

IMMANUEL LUTHERAN CHURCH AVILLA, INDIANA GOD WITH US

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Connections. www.crossconnectionscounseling.com

Palm Sunday / Sunday of the Passion

ORGAN PRELUDE

RINGING OF THE BELL

DIVINE SERVICE – SETTING THREE – PAGE 184

HYMN No. 443 - Hosanna, Loud Hosanna

- 2 From Olivet they followed
 Mid an exultant crowd,
 The victor palm branch waving
 And chanting clear and loud.
 The Lord of earth and heaven
 Rode on in lowly state
 Nor scorned that little children

Should on His bidding wait.

3 "Hosanna in the highest!"
That ancient song we sing;
For Christ is our Redeemer,
The Lord of heav'n our King.
Oh, may we ever praise Him
With heart and life and voice
And in His blissful presence
Eternally rejoice!

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 24:7-10; antiphon: Psalm 118:26

P: Blessèd is he who comes in the name of the Lord!

C: We bless you from the house of the Lord.

P: Lift up your heads, O gates! And be lifted up, O ancient doors,

C: that the King of glory may come in.

P: Who is this King of glory?

C: The Lord, strong and mighty, the Lord, mighty in battle!

P: Lift up your heads, O gates! And lift them up, O ancient doors,

C: that the King of glory may come in.

P: Who is this King of glory?

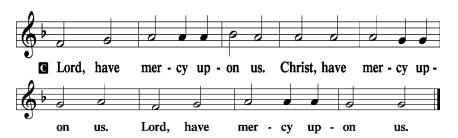
C: The Lord of hosts, he is the King of glory!

P: Blessèd is he who comes in the name of the Lord!

C: We bless you from the house of the Lord.



KYRIE



COLLECT OF THE DAY

P: The Lord be with you.



P: Let us pray.

C: Almighty and everlasting God, You sent Your Son, our Savior Jesus Christ, to take upon Himself our flesh and to suffer death upon the cross. Mercifully grant that we may follow the example of His great humility and patience and be made partakers of His resurrection; through the same Jesus Christ, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.



FIRST READING - Zechariah 9:9-12

⁹Rejoice greatly, O daughter of Zion!

Shout aloud, O daughter of Jerusalem!
behold, your king is coming to you;
righteous and having salvation is he,
humble and mounted on a donkey,
on a colt, the foal of a donkey.

10 I will cut off the chariot from Ephraim
and the war horse from Jerusalem;
and the battle bow shall be cut off,
and he shall speak peace to the nations;
his rule shall be from sea to sea,
and from the River to the ends of the earth.

11 As for you also, because of the blood of my covenant with you,
I will set your prisoners free from the waterless pit.

¹²Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

P: This is the Word of the Lord.

C: Thanks be to God.

EPISTLE – Philippians 2:5–11

⁵Have this mind among yourselves, which is yours in Christ Jesus, ⁶who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷but made himself nothing, taking the form of a servant, being born in the likeness of men. ⁸And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

P: This is the Word of the Lord.

C: Thanks be to God.

HOLY GOSPEL - Mark 15:1-47

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



¹And as soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole Council. And they bound Jesus and led him away and delivered him over to Pilate. ²And Pilate asked him, "Are you the King of the Jews?" And he answered him, "You have said so." ³And the chief priests

accused him of many things. ⁴And Pilate again asked him, "Have you no answer to make? See how many charges they bring against you." ⁵But Jesus made no further answer, so that Pilate was amazed.

⁶Now at the feast he used to release for them one prisoner for whom they asked. ⁷And among the rebels in prison, who had committed murder in the insurrection, there was a man called Barabbas. ⁸And the crowd came up and began to ask Pilate to do as he usually did for them. ⁹And he answered them, saying, "Do you want me to release for you the King of the Jews?" ¹⁰For he perceived that it was out of envy that the chief priests had delivered him up. ¹¹But the chief priests stirred up the crowd to have him release for them Barabbas instead. ¹²And Pilate again said to them, "Then what shall I do with the man you call the King of the Jews?" ¹³And they cried out again, "Crucify him." ¹⁴And Pilate said to them, "Why, what evil has he done?" But they shouted all the more, "Crucify him." ¹⁵So Pilate, wishing to satisfy the crowd, released for them Barabbas, and having scourged Jesus, he delivered him to be crucified.

¹⁶And the soldiers led him away inside the palace (that is, the governor's headquarters), and they called together the whole battalion. ¹⁷And they clothed him in a purple cloak, and twisting together a crown of thorns, they put it on him. ¹⁸And they began to salute him, "Hail, King of the Jews!" ¹⁹And they were striking his head with a reed and spitting on him and kneeling down in homage to him. ²⁰And when they had mocked him, they stripped him of the purple cloak and put his own clothes on him. And they led him out to crucify him.

²¹And they compelled a passerby, Simon of Cyrene, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. ²²And they brought him to the place called Golgotha (which means Place of a Skull). ²³And they offered him wine mixed with myrrh, but he did not take it. ²⁴And they crucified him and divided his garments among them, casting lots for them, to decide what each should take. ²⁵And it was the third hour when they crucified him. ²⁶And the inscription of the charge against him read, "The King of the Jews." ²⁷And with him they crucified two robbers, one on his right and one on his left. ²⁹And those who passed by derided him, wagging their heads and saying, "Aha! You who

would destroy the temple and rebuild it in three days, ³⁰save yourself, and come down from the cross!" ³¹So also the chief priests with the scribes mocked him to one another, saying, "He saved others; he cannot save himself. ³²Let the Christ, the King of Israel, come down now from the cross that we may see and believe." Those who were crucified with him also reviled him.

over the whole land until the ninth hour. ³⁴And at the ninth hour Jesus cried with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" ³⁵And some of the bystanders hearing it said, "Behold, he is calling Elijah." ³⁶And someone ran and filled a sponge with sour wine, put it on a reed and gave it to him to drink, saying, "Wait, let us see whether Elijah will come to take him down." ³⁷And Jesus uttered a loud cry and breathed his last. ³⁸And the curtain of the temple was torn in two, from top to bottom. ³⁹And when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was the Son of God!"

⁴⁰There were also women looking on from a distance, among whom were Mary Magdalene, and Mary the mother of James the younger and of Joses, and Salome. ⁴¹When he was in Galilee, they followed him and ministered to him, and there were also many other women who came up with him to Jerusalem.

⁴²And when evening had come, since it was the day of Preparation, that is, the day before the Sabbath, ⁴³Joseph of Arimathea, a respected member of the Council, who was also himself looking for the kingdom of God, took courage and went to Pilate and asked for the body of Jesus. ⁴⁴Pilate was surprised to hear that he should have already died. And summoning the centurion, he asked him whether he was already dead. ⁴⁵And when he learned from the centurion that he was dead, he granted the corpse to Joseph. ⁴⁶And Joseph bought a linen shroud, and taking him down, wrapped him in the linen shroud and laid him in a tomb that had been cut out of the rock. And he rolled a stone against the entrance of the tomb. ⁴⁷Mary Magdalene and Mary the mother of Joses saw where he was laid.

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. 442 – All Glory, Laud, and Honor

ref All glory, laud, and honor
To You, Redeemer, King,
To whom the lips of children
Made sweet hosannas ring.

- 1 You are the King of Israel
 And David's royal Son,
 Now in the Lord's name coming,
 Our King and Blessèd One. Refrain
- 2 The company of angels
 Is praising You on high,
 And we with all creation
 In chorus make reply. Refrain
- 3 The multitude of pilgrims
 With palms before You went;
 Our praise and prayer and anthems
 Before You we present. Refrain
- 4 To You before Your passion
 They sang their hymns of praise;
 To You, now high exalted,
 Our melody we raise. Refrain
- As You received their praises,
 Accept the prayers we bring,
 O Source of ev'ry blessing,
 Our good and gracious King. Refrain

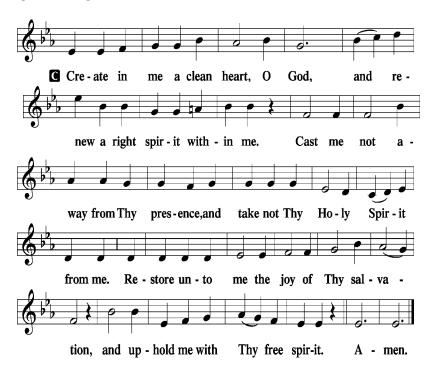
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SERMON

Text: Philippians 2:5-11

Theme: Have this Mind Among Yourselves

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

P: The Lord be with you.



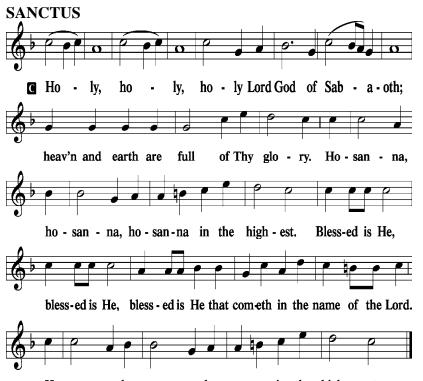
P: Lift up your hearts.



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



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



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





DISTRIBUTION HYMNS

HYMN No. 616 - Baptismal Waters Cover Me

- Baptismal waters cover me 1 As I approach on bended knee; My Father's mercy here I plead, For grievous sins of thought and deed.
- I look to Christ upon the tree, His body broken there for me; I lav before Him all my sin, My darkest secrets from within.
- Lord, may Your wounded hand impart Your healing to my broken heart: Your love alone can form in me A heart that serves You joyfully.
- From Your own mouth comes forth a word; Your shepherd speaks, but You are heard; Through him Your hand now stretches out, Forgiving sin, destroying doubt.
- 5 **Baptismal waters cover me:** Christ's wounded hand has set me free. Held in my Father's strong embrace, With joy I praise Him for His grace.
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HYMN No. 430 - My Song is Love Unknown

1 My song is love unknown,

My Savior's love to me,

Love to the loveless shown

That they might lovely be.

Oh, who am I

That for my sake

My Lord should take

Frail flesh and die?

2 He came from His blest throne

Salvation to bestow:

But men made strange, and none

The longed-for Christ would know.

But, oh, my friend,

My friend indeed,

Who at my need

His life did spend!

3 Sometimes they strew His way

And His sweet praises sing;

Resounding all the day

Hosannas to their King.

Then "Crucify!"

Is all their breath,

And for His death

They thirst and cry.

4 Why, what hath my Lord done?

What makes this rage and spite?

He made the lame to run,

He gave the blind their sight.

Sweet injuries!

Yet they at these

Themselves displease

And 'gainst Him rise.

5 They rise and needs will have

My dear Lord made away;

A murderer they save,

The Prince of Life they slay.

Yet cheerful He

To suff'ring goes

That He His foes

From thence might free.

6 In life no house, no home

My Lord on earth might have;

In death no friendly tomb

But what a stranger gave.

What may I say?

Heav'n was His home

But mine the tomb

Wherein He lay.

7 Here might I stay and sing,

No story so divine!

Never was love, dear King,

Never was grief like Thine.

This is my friend,

In whose sweet praise

I all my days

Could gladly spend!

Text: Public domain

HYMN No. 439 – O Dearest Jesus, What Law Hast Thou Broken

- 1 O dearest Jesus, what law hast Thou broken That such sharp sentence should on Thee be spoken? Of what great crime hast Thou to make confession, What dark transgression?
- 2 They crown Thy head with thorns, they smite, they scourge Thee;

With cruel mockings to the cross they urge Thee; They give Thee gall to drink, they still decry Thee; They crucify Thee.

- 3 Whence come these sorrows, whence this mortal anguish? It is my sins for which Thou, Lord, must languish; Yea, all the wrath, the woe, Thou dost inherit, This I do merit.
- 4 What punishment so strange is suffered yonder! The Shepherd dies for sheep that loved to wander; The Master pays the debt His servants owe Him, Who would not know Him.
- 5 The sinless Son of God must die in sadness; The sinful child of man may live in gladness; Man forfeited his life and is acquitted; God is committed.

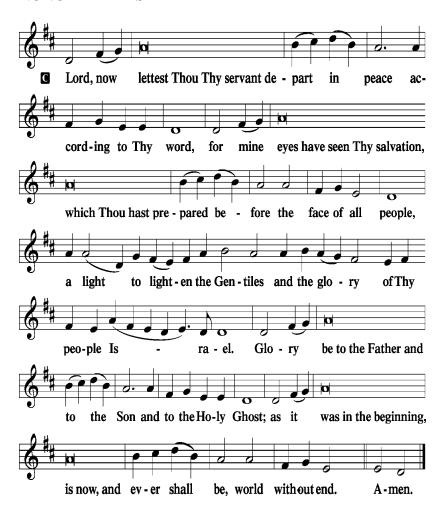
HYMN No. 602 - The Gifts Christ Freely Gives

- 1 The gifts Christ freely gives
 He gives to you and me
 To be His Church, His bride,
 His chosen, saved and free!
 Saints blest with these rich gifts
 Are children who proclaim
 That they were won by Christ
 And cling to His strong name.
- 2 The gifts flow from the font
 Where He calls us His own;
 New life He gives that makes
 Us His and His alone.
 Here He forgives our sins
 With water and His Word;
 The triune God Himself
 Gives pow'r to call Him Lord.

- 3 The gifts of grace and peace From absolution flow: The pastor's words are Christ's For us to trust and know. Forgiveness that we need Is granted to us there; The Lord of mercy sends Us forth in His blest care.
- The gifts are there each day 4 The holy Word is read; God's children listen, hear, Receive, and they are fed. Christ fills them with Himself. Blest words that give them life, Restoring and refreshing Them for this world's strife.
- The gifts are in the feast, 5 Gifts far more than we see: Beneath the bread and wine Is food from Calvary. The body and the blood Remove our ev'ry sin; We leave His presence in His peace, renewed again.
- All glory to the One Who lavishes such love: The triune God in love Assures our life above. His means of grace for us Are gifts He loves to give; All thanks and praise for His Great love by which we live!

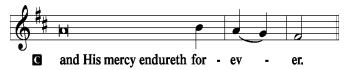
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NUNC DIMITTIS



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. 451 – Stricken, Smitten, and Afflicted

- 1 Stricken, smitten, and afflicted,
 See Him dying on the tree!
 'Tis the Christ, by man rejected;
 Yes, my soul, 'tis He, 'tis He!
 'Tis the long-expected Prophet,
 David's Son, yet David's Lord;
 Proofs I see sufficient of it:
 'Tis the true and faithful Word.
- 2 Tell me, ye who hear Him groaning, Was there ever grief like His? Friends through fear His cause disowning, Foes insulting His distress; Many hands were raised to wound Him, None would intervene to save; But the deepest stroke that pierced Him Was the stroke that justice gave.
- 3 Ye who think of sin but lightly
 Nor suppose the evil great
 Here may view its nature rightly,
 Here its guilt may estimate.
 Mark the sacrifice appointed,
 See who bears the awful load;
 'Tis the Word, the Lord's anointed,
 Son of Man and Son of God.
- 4 Here we have a firm foundation,
 Here the refuge of the lost:
 Christ, the Rock of our salvation,
 Is the name of which we boast;
 Lamb of God, for sinners wounded,
 Sacrifice to cancel guilt!
 None shall ever be confounded
 Who on Him their hope have built.

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Acknowledgments

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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.

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.

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.

FLOWERS – The flowers on the altar are given for the glory of God by Rachel Kuhlman.

NEWSLETTERS – April Newsletters are in your mailboxes. The May newsletter deadline is April 16th. If your mailing address has recently changed, please let us know by leaving your updated address on the secretary's desk in the church office. Thank you!

MEETINGS AND EVENTS COMING UP:

- Thursday, March 28th Maundy Thursday Service & HC
- Friday, March 29th Good Friday Service
- Sunday, March 31st Easter
 - o 8AM Breakfast
 - 9:30AM Worship & HC (Easter Egg Hunt following the service)

PASTOR ON VACATION - Pastor Kuhlman will be on vacation from April 1st thru April 7th. If you need pastoral care during that time, please contact an Elder.

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

VACATION BIBLE SCHOOL - "Celebrate the Savior!" is set for June 17-21. Parents make their summer plans early, so it's not too soon to share flyers, which you will find on the table in the foyer. Don't be shy to share- it's a wonderful opportunity for kids, and you may be surprised to find a family has just never been invited!

VOLUNTEER FOR VBS - Every year we need a few new volunteers to rotate into the mix. VBS is a lot of fun, and a great opportunity for mission. For many kids coming to Immanuel this is the only place they learn about Jesus' love and saving grace. Please pray about getting involved. There are many different ways to volunteer, before, during and after the VBS week. To learn what opportunities might work for you, please talk with Vi Wysong, or April Housholder.

VBS DECORATIONS - This year we are celebrating major holidays that we can relate to Christian truths. We would like to borrow five or six Christmas trees (with lights, flocked, whatever); and decorations you can spare for Valentine's Day, New Year's Day, Easter, and Thanksgiving. We do not want anything precious but appreciate anything we can put as decorations in the snack area for each special day. Thank you!

PORTALS OF PRAYER - Portals of Prayer devotional books for April-June are available at the back of the church and at the side entrance.

CAMP LUTHERHAVEN – Registration for Summer 2024 at Camp Lutherhaven is Open! Check out the summer camp programs for kindergarteners through 12th graders, as well as families! Join friends, new and old, at Lutherhaven this summer and experience God's message of love as it spreads like "Wildfire!" Register before April 1st and receive the Early Bird Discount! Register online at www.lutherhaven.org or call 260.636.7101 for more information. As in year's past, there are scholarships available to members of Immanuel. To apply for one just write the child's name, age, camp session attending and the cost on a piece of paper and place this paper on the secretary's desk. Deadline to apply is May 1st. Any questions on the scholarships please speak to Pastor Kuhlman.

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**.

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.