
- Youth - Youth Room
- Worship Center - PreK - 5th grade
- Nursery - Newborn through 3 years

FIRST PRESBYTERIAN CHURCH

659 State St., Holland, Michigan 49423 / Office: (616) 392-9022 / Email: office@fpcholland.org



FPC is a More Light congregation, celebrating the full inclusion of LGBTQIA+ individuals in life, ministry and witness of the PC (USA) and in society. You are welcome here, and you are loved. Learn more at MLP.org