

SUNDAY, SEPTEMBER 15



Week 3
Listen More,
Speak Less:

Humility

welcome

lake harriet
UNITED METHODIST CHURCH

Walking Together the
Words and Ways of Jesus

Inclusive, Intergenerational, and In Community

Walking together the words and ways of Jesus. We welcome all God's children whatever their race, gender, age, sexual orientation, gender identity, nationality, ethnicity, marital status, physical or mental ability. Following Christ's example, we open our hearts, minds, and doors to welcome all.

No matter who you are or where you are on life's journey, you are welcome here.

If you are young or old, you are welcome.

If you have brown skin, black skin, white skin, or any color of skin, you are welcome.

If you are married or single, you are welcome.

If you are gay, straight, transgender-whatever pronouns you use, you are welcome.

If you are sick or well, you are welcome.

If you are a perfect person, then you probably don't need a church, but if you are like us and are imperfect, mistake-making, still-trying, need all the encouragement I can get kind of person, then this is a community for you and you are welcome.

If you sing like a rock star or an opera singer, or you can not sing at all, you are welcome.

Whenever you arrived and however you came here, you are welcome.

If you believe in God some of the time or all of the time, or you're just beginning to explore who God is, you are welcome.

Come with your gifts, your pain, your hope, your fears.

Come with traditions that have helped you and hurt you.

Come with your experiences that have made you and broken you.

Come with a mind, ready to engage, and a heart, open to discern.

Come and listen for the Holy Spirit that calls you to love your neighbor wholeheartedly, seek justice, create peace and practice compassion.

You are welcome here!

Adapted from a welcome by Gordon Brown, published in Shaping Sanctuary



Connect with Us



Let Us Know You Are Here

Please register your attendance through the welcome pad.



Enewsletter

Stay informed by subscribing to our enews and view the latest enews.



Visit Us Online

Stay informed, register for ministry events, give online, and more.



Prayer Requests

Let our staff pray for you and others in your life (prayers are confidential).



Share your talents

The opportunities abound to help your community, find where you fit.



WiFi

Access the church's WiFi with the password: LHUMCGuest.



Hearing Enhancement Aids

T-coil hearing assistance is available throughout the Sanctuary. Turn your hearing aid to the T (telephone) position or see a sound team member at the back of the sanctuary for wireless headphones.

welcome to worship!

Please note the following, the congregation reads/sings/prays the words in bold-faceprint and the ↑ symbol invites you to rise in body and/or spirit.

WELCOME

ANNOUNCEMENTS

CALL TO WORSHIP

One: Today, we continue our worship series that points us toward connection in a world of divisions. The root of the word “human” is the same as the word “humility.” It all means literally “on the ground.” From dust we came, and to dust we shall return. When we hear each other’s fears, anxieties, and pain, we can return to the ground of hope... that we are all experiencing the pains of being human. This week, we remember to look first at our neighbor as a person, not a position. Beginning conversations this way may help us to stay human and “on the ground” with one another rather than needing to come out “on top.”

THE CHRIST CANDLE IS LIT

SONG

Christ Has Broken Down the Wall

Christ has bro-ken down the wall, Christ has bro-ken down the wall.

Let us join our hearts as one, Christ has bro-ken down the wall.

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of lyrics: 'Christ has bro-ken down the wall, Christ has bro-ken down the wall.' The second staff contains the melody for the second line of lyrics: 'Let us join our hearts as one, Christ has bro-ken down the wall.'

One: The act of simply coming together is “revolutionary,” which in its earliest form meant “finding a course around a central point.” We gather around the Light of Christ as the center and guiding light of our lives. This becomes our point of reference for our relationships and our love in the world. This is our “humility revolution.” Let us pray:

↑ UNISON PRAYER

Creator God,

we ask you to come close and remind us

of our belovedness as your children,

for we are feeling distant.

Open our eyes to the beauty and pain we all contain,

and invite us to “do unto others” in ways that build up

your kin-dom on earth as it is in heaven.

We pray this in the name of Jesus, the Center That Holds,

and in the power of the Spirit That Transforms. Amen.

↑ SONG

Christ Has Broken Down the Wall



The image shows the musical notation for the song 'Christ Has Broken Down the Wall'. It consists of two staves of music in a treble clef with a key signature of one sharp (F#). The melody is written on a five-line staff. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes. The lyrics are: 'We're ac-cept-ed as we are, we're ac-cept-ed as we are. Cast a-side your doubts and fears, cast a-side your doubts and fears. Through God's love all is rec-on-ciled, we're ac-cept-ed as we are. Peace and love, free-ly of-fered here; cast a-side your doubts and fears.'

↑ HYMN

God Has Made Me Glad/ Every Time I Feel the Spirit

I will en - ter God's gates with thanks - giv - ing in my heart, I will en - ter God's courts with praise. I will say, "This is the day that the Lord has made." I will re - joice, for God has made me glad.

Chorus

God has made me glad, God has made me glad. I will re - joice, for God has made me glad. God has made me glad.

Last time to Coda

God has made me glad. I will re - joice, for God has made me glad.

I will Ev - 'ry time I feel the Spir - it mov - ing in my heart, I will pray. Yes, ev - 'ry time I feel the Spir - it mov - ing

in my heart, I will pray. Ev - 'ry pray. (*Back to chorus*)

Coda

I will re - joice, for God has made me glad. I will re - joice, for God has made me glad.

SHARE A GREETING

RAINBOW CHAT - PROCLAIMING REALLY GOOD NEWS

Ariel Johnson
Director of Children, Youth, and Family Ministries

SONG

Welcome Song

1. Wel-come to a place of love. Wel-come to a place of love.
 2. Wel-come to a place of peace. Wel-come to a place of peace.

All of us to-geth-er, held in God's em-brace. Wel-come to a place of love.
 All of us to-geth-er, held in God's em-brace. Wel-come to a place of peace.

WE PREPARE TO HEAR GOD'S WORD

SCRIPTURE

Ephesians 4:1-6

NRSVUE

I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace: there is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and [Parent] of all, who is above all and through all and in all.

One: A word of God for our times.

All: Thanks be to God.

MESSAGE

Sermon Series "Do Unto Others"

Week Three: "Listen More, Speak Less: Humility"

Rev. Karen Bruins

PRAYER SONG

Ubi Caritas

U - bi ca - ri - tas et a - mor,

u - bi ca - ri - tas, De - us i - bi est.

"Where charity and love are found, God is there."

PRAYERS OF “THE POPULACE”

One: Jesus’ ministry turned the idea of social stratification in his day on its head. Our response to the invitation of Christ to be his Body in the world is to make these alternative sacred narratives more real in our own lives for the sake of the world. We come to prayer today as the “populace”—a word whose French origins in the 16th century meant “the multitude of persons not distinguished by rank, education, office, or profession”—and perhaps we could add “political party” to that list. We are people first, “the populace,” not positions. And so, we pray together the prayers of the people, for we are all human, humus of the earth, before we are anything else.

We pray for a sense of connection,
for ourselves and others.

We pray for a setting aside of ego,
for ourselves and others.

We pray for the spiritual capacity for humility,
for ourselves and others.

We pray for the relief from fear,
for ourselves and others.

Holy, Loving, Compassionate God, hear us as we lift up our joys and concerns.

Silence

THE LORD’S PRAYER

(Unison) **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. Amen.**

INVITATION TO GENEROSITY



OFFERING BOX

is found in the back of the sanctuary



GIVE ONLINE

by visiting our website at lakeharrietumc.org



SCAN THE QR CODE

with your smartphone camera



MAIL IN TO

4901 Chown Ave S
Minneapolis, MN
55410

OFFERTORY

Let Us Ever Walk with Jesus

(Andrew Bruhn)
Sanctuary Choir

↑ DOXOLOGY

Praise God, from Whom All Blessings Flow

The musical score is written on four staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, with lyrics printed below the notes. The lyrics are: "Praise God, from whom all blessings flow; praise God, all creatures here be - low; Al - le - lu - ia! Al - le - lu - ia! **Help us to work to - geth - er well,** off'r - ing our kind - ness to the world. **Fol - low Je - sus, praise the Spir - it!** Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!"

Praise God, from whom all bless-ings flow; praise God, all creatures here be - low;

Al - le - lu - ia! Al - le - lu - ia! **Help us to work to - geth - er well,**

off'r - ing our kind - ness to the world. **Fol - low Je - sus, praise the Spir - it!**

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

↑ HYMN OF GOING INTO THE WORLD

Jesus Calls Us O'er the Tumult

1. Je - sus calls us, o'er the tu - mult of our life's wild, rest - less sea;
 2. Je - sus calls us from the wor - ship of the trea - sures we a - dore,
 3. Je - sus calls us, o'er the tu - mult of our life's wild, rest - less sea;

day by day that voice still calls us, say - ing, "Chris - tian, fol - low me."
 from each i - dol that would keep us, say - ing, "Chris - tian, love me more."
 day by day that voice still calls us, say - ing, "Chris - tian, fol - low me."

As of old, Saint An - drew heard it by the Gal - i - le - an lake,
 In our joys and in our sor - rows, days of toil and hours of ease,
 Je - sus calls us! By Your mer - cies, Sav - ior, may we hear Your call,

turned from home and toil and kin - dred, leav - ing all for Je - sus' sake.
 Je - sus calls, in cares and plea - sures, "Chris - tian, love me more than these."
 give our hearts to Your o - be - dience, serve and love You best of all.

↑ BLESSING

May the Holy One show you the way
to Do Unto Others with Humility.

May the Christ whose Light is the Center of All-That-Is
ground you in the assurance that no one is outside of love.

May the Spirit show forth through you
in extraordinary acts you never imagined you had the power to achieve.

And may you know the peace that surpasses all understanding,
especially when it is difficult to understand.

And the people said, **“Amen!”**

↑ RESPONSE (ALL SING)

We will tear down the walls! We will tear down ev - ery wall!

God has called us, one and all; Christ has bro - ken down the wall!

POSTLUDE

When in Our Music God Is Glorified

(arr. Sue Mitchell-Wallace)

Worship Leaders

Pastor: Rev. Karen Bruins

Director of Children, Youth, & Family Ministries: Ariel Johnson

Director of Music Ministries: Jungjoo Park

Musicians: Sanctuary Choir

Scripture Reader: Mary Yee

Sound Technician: Dave Bruins

Streaming: Michael Perry

Slides: Kari Cahn

Table Art: Chris Kliesen Wehrman

Greeters: Lauren Braswell, Carole Chalmers, Jane Kammerman, Ken Larson

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY SEPTEMBER 15

- 9:30am In Person and OnLine Worship - Fall Kick Off
- 10:30am Ministry Fair and Remote Control Cars - Parking Lot
- 12:30pm LH Players Rehearsal - Fellowship Hall

MONDAY SEPTEMBER 16

- 7:00pm Theater Board - Fireside Room

TUESDAY SEPTEMBER 17

- 10:00am Knitting(crafting) Group - Commons
- 6:00pm Operations Team - BBB Dojo Room
- 6:30pm LH Players Rehearsal - Fellowship Hall
- 7:00pm Men's Forum - Wesley Room
- 7:00pm SPRC - Fireside Room

WEDNESDAY SEPTEMBER 18

- 5:15pm Family Dinner - Reception Room
- 5:30pm Prime Chimers (4th Grade & Up) - Bell Room
- 5:30pm Wee Chime & Sing (2nd & 3rd Grade) - Sanctuary
- 5:50pm Cherub Choir (Pre K - 1st Grade) - Godly Play Room
- 6:00pm GodsKids Choir (4th & 5th Grade) - Sanctuary
- 6:30pm Youth Night - Youth Room
- 6:30pm Festival Bells Rehearsal - Bell Room
- 6:30pm Shout Band Rehearsal - Sanctuary
- 7:00pm Do Unto Others Small Group - Zoom
- 7:30pm Sanctuary Choir Rehearsal - Sanctuary

THURSDAY SEPTEMBER 19

- 6:30pm LH Players Rehearsal - Fellowship Hall

SUNDAY SEPTEMBER 22

- 9:30am In Person and OnLine Worship - Bible Sunday
- 10:30am Bible Black Belts - BBB Dojo Room
- 10:30am Godly Play - Godly Play Room
- 10:45am Meaning of Protestantism - Fireside Room
- 10:45am By Faith Rehearsal - Sanctuary
- 11:00am Science & Faith Book Study - Zoom
- 12:30pm LH Players Rehearsal - Fellowship Hall



WEDNESDAYS 5:15-6:15PM

Wednesday Suppers

Meals will be served from 5:15-6:15pm. The cost per person is \$10 with a family cap of \$30. You may register and pay for several weeks at once, or you can register and pay weekly, but you must register for every week you plan to attend for accurate head count.

RSVPS are needed ahead of time by MONDAY noon, so we can order the correct amount of food.

Four volunteers will be needed each week to set-up and serve, or to clean-up. <https://bit.ly/umcvolunteer>

To grab a spot at the table, scan the QR code or visit bit.ly/wednesday-suppers



CHILDREN YOUTH AND FAMILY MINISTRIES

Fall Dates to Remember

Contact Director Ariel Johnson with any questions, ariel.johnson@lakeharrietumc.org.

- September 18th - Youth Night Kick Off in the Courtyard (fellowship hall and youth room if rain)
- September 22nd - Bible Sunday and return of God's Play and Bible Black Belt Programming
- September 29th - Confirmation Sunday
- October 2nd - "Just One" at Messiah Church in Plymouth, 6:30-8:30pm - Intergenerational, ALL ages encouraged to attend



YOUTH MISSION TRIP

ASP 2025 Interest Form

Please fill out the form if you have Youth grades 8th-completed High School or are an adult that is interested in the 2025 ASP Trip!



Appalachia Service Project (ASP) is a Christian ministry, open to all people, that inspires hope and service through volunteer home repair and replacement in Central Appalachia.



WEDNESDAY SEPTEMBER 18 9:30AM

Groovy Grandparents

Interested in becoming a “Groovy Grandparent?” Join a great group of people to share stories, learn new approaches, support each other and have some laughs.

New Day! Wednesday, September 18 from 9:30am - 11am in the Wesley Room.

For more information or to sign up, contact Sherry Landrud at sherrylandrud@gmail.com.



WEDNESDAY OCTOBER 2 6:30-8:30PM

“Just One” Event

Hosted at Messiah Church, 17805 Cty Rd 6, Plymouth
Free Mental Health & Suicide Prevention Event. With a Hip Hop concert, door prizes, and Mental Health Resources. Youth 6th grade to adults are encouraged to come!

Just One is a FREE EVENT put on by a collaborative group of Youth Leaders from Advent, Good Samaritan, Hennepin Ave, Lake Harriet, Messiah and Minnetonka United Methodist Churches.

Contact youth@minnesotaumc.org with any questions.



Beacon

INTERFAITH HOUSING COLLABORATIVE

To sign up, scan the QR code or visit www.beaconinterfaith.org register under Events.



MONDAY SEPT. 30, 12-1:00PM

Light The Way Home Luncheon

Light the Way Home fundraising luncheon is on Monday, Sept. 30th, Noon - 1:00pm at the McNamara Center on the University of Minnesota campus. There is no cost to attend, but there is a request for donations of any amount. Sign-up for this event at the above link or scan the QR code; **RSVP by Sept. 16**. In the Community Builder blank, please enter Lauren Braswell’s or Mike Walker’s name so you can be seated at the Lake Harriet table.

Chris Fondell is available to give anyone a ride from church to this interesting and inspiring event. Let Lauren know if you have questions or would like a ride.



lake harriet umc

ADULT LEARNING & SPIRITUAL ENRICHMENT

To sign up, scan the QR code or visit lakeharrietumc.org/connect register under Adult Enrichment, "Join a Group".



SEPTEMBER 22 – DECEMBER 8

Science and Faith Book Study

Believing Is Seeing: A Physicist Explains How Science Shattered His Atheism and Revealed the Necessity of Faith by Dr. Michael Guillen

Sundays – 11:00 am-noon (**Zoom only**) / Facilitator: Chris Dozier and Paul Glewwe

SEPTEMBER 22 – NOVEMBER 24

The Meaning of Protestantism

Sundays, 10:30-11:30 AM – **in person** / Facilitator: Jeffrey B. Speaks

Connect with Staff

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Land Acknowledgement

Lake Harriet United Methodist Church is located on the land of the Wahpekute, one of the seven council fires of the Ocheti Sakowin (commonly Dakotah) peoples. We recognize and pay tribute to the indigenous people who called this land home for centuries before us.



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Office Hours 9a–4p, Tuesday–Thursday

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