

### IMMANUEL LUTHERAN CHURCH AVILLA, INDIANA GOD WITH US

Volume LXXXII260-897-2071Number 39September 249:30 AM2023Pastor: Rev. Patrick Kuhlman2023Seminarian: David Grasch, Travis Hartman, Josiah CoblentzChancel Society: Sherri DeLongWebsite: www.immanuellutheranavilla.comEmail: imavilla@embarqmail.comFor counseling needs contact Pastor Kuhlman for referral to CrossConnections.www.crossconnectionscounseling.com

# **Seventeenth Sunday After Pentecost**

## **ORGAN PRELUDE**

## **RINGING OF THE BELL**

## **DIVINE SERVICE – SETTING THREE – PAGE 184**

### HYMN No. 809 - Great Is Thy Faithfulness

- 1 Great is Thy faithfulness, O God my Father; There is no shadow of turning with Thee. Thou changest not: Thy compassions, they fail not; As Thou hast been, Thou forever wilt be.
- *refrain* Great is Thy faithfulness! Great is Thy faithfulness! Morning by morning new mercies I see; All I have needed Thy hand hath provided; Great is Thy faithfulness, Lord, unto me!
  - 2 Summer and winter and springtime and harvest, Sun, moon, and stars in their courses above Join with all nature in manifold witness To Thy great faithfulness, mercy, and love.

- *refrain* Great is Thy faithfulness! Great is Thy faithfulness! Morning by morning new mercies I see; All I have needed Thy hand hath provided; Great is Thy faithfulness, Lord, unto me!
  - 3 Pardon for sin and a peace that endureth, Thine own dear presence to cheer and to guide; Strength for today and bright hope for tomorrow, Blessings all mine, with ten thousand beside!
- *refrain* Great is Thy faithfulness! Great is Thy faithfulness! Morning by morning new mercies I see; All I have needed Thy hand hath provided; Great is Thy faithfulness, Lord, unto me!

Text: Thomas O. Chisholm, 1866–1960 Text: Public domain

### INVOCATION

- P: In the name of the Father and of the Son and of the Holy Spirit.
- C: Amen

### **CONFESSION AND ABSOLUTION**

- P: Beloved in the Lord! Let us draw near with a true heart and confess our sins unto God our Father, beseeching Him in the name of our Lord Jesus Christ to grant us forgiveness.
- P: Our help is in the name of the Lord,
- **C:** who made heaven and earth.
- P: I said, I will confess my transgressions unto the Lord,
- C: and You forgave the iniquity of my sin.

Silence for reflection on God's Word and for self-examination.

- P: O almighty God, merciful Father,
- C: I, a poor, miserable sinner, confess unto You all my sins and iniquities with which I have ever offended You and justly deserved Your temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray You of Your boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Your beloved Son, Jesus Christ, to be gracious and merciful to me, a poor, sinful being.
- P: Upon this your confession, I, by virtue of my office, as a called and ordained servant of the Word, announce the grace of God unto all of you, and in the stead and by the command of my Lord Jesus Christ I forgive you all your sins in the name of the Father and of the Son and of the Holy Spirit.
- C: Amen.

## INTROIT - Psalm 116:12-13, 15-16;

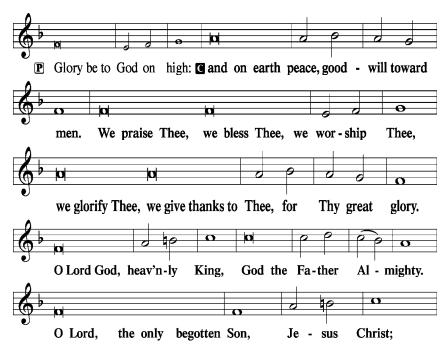
- P: I will offer to you the sacrifice of thanksgiving
- C: and call on the name of the LORD.
- P: What shall I render to the LORD
- C: for all his benefits to me?
- P: I will lift up the cup of salvation
- C: and call on the name of the LORD.
- P: Precious in the sight of the LORD
- C: is the death of his saints.
- P: O LORD, I am your servant;
- C: I am your servant, the son of your maidservant. You have loosed my bonds.
- P: Glory be to the Father and to the Son
- C: and to the Holy Spirit;
- P: as it was in the beginning,
- C: is now, and will be forever. Amen.
- P: I will offer to you the sacrifice of thanksgiving
- C: and call on the name of the LORD.



**KYRIE** 



### **GLORIA IN EXCELSIS**





#### **COLLECT OF THE DAY**

P: The Lord be with you.



- P: Let us pray.
- C: Lord God, heavenly Father, since we cannot stand before You relying on anything we have done, help us trust in Your abiding grace and live according to Your Word; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.



### Old Testament Reading – Isaiah 55:6-9

- <sup>6</sup> "Seek the LORD while he may be found; call upon him while he is near;
- <sup>7</sup>let the wicked forsake his way, and the unrighteous man his thoughts;
- let him return to the LORD, that he may have compassion on him, and to our God, for he will abundantly pardon.
- <sup>8</sup>For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD.
- <sup>9</sup>For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."
- P: This is the Word of the Lord.
- C: Thanks be to God.

#### Epistle – Philippians 1:12–14, 19–30

<sup>12</sup>I want you to know, brothers, that what has happened to me has really served to advance the gospel, <sup>13</sup>so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ. <sup>14</sup>And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear...

<sup>19</sup>for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance, <sup>20</sup>as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death. <sup>21</sup>For to me to live is Christ, and to die is gain. <sup>22</sup>If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. <sup>23</sup>I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. <sup>24</sup>But to remain in the flesh is more necessary on your account. <sup>25</sup>Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, <sup>26</sup>so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.

<sup>27</sup>Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel, <sup>28</sup>and not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God. <sup>29</sup>For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake, <sup>30</sup>engaged in the same conflict that you saw I had and now hear that I still have.

- P: This is the Word of the Lord.
- C: Thanks be to God.

#### ALLELUIA



#### Holy Gospel - Matthew 20:1-16

P: The Holy Gospel according to St. Matthew, the twentieth chapter.



<sup>1</sup>[Jesus said:] "The kingdom of heaven is like a master of a house who went out early in the morning to hire laborers for his vinevard. <sup>2</sup>After agreeing with the laborers for a denarius a day, he sent them into his vineyard. <sup>3</sup>And going out about the third hour he saw others standing idle in the marketplace, <sup>4</sup> and to them he said, 'You go into the vineyard too, and whatever is right I will give you.' <sup>5</sup>So they went. Going out again about the sixth hour and the ninth hour, he did the same. <sup>6</sup>And about the eleventh hour he went out and found others standing. And he said to them, 'Why do you stand here idle all day?' <sup>7</sup>They said to him, 'Because no one has hired us.' He said to them, 'You go into the vineyard too.' <sup>8</sup>And when evening came, the owner of the vineyard said to his foreman, 'Call the laborers and pay them their wages, beginning with the last, up to the first.' <sup>9</sup>And when those hired about the eleventh hour came, each of them received a denarius. <sup>10</sup>Now when those hired first came, they thought they would receive more, but each of them also received a denarius. <sup>11</sup>And on receiving it they grumbled at the master of the house, <sup>12</sup> saying, 'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.' <sup>13</sup>But he replied to one of them, 'Friend, I am doing you no wrong. Did you not agree with me for a denarius? <sup>14</sup>Take what

belongs to you and go. I choose to give to this last worker as I give to you. <sup>15</sup>Am I not allowed to do what I choose with what belongs to me? Or do you begrudge my generosity?' <sup>16</sup>So the last will be first, and the first last."

P: This is the Gospel of the Lord.



### NICENE CREED

- C: I believe in one God, the Father Almighty, maker of heaven and earth and of all things visible and invisible.
- And in one Lord Jesus Christ, the only-begotten Son of God, begotten of His Father before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father, by whom all things were made; who for us men and for our salvation came down from heaven and was incarnate by the Holy Spirit of the virgin Mary and was made man; and was crucified also for us under Pontius Pilate. He suffered and was buried. And the third day He rose again according to the Scriptures and ascended into heaven and sits at the right hand of the Father. And He will come again with glory to judge both the living and the dead, whose kingdom will have no end.
- And I believe in the Holy Spirit, the Lord and giver of life, who proceeds from the Father and the Son, who with the Father and the Son together is worshiped and glorified, who spoke by the prophets. And I believe in one holy Christian and apostolic Church, I acknowledge one Baptism for the remission of sins, and I look for the resurrection of the dead and the life of the world to come. Amen.

### HYMN No. 738 - Lord of All Hopefulness

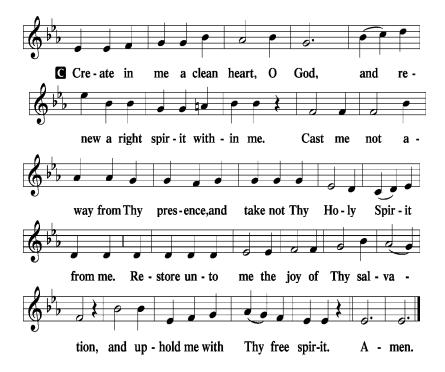
- Lord of all hopefulness, Lord of all joy, Whose trust, ever childlike, no cares could destroy: Be there at our waking, and give us, we pray, Your bliss in our hearts, Lord, at the break of the day.
- 2 Lord of all eagerness, Lord of all faith, Whose strong hands were skilled at the plane and the lathe: Be there at our labors, and give us, we pray, Your strength in our hearts, Lord, at the noon of the day.
- 3 Lord of all kindliness, Lord of all grace,
  Your hands swift to welcome, Your arms to embrace:
  Be there at our homing, and give us, we pray,
  Your love in our hearts, Lord, at the eve of the day.
- 4 Lord of all gentleness, Lord of all calm, Whose voice is contentment, whose presence is balm: Be there at our sleeping, and give us, we pray, Your peace in our hearts, Lord, at the end of the day.

Text: Jan Struther, 1901–53 Text:  ${\rm \textcircled{O}}$  Oxford University Press. Used by permission: LSB Hymn License no. 110001553

### SERMON

Text:Matthew 20:1-16Theme:What Counts Is God's Generosity

#### **OFFERTORY**



#### **OFFERING**

HYMN No. 781 (vs. 1 & 2) - We Give Thee But Thine Own

- 1 We give Thee but Thine own, Whate'er the gift may be; All that we have is Thine alone, A trust, O Lord, from Thee.
- 2 May we Thy bounties thus As stewards true receive And gladly, as Thou blessest us, To Thee our firstfruits give!

### PRAYER OF THE CHURCH

P: Let us pray for the whole people of God in Christ Jesus, and for all people according to their needs.

(there is a time for silent prayer)

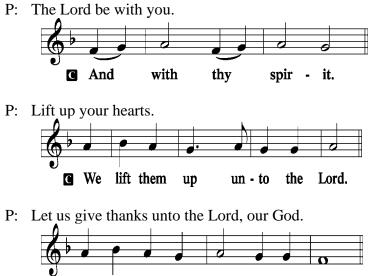
After each petition:

- P: Lord, in Your mercy
- C: hear our prayer

At the conclusion of the prayer:

- P: Into Your hands, O Lord, we commend all for whom we pray, trusting in Your mercy, through Jesus Christ, our Lord.
- C: Amen.

### PREFACE



**G** It is meet and right so to do.

P: It is truly meet, right, and salutary . . . evermore praising You and saying:

### SANCTUS



#### LORD'S PRAYER

P: 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 trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.



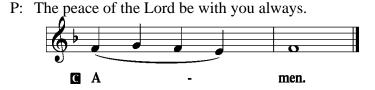


### THE WORDS OF OUR LORD

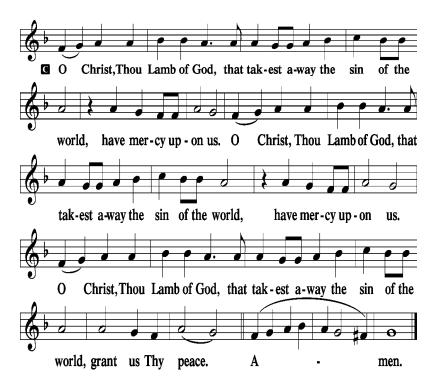
P: Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My body, which is given for you. This do in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the new testament in My blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

### **PAX DOMINI**



### **AGNUS DEI**



### **DISTRIBUTION HYMNS**

HYMN No. 411 - I Want to Walk as a Child of the Light

- I want to walk as a child of the light.
   I want to follow Jesus.
   God set the stars to give light to the world.
   The star of my life is Jesus.
- *refrain* In Him there is no darkness at all. The night and the day are both alike. The Lamb is the light of the city of God. Shine in my heart, Lord Jesus.

- 2 I want to see the brightness of God.I want to look at Jesus.Clear Sun of Righteousness, shine on my path,And show me the way to the Father.
- *refrain* In Him there is no darkness at all. The night and the day are both alike. The Lamb is the light of the city of God. Shine in my heart, Lord Jesus.
  - 3 I'm looking for the coming of Christ.I want to be with Jesus.When we have run with patience the race,We shall know the joy of Jesus.
- *refrain* In Him there is no darkness at all. The night and the day are both alike. The Lamb is the light of the city of God. Shine in my heart, Lord Jesus.

Text: Kathleen Thomerson, 1934 Text: © 1970, 1975 Celebration. Used by permission: LSB Hymn License no. 110001553

#### HYMN No. 578 - Thy Strong Word

- Thy strong word did cleave the darkness; At Thy speaking it was done. For created light we thank Thee, While Thine ordered seasons run. Alleluia, alleluia! Praise to Thee who light dost send! Alleluia, alleluia! Alleluia without end!
- 2 Lo, on those who dwelt in darkness, Dark as night and deep as death, Broke the light of Thy salvation, Breathed Thine own life-breathing breath. Alleluia, alleluia! Praise to Thee who light dost send! Alleluia, alleluia! Alleluia without end!

- 3 Thy strong Word bespeaks us righteous; Bright with Thine own holiness, Glorious now, we press toward glory, And our lives our hopes confess. Alleluia, alleluia! Praise to Thee who light dost send! Alleluia, alleluia! Alleluia without end!
- 4 From the cross Thy wisdom shining Breaketh forth in conqu'ring might; From the cross forever beameth All Thy bright redeeming light. Alleluia, alleluia! Praise to Thee who light dost send! Alleluia, alleluia! Alleluia without end!
- 5 Give us lips to sing Thy glory, Tongues Thy mercy to proclaim, Throats that shout the hope that fills us, Mouths to speak Thy holy name.
  Alleluia, alleluia! May the light which Thou dost send Fill our songs with alleluias, Alleluias without end!
- △ 6 God the Father, light-creator, To Thee laud and honor be. To Thee, Light of Light begotten, Praise be sung eternally. Holy Spirit, light-revealer, Glory, glory be to Thee. Mortals, angels, now and ever Praise the holy Trinity!

### HYMN No. 727 - On Eagles' Wings

- 1 You who dwell in the shelter of the Lord, Who abide in His shadow for life, Say to the Lord: "My refuge, My rock in whom I trust!"
- *refrain* And He will raise you up on eagles' wings, Bear you on the breath of dawn, Make you to shine like the sun, And hold you in the palm of His hand.
  - 2 The snare of the fowler will never capture you, And famine will bring you no fear; Under His wings your refuge, His faithfulness your shield.
- *refrain* And He will raise you up on eagles' wings, Bear you on the breath of dawn, Make you to shine like the sun, And hold you in the palm of His hand.
  - 3 You need not fear the terror of the night, Nor the arrow that flies by day; Though thousands fall about you, Near you it shall not come.
- *refrain* And He will raise you up on eagles' wings, Bear you on the breath of dawn, Make you to shine like the sun, And hold you in the palm of His hand.
  - 4 For to His angels He's given a command To guard you in all of your ways; Upon their hands they will bear you up, Lest you dash your foot against a stone.
- *refrain* And He will raise you up on eagles' wings, Bear you on the breath of dawn, Make you to shine like the sun, And hold you in the palm of His hand.

#### HYMN No. 620 - Jesus Comes Today with Healing

- Jesus comes today with healing, Knocking at my door, appealing, Off'ring pardon, grace, and peace. He Himself makes preparation, And I hear His invitation: "Come and taste the blessèd feast."
- 2 Christ Himself, the priest presiding, Yet in bread and wine abiding In this holy sacrament, Gives the bread of life, once broken, And the cup, the precious token Of His sacred covenant.
- 3 Under bread and wine, though lowly, I receive the Savior holy, Blood and body, giv'n for me, Very Lamb of God from heaven, Who to bitter death was given, Hung upon the cursèd tree.
- God descends with heav'nly power, Gives Himself to me this hour In this ordinary sign.
  On my tongue His pledge receiving, I accept His grace, believing That I taste His love divine.
- 5 Let me praise God's boundless favor, Whose own feast of love I savor, Bidden by His gracious call.
  Wedding garments He provides me, With a robe of white He hides me, Fits me for the royal hall.

### 6 Now have I found consolation, Comfort in my tribulation, Balm to heal the troubled soul. God, my shield from ev'ry terror, Cleanses me from sin and error, Makes my wounded spirit whole.

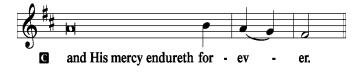
Text: Heinrich Puchta, 1808–58; tr. David W. Rogner, 1960 Text: © David W. Rogner. Used by permission: LSB Hymn License no. 110001553

### NUNC DIMITTIS



### THANKSGIVING

P: O give thanks unto the Lord, for He is good,



P: Let us pray...We give thanks to You, almighty God, that You have refreshed us through this salutary gift, and we implore You that of Your mercy You would strengthen us through the same in faith toward You and fervent love toward one another; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.



### SALUTATION AND BENEDICAMUS

P: The Lord be with you.



P: Bless we the Lord.



#### BENEDICTION

P: The Lord bless you and keep you. The Lord make His face shine upon you and be gracious unto you. The Lord lift up His countenance upon you and give you peace.



HYMN No. 660 - Stand Up, Stand Up for Jesus

- Stand up, stand up for Jesus, Ye soldiers of the cross. Lift high His royal banner; It must not suffer loss. From vict'ry unto vict'ry His army He shall lead Till ev'ry foe is vanquished, And Christ is Lord indeed.
- 2 Stand up, stand up for Jesus; The trumpet call obey; Stand forth in mighty conflict In this His glorious day. Let all His faithful serve Him Against unnumbered foes; Let courage rise with danger And strength to strength oppose.
- 3 Stand up, stand up for Jesus; Stand in His strength alone. The arm of flesh will fail you, Ye dare not trust your own. Put on the Gospel armor; Each piece put on with prayer. Where duty calls or danger, Be never wanting there.

4 Stand up, stand up for Jesus; The strife will not be long; This day the din of battle, The next the victor's song. The soldiers, overcoming, Their crown of life shall see And with the King of Glory Shall reign eternally.

> Text: George Duffield, Jr., 1818–88, alt. Text: Public domain

## **Acknowledgments**

Divine Service, Setting Three from Lutheran Service Book Unless otherwise indicated, all scripture quotations are from *The Holy Bible, English Standard Version*, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved. Created by Lutheran Service Builder © 2006 Concordia Publishing House.

**WELCOME** - We welcome all worshippers to our services at Immanuel this week. As God comes to us in Word and in Sacrament may we experience His love and His power in the singing of praise and the living of our lives to His glory.

**VISITORS** - Welcome all visitors this week. Be sure to pick up a visitor packet from an usher or from our Information Rack in the east entrance.

**RECORD OF FELLOWSHIP PADS** -<u>ALL</u> members and visitors are asked to record their attendance at church and communion. Please return the record to the center aisle.

**SERVICE ENLARGEMENTS, LARGE PRINT HYMNS & ASSISTIVE LISTENING DEVICES** - are now available for the service each week. It will include the service, hymns, and the insert of readings. They will be available at both entrances next to the bulletins. Please return them after the service. **COMMUNION -** If you are not a member of Immanuel and have not previously taken Communion here, or if you are unable to come to the Communion rail, please speak with Pastor Kuhlman before the service. Grape juice is available in the center of each wine tray.

**CHILDREN'S ACTIVITY TOTES** - are available at both entrances for children age kindergarten and younger. <u>Please return</u> them after the service.

**NURSERY** - Exit the southeast door, the nursery is the third door at the bottom of the stairs. The first door is the lounge where you may listen to the service on the speaker.

**CHILDREN'S SUNDAY SCHOOL** is at 8:30AM in the educational rooms of the fellowship hall wing.

**ADULT SUNDAY SCHOOL** is at 8:30AM in the west Sunday school room. They are looking deeper into the Lessons of the Day for that Sunday Service. All are invited to attend.

**CHURCH OFFICE** - If you need to meet or speak to Pastor Kuhlman you can always reach him on his cell and at his home. **Please note that the church will be locked at all times unless two people are present.** 

**FLOWERS** – The flowers on the altar are given to the glory of God by Alyssa Grawcock in remembrance of her mother's birthday.

# **MEETINGS AND EVENTS COMING UP:**

• Wednesday – Bible Study 10 am

**THANK YOU** – Thank you for the prayers and cards during my of treatments. They were all very much appreciated. Immanuel has great people and they do great things for all of us. Blessings to all. *Paul DeLong* 

### PRAYER LIST- Prayer for the sick & recovering: Rogleio

Martinaz, Amy Hestig, Joyce Bell, Tim Bishop, Steve Ferguson, Angie Hardiek, young relative of a church member who is suffering mentally and parents who need wisdom and comfort.

**LWML SUNDAY** – will be celebrated Sunday, October 1<sup>st</sup>. We will be collecting mites. The mites are used to help fund mission projects. Please bring your loose change on October 1st for the special LWML mite offering. Let's make some noise!

**LWML RALLY** - The LWML Fall Zone Rally will be held Saturday, October 14<sup>th</sup> at Zion Lutheran Church in Garrett, Indiana.

**DONATION DAY** - Donation Day at Concordia Theological Seminary is Tuesday, October 10th. If you would like to donate gently used clothing or food items, please bring those items to Immanuel and they will be delivered. If you would like to attend, you may do so on the tenth at 8:30 am in the Student Commons at the Seminary.

**DONUTS / MUFFINS / COOKIES** – If you would like to provide donuts, muffins, cookies, etc. for Sunday morning there is a sign-up sheet on the table at the east entrance.

**CONGREGATIONAL OFFICERS AND BOARD MEMBERS FOR 2024 -** We are going to be electing officers and board members in November. You will find a copy of the 2023 Board members and Officers in the September Newsletter. In reading the list you will see a number like this 1-2 next to each name (1-2 means first term, second year). We are getting an early start in finding congregational members that are interested in serving our Lord and Immanuel. If you are interested in any of the available positions (these will end with a 2 as the second number) contact a church council member. Please give prayerful consideration to volunteer, serve and help grow with our Lord's guidance!

PORTALS OF PRAYER - Portals of Prayer devotional books for

October-December are available at the back of the church and at the side entrance.

INFORMATION RACK- last week's bulletin; extra newsletters;
Visitors Packet; Portals of Prayer; Lutheran Witness; Cross
Connection; Thrivent Dollars information; Lutherans for Life.
LOOK UP - Looking Up is your first step to seeing past your
struggles. Mental and behavioral health issues can be a silent battle.
But there's always hope on the horizon. You can start by looking here for resources, information, and providers.

- https://lookupindiana.org
- Call 877-257-0208 Available 24 hours every day
- Text LookUp to 494949 Available 24 hours every day

**WEEKLY SERVICE AND ANNOUNCEMENTS** are now on our website. The service can be found under Family Altar. The announcements in the bulletin each week can be seen on our website **under Blog and then correct month**.

# LAST WEEK'S STATISTICS:

Worship Attendance: - Sunday:	73 + Jesus
General Fund Weekly Budget:	\$3,329.37
General Fund: - Youth:	\$3066.50 \$19.92
Building Fund:	\$10.00

# THOUGHT FOR THE DAY:

Live in God. Live in love.

### ANXIETY / DEPRESSION SUPPORT GROUPS

• Mental Health America of Northeast Indiana <u>https://mhanortheastindiana.org</u> 260-422-6441; <u>info@mhanortheastindiana.org</u>

Mental Health America of Northeast Indiana offers a free anxiety and depression support group on Wednesdays at 6 P.M. No formal diagnosis is required. The group is currently meeting via Zoom. Email Lacey Holt to sign up at: <u>lholt@mhanortheastindiana.org</u>

• Mental Health Grace Alliance https://mentalhealthgracealliance.org/your-personal-journey

Mental Health Grace Alliance offers Bible study books that combine relevant Bible studies, neuroscience, and practical tools to help those experiencing a mental health difficulty to manage stressors, increase calm through rest and joy, reframe negative thoughts and nurture healthy relationships. These books are best used in small groups. *Living Grace* is a 16-week study for adults, and *Redefine Grace* is a 10-week study for high school and college age students. Materials are available online.

• NAMI Fort Wayne <u>https://www.namifortwayne.org</u> 260-447-8990; <u>faithnet@namifortwayne.org</u>

NAMI Ft. Wayne provides free support groups for those living with mental illness and also for adult family and friends of people living with mental illness. Call the NAMI Ft. Wayne office to find out their current meeting schedule.