



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

Volume LXXXIII

260-897-2071

Number 4

January 28

9:30 AM

2024

Pastor: Rev. Patrick Kuhlman

Seminarian: David Grash, Travis Hartman, Josiah Coblenz

Chancel Society: Sherri DeLong

Website: www.immanuel Lutheran avilla.com

Email: imavilla@embarqmail.com

For counseling needs contact Pastor Kuhlman for referral to Cross
Connections. www.crossconnections counseling.com

Fourth Sunday after the Epiphany

ORGAN PRELUDE

RINGING OF THE BELL

DIVINE SERVICE – SETTING THREE – PAGE 184

HYMN No. 901 – Open Now Thy Gates of Beauty

- 1 Open now thy gates of beauty;
Zion, let me enter there,
Where my soul in joyful duty
Waits for Him who answers prayer.
Oh, how blessed is this place,
Filled with solace, light, and grace!**
- 2 Gracious God, I come before Thee;
Come Thou also unto me.
Where we find Thee and adore Thee,
There a heav'n on earth must be.
To my heart, O enter Thou;
Let it be Thy temple now!**

3 Here Thy praise is gladly chanted;
Here Thy seed is duly sown.
Let my soul, where it is planted,
Bring forth precious sheaves alone,
So that all I hear may be
Fruitful unto life in me.

4 Thou my faith increase and quicken;
Let me keep Thy gift divine,
Howsoever temptations thicken;
May Thy Word still o'er me shine
As my guiding star through life,
As my comfort in all strife.

5 Speak, O God, and I will hear Thee;
Let Thy will be done indeed.
May I undisturbed draw near Thee
While Thou dost Thy people feed.
Here of life the fountain flows;
Here is balm for all our woes.

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 32:1–2, 5–7; antiphon: v. 10

P: Many are the sorrows of the wicked,

C: but steadfast love surrounds the one who trusts in the Lord.

P: Blessèd is the one whose transgression is forgiven,

C: whose sin is covered.

P: Blessèd is the man against whom the Lord counts no iniquity,

C: and in whose spirit there is no deceit.

P: I acknowledged my sin to you, and I did not cover my iniquity;

C: I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.

P: Therefore let everyone who is godly offer prayer to you at a time

C: when you may be found;

P: surely in the rush of great waters, they shall not reach him.

C: You are a hiding place for me; you preserve me from trouble;

P: you surround me with shouts of deliverance.

C: Glory be to the Father and to the Son

P: and to the Holy Spirit;

C: as it was in the beginning,

P: is now, and will be forever. Amen.

C: Many are the sorrows of the wicked,

P: but steadfast love surrounds the one who trusts in the Lord.

G Glo - ry be to the Fa - ther and to the Son and to the Ho - ly Ghost;
as it was in the be - gin - ning, is now, and ev - er shall be, world with - out end. A - men.

KYRIE

G Lord, have mer - cy up - on us. Christ, have mer - cy up -
on us. Lord, have mer - cy up - on us.

GLORIA IN EXCELSIS

P Glory be to God on high: **G** and on earth peace, good - will toward
men. We praise Thee, we bless Thee, we wor - ship Thee,
we glorify Thee, we give thanks to Thee, for Thy great glory.
O Lord God, heav'n - ly King, God the Fa - ther Al - mighty.

O Lord, the only begotten Son, Je - sus Christ;

O Lord God, Lamb of God, Son of the Father,

that takest away the sin of the world, have mercy up-on us.

Thou that takest away the sin of the world, re-ceive our prayer.

Thou that sittest at the right hand of God the Father, have mercy up-

on us. For Thou only art holy; Thou on-ly art the Lord.

Thou only, O Christ, with the Ho - ly Ghost,

art most high in the glory of God the Father. A - men.

COLLECT OF THE DAY

P: The Lord be with you.



☐ And with thy spir - it.

P: Let us pray.

C: Almighty God, You know we live in the midst of so many dangers that in our frailty we cannot stand upright. Grant strength and protection to support us in all dangers and carry us through all temptations; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.



First Reading – Deuteronomy 18:15–20

¹⁵“The Lord your God will raise up for you a prophet like me from among you, from your brothers—it is to him you shall listen—¹⁶just as you desired of the Lord your God at Horeb on the day of the assembly, when you said, ‘Let me not hear again the voice of the Lord my God or see this great fire any more, lest I die.’¹⁷And the Lord said to me, ‘They are right in what they have spoken.¹⁸I will raise up for them a prophet like you from among their brothers. And I will put my words in his mouth, and he shall speak to them all that I command him.¹⁹And whoever will not listen to my words that he shall speak in my name, I myself will require it of him.²⁰But the prophet who presumes to speak a word in my name that I have not commanded him to speak, or who speaks in the name of other gods, that same prophet shall die.’”

P: This is the Word of the Lord.

C: Thanks be to God.

Epistle – 1 Corinthians 8:1-13

¹Concerning food offered to idols: we know that “all of us possess knowledge.” This “knowledge” puffs up, but love builds up. ²If anyone imagines that he knows something, he does not yet know as he ought to know. ³But if anyone loves God, he is known by God.

⁴Therefore, as to the eating of food offered to idols, we know that “an idol has no real existence,” and that “there is no God but one.” ⁵For although there may be so-called gods in heaven or on earth—as indeed there are many “gods” and many “lords”—⁶yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

⁷However, not all possess this knowledge. But some, through former association with idols, eat food as really offered to an idol, and their conscience, being weak, is defiled. ⁸Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. ⁹But take care that this right of yours does not somehow become a stumbling block to the weak. ¹⁰For if anyone sees you who have knowledge eating in an idol’s temple, will he not be encouraged, if his conscience is weak, to eat food offered to idols? ¹¹And so by your knowledge this weak person is destroyed, the brother for whom Christ died. ¹²Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ. ¹³Therefore, if food makes my brother stumble, I will never eat meat, lest I make my brother stumble.

P: This is the Word of the Lord.

C: Thanks be to God.

ALLELUIA



Holy Gospel – Mark 1:21-28

P: The Holy Gospel according to St. Mark, the first chapter.



²¹They went into Capernaum, and immediately on the Sabbath [Jesus] entered the synagogue and was teaching. ²²And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes. ²³And immediately there was in their synagogue a man with an unclean spirit. And he cried out, ²⁴“What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God.” ²⁵But Jesus rebuked him, saying, “Be silent, and come out of him!” ²⁶And the unclean spirit, convulsing him and crying out with a loud voice, came out of him. ²⁷And they were all amazed, so that they questioned among themselves, saying, “What is this? A new teaching with authority! He commands even the unclean spirits, and they obey him.” ²⁸And at once his fame spread everywhere throughout all the surrounding region of Galilee.

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. 583 – God Has Spoken by His Prophets

- 1 God has spoken by His prophets,
Spoken His unchanging Word;
Each from age to age proclaiming
God, the one, the righteous Lord.
In the world's despair and turmoil,
One firm anchor holds us fast:
God is king, His throne eternal;
God the first, and God the last.**
- 2 God has spoken by Christ Jesus,
Christ, the everlasting Son,
Brightness of the Father's glory,
With the Father ever one;
Spoken by the Word Incarnate,
God of God, before time was;
Light of Light, to earth descending,
He reveals our God to us.**
- 3 God is speaking by His Spirit,
Speaking to our hearts again,
In the ageless Word declaring**

**His own message, now as then.
Through the rise and fall of nations
One sure faith yet standing fast;
God abides, His Word unchanging;
God the first, and God the last.**

Text: © 1953, renewed 1981 The Hymn Society, admin. Hope Publishing Co. Used by permission: LSB Hymn License no. 110001553

SERMON

OFFERTORY



C Cre - ate in me a clean heart, O God, and re -
new a right spir - it with - in me. Cast me not a -
way from Thy pres - ence, and take not Thy Ho - ly Spir - it
from me. Re - store un - to me the joy of Thy sal - va -
tion, and up - hold me with Thy free spir - it. A - men.

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

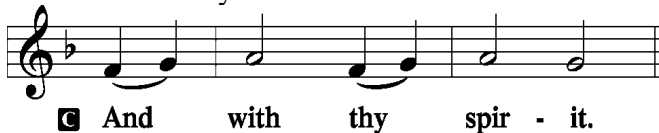
At the conclusion of the prayer:

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

P: The Lord be with you.



P: Lift up your hearts.



C We lift them up un - to the Lord.

P: Let us give thanks unto the Lord, our God.



C It is meet and right so to do.

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

SANCTUS



C Ho - ly, ho - ly, ho - ly Lord God of Sab - a - oth;



heav'n and earth are full of Thy glo - ry. Ho - san - na,



ho - san - na, ho - san - na in the high - est. Bless-ed is He,



bless-ed is He, bless - ed is He that com-eth in the name of the Lord.



Ho-san - na, ho - san - na, ho - san - na in the high - est.

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.



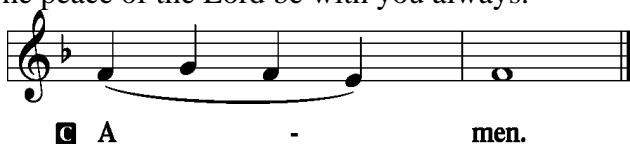
THE WORDS OF OUR LORD

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

P: The peace of the Lord be with you always.



AGNUS DEI

O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, have mer-cy up - on us. **O** Christ, Thou Lamb of God, that tak-est a-way the sin of the world, have mer-cy up - on us. **O** Christ, Thou Lamb of God, that tak-est a-way the sin of the world, grant us Thy peace. A - men.

DISTRIBUTION HYMNS

HYMN No. 682 – God of the Prophets, Bless the Prophets’ Sons

- 1** God of the prophets, bless the prophets’ sons;
Elijah’s mantle o’er Elisha cast.
Each age its solemn task may claim but once;
Make each one nobler, stronger than the last.
- 2** Anoint them prophets, men who are intent
To be Your witnesses in word and deed,
Their hearts aflame, their lips made eloquent,
Their eyes awake to ev’ry human need.

- 3 Anoint them priests, strong intercessors they,
For pardon and for love and hope and peace,
That, through their pleading, guilty sinners may
Find Jesus' mercy and from sin release.**
- 4 Anoint them kings, yes, kingly kings, O Lord.
Anoint them with the Spirit of Your Son.
Theirs not a jeweled crown, a bloodstained sword;
Theirs, by sweet love, for Christ a kingdom won.**
- 5 Make them apostles, heralds of Your cross;
Forth let them go to tell the world of grace.
Inspired by You, may they count all but loss
And stand at last with joy before Your face.**

Text: Public domain

HYMN No. 507 – Holy, Holy, Holy

- 1 Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to Thee;
Holy, holy, holy, merciful and mighty!
God in three persons, blessed Trinity!**
- 2 Holy, holy, holy! All the saints adore Thee,
Casting down their golden crowns around the glassy sea;
Cherubim and seraphim falling down before Thee,
Which wert and art and evermore shalt be.**
- 3 Holy, holy, holy! Though the darkness hide Thee,
Though the eye of sinful man Thy glory may not see,
Only Thou art holy; there is none beside Thee,
Perfect in pow'r, in love, and purity.**

- 4 Holy, holy, holy! Lord God Almighty!**
All Thy works shall praise Thy name in earth and sky and
sea.
Holy, holy, holy, merciful and mighty!
God in three persons, blessed Trinity!

Text: Public domain

HYMN No. 533 – Jesus Has Come and Brings Pleasure Eternal

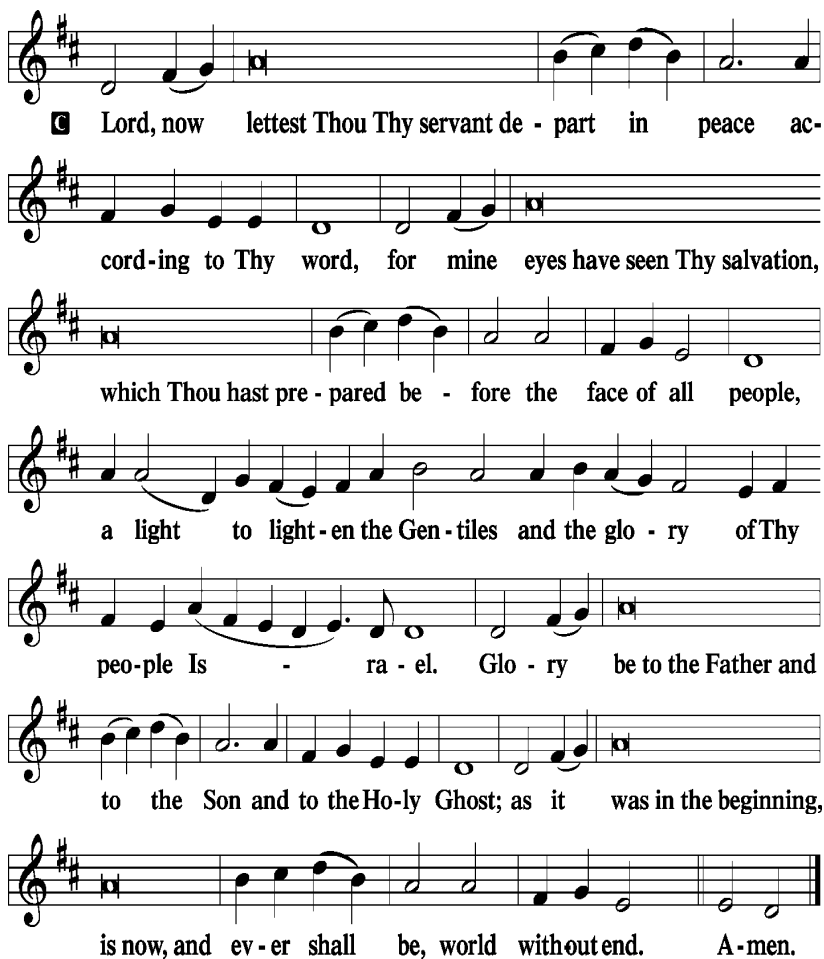
- 1 Jesus has come and brings pleasure eternal,**
Alpha, Omega, Beginning and End;
Godhead, humanity, union supernal,
O great Redeemer, You come as our friend!
Heaven and earth, now proclaim this great wonder:
Jesus has come and brings pleasure eternal!
- 2 Jesus has come! Now see bonds rent asunder!**
Fetters of death now dissolve, disappear.
See Him burst through with a voice as of thunder!
He sets us free from our guilt and our fear,
Lifts us from shame to the place of His honor.
Jesus has come! Hear the roll of God's thunder!
- 3 Jesus has come as the mighty Redeemer.**
See now the threatening strong one disarmed!
Jesus breaks down all the walls of death's fortress,
Brings forth the pris'ners triumphant, unharmed.
Satan, you wicked one, own now your master!
Jesus has come! He, the mighty Redeemer!
- 4 Jesus has come as the King of all glory!**
Heaven and earth, O declare His great pow'r,
Capturing hearts with the heavenly story;
Welcome Him now in this fast-fleeting hour!
Ponder His love! Take the crown He has for you!
Jesus has come! He, the King of all glory!

Text: © 1982 Concordia Publishing House. Used by permission: LSB Hymn License no. 110001553

HYMN No. 528 – Oh, For a Thousand Tongues to Sing

- 1 Oh, for a thousand tongues to sing
My great Redeemer's praise,
The glories of my God and King,
The triumphs of His grace!**
- 2 My gracious Master and my God,
Assist me to proclaim,
To spread through all the earth abroad,
The honors of Thy name.**
- 3 Jesus! The name that charms our fears,
That bids our sorrows cease;
'Tis music in the sinner's ears,
'Tis life and health and peace.**
- 4 He breaks the pow'r of canceled sin;
He sets the pris'ner free.
His blood can make the foulest clean;
His blood avails for me.**
- 5 Look unto Him, ye nations; own
Your God, ye fallen race.
Look and be saved through faith alone,
Be justified by grace.**
- 6 See all your sins on Jesus laid;
The Lamb of God was slain.
His soul was once an off'ring made
For ev'ry soul of man.**
- 7 To God all glory, praise, and love
Be now and ever giv'n
By saints below and saints above,
The Church in earth and heav'n.**

NUNC DIMITTIS



Lord, now lettest Thou Thy servant de - part in peace ac-
cord-ing to Thy word, for mine eyes have seen Thy salvation,
which Thou hast pre - pared be - fore the face of all people,
a light to light - en the Gen - tiles and the glo - ry of Thy
peo-ple Is - ra - el. Glo - ry be to the Father and
to the Son and to the Ho-ly Ghost; as it was in the beginning,
is now, and ev - er shall be, world without end. A-men.

THANKSGIVING

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



and His mercy endureth for - ev - er.

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.



C A - men.

SALUTATION AND BENEDICAMUS

P: The Lord be with you.



C And with thy spir - it.

P: Bless we the Lord.



C Thanks be to God.

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.



C A-men, a-men, a - men.

HYMN No. 842 – Son of God, Eternal Savior

- 1 Son of God, eternal Savior,
Source of life and truth and grace,
Word made flesh, whose birth among us
Hallows all our human race,
You our Head, who, throned in glory,
For Your own will ever plead:
Fill us with Your love and pity,
Heal our wrongs, and help our need.**
- 2 As You, Lord, have lived for others,
So may we for others live.
Freely have Your gifts been granted;
Freely may Your servants give.
Yours the gold and Yours the silver,
Yours the wealth of land and sea;
We but stewards of Your bounty
Held in solemn trust will be.**
- 3 Come, O Christ, and reign among us,
King of love and Prince of Peace;
Hush the storm of strife and passion,
Bid its cruel discords cease.
By Your patient years of toiling,
By Your silent hours of pain,
Quench our fevered thirst of pleasure,
Stem our selfish greed of gain.**
- 4 Son of God, eternal Savior,
Source of life and truth and grace,
Word made flesh, whose birth among us
Hallows all our human race:
By Your praying, by Your willing
That Your people should be one,
Grant, O grant our hope's fruition:
Here on earth Your will be done.**

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 -ALL 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. Please return them after the service.

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

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.

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, speak, or make an appointment with the Church Secretary the office is open on Tuesdays. 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.**

AVILLA FOOD PANTRY - Please do not forget the needy people in our community. You may place your food donations in the box in the east entrance.

FLOWERS – The flowers on the altar are given in honor of Amelia Vangessel's 16th Birthday.

MEETINGS AND EVENTS COMING UP:

- Wednesday – Bible Study 10AM

MIDWEEK BIBLE STUDY – Wednesday Bible Study will continue through February 7th. It will pick back up again April 10th. All are welcome.

CONGREGATIONAL ASSEMBLY -- The Assembly will be held February 11th, after morning worship service.

THE GIDEONS INTERNATIONAL - On February 4th, the Gideons will be at Immanuel for a brief presentation following service. Should you wish to contribute to the Gideons mission, you will have the opportunity to contribute through a freewill, door offering following their presentation after service.

2024 ALTAR FLOWERS CHART - The 2024 Altar Flower Chart is up! The price is \$30 for 2 vases. If the flowers are donated in memory of someone or in honor of a special occasion, please make a note of that. Make checks payable to Immanuel Chancel Society and place it in their drawer in the east entrance. We are still looking for flowers to be donated for the following Sundays: 2/18, 5/12, 6/2, 6/30, 7/28, 8/4, 9/8, 10/27, 11/17, and 12/8. Sign up today!

PRAYER LIST- Prayer for the sick & recovering: Joyce Bell, Tim Bishop, Steve Ferguson, Angie Hardiek, Melanie Fortman, Bonnie Buuck, young relative of a church member who is suffering mentally and parents who need wisdom and comfort.

THANK YOU- Saints of Immanuel Lutheran Church, Thank you for the generous gift and for thinking of us during this Christmas season. We will put it to good use and appreciate all the support, encouragement, and prayers. It has been such a blessing to serve with you and have everyone welcome us into the congregation. We look forward to worshipping with you for the rest of this year as we share in Christ's blessings.
Travis & Monica Hartman

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.

PORTALS OF PRAYER - Portals of Prayer devotional books for January-March 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.**

THOUGHT FOR THE DAY:

Your every step, every decision, every deed—may it glorify God.

ANXIETY / DEPRESSION SUPPORT GROUPS

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

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: lholt@mhanortheastindiana.org

- 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
<https://www.namifortwayne.org>
260-447-8990; faithnet@namifortwayne.org

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