



QUESTIONS JESUS ASKED

jan 5 - feb 9

Sunday, January 12

“Why Are You Afraid?”



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

OPENING PRAYER

One: Holy Breath of Life, we enter this space searching for sacred peace.

May the winds of this hour be quiet and calming.

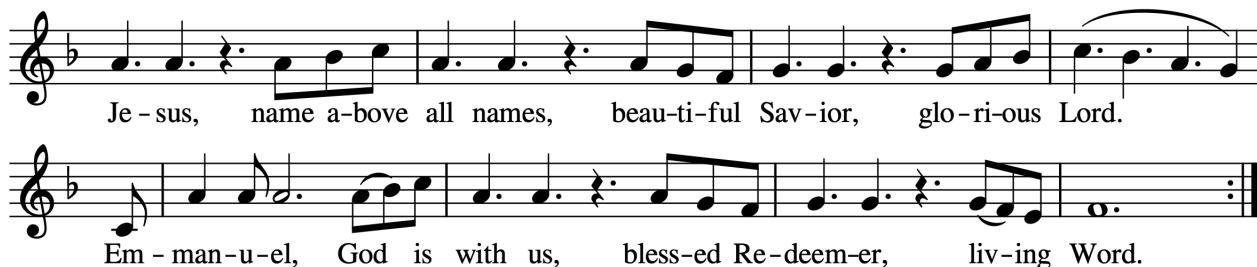
May the waters of this day be as peaceful as a pond.

May our hearts find the tranquility we desire.

May we fill the air with sweet songs of joy. Amen.

CENTERING SONG

Jesus, Name above All Names



↑ CALL TO WORSHIP

One: Put your trust in God, who knows our names.

All: The Holy One does not forsake those who seek God.

One: Be gracious to us Holy One.

All: For you are the One who lifts us from the storm.

One: We praise you in every time and space.

All: We rejoice that your hand guides us.

↑ HYMN

By Gracious Powers

1. By gra - cious powers so won - der - ful - ly shel - tered,
 2. Yet is this heart by its old foe tor - ment - ed,
 3. And when this cup you give is filled to brim - ming
 4. Yet when a - gain in this same world you give us

and con - fi - dent - ly wait - ing, come what may,
 still e - vil days bring bur - dens hard to bear;
 with bit - ter sor - row, hard to un - der - stand,
 the joy we had, the bright - ness of your sun,

we know that God is with us night and morn - ing,
 O give our fright - ened souls the sure sal - va - tion
 we take it thank - ful - ly and with - out trem - bling,
 we shall re - mem - ber all the days we lived through,

and nev - er fails to greet us each new day.
 for which, O Lord, you taught us to pre - pare.
 out of so good and so be - loved a hand.
 and our whole life shall then be yours a - lone.

Refrain

By gra - cious powers so faith - ful - ly pro - tect - ed, so qui - et - ly, so
 won - der - ful - ly near, I'll live each day in hope, with you be -
 side me, and go with you through ev - ery com - ing year.

SHARE A GREETING

RAINBOW CHAT

Ariel Johnson
 Director of Children, Youth, and Family Ministries

HYMN

Jesus Loves Me

UMH 191, verse 1

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.

RECEPTION OF NEW MEMBERS

SONG

The Song of Blessing

1. May God give you eyes to see all that is good, all that is good. 2. The
(2. The) courage for an - y - thing, may you be strong, may you be strong.

May God give you ears to hear God's lov - ing voice, God's lov - ing voice,

speaking all a - round you, all a - round and deep in - side.

SCRIPTURE

Matthew 8:23-27

New Revised Standard Version
Updated Edition

Jesus Stills the Storm

And when he got into the boat, his disciples followed him. A windstorm suddenly arose on the sea, so great that the boat was being swamped by the waves, but he was asleep. And they went and woke him up, saying, "Lord, save us! We are perishing!" And he said to them, "Why are you afraid, you of little faith?" Then he got up and rebuked the winds and the sea, and there was a dead calm. They were amazed, saying, "What sort of man is this, that even the winds and the sea obey him?"

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.**

MESSAGE

Sermon Series: "Questions Jesus Asked"
Week Two: "Why Are You Afraid?"

Rev. Karen Bruins

HYMN

Be Still My Soul
It is Well with My Soul

UMH 534, 1 & 2
UMH 377, 1 & 4

PASTORAL PRAYER

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 Chowen Ave S
Minneapolis, MN
55410

One: God's boundless generosity transcends the limits of this world and nudges us to fill our land with blessing. Through our energy, time, talents, and treasures, we usher God's peace into a world filled with storms and obstacles.

**All: We are always rejoicing, Holy One, for your many gifts in our lives.
May these gifts usher peace into our world, that all may know of you love
and touch your grace. Amen.**

OFFERTORY

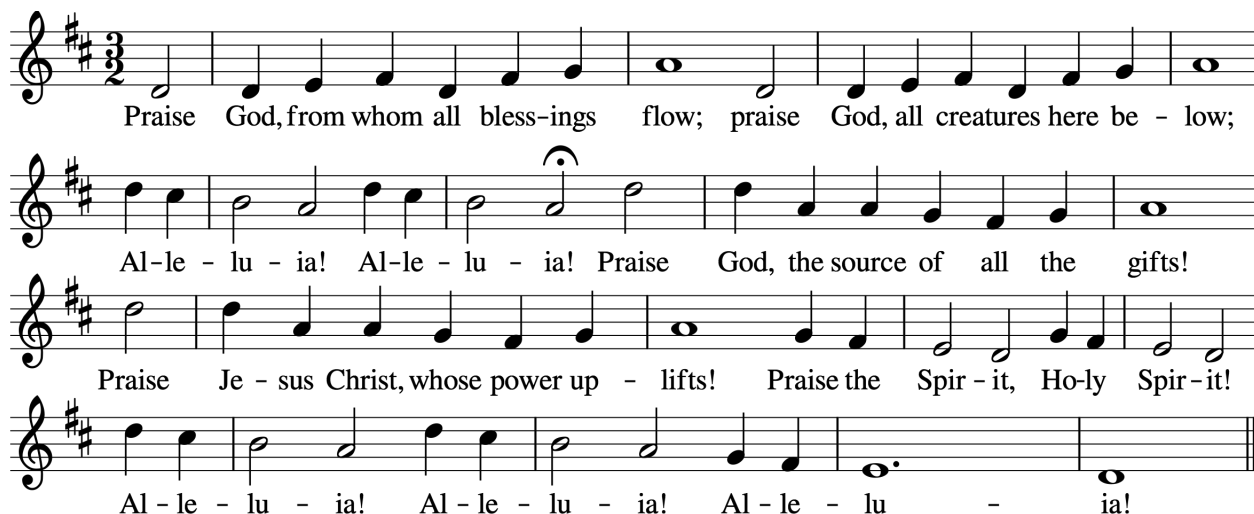
Calm Me, Lord

(Margaret Rizza)
Sanctuary Choir

↑ DOXOLOGY

Praise God From Whom All Blessings Flow

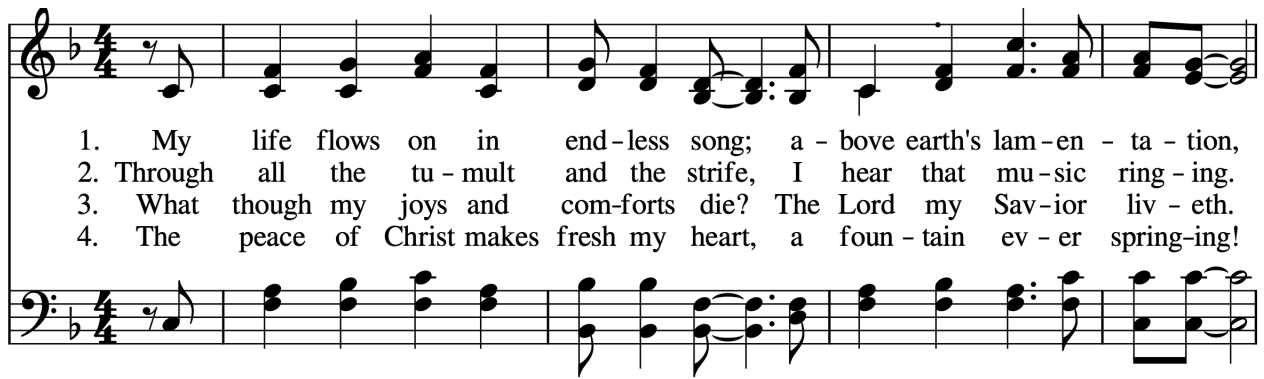
UMH 94



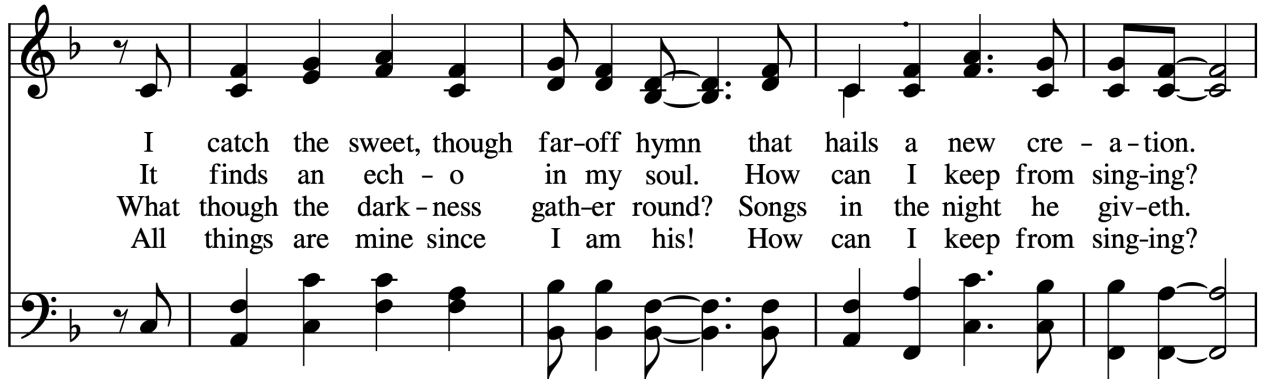
Praise God, from whom all bless-ings flow; praise God, all creatures here be - low;
Al-le - lu - ia! Al-le - lu - ia! Praise God, the source of all the gifts!
Praise Je - sus Christ, whose power up - lifts! Praise the Spir - it, Ho-ly Spir - it!
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

↑ HYMN

How Can I Keep from Singing?

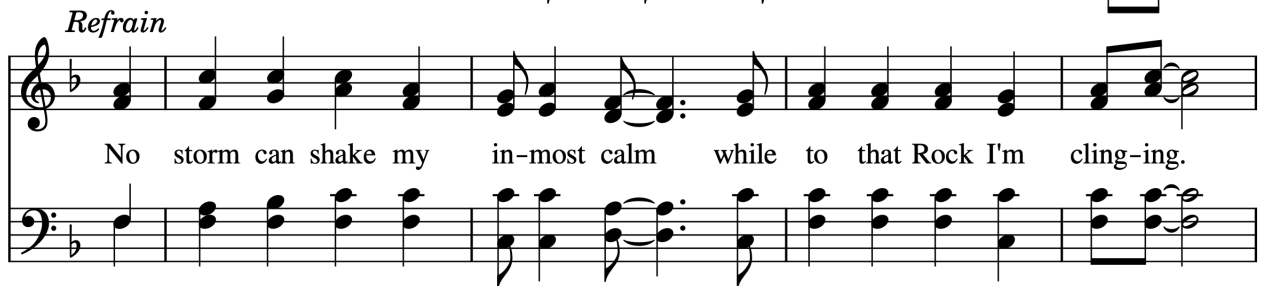


1. My life flows on in end-less song; a - bove earth's lam-en - ta - tion,
 2. Through all the tu - mult and the strife, I hear that mu-sic ring-ing.
 3. What though my joys and com-forts die? The Lord my Sav-ior liv - eth.
 4. The peace of Christ makes fresh my heart, a foun - tain ev - er spring-ing!




I catch the sweet, though far-off hymn that hails a new cre - a - tion.
 It finds an ech - o in my soul. How can I keep from sing-ing?
 What though the dark - ness gath-er round? Songs in the night he giv-eth.
 All things are mine since I am his! How can I keep from sing-ing?

Refrain



No storm can shake my in-most calm while to that Rock I'm cling-ing.



Since Christ is Lord of heaven and earth, how can I keep from sing-ing?

↑ BLESSING

One: May the breezes of the Spirit calm our hearts as we share God's presence with the world.
 May the peace of Christ pacify our engulfed minds as we go to care for our neighbors.
 The Holy One is our source of peace, today and forevermore. Amen.

POSTLUDE

Recessional on ST. ANNE

(Gordon Young)

Worship Leaders

Pastor: Rev. Karen Bruins

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

Director of Music Ministries: Jungjoo Park

Musicians: Sanctuary Choir

Liturgy & Scripture Reader: Becky Andreasen

Sound Technician: Chad Johnson

Streaming: Henry Lee

Slides: Kim Boisvert

Greeters: Jane Kammerman, Ken Larson, Jeanne Harkness, Beth Bertelson

Hospitality: Norma Bayers

Table Art: Katie Schneider-Bryan

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY JANUARY 12

9:30am All Ages Communion In Person and Online Worship
10:30am Godly Play (3yrs - 3rd Grade) - Godly Play Room
10:30am Church Conference - Sanctuary
11:00am By Faith Choir Rehearsal - Sanctuary

MONDAY JANUARY 13

7:00pm Outreach Team Meeting - Zoom

TUESDAY JANUARY 14

10:00am Knitting(crafting) Group - Commons
7:00pm Men's Forum - Wesley Room

WEDNESDAY JANUARY 15

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 JANUARY 16

9:30am Children's Ministry Collective - Reception Room
4:00pm Joyce Uptown Foodshelf Board Meeting - Fireside Room

FRIDAY JANUARY 17

9:00am Beyond the Nest Class - Fireside Room

SUNDAY JANUARY 19

9:30am In Person and On-Line Worship
10:30am Godly Play (3yrs - 3rd Grade) - Godly Play Room
10:45am Mental Health First Aid - Reception Room
10:45am By Faith Choir Rehearsal - Sanctuary

QUESTIONS FOR REFLECTION

1. What have been the biggest and toughest questions you have had to answer in your life?
2. How did answering these questions become defining moments for you?
3. How easy or difficult is it for you to ask questions of your own faith?
4. How would you answer the question, “Who do you say that I am?” How has your answer changed over time?
5. Who do you say Jesus is now and what difference does your answer make in your life?
6. “What would Jesus have me to do?”
7. What do you hope emerges from this six-week series and your personal study for your spiritual life and your commitment to Jesus?



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

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 9:00a-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.

Register on the Children, Youth and Family Ministry page, lakeharrietumc.org/children-youth-and-family-ministries or scan the QR code to the left.



NEW SMALL GROUP

Unleavened Bread

Music Director, Jungjoo Park invites you to join a new small group, Unleavened Bread. In this group, you'll take some time each day to read the Bible and then write down your thoughts after in a journal.

The group will gather once a month to share your thoughts with others.

The group is still forming and a meeting time is TBD. If you're interested, send an email to Jungjoo at jungjoo.park@lakeharrietumc.org, and she'll be in touch with more details.

One does not live by bread alone but by every word that comes from the mouth of the Lord. (Deut. 8:3b)

I came that they may have life and have it abundantly. (John 10:10b)



TUESDAYS 7PM

Men's Forum

In 2023, a group was formed where men could share thoughts, experiences, ideas, and feelings in a safe, confidential, supportive setting. Meetings typically go from an hour and a half to 2 hours. A small group of guys have become "regulars". An equal number of guys are "semi-regulars", and a few are "occasionals".

We would like to invite other men of the church to join and connect with us. We are fully aware of the challenges we face in our lives, in the broad sense and we strive to support each other as we face these or other concerns

Please stop by and check us out. If you have questions, you may contact John Babbs, the unofficial coordinator of the Men's Forum. Phone or text: 612-718-2032.

Email: jhbabbs@gmail.com



Register and read more about the group on our Connect page lakeharrietumc.org/connect. Click the Connection Groups tab, click the "Register for a Group" box to register.



JAN 26 10:30AM

Creating Caring Faith Communities in Minnesota

Join us in the reception room following worship as we hear learn from speaker Kay King from NAMI Minnesota (National Alliance on Mental Illness.) NAMI is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. For over 40 years, NAMI Minnesota has worked to promote the development of community mental health programs and services, change public attitudes about mental illnesses, improve access to services and increase opportunities for recovery.



Register on our connect page

lakeharrietumc.org/connect, under the Adult Enrichment tab, click "Sign up for a Group or Class."

Kay will be sharing on the topic: Creating Caring Faith Communities in Minnesota: Five Things You Can Do - Learn about mental illnesses, the impact of negative attitudes and five things each of us can do to make Minnesota a better place for people who experience a mental illness. This class is for faith communities interested in learning about mental illnesses and helping to change attitudes towards mental illnesses. We'll briefly discuss ideas for building a mental health ministry. Creating caring churches. What steps can the congregation do?



FIRST AND THIRD FRIDAYS 9 AM | SOME EVENINGS

Beyond the Nest

A reminder that our Beyond the Nest group will be meeting on the first and third Fridays of the month until May, with the next one coming up on Friday, January 17 at 9:00 at Lake Harriet UMC. Please feel free to drop in as you are able, you do not need to attend every meeting.

We know Friday mornings don't work for everyone, so we have scheduled some connection times that are in the evening. You are invited to our first one on **Thursday January 23** at the Edina Puttshack! We have time reserved from 6-8 pm.

If you are interested in mini golf, please rsvp to Janelle Jordan: janellelynnjordan@yahoo.com. We will order some appetizers for the group, if you are interested in mini golf and apps, the cost will be \$20 per person and you can Venmo Janelle, [@Janelle-Jordan-1](https://www.venmo.com/Janelle-Jordan-1). You are welcome to come and connect even if you are not interested in golfing.



JAN 30TH 7PM

Recklessly Alive: Book Discussion

Following our speaker on January 5, Sam Eaton, we are hosting a church-wide book discussion of his book, "Recklessly Alive: What My Suicide Attempt Taught Me About God and Living Life to the Fullest."

Time: 7:00-8:30 pm, In-person and Zoom
Facilitator: Ariel Johnson

Register on our connect page

lakeharrietumc.org/connect, under the Adult Enrichment tab, click "Sign up for a Group or Class."

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 Ojibwe (commonly Dakota) 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

Connect 612.926.7645 | church@lakeharrietumc.org | lakeharrietumc.org