



BILL TIMM, PASTOR
MINISTERS: ALL OF OUR PEOPLE
CHURCH PHONE: 928-342-6002

WE ARE A STEPHEN MINISTRY & CHRISTCARE CONGREGATION

SUNDAY, MAY 23, 2021 9:30 A.M.

PENTECOST SUNDAY



**We welcome you to the worship of this community of faith.
As we sing, pray and study God's word together may we strengthen each other's
faith in the saving power of Jesus Christ. It is difficult to be a Christian by yourself!**

VISITORS.. Welcome! Please sign our Guest Book located in the Narthex. Pastor Timm would love to meet you!

PLEASE REMEMBER... to contact the church office if you or a loved one are hospitalized, in rehab facility, or facility other than your home. Pastor and Stephen Ministers will make a visit.

DID YOU KNOW.. Perfume and cologne can trigger life-threatening breathing emergencies in persons with asthma, allergies and chronic obstructive pulmonary disease (COPD) Hospitals and schools are becoming 'scent-free' due to this increasing health hazard. Please be sensitive to this concern when coming to church. Thank You.

LITTLE FOLKS.. Parents... please remember that there are 'busy bags' hanging on the coat tree in the Narthex to occupy the little ones during worship. Simply return the bags to the tree on your way out of church. Thank you.

NURSERY.. The nursery assistant is available during the 9:30 a.m. worship. The nursery is located directly across from the exit right by the men's bathroom.

BE COMFORTABLE.. There are shawls in the Narthex that you can use if chilled during worship. Just ask one of the ushers and they will get you one. Simply return to the narthex on your way out of the church.

HEARING DEVICES.. Hearing assist devices are available at the sound booth. The wheel at the top adjusts the volume. When turned on, the light on top should be green. If it is red, please place the device on the counter in the sound booth and take another. Thank you!

FLOWERS for the altar today are given to the Glory of God

PRAYERS : Erin DeSoto and baby Nathan (Kate Harwood’s cousin and son), Charlene Beerbohm (daughter of Char Schomisch), Debbie Wentzel (friend of Jerry and Chris Randby), Tom Kitsembel (brother of Char Schomisch), Brenda Korinek (friend of Sandra Weidling), Bonnie Rothi, Alyce Waverly (wife of Brian Waverly), Kayla Peoples (friend of Michelle Cegon), Bev Hodges.



MILITARY: Trevor Eichelkraut serving in New Mexico; Andrew Geib serving in Texas; Ryan. M. Dines, USMC, stationed in Okinawa; James Sander serving in Virginia., Patrick & Jamie Roseland serving with the Navy in South Africa. Robert & Meghan Storms stationed in Cheyenne, Wy.

PLEASE NOTE that we’ll be using the contemporary version of the Lord’s Prayer for the month of May. God blesses our prayers.

PRELUDE

ANNOUNCEMENTS

P God Is Good!
C **All the time**
P All the time
C **God Is Good!**

CONFESSION AND FORGIVENESS

P Blessed be the Holy Trinity, ✝ one God, full of compassion and mercy, abounding in steadfast love.

C **Amen.**

P Trusting God's promise of forgiveness, let us silently confess our sin against God and one another.

Pause for silence and reflection.

P Risen Lord,

C **We admit that we are slow to believe, and even slower to follow where you lead us. We doubt your promise, divide your people, and fail to proclaim the power of your resurrection. We choose to live small lives when you have given us the biggest gift of all: your eternal life. Forgive us. Raise us up to a place where we can serve you faithfully.**

P In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. To those who believe in Jesus Christ he gives the power to become the children of God and bestows on us the Holy Spirit. **Amen.**

PENTECOST, HOLY SPIRIT

400 God of Tempest, God of Whirlwind

1 God of tem - pest, God of whirl-wind, as on Pen - te -
 2 God of blaz - ing, God of burn - ing, all that blocks your
 3 God of earth - quake, God of thun - der, shake us loose from
 4 God of pas - sion, God un - sleep - ing, stir in us love's

cost de - scend! Drive us out from shel - tered com - fort;
 pur - pose, purge! Through your church, Christ's liv - ing Bod - y,
 leth - ar - gy! Break the chains of sin a - sun - der,
 rest - less - ness! Where the peo - ple cry in an - guish,

past these walls your peo - ple send! Sweep us in - to cost - ly ser - vice,
 let your flam - ing Spir - it surge! Where de - ceit con - ceals in - jus - tice,
 for earth's heal - ing set us free! Crum - ble walls that still di - vide us;
 may we share your heart's dis - tress. Rouse us from con - tent with e - vil;

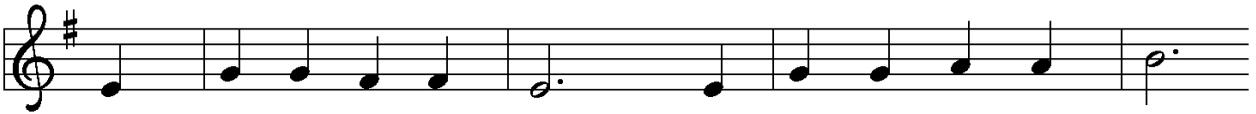
there with Christ to bear the cross, there with Christ to bear the cross!
 kin - dle us to speak your truth, kin - dle us to speak your truth!
 make us one in Christ our Lord, make us one in Christ our Lord!
 claim us for your king - dom's work, claim us for your king - dom's work!

GREETING

P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C **And also with you.**

KYRIE



- 1 Have mer - cy on us, Lord, and hear our sol - emn prayer.
- 2 Have mer - cy on us, Christ, and wash a - way our sin.
- 3 Have mer - cy on us, Lord; make sin and shame de - part.



We come to hear your liv - ing word; it saves us from de - spair.
Pour out your grace and make us whole that new life may be - gin.
Re - new us with your sav - ing pow'r; cre - ate in us new hearts!

SONG OF PRAISE

Majesty

Jack W. Hayford

Ma - jes - ty wor - ship His ma - je - sty,

4 Un - to Je - sus be all hon - or, glo - ry and

7 praise. Ma - jes - ty king - dom au -

11 thor - i - ty, flow from His throne, un - to His

14 own, His an - them raise. So ex - alt, lift up on

18 high, the name of Je - sus. Mag - ni - fy, come glo - ri -

22 fy Christ Je - sus the King. Ma - jes - ty

26 wor - ship His ma - je - sty, Je - sus who

29 died, now glo - ri - fied, King of all Kings.

PRAYER OF THE DAY *together we pray:*

C **Uniting God,**
You have gathered your children from every corner of the earth and called us your own. Continue to bring us together as the body of Christ, for the purpose of living your love and spreading the gospel of our risen Lord and Savior who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

WORSHIP CAROL

"I Know Where I'm Going"

Mary & Randy Zieman

FIRST LESSON: ACTS 2: 1-4

2 When the day of Pentecost had come, they were all together in one place. ²And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. ⁵Now there were devout Jews from every nation under heaven living in Jerusalem. ⁶And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. ⁷Amazed and astonished, they asked, "Are not all these who are speaking Galileans?" ⁸And how is it that we hear, each of us, in our own native language? ⁹Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, ¹⁰Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors

from Rome, both Jews and proselytes, ¹¹ Cretans and Arabs—in our own languages we hear them speaking about God’s deeds of power.” ¹² All were amazed and perplexed, saying to one another, “What does this mean?” ¹³ But others sneered and said, “They are filled with new wine.” ¹⁴ But Peter, standing with the eleven, raised his voice and addressed them, “Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. ¹⁵ Indeed, these are not drunk, as you suppose, for it is only nine o’clock in the morning. ¹⁶ No, this is what was spoken through the prophet Joel:

¹⁷ ‘In the last days it will be, God declares,
that I will pour out my Spirit upon all flesh,
and your sons and your daughters shall prophesy,
and your young men shall see visions,
and your old men shall dream dreams.

¹⁸ Even upon my slaves, both men and women,
in those days I will pour out my Spirit;
and they shall prophesy.

¹⁹ And I will show portents in the heaven above
and signs on the earth below,
blood, and fire, and smoky mist.

²⁰ The sun shall be turned to darkness
and the moon to blood,
before the coming of the Lord’s great and glorious day.

²¹ Then everyone who calls on the name of the Lord shall be saved.’

R The word of the Lord

C **Thanks be to God**

PSALM 142

Read Responsively

R ¹With my voice I cry to the LORD;
with my voice I make supplication to the LORD.

**C ²I pour out my complaint before him;
I tell my trouble before him.**

R ³When my spirit is faint,
you know my way.
In the path where I walk
they have hidden a trap for me.

**C ⁴Look on my right hand and see—
there is no one who takes notice of me;
no refuge remains to me;
no one cares for me.**

R ⁵I cry to you, O LORD;
I say, “You are my refuge,
my portion in the land of the living.”

**C ⁶Give heed to my cry,
for I am brought very low.
Save me from my persecutors,
for they are too strong for me.**

R ⁷Bring me out of prison,
so that I may give thanks to your name.
The righteous will surround me,
for you will deal bountifully with me.

GOSPEL: LUKE 11: 11-13

¹¹ Is there anyone among you who, if your child asks for^[a] a fish, will give a snake instead of a fish? ¹² Or if the child asks for an egg, will give a scorpion? ¹³ If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit^[b] to those who ask him!”

P The Gospel of the Lord

C **Praise to the Lord**

TEACHING *“EMPOWERED BY GOD FOR A PURPOSE!!!”* Pastor Bill Timm

HYMN OF THE DAY: "Spirit of Gentleness" ELW 396

PENTECOST, HOLY SPIRIT

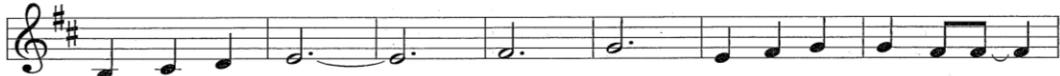
Spirit of Gentleness

396

Refrain



Spir - it, Spir - it of gen - tle - ness, blow through the wil - der - ness



call - ing and free; Spir - it, Spir - it of rest - less - ness,



stir me from plac - id - ness, wind, wind on the sea.



- 1 You moved on the wa - ters, you called to the deep,
- 2 You swept through the des - ert, you stung with the sand,
- 3 You sang in a sta - ble, you cried from a hill,
- 4 You call from to - mor - row, you break an - cient schemes.



then you coaxed up the moun - tains from the val - leys of sleep;
and you goad - ed your peo - ple with a law and a land;
then you whis - pered in si - lence when the whole world was still;
From the bond - age of sor - row all the cap - tives dream dreams;



and o - ver the e - ons you called to each thing:
and when they were blind - ed with i - dols and lies,
and down in the cit - y you called once a - gain,
our wom - en see vi - sions, our men clear their eyes.



Refrain

"A - wake from your slum - bers and rise on your wings."
then you spoke through your proph - ets to o - pen their eyes.
when you blew through your peo - ple on the rush of the wind.
With . . . bold new de - ci - sions your peo - ple a - rise.

THE APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.**

**He descended into hell.
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

PRAYER INVOCATION

Holy Spirit, Come



Ho - ly Spi - rit come. Ho - ly
Spi - rit come. Heal our hearts, our lives.
Cleanse our thoughts our minds Ho - ly Spi - rit
come. Come to us.

PRAYERS OF INTERCESSION

P We pray for the church, the world, and all those in need.

A brief silence.

P As the fire of your gospel filled the disciples long ago, so ignite us and unite us for the work of your justice. Holy Spirit,

C Hear our prayer.

P As students, educators, administrators, and staff begin to see the end of another academic year, we celebrate all that has been accomplished and release all that could not be fulfilled during these past nine months. Bring us into a season of rest and rejuvenation, thankful for all the blessings of our shared experience and hopeful for the future of each new generation. Holy Spirit,

C Hear our prayer.

P Bring relief from fires burning out of control, and bring new life from scorched earth, as we continue to find ways to mend this damaged planet. Holy Spirit,

C Hear our prayer.

P Heal divisions in our world and bring people to the essential awareness that we are all born of one creator. Bless those who need your healing this day. Holy Spirit,

C Hear our prayer.

P For those who grieve and those who are approaching the end of their lives, we pray your peace and acceptance of the changing seasons of life. Keep us close to those we love, whether in this world or in the next, through the uniting love of Christ. Holy Spirit,

C Hear our prayer.

P We pray for all of our mission congregations Araby Acres in Yuma, Crossroads Lutheran in San Tan Valley, Maricopa Lutheran in Maricopa, San Juan Bautista Lutheran in Tucson, and Vida Nueva Lutheran in Glendale, and the Grand Canyon Synod. We also pray for our local partners in mission, Faith Lutheran Church and Christ the Redeemer Anglican Church. We also pray for our care ministries that serve the needs of others, ChristCare, DivorceCare Stephen Ministry, GriefShare and Mental Health Ministry, may they reach all people in need. Holy Spirit,

C Hear our prayer.

Here other petitions may be offered. Together we pray

- C Lord, you know what is best for our church family. Give us what you will, when you will, and as much as you will. Do with us as you think best, and as it pleases you and brings you the most honor. Place each of us where you will, and use us according to your wisdom. We are in your hand as your servants, ready to do all that you command. We want to live, not for ourselves, but for you. We want to serve you fittingly and faithfully, through Jesus Christ, Our Lord.**
- P Incline your ear to our prayers and fill us with power to begin living out our faith, by the power of your Son our savior, Jesus Christ. Amen.**

THE OFFERING

(will be received in the offering plates at each door at the end of service, for those watching there is a link for online giving in the description of the video. We are thankful for all the support from both in person giving as well and online giving.)

OFFERING RESPONSE *(please stand)*

Stand

AS THE GRAINS OF WHEAT

Refrain

Congregation:

As the grains of wheat once scat-tered on the hill were
gath-ered in - to one to be - come our bread;
so may all your peo-ple from all the ends of earth be
gath-ered in - to one in you.

Verses

1. As this cup of bless-ing is shared with-in our midst
2. Let this be a fore-taste of all that is to come when
to Refrain
may we share the pres - ence of your love.
all cre - a - tion shares this feast with you.

P Blessed are you, Lord of heaven and earth. In mercy for our fallen world, you gave your only Son, that all those who believe in him should not perish, but have eternal life.

We give thanks to you for the salvation you have prepared for us through Jesus Christ.

Send now your Holy Spirit into our hearts, that we may receive our Lord with a living faith as he comes to us in his holy supper.

C Amen. Come, Lord Jesus.

THE SACRAMENT OF HOLY COMMUNION

WORDS OF INSTITUTION

Communion is open to all baptized believers who know Jesus as Savior and seek to live with him as Lord of all areas of life. You receive the wafer in your hand and choose from the individual cup of wine or white grape juice. Those who do not commune and children may come forward for a blessing, simply cross your arms in front of your chest to request a blessing. Simply complete a slip found in the pew rack and place it in the offering plate. Consider the options on reverse side as to how you may serve this congregation.

THE LORD'S PRAYER

C 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. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

HYMNS DURING COMMUNION

LAMB OF GOD

Congregation: *Congregation or Assistant:*



Lamb of God, you take a - way the sin of the
you break the chains of ha - tred and
you are the way of jus - tice and
you are the way of mer - cy and

Congregation:



world: have mer - cy on us, mer - cy on us,
fear:
peace:
love.

Final Stanza

Congregation or Assistant:



mer - cy on us. Lamb of God, you

Congregation:



take a - way the sins of the world: grant us peace,



grant us peace, grant us peace.

HYMNS DURING COMMUNION (CON'T)

"Children of the Heavenly Father"

ELW 781

Children of the Heavenly Father

Tryggare kan ingen vara

781



Tryg - ga - re kan ing - en va - ra än Guds lil - la bar - na - ska - ra,
1 Chil - dren of the heav'n-ly Fa - ther safe - ly in his bo - som gath - er;
2 God his own doth tend and nour-ish, in his ho - ly courts they flour-ish.
3 Nei - ther life nor death shall ev - er from the Lord his chil - dren sev - er;
4 Though he giv - eth or he tak - eth, God his chil - dren ne'er for - sak - eth;



stjär - nan ej på him - la - fäs - tet, få - geln ej i kän - da näs - tet.
nest - ling bird nor star in heav - en such a ref - uge e'er was giv - en.
From all e - vil things he spares them, in his might - y arms he bears them.
un - to them his grace he show - eth, and their sor - rows all he know - eth.
his the lov - ing pur - pose sole - ly to pre - serve them pure and ho - ly.



"I Want to Walk as a Child of the Light" ELW 815 (this page and next page)

COMMITMENT, DISCIPLESHIP

815 I Want to Walk as a Child of the Light

1 I want to walk as a child of the light. I want to
2 I want to see . . . the bright-ness of God. I want to
3 I'm look - ing for . . . the com - ing of Christ. I want to

fol - low Je - sus. God set the stars to give
look at Je - sus. Clear Sun of righ - teous-ness,
be with Je - sus. When we have run . . . with

light to the world. The star of my life is Je - sus.
shine on my path, and show me the way to the Fa - ther.
pa - tience the race, we shall know the joy of Je - sus.

Refrain

In him there is no dark-ness at all. The night and the

day are both a - like. The Lamb is the light of the

cit - y of God. Shine in my heart, Lord Je - sus.

881

Let All Things Now Living



1 Let all things now liv - ing a song of thanks - giv - ing to
2 God rules all the forc - es: the stars in their cours-es and



God the cre - a - tor tri - um - phant - ly raise,
sun in its or - bit o - be - dient - ly shine;



who fash - ioned and made us, pro - tect - ed and stayed us, who
the hills and the moun - tains, the riv - ers and foun - tains, the



still guides us on to the end of our days.
deeps of the o - cean pro - claim God di - vine.



God's ban - ners are o'er us, God's light goes be -
We too should be voic - ing our love and re -



fore us, a pil - lar of fire shin - ing forth in the night,
joic - ing; with glad ad - o - ra - tion a song let us raise



till shad - ows have van - ished and dark - ness is ban - ished, as
till all things now liv - ing u - nite in thanks - giv - ing: "To



for - ward we trav - el from light in - to light.
God in the high - est, ho - san - na and praise!"

POST COMMUNION BLESSING *(please stand)*

P The Body and Blood of our Lord and Savior Jesus Christ strengthen you and keep you safe in His Grace until everlasting life.

C Amen.

PRAYER AFTER COMMUNION

C Living God, you have greeted us in our brokenness and nourished us with the body of Christ, broken for us. Risen to new life with you, send us now to bear your healing love into the wounded world, in the name of our risen Savior and Lord. Amen

SENDING HYMN "Holy Spirit, Truth Divine" ELW 398

398

Holy Spirit, Truth Divine

1 Ho-ly Spir - it, truth di - vine, dawn up - on this soul of mine;
2 Ho-ly Spir - it, love di - vine, glow with - in this heart of mine;
3 Ho-ly Spir - it, pow'r di - vine, for - ti - fy this will of mine;
4 Ho-ly Spir - it, peace di - vine, still this rest - less heart of mine;
5 Ho-ly Spir - it, right di - vine, king with - in my con - science reign;

breath of God and in - ward light, wake my spir - it, clear my sight.
kin - dle ev - 'ry high de - sire; purge me with your ho - ly fire.
by your will I strong - ly live, brave - ly bear, and no - bly strive.
speak to calm this toss - ing sea, stayed in your tran - quil - i - ty.
be my guide, and I shall be firm - ly bound, for - ev - er free.

BENEDICTION

P Almighty God has created you and has a purpose for your life every day! Lord, Help us remember, IF YOU ARE NOT DEAD...

C YOU ARE NOT DONE!

P Live your lives in Christ, rooted and built up in him, and abound in thanksgiving; and the blessing of the Holy Trinity, ✝ one God, be upon you and remain with you forever.

C Amen.

DISMISSAL

P Go in peace. Christ is sending you.

C Thanks be to God.

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WORSHIP ASSISTANTS

Date	Time	Altar	Ushers	Greeters/Comm. Assistants	Readers
5/23	9:30 am	Lynette	Dave Steinman	Doreen Caldwell	M.Cegon
5/30	9:30 am	Joanne	Jane Todd	Cheryl Preul	D. Caldwell
6/6	9:30 am	Doreen	Gil Richter	Nancy Richter	Gil Richter
6/13	9:30 am	Joanne	Roger Tracey	Jackie Tracey	Paul Ehler
6/20	9:30 am	Jackie	Jane Todd	Doreen Caldwell	S. Weidling
6/27	9:30 am	Lynette	Dave Steinman	Lynda Steinman	M. Cegon

Attendance last week May 16th:

91 at 9:30am

5 views on Youtube and 147 views on Facebook.

152= total online

Total for in person and online= 243

CALENDAR FOR THE COMING WEEK

DATE	TIME	ACTIVITY	LOCATION
Sunday 5/23	1:00 pm	Foothills Social	Fellowship Hall
Monday 5/24	9:00 am	Summer Sewers	Fellowship Hall
Monday 5/24	10:00 am	GriefShare	Fellowship Classroom
Monday 5/24	12:00 pm	Bible Study	Fellowship Classroom
Monday 5/24	3:30 pm	Bible Study	Fellowship Classroom
Tuesday 5/25	7:00 am	TOPS	Fellowship Hall
Tuesday 5/25	1:00 pm	Foothills Social	Fellowship Hall
Wednesday 5/26	8:30 am	Stephen Ministry Supervision	Fellowship Classroom
Thursday 5/27	8:00 am	Staff Meeting	Off site
Thursday 5/27	9:00 am	Open Hobby	Fellowship Hall
Thursday 5/27	10:00 am	Bible Study	Zoom
Thursday 5/27	4:30 pm	Bells of Glory	Sanctuary
Thursday 5/27	6:00 pm	Choir	Sanctuary
Friday 5/28	8:00 am	TOPS	Fellowship Hall
Friday 5/28	1:00 pm	Foothills Social	Fellowship Hall
Friday 5/28	6:00 pm	Women's AA	Fellowship Classroom
Sunday 5/30	9:30 am	Worship/Communion	Sanctuary

Pastor's Bible Study- Topic: Romans:

Monday's at 12:00 pm & 3:30pm in the Fellowship Hall Classroom.

Thursday's Zoom Bible at 10 am **Come to any session!!!**

Announcements

Men's Breakfast- The next Men's breakfast will be June 5th at 8am at Daybreakers. Come join us for a great time of fellowship!

Food Collection- Our next food collection will be on Sunday June 6th. All food collected goes to the Yuma Community Food Bank. We thank you for your generous donations each month.

Potluck- Our Monthly potluck will be Sunday June 6th. Please bring a dish to share and come join us for a great time of food and fellowship!

Thrivent Webinar:

CYBER SECURITY, IDENTITY THEFT AND SAFEGUARDING YOUR HOME WITH RETIRED FBI AGENT JEFF LANZA

6/22 12:00-1:00PM or 6:30-7:30PM PT <http://bit.ly/JLemSW0622>

Jeff was an FBI agent for over 20 years and brings a wealth of knowledge and experience to this discussion. This dynamic presentation will focus on how to keep our homes safe from intruders, and how criminals try to trick us, steal our identity, and commit cyber fraud. It demonstrates the simple steps we can deploy to keep our identities safe and stay protected from the plethora of cyber scams and frauds that pervade our society. No products will be sold. For additional disclosures, see Thrivent.com/social. **If you have any questions on how to attend the webinar, please call the church office for assistance.**

PROCESSING BIG CHANGES

TOOLS
2
THRIVE



Change is a guaranteed part of life. It's something everyone experiences at one point or another — good or bad. Sometimes that change happens in big ways when we aren't expecting it or aren't prepared for it. These types of situations can make navigating your path forward really difficult. By providing yourself with tools for processing change, you can adapt more easily.

TIPS FOR PROCESSING CHANGE



Focus on what you can control. One of the hardest things about big change is how helpless it can often make you feel. At some point, you'll probably have to accept the change that you're experiencing and then focus on what you can control within that. For example, you can control how you react to situations, how you start each day, or how nice you are to yourself and others. It can be comforting to know that there are still things that you have control over, even when other things are changing.



Write out your feelings on paper. When you're processing big changes, your brain may feel like it's constantly racing. It's easy to feel overwhelmed with all of the things you're feeling and thinking. Instead of holding it all in your mind, allow yourself to release it. Writing things down is one of the best ways to do that. Start a journal—jot down a quick list of your thoughts and feelings or write a letter to yourself or someone else. Just get it all out onto paper.



Keep up your self-care where you can. When so much of your life feels different and overwhelming, it's tempting to want to stay in bed or on the sofa and avoid what's bothering you. However, it's important to keep up your normal habits as much as possible, especially when it comes to protecting your mental health. The changes you're facing may mean a totally different routine, but incorporating the small, familiar self-care habits that you know work for you — even it's something simple like showering or taking a walk after dinner — can give you the mental clarity to process the big changes.



Find support. With any change that you're facing right now, there's a good chance that someone else has felt the exact same way that you're feeling too. Depending on what you're struggling with, you may be able to talk to friends or family about it, find an online support group, or open up to a mental health professional. Whoever it ends up being that you turn to, having someone who can listen and provide support can help you through any transition you're working through.



Tune into the good. No matter what kind of change has come into your life, even a seemingly good change like getting a new job can have you grieving the day-to-day interactions you had with coworkers where you used to work. Let yourself grieve, but also try not to get stuck spiraling into the fear, anguish, and negativity that those changes may bring. Instead, try and retrain your brain to think of the positives in your life by doing things like practicing gratitude, focusing on the small things that bring you joy, or reframing challenges as opportunities.



Make plans. It's okay if you aren't an incredibly organized person, but when you're processing big changes, it can be helpful to focus on planning. You don't have to stick to your plan perfectly; just starting small with what your day or week is going to look like can help get rid of that uncertainty that comes with change.



Think of your strength. Big changes tend to challenge and test you, but it's likely that you'll grow from all of the things that you're facing. Remind yourself as often as possible that you are strong and capable and can make it through whatever challenges you're facing (and that you've made it through some tough changes in the past). Maybe even say it out loud to yourself to really let it sink in. With each passing day, you're building resilience.

FAST FACTS



People that journaled about significant events reported more satisfaction with their lives and better mental health over those that did not.¹



Strong social support from family members following significant life events seriously lessens depression symptoms in teens and has a lasting positive effect in dealing with life changes.²



Adults who avoid problems struggle more with depression later on than those who actively approach problems with coping strategies.³

TAKING A MENTAL HEALTH SCREEN IS ONE WAY TO WORK ON YOUR MENTAL HEALTH. VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Sources

- ¹Lyubomirsky, S., Sousa, L., & Dickerhoof, R. (2006). The Costs and Benefits of Writing, Talking, and Thinking About Life's Triumphs and Defeats. *Journal of Personality and Social Psychology*, 90(4), 692–708. <https://doi.org/10.1037/0022-3514.90.4.692>
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