



Sunday, March 16  
**Under God's Wing**  
*Second Sunday of Lent*

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 SONG

Fill My Cup, Lord

UMH 641

Fill my cup, Lord, I lift it up, Lord. Come and  
quench this thirst-ing of my soul. Bread of heav-en, feed me till I  
want no more; fill my cup, fill it up and make me whole.

The musical score is written for voice and piano. It features a treble and bass clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody is simple and repetitive, with lyrics written below the notes. The piano accompaniment consists of chords and a steady bass line.

## ↑ CALL TO WORSHIP

One: If God is a hen,

**All: we are under God's wing.**

One: If God is a table,

**All: we each have a seat.**

One: If God is a house,

**All: we are safe from the storm.**

One: If God is a party,

**All: we're invited to dance.**

One: If God is a melody,

**All: our names are the lyrics.**

One: If this is God's house,

**All: then all are welcomed. All are loved. All belong.**

One: Let us worship Holy God.

↑ SONG

I Must Tell Jesus

verses

1. I must tell Je - sus, all of my tri - als. I can-not bear these bur - dens a -  
 (2. I must tell) Je - sus, all of my trou-bles. He is a kind, com - pas - sion-ate  
 (3. O how the) world to e-vil al - lures me. O how my heart is tempt-ed to

lone. In my dis - tress, He kind-ly will help me. He e-ver  
 friend. If I but ask Him, He will de - li - ver. Make of my  
 sin. I must tell Je - sus and He will help me. O - ver the

1. (to v. 2) 2, 3. (to chorus)

loves and cares for His own. 2. I must tell end. I must tell  
 trou - bles quick-ly an\_\_\_\_ win.  
 world the vic - t'ry to\_\_\_\_

chorus

Je - sus. I must tell Je - sus. I can-not bear my bur-dens a - lone. I must tell

1. (back to v. 3) D.C.

Je - sus. I must tell Je - sus. Je-sus can help me, Je-sus a - lone. 3. O how the

2. (to chorus) D.S. al Coda 3.

lone. I must tell - lone. Je-sus can help me, Je-sus a - lone.

SHARE A GREETING

RAINBOW CHAT

Ariel Johnson  
Director of Children, Youth, and Family Ministries

**SONG**

We Remember Love

We re-mem-ber Je - sus, we re-mem-ber love. Sav - ior and teach - er  
 sent from God a - bove. We re-mem-ber Je - sus, we re-mem-ber love.

**PRAYER FOR ILLUMINATION**

One: Holy God,  
 this life of ours is full to the brim.  
 Our days are overflowing with emails and to-do lists,  
 schedules and notifications,  
 assignments and deadlines.  
 We wake up feeling behind,  
 we go to sleep worrying about tomorrow,  
 and we know - there has to be more than this.  
 So we pray:

**All: Bend down and show us the way.  
 Leave breadcrumbs in the street.  
 Point us toward awe and wonder.  
 Guide us to intimacy and trust.  
 Gift us with laughter that will make us cry  
 and hope that will make us feel alive.**

**We want a new kind of full to the brim.  
 Show us the way.  
 We are listening for your cues.**

**Gratefully we pray, Amen.**

**SCRIPTURE**

Psalm 27

United Methodist Hymnal, p. 758

Luke 13:31-35

Common English Bible

*Sorrow for Jerusalem*

At that time, some Pharisees approached Jesus and said, “Go! Get away from here, because Herod wants to kill you.”

Jesus said to them, “Go, tell that fox, ‘Look, I’m throwing out demons and healing people today and tomorrow, and on the third day I will complete my work. However, it’s necessary for me to travel today, tomorrow, and the next day because it’s impossible for a prophet to be killed outside of Jerusalem.’”

“Jerusalem, Jerusalem, you who kill the prophets and stone those who were sent to you! How often I have wanted to gather your people just as a hen gathers her chicks under her wings. But you didn’t want that. Look, your house is abandoned. I tell you, you won’t see me until the time comes when you say, Blessings on the one who comes in the Lord’s name.”

**MESSAGE**

“Full to the Brim: Under God’s Wing”

Rev. Karen Bruins

**PRAYER SONG**

Calm Me Lord

Calm me, Lord, as you calmed the storm; still me, Lord,

keep me from harm. Let all the tu-mult with - in me cease; en - fold me,

1. Lord, in your peace. 2. Lord, en - fold me in your peace.

**CALL TO CONFESSION**

One: Family of faith,  
we come to confession not to wallow in our own guilt.  
Instead, we come to confession because we know  
that change starts with being honest.  
So in a desire to grow and change,  
let us pray to a God who loves us like a mother hen.  
Let us confess our sins together...

## PRAYER OF CONFESSION

One: When the Pharisees tried to stop Jesus, Jesus said,

**All: "I will keep on."**

**I will keep on healing.**

**I will keep on teaching.**

**I will keep on preaching.**

**I will keep on flipping the tables of injustice.**

**I will keep on treating every person like a child of God.**

**I will keep on believing that this world can change.**

**I will keep on**

**and keep on**

**and keep on until God's promised day.**

**Forgive us, God for the times when we stop. Amen.**

## WORDS OF FORGIVENESS

One: Family of faith, because Jesus' love just keeps going, we can trust that that love and grace exists for us. So rest in this good news:

**All: No matter what we do wrong or what we leave undone, we are under God's wing. We are loved, held, and forgiven. Thanks be to God for a love like that! amen.**

## 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](http://lakeharrietumc.org)



### SCAN THE QR CODE

with your smartphone camera



### MAIL IN TO

4901 Chowen Ave S  
Minneapolis, MN  
55410

## OFFERTORY

As You Were

(Mark Vandermyde)  
Fuzzy Math



**↑ BENEDICTION**

As you leave this place,  
may you be awestruck by the beauty of this world. May you laugh, and may it be contagious.  
May you overflow with love for those around you.  
May you be effusive with hope and quick to point out joy. And in all of your living, and breathing,  
and being, may you find yourself full to the brim with God's Holy Spirit, and may it change your  
life. In the name of the Lover, the Beloved, and Love itself— go in peace, full to the brim. Amen.

**POSTLUDE**

Serenity Now

(Mark Vandermyde)  
Fuzzy Math

# Worship Leaders

**Pastor:** Rev. Karen Bruins

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

**Director of Music Ministries:** Jungjoo Park

**Musicians:** Shout Band singers

**Guest Musicians:** Fuzzy Math (Haralds Bondaris, drums; Matt Peterson, bass; Andrew Schwandt, tenor saxophone; Mark Vandermyde, piano)

**Liturgy & Scripture Reader:** Jennifer Rauktis

**Sound Technician:** Chad Johnson

**Streaming:** Henry Lee

**Greeters:** Bruce Anderson, Jane Kammerman, Ken Larson

## Copyright Information

**Fill My Cup, Lord** Words & Music: Richard Blanchard ©1959 Richard Blanchard. Assigned 1964 Curb Word Music. All rights reserved. Reprint under CCLI License #1628344.

**I Must Tell Jesus** Words & Music: Elisha A. Hoffman, 1894. Public Domain.

**We Remember Love** Words & Music: Mark Burrows ©2024 Choristers Guild. All rights reserved. Reprint under ONE LICENSE #A-725516.

**Calm Me, Lord** Words: David Adam © SPCK, Holy Trinity Church. Tune: Margaret Rizza ©1998 Kevin Mayhew Ltd. Admin. and sub-published in North America by GIA Publications, Inc. All rights reserved. Reprint under ONE LICENSE #A-725516.

### ART

**Enough** - T. Denise Anderson (Wood and acrylic inlay)

**Under God's Wing** - Lisle Gwynn Garriety (Acrylic on raw canvas with digital drawing)

### SUNDAY TO SUNDAY

## This Week at Lake Harriet

### SUNDAY MARCH 16

9:30am In Person and Online Worship

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

10:40am Contemplative Practices - Reception Room

10:45am By Faith Choir Rehearsal - Sanctuary

11:00am Science and Religion Book Study - Zoom

2:00pm Mary Poppins Play - Sanctuary

5:30pm Unleavened Bread Monthly Gathering-BBB Dojo Room

### MONDAY MARCH 17

7:00pm Black History Month Video Study - Zoom

7:00pm Theater Board - Fireside Room

## **TUESDAY MARCH 18**

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 MARCH 19**

9:30am Groovy Grandparents - Fireside Room  
5:15pm Lenten Soup Supper - Reception Room  
5:45pm Prime Chimers - Bell Room  
5:45pm Wee Chime & Sing (2nd/3rd grade) & God's Kids Choir(4th/5th grade) - Sanctuary  
5:50pm Cherub Choir - Godly Play Room  
6:30pm Festival Bells - Bell Room  
6:30pm Shout Band Rehearsal - Sanctuary  
6:30pm Youth Night - Youth Room  
7:30pm Sanctuary Choir Rehearsal - Sanctuary

## **THURSDAY MARCH 20**

4:00pm Joyce Foodshelf Board Meeting - Fireside Room

## **FRIDAY MARCH 21**

9:00am Beyond the Nest Group - Fireside Room  
7:00pm Mary Poppins Play - Sanctuary

## **SATURDAY MARCH 22**

2:00pm Mary Poppins Play - Sanctuary  
7:00pm Mary Poppins Play - Sanctuary

## **SUNDAY MARCH 23**

9:00am Parents, Babies, & Jams - Reception Room  
9:30am In Person and Online Worship  
10:30am Godly Play(3yrs - 3rd Grade) - Godly Play Room  
10:40am Contemplative Practices - Reception Room  
10:45am By Faith Choir Rehearsal - Sanctuary  
11:00am Science and Religion Book Study - Zoom  
2:00pm Mary Poppins Play - Sanctuary  
2:00pm Bible Black Belts - BBB Dojo Room

## **TAKE THE MESSAGE WITH YOU.**

### **LIVING UNDER GOD'S WING: YOUR CALL TO ACTION**

*So what does it mean for us to live “under God’s wing” in this particular moment?*

*Here are four specific ways to put this message into practice this very week:*

#### **1. Identify Your Fox and Seek the Hen**

This week, take time to name the “foxes” in your life—the fears, threats, or challenges that seem to be circling. Write them down. Then, each morning, spend five minutes in prayer visualizing yourself gathered under God’s protective wings in the face of these specific fears. Don’t deny the danger; just refuse to let it define you.

#### **2. Become a Mother Hen for Someone Else**

Identify one person in your sphere who is vulnerable right now—someone facing illness, loss, financial hardship, or emotional distress. Reach out to them with a specific offer of protection or care. Not vague “let me know if you need anything,” but concrete “I’m bringing dinner Thursday” or “I can drive you to your appointment.” Be the wings someone else needs.

#### **3. Join in Communal Protection**

Our congregation has opportunities to participate in protective community action—sign up to help at Joyce Uptown Foodshelf our food pantry, or form a group to write letters to those in office encouraging them to use their power to protect the vulnerable.

#### **4. Practice Contemplative Resistance**

Set aside 15 minutes this week for silence and Scripture. Read Psalm 27 slowly, pausing after each verse. Let God’s protective presence fill your imagination and heart. This quiet practice isn’t passive—it’s how we root ourselves in a love stronger than fear.

Remember, under God’s wing, vulnerability becomes strength



#### WEDNESDAYS DURING LENT

## Lenten Soup Suppers

There will be a **Lenten Soup Supper** provided each Wednesday night during Lent from 5:15-6:15pm.



To register please scan the QR code or visit [bit.ly/wednesday-suppers](http://bit.ly/wednesday-suppers)



#### IT'S TIME FOR EASTER

## Fill the Sanctuary with Spring Flowers

Plants may be taken home after the 11:00am Easter worship service (or donate to the church).

**Ordering deadline is Thursday, March 27.**

To order and purchase a plant(s), fill out the order form online, (scan the QR to the left) or grab a form from the church lobby or call the office at (612) 926-7645.



To register please scan the QR code or visit [bit.ly/easter-flowers-order](http://bit.ly/easter-flowers-order)

You may pay through the LHUMC website under the "Give Pay Pledge" page (choose "Pay Online"), or with a check payable to LHUMC with "Easter flowers" on the memo line.



LAKE HARRIET PLAYERS PRESENT...

## Mary Poppins

Lake Harriet Players invites you to Cherry Tree Lane for our spring production of Mary Poppins.

Shows will be held the weekend **March 21-23** with performances at 7 pm on Fridays and Saturdays and 2 pm on Saturdays and Sundays.

Tickets are not required. All shows are free but donations will be accepted. **A portion of our proceeds will be given to the LHUMC preschool!**

**Volunteers are needed to help** greet, usher, and sell concessions. Please consider supporting our show by volunteering at one or more performances.

< **Sign up** > [bit.ly/players-mary-poppins](http://bit.ly/players-mary-poppins)



## DON'T BE A VICTIM: PHISHING, FRAUD AND MORE

Think Before You Click!

Wednesday, March 26

9:30-11:30 am



WEDNESDAY, MARCH 26 9:30-11:30 AM

## Don't Be a Victim: Phishing, Fraud and more

This event is for seniors, caregivers, young and old alike. Learn about common scams, fraud and how to keep your finances safe. No sign-up required, just drop in!

Hosted at Lake Harriet UMC

**9:30am** Coffee

**10:00am** Presentation featuring

- Britney Kloeper, Fraud Protection Services Director, The Huntington National Bank
- Peter Ogren, Minneapolis Police Department



SUNDAYS, THROUGH APRIL 13, 10:40-11:30 AM

## Lent Contemplative Practices Group

*Facilitators Sherry Landrud and Heather Sesma*

Come join us this Lent as we journey together towards the joy of Easter. Lent is a special time for reflection and getting ready for renewal.

Over six Sundays, we will gather after worship to explore different ways to connect with our faith through contemplative practices. No matter where you're at or how you're feeling this season, we offer a chance to slow down amidst the busyness of life and listen for God's voice. Everyone is welcome to participate as we learn and grow together.



### REGISTER

Please register for an accurate count of attendees: [bit.ly/connection-groups](http://bit.ly/connection-groups)

---

## Lent/Easter Worship Services



**Palm Sunday**  
**April 13, 9:30am**

**Good Friday**  
**April 18, 7pm**

**Easter**  
**April 20, 9am & 11am**

---

## Connect with Staff

**Rev. Karen Bruins** Pastor [karen.bruins@lakeharrietumc.org](mailto:karen.bruins@lakeharrietumc.org)

**Søren Bijnagte** Business Administrator & Facilities Manager [soren.bijnagte@lakeharrietumc.org](mailto:soren.bijnagte@lakeharrietumc.org)

**Kay Halverson** Office Administrator [kay.halverson@lakeharrietumc.org](mailto:kay.halverson@lakeharrietumc.org)

**Thomas Johanson** Bell Choirs Director [thomas.johanson@lakeharrietumc.org](mailto:thomas.johanson@lakeharrietumc.org)

**Ariel Johnson** Dir. of CYF Ministries and Cherub Choir [ariel.johnson@lakeharrietumc.org](mailto:ariel.johnson@lakeharrietumc.org)

**Tami Zvolena** Communications [communications@lakeharrietumc.org](mailto:communications@lakeharrietumc.org)

**Elizabeth Melton** Volunteer Coordinator [elizabeth.melton@lakeharrietumc.org](mailto:elizabeth.melton@lakeharrietumc.org)

**Jungjoo Park** Director of Music Ministries [jungjoo.park@lakeharrietumc.org](mailto:jungjoo.park@lakeharrietumc.org)

**Andrea Wright** LHUM Preschool Director [awright@lakeharrietumpreschool.org](mailto:awright@lakeharrietumpreschool.org)

**Buffy Ess** LHUM Preschool Assistant Director [bess@lakeharrietumpreschool.org](mailto: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.



**Address** 4901 Chowen Avenue South, Minneapolis, MN 55410

**Office Hours** 9a–4p, Tuesday–Thursday

**Connect** 612.926.7645 | [church@lakeharrietumc.org](mailto:church@lakeharrietumc.org) | [lakeharrietumc.org](http://lakeharrietumc.org)