



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 Enchancement 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.



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

WELCOME

ANNOUNCEMENTS

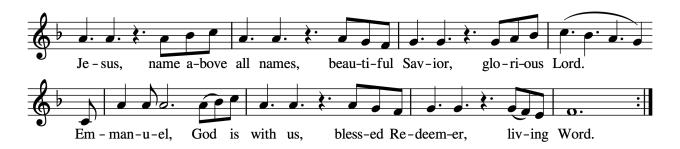
New Small Group - NeuroCONvergence Kelsey Speaks

CENTERING PRAYER

One: Love is an all or nothing proposition. Only by loving your enemies as well as your friends do you live as children of the Most High.

CENTERING SONG

Jesus, Name above All Names



† CALL TO WORSHIP

One: Come and learn the ways of life.

All: We have come to follow Jesus.

One: Love your enemies, and do good to those who hate you.

All: We have come to follow Jesus.

One: Bless those who curse you, and pray for those who persecute you.

All: We have come to follow Jesus.

One: Do unto others as you would have them do unto you.

All: We have come to follow Jesus.

One: Come and learn the ways of life.



SHARE A GREETING

RAINBOW CHAT

Ariel Johnson Director of Children, Youth, and Family Ministries

Jesus loves me! This I know, for the Bible tells me so. Little ones to him belong; they are weak, but he is strong. Yes, Jesus loves me! Yes, Jesus loves me! Yes. Jesus loves me! The Bible tells me so.

INVITATION TO GENEROSITY



of the sanctuary



GIVE ONLINE

at lakeharrietumc.org



smartphone camera



MAIL IN TO 4901 Chowen Ave S Minneapolis, MN 55410

OFFERTORY

God's Love Has It All

(Mark Burrows) LH Children's Choirs

SCRIPTURE Luke 6:27-36 Common English Bible

Love for Enemies

"But I say to you who are willing to hear: Love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who mistreat you. If someone slaps you on the cheek, offer the other one as well. If someone takes your coat, don't withhold your shirt either. Give to everyone who asks and don't demand your things back from those who take them. Treat people in the same way that you want them to treat you.

"If you love those who love you, why should you be commended? Even sinners love those who love them. If you do good to those who do good to you, why should you be commended? Even sinners do that. If you lend to those from whom you expect repayment, why should you be commended? Even sinners lend to sinners expecting to be paid back in full. Instead, love your enemies, do good, and lend expecting nothing in return. If you do, you will have a great reward. You will be acting the way children of the Most High act, for he is kind to ungrateful and wicked people. Be compassionate just as your Father is compassionate."

MESSAGE Sermon Series: "Questions Jesus Asked" Week Five "Who Will You Love?"

Jeff Speaks

PRAYER OF PREPARATION

Psalm 19:14

One: May the words of my mouth...

All: and the meditations of our hearts be acceptable in your sight, O Lord, our Rock and our Redeemer. Amen.

THE SACRAMENT OF THE LORD'S SUPPER

Rev. Hope Bailey Hutchison

THE GREAT THANKSGIVING

One: The Lord be with you. **All: And also with you.**One: Lift up your hearts.

All: We lift them up to the Lord.

One: Let us give thanks to the Lord our God.

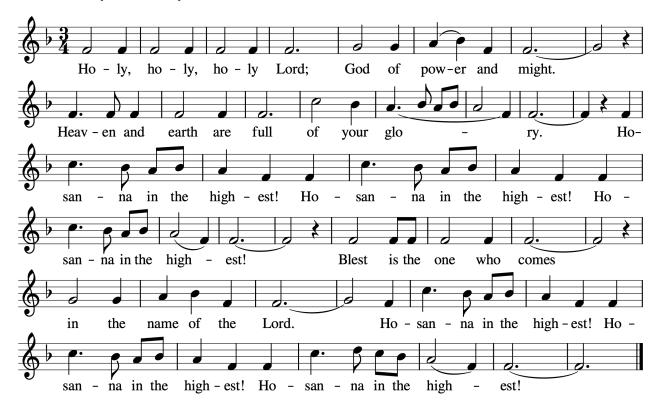
All: It is right to give our thanks and praise.

One: It is right, and a good and joyful thing,
always and everywhere to give thanks to You,
almighty God, creator of Heaven and earth.
In ancient days, You created us in Your image,
and called us to be Your people.
Even when we turned away and ignored Your voice,
You pursued us and called us:
through the proclamation of Your law, the words of Your prophets,
and the wisdom of storytellers.
In the fullness of time, You sent Your Son, Jesus Christ to call us yet again:
on the shores of Galilee, in crowded markets, and on dusty roads,

And so, with Your people on earth, and all the company of heaven, we praise Your name and join their unending hymn:

inviting us to risk everything, and to place our trust in You.

SANCTUS (ALL SING)



One: Holy are You and blessed is Your Son, Christ Jesus,

who called us His disciples,

even as He shared a final meal with them,

calling one and all to remember and reflect

when we eat of the bread and partake of the cup,

"Take, eat; this is my body, given for you. Do this in remembrance of me."

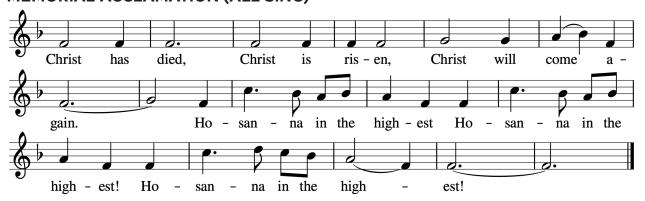
"Drink from this, all of you.

This is my life, poured out for you and for many for the forgiveness of sins.

Do this, as often as you drink it, in remembrance of me."

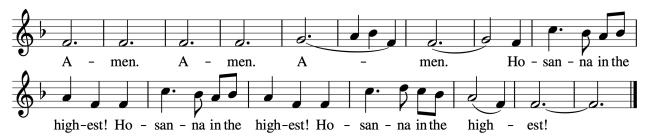
And so, in remembrance of these Your mighty acts of love and grace, we offer ourselves in praise and thanksgiving as we proclaim the mystery of faith.

MEMORIAL ACCLAMATION (ALL SING)



One: Pour out Your Holy Spirit on all of us gathered here, that we may answer Your call and be Your people. Pour out Your Holy Spirit on these gifts of bread and cup, that they may nourish and strengthen us to go into deep waters when You call us to take a risk. By Your Spirit, make us one with Christ, one with each other, and one in ministry to all the world, until Christ comes in final victory and we feast at Your heavenly banquet. Through Jesus Christ, with the Holy Spirit in Your holy Church all honor and glory is Yours, almighty God, both now and forevermore. Amen.

GREAT AMEN (ALL SING)



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.

COMMUNION MUSIC

When Jesus Sets the Table

(Sally Ann Morris)
Shout Band



† BLESSING

One: Love is our mission.

Love is our call.

Love is our action plan.

Love is our method.

Love your neighbor.

Love your God.

Even as God loves you!

Go in peace. Amen.

POSTLUDE

Worship Leaders

Guest Preacher: Jeffrey Speaks

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

Director of Music Ministries: Jungjoo Park

Communion Officiant: Rev. Hope Bailey Hutchison **Musicians:** Shout Band, Lake Harriet Children's Choirs

Liturgy & Scripture Readers: Meena and Amanda Niskode-Dossett

Communion Prep: Mary Yee **Sound Technician:** Brian Richter **Streaming:** Chris McPartland

Slides: Matt Davis

Greeters: Jane Kammerman, Ken Larson, Dave and Julaine Heit

Hospitality: Andy Aoki

Table Art: Katie Schneider-Bryan

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Let Love Win Words & Music: Ben Backus, Jeremy Menard, Jordan Bailey, Justin Mosteller, Michael Loy, Ross King ©2015 Simple Tense Songs; Centricity Songs; CentricSongs; Curb Songs. All rights reserved. Reprint under CCLI License #1628344.

Pastor Karen will be on vacation January 25-February 2nd. Rev. Jen Johnson will be on call for pastoral emergencies. Please contact the church office (612) 926-7645.

SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY FEBRUARY 2

9:30am All Ages Communion - In Person and Online Worship 10:30am Horizon Hour (3yrs - 5th Grade) - Godly Play Room

11:00am Worship at the Waters

TUESDAY FEBRUARY 4

10:00am Knitting(crafting) Group - Commons

7:00pm Men's Forum - Wesley Room

WEDNESDAY FEBRUARY 5

5:15pm Family Dinner - Reception Room

5:45pm Prime Chimers (4th Grade & Up) - Bell Room

5:45pm Wee Chime & Sing(2nd & 3rd Grade) & Gods Kids Choir (4th & 5th Grade) - Sanctuary

5:50pm Cherub Choir (Pre K - 1st Grade) - Godly Play Room

6:30pm Festival Bells Rehearsal - Bell Room

6:30pm Shout Band Rehearsal - Sanctuary

6:30pm Youth Night - Youth Room

7:30pm Sanctuary Choir Rehearsal - Sanctuary

THURSDAY FEBRUARY 6

7:00pm UWF Book Club - Zoom

FRIDAY FEBRUARY 7

9:00am Beyond the Nest Class

SUNDAY FEBRUARY 9

9:30am In Person and Online Worship

10:30am Godly Play (3yrs - 3rd Grade) - Godly Play Room

10:35am A Taste of Lake Harriet: New Member Class - Fireside Room

10:45am By Faith Choir Rehearsal

QUESTIONS FOR WEEK FOUR REFLECTION | "WHOM WILL YOU LOVE?" LUKE 6:27-36

1. Who do you know who has modeled the Golden Rule for you?
2. How do you prevent the Golden Rule from being applied egotistically or reciprocally? In other words, how can you treat a person the way he or she wants to be treated rather than the way you want to be treated?
3. What are some ways you can strengthen your capacity for empathy for other people?
4. How will you learn to love those who are hard for you to love and forgive those who have harmed you?
5. Which of these three teachings of Jesus – turn the other cheek, give away your shirt, walk a second mile – is easiest for you to understand and apply? Which is the hardest?



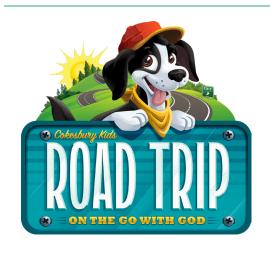
FEBRUARY 26 7-8:30PM

FMSC Youth Event

The Youth service night for February 26th is at FMSC and youth (and adult volunteers) need to sign up ahead of time by February 12th.



To register visit our Events page, scan the QR code with your smartphone or tablet or visit *lakeharrietumc.org/events*



JUNE 23-27

VBC Registration is open!

It's that time of year again - time to sign up for this summer's **Vacation Bible Camp - Road Trip!**

Cost is FREE for all campers from 9:00am-12:00pm. There is optional child care from 12:00-4:30pm every day, with the added option of a before care drop off (8:15a).

This camp is for those in Pre-K 3 (toilet trained) through 5th grade entering in Fall 2025. Before and after care are available for ALL AGES and is \$30/day or \$75/week.

To register, please scan the QR codes to the left.



CAMPER REGISTRATION

To register, scan the QR code with your smartphone or tablet or visit

bit.ly/vbc-camper-register



LEADER REGISTRATION (6 gr+)

To register, scan the QR code with your smartphone or tablet or visit

bit.ly/vbc-leader-register



REGISTER

To register, scan the QR code with your smartphone or tablet or visit lakeharrietumc.org/children-youth-and-family-ministries

MONDAY, AUGUST 4TH - FRIDAY, AUGUST 8TH

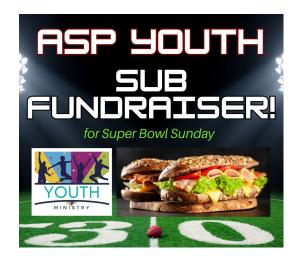
Kids Theater Camp registration is open!

Lake Harriet UMC's Theatre Camp is a week full of adventure and theater skills! Campers will learn acting skills, script writing skills, and technical theatre skills (such as set building, painting, and costume design). Campers and the director will work together to create a show based off a theme. This year's theme is "Your Royal Highness!" After creating the script on Monday, Campers will have a brief audition on Tuesday morning, the director will assign parts, and then poof! The show process starts.

This camp is for those going into 3rd grade in Fall of 2025 through 8th grade in fall of 2025.

Camp runs from 9am-5:00pm Monday, August 4th through Friday, August 8th with a performance on Sunday, August 10th in worship at Lake Harriet UMC at 9:30am. Campers will also assist in other elements of worship. Cost is \$100 for the week.







Order online through Feb 5:

bit.ly/asp-superbowl-subs

YOUTH ASP FUNDRAISER

Super Bowl Subs!

It is the time of year for the Super Bowl Sub fundraiser for the ASP Trip!

\$10 for a 7" sub sandwich, all prepared by our expert youth sandwich makers. **Sandwiches are available for pick up on Superbowl Sunday, February 9th**, between 10:30am and 11:00am at Lake Harriet UMC. Subs are made with Denny's 5th Avenue Bakery hoagie rolls (sorry, no GF option). All proceeds support the youth ASP trip. Online ordering available through Wednesday, February 5th.

Please play online with the link shown on order form.

If you would like more than 4 sandwiches, please complete another form. Thank you for supporting our youth! If you have any questions, please contact Ariel Johnson at <u>ariel.johnson@lakeharrietumc.org</u>.



Register on our connect page

lakeharrietumc.org/connect, under the Connection Groups tab, click "Register for a Group."

SECOND SUNDAYS STARTING SUNDAY FEB 16TH 10:45AM

neuroCONvergence Group

Welcome to our brand-new group for neurodivergent people, partners, and families! We hope to joyfully weave an intergenerational web of experience as we navigate a neurotypical world together.

Neurodivergent people self-identify as having a brain that works in a way different from common societal expectations, such as ADD or autism spectrum. A formal diagnosis from a doctor is not required to join us. If you or your person would like more support, then you are welcome!

If you have questions, please contact Kelsey by email *Kelsey.Speaks.SLP@gmail.com*.



LAKE HARRIET UM PRESCHOOL

Help the toddlers get outside to play!

Want to feel like a hero? You can be one for Toddler Teachers helping them get toddlers dressed for playing in the snow at recess!

One of the birthrights of a Minnesotan is to grow up loving the cold and snow. But that doesn't happen without ample time outside playing in the elements from an early age. And getting 12 squirmy bodies into snow pants, boots, mittens, hats, jackets and scarves can be a big task for anyone!

Please consider lending a hand to these cute little smiling faces any time Monday-Friday between 10 and 11am.

You'll also be helping out their parents knowing kids sleep better when they've had a chance to trudge through the snow, build snow structures and get some large motor movement outside.

Our current team of 11 volunteers are helping while children are napping so teachers can have a weekly staff meeting, and we've lost a few volunteers to "sunnier climes" during the winter months.

Our goal is 10 people to show up every other week and do four visits a piece to get us through March. We've got two folks already, so help us reach our goal!

Please let Andrea Wright (LHUMP Director) at awright@lakeharrietumpreschool.org or Frances Durkin (Preschool Volunteer coordinator) know about your interest and how to get started.

ALSET February Offerings

Register on our connect page <u>lakeharrietumc.org/connect</u>, under the Adult Enrichment tab, click "Sign up for a Group or Class."

Science and Faith Book Study

Believing Scientist: Essays on Science and Religion by Stephen M. Barr

Starts February 2

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

Both an accomplished theoretical physicist and a faithful Catholic, Stephen Barr in this book addresses a wide range of questions about the relationship between science and religion, providing a beautiful picture of how they can coexist in harmony. In his first essay, "Retelling the Story of Science," Barr challenges the widely held idea that there is an inherent conflict between science and religion. He goes on to analyze such topics as the quantum creation of universes from nothing, the multiverse, the Intelligent Design movement, and the implications of neuroscience for the reality of the soul. The Believing Scientist helpfully engages pressing questions that often vex religious believers who wish to engage with the world of science.

Black History Month at LHUMC

Share The Dream: Shining a Light in a Divided World Through Six Principles of Martin Luther King, Jr. – Video Study

Starting Monday, February 10 for 6 weeks

Mondays at 7:00 pm - Zoom only

Facilitator: Julie Konrardy

Share the Dream is a six-session video Bible study based on the life and teachings of Dr. Martin Luther King, Jr. You will look at six biblical principles that shaped Dr. King's life and motivated him to speak on behalf of African Americans in the Civil Rights Movement: love, conscience, freedom, justice, perseverance, and hope. You will watch the videos during class. No book or preparation required.

Movie Night: Six Triple Eight (PG-13)

Friday, February 21



Sign-up for the events on the Beacon Events page:

www.beaconinterfaith.org/event

Tell your Senator and Rep: Fund Supportive Housing!



Let your State Rep and Senator know housing must remain a top priority in MN! Add your name and address to this "digital postcard" that Beacon will deliver in mid Feb. Help us reach a goal of 1000 signers! Thanks for taking action!

INTERFAITH HOUSING COLLABORATIVE

Beacon News

Attention Racial Justice and Housing Advocates!

Here are ways you can act for racially just housing in 2025:

1) Beacon is sponsoring a series of gatherings to screen the documentary series Shame of Chicago: Shame of the Nation, which highlights the policies and actions that resulted in systemic housing segregation in our cities and suburbs throughout the 20th century. The first episode was screened on Jan 9th. Subsequent episodes will be screened on the next four Thursdays and held at churches in the south and west metro.

Lauren Braswell will be attending, so let her know at <u>I braswell@comcast.net</u>. if you would like a ride from church to attend this event together.

- 2) From the comfort of your home (and in your PJs if you prefer), you can attend the monthly Rent Is Due zoom meetings held on the first Wednesday of each month at 8:30am. The next one will be held on Wednesday, Feb. 5th.
- 3) **NEW DATE: Feb. 18th from 9am to 1:00pm is the Lobby Day for anyone living or worshipping in Minneapolis to meet with our legislators to advance a strong housing agenda. Closer to Feb. 4th you will receive information on the exact meeting times with your representative and senator so you can meet them along with other participants from your same district.



MEMBERSHIP CLASS

A Taste of Lake Harriet

Learn more about our mission, values, ministry and membership. All are welcome!

There are two choices in February:

- Sunday, February 9, 10:30am
- Wednesday, February 12, 5:45-7pm. Feel free to join us earlier to grab dinner at 5:15pm. Register on our events page below



RSVP online for either of the **classes:** bit.ly/LH-membership-class



RSVP online for the **meal on Feb 12:** bit.ly/wednesday-suppers

Connect with Staff

Rev. Karen Bruins Pastor karen.bruins@lakeharrietumc.org

Søren Bijnagte Business Administrator & Facilities Manager soren.bijnagte@lakeharrietumc.org

Kay Halverson Office Administrator kay.halverson@lakeharrietumc.org

Thomas Johanson Bell Choirs Director thomas.johanson@lakeharrietumc.org

Ariel Johnson Dir, of CYF Ministries and Cherub Choir ariel.johnson@lakeharrietumc.org

Tami Zvolena Communications communications@lakeharrietumc.org

Elizabeth Melton Volunteer Coordinator elizabeth.melton@lakeharrietumc.org

Jungjoo Park Director of Music Ministries jungjoo.park@lakeharrietumc.org

Andrea Wright LHUM Preschool Director awright@lakeharrietumpreschool.org

Buffy Ess LHUM Preschool Assistant Director bess@lakeharrietumpreschool.org

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.

