



QUESTIONS JESUS ASKED

jan 5 - feb 9

Sunday, January 19

“Why Are You Anxious?”

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

CENTERING PRAYER

One: O God, we long for you -
for your love, for your wisdom, for your grace.
We long for the words of your mouth when we cannot find our own.
We long for the courage to speak and sing your blessings.
We pray for the wisdom to keep silent, rather than speak, words of harm.
Be our vision, O God, and our voice.
And may our mouths proclaim your praise. Amen.

CENTERING SONG Jesus, Name above All Names

Je - sus, name a-bove all names, beau-ti-ful Sav-ior, glo-ri-ous Lord.
Em - man-u-el, God is with us, bless-ed Re-deem-er, liv-ing Word.

↑ CALL TO WORSHIP

One: From troubled times and difficult walks,

All: we come to the arms of Christ.

One: From separate journeys and diverse experiences,

All: we gather to worship as one.

One: As siblings in Christ,

All: we come to God, who welcomes us here.



1. What a fel - low-ship, what a joy di - vine, lean-ing on the ev-er-
2. O how sweet to walk in this pil - grim way, lean-ing on the ev-er-
3. What have I to dread, what have I to fear, lean-ing on the ev-er-



last - ing arms; what a bless - ed - ness, what a peace is mine,
last - ing arms; O how bright the path grows from day to day,
last - ing arms? I have bless - ed peace with my Lord so near,



lean - ing on the ev - er - last - ing arms.

Refrain



Lean - ing, lean - ing, safe and se-cure from all a - larms;



lean - ing, lean - ing, lean - ing on the ev - er - last - ing arms.

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.

SCRIPTURE

Luke 12:22-31

New Revised Standard Version
Updated Edition

Do Not Worry

He said to his disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by worrying can add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if

God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you, you of little faith! And do not keep seeking what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that seek all these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be given to you as well.”

MESSAGE

Sermon Series: “Questions Jesus Asked”
Week Three: “Why Are You Anxious?”

Rev. Karen Bruins

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.**

PRAYER SONG

Seek Ye First

UMH 405

The musical score is written on a treble clef staff with a key signature of one sharp (F#) and a common time signature (C). The melody is simple and hymn-like. The lyrics are: "Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia!" and "Seek ye first the kingdom of God and its right - eous - ness, and all these things shall be added un - to you. Ask, and it shall be giv - en un - to you, seek and ye shall find, knock, and the door shall be o - pened un - to you; Al - le - lu, al - le - lu - ia! Al - le - lu, al - le - lu - ia." The lyrics are placed below the notes, with some words split across lines.

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

OFFERTORY

Honey in the Rock

Shout Band

↑ SONG My Life Is In You

My life is in You, Lord; my strength is in You, Lord; my hope is in You, Lord; in You, it's in You. My You. I will praise You with all of my life. I will praise You with all of my strength: with all of my life, with all of my strength. All of my hope is in You. My You. in You.

§

Last time to coda ⊕ 1, 3, 5. | 2, 4.

D.S.

⊕ *CODA*

↑ BLESSING

One: Though our lives often seem overwhelming,

All: in God, we shall mount up with wings like eagles.

One: Though our responsibilities weigh us down,

All: in Christ, we shall run and not be weary.

One: Though injustice and discord sap our strength,

All: in the Spirit, we shall walk and not faint.

POSTLUDE

Worship Leaders

Pastor: Rev. Karen Bruins

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

Director of Music Ministries: Jungjoo Park

Musicians: Shout Band

Liturgy & Scripture Reader: Joe Green

Sound Technician: Dave Bruins

Streaming: Michael Perry

Slides: Matt Davis

Greeters: Jane Kammerman, Ken Larson, Kay Halverson

Table Art: Katie Schneider-Bryan

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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 JANUARY 19

- 9:30am In Person and Online Worship
- 10:30am Godly Play (3yrs - 3rd Grade) - Godly Play Room
- 10:45am By Faith Choir Rehearsal - Sanctuary

MONDAY JANUARY 20

- 7:00pm Theater Board Meeting - Fireside Room

TUESDAY JANUARY 21

- 10:00am Knitting(crafting) Group - Commons
- 6:00pm Operations Meeting - BBB Dojo Room
- 7:00pm SPRC Meeting - Fireside Room
- 7:00pm Men's Forum - Wesley Room

WEDNESDAY JANUARY 22

- 5:15pm Family Dinner - Reception Room
- 5:45pm Prime Chimers (4th Grade & Up) - Sanctuary
- 5:45pm Wee Chime & Sing(2nd & 3rd Grade) & Gods Kids Choir (4th & 5th Grade) - Bell Room
- 5:50pm Cherub Choir (Pre K - 1st Grade) - Godly Play Room
- 6:30pm Festival Bells Rehearsal - Sanctuary
- 6:30pm Shout Band Rehearsal - Bell Room
- 6:30pm Youth Night - Youth Room
- 7:30pm Sanctuary Choir Rehearsal - Sanctuary

SUNDAY JANUARY 26

- 9:30am In Person and Online Worship
- 10:30am Godly Play (3yrs - 3rd Grade) - Godly Play Room
- 10:45am NAMI Speaker, Kay King - Reception Room
- 10:45am By Faith Choir Rehearsal - Sanctuary

QUESTIONS FOR WEEK THREE REFLECTION | LUKE 12:22-31

1. What do you think is the relationship between worry and free will?
2. How can a sense of interconnectedness and interdependence with all of life help your anxieties?
3. What breathing practices might help you worry less?
4. How will you pay more attention to things you can be grateful for?
5. What actions can you take to combat your worries?



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.



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



SECOND SUNDAYS STARTING SUNDAY FEB 16TH 10:45AM

neuroCONvergence Group

Where neurodivergent people and families come together to share resources, joy, and support

Register on our connect page

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



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?



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.”



Beacon News

Attention Racial Justice and Housing Advocates!

Here are four 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 l_braswell@comcast.net. if you would like a ride from church to attend this event together.

2) Sign-up to attend the Start with Home Rally at the state capital on **Jan. 21st 10am to 11:30am**. Mike Walker has graciously offered to drive people from church, so if you would like a ride, please contact Mike at retmicwalker@gmail.com.

3) **Feb. 4th 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.

4) 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 Wed. Feb. 5th.



Sign-up for the events on the Beacon Events page:
www.beaconinterfaith.org/event

Tell your Senator and Rep: Fund Supportive Housing!

bit.ly/MnLegPetition25

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!



JAN 5TH-26TH

Warm Clothing Drive for The Dignity Center

What is The Dignity Center?

The mission of The Dignity Center is to welcome and support people dealing with financial and housing insecurity on their path to stability.

For the month of January, 5th-26th, please bring in donations to the display table in the gathering area; Men's - warm winter coats, gloves, hats, warm socks, long underwear, hooded sweatshirts in men's larger sizes (L,XL,XXL).

Reach out to Emma Culbertson at 507-226-5250 with any questions.



Connect with Staff

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Andrea Wright LHUM Preschool Director awright@lakeharrietumpreschool.org

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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.



Address 4901 Chowen Avenue South, Minneapolis, MN 55410

Office Hours 9a–4p, Tuesday–Thursday

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