



Moments that

# TAKE YOUR BREATH AWAY

*from the Psalms*

Sunday, June 1

Moments That Take  
Your Breath Away

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: This is the day that the Lord has made.

**All: Let us rejoice and be glad in it!**

One: God of life and love, we are eager to hear the good news.

**All: Enter our lives and cast our fears aside.**

One: We are ready to celebrate and give thanks for your transforming love.

**All: Let us rejoice and celebrate!**

### ↑ SONG

Psalm Medley

This Is the day

One:                      All:                      One:                      All:

This is the day, **this is the day** that the Lord hath made, **that the Lord hath made.**

One:                      All:                      One:                      All:

Let us re-joyce, **let us re-joyce** and be glad in it, **and be glad in it.**

This is the day that the Lord hath made; let us re-joyce and be glad in it.

One:                      All:

This is the day, **this is the day** that the Lord hath made.

And on This Path

1. And on this path, the gates of ho-li-ness are o-pen wide,  
 2. So en-ter in the gates of ho-li-ness are o-pen wide,  
 and on this path, the gates of ho-li-ness are o-pen wide,  
 so en-ter in the gates of ho-li-ness are o-pen wide,  
 and on this path, the gates of ho-li-ness are o-pen wide!  
 so en-ter in the gates of ho-li-ness are o-pen wide!  
 O-pen wide! O-pen wide! O-pen wide! The gates are o-pen wide!

God Has Made Me Glad

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

**SHARE A GREETING**

**RAINBOW CHAT**

Lauren Braswell

**SONG**

Alleluia, Alleluia

Al - le - lu - ia, al - le - lu - ia! Give thanks to the ris - en Lord.

Al - le - lu - ia, al - le - lu - ia! Give praise to his name.

**SCRIPTURE**

Psalm 118:19-24

New Revised Standard  
Version Updated Edition

Open to me the gates of righteousness,  
that I may enter through them  
and give thanks to the Lord.

This is the gate of the Lord;  
the righteous shall enter through it.

I thank you that you have answered me  
and have become my salvation.  
The stone that the builders rejected  
has become the chief cornerstone.  
This is the Lord's doing;  
it is marvelous in our eyes.  
This is the day that the Lord has made;  
let us rejoice and be glad in it.

One: The Word of God for the people of God.  
**ALL: Thanks be to God!**

**MESSAGE**

This is the Day

Rev. Karen Bruins

## 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

The Earth is Yours

(Michael Gunger)  
Shout Band

## THE SACRAMENT OF THE LORD'S SUPPER

### PREFACE

*One:* The Lord be with you. *All:* And al - so 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.  
You formed us in your image and breathed into us the breath of life.  
When we turned away, and our love failed, your love remained steadfast.  
You delivered us from captivity, made covenant to be our sovereign God,  
and spoke to us through your prophets, who looked for that day  
when justice shall roll down like waters  
and righteousness like an ever-flowing stream,  
when nation shall not lift up sword against nation,  
neither shall they learn war anymore.

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

### SANCTUS (ALL)

Ho - ly, ho - ly, ho - ly Lord; God of power and might.\_\_\_\_\_

Heav - en and earth are full of your glo - ry.\_\_\_\_\_

Ho - san - na in the high - est! Ho - san - na in the high - est!

Ho - san - na in the high - est!\_\_\_\_\_ Blest is the one who

comes\_\_\_\_\_ in the name of the Lord.\_\_\_\_\_ Ho - san - na in the high - est!

Ho - san - na in the high - est! Ho - san - na in the high - est!\_\_\_\_\_

One: Holy are you, and blessed is your Son Jesus Christ.  
Your Spirit anointed him to preach good news to the poor,  
to proclaim release to the captives and recovering of sight to the blind,  
to set at liberty those who are oppressed,  
and to announce that the time had come  
when you would save your people.  
He healed the sick, fed the hungry, and ate with sinners.  
By the baptism of his suffering, death, and resurrection  
you gave birth to your Church,  
delivered us from slavery to sin and death,  
and made with us a new covenant by water and the Spirit.  
At his ascension you exalted him  
to sit and reign with you at your right hand.

On the night in which he gave himself up for us, he took bread,  
gave thanks to you, broke the bread, gave it to his disciples, and said:  
“Take, eat; this is my body which is given for you.  
Do this in remembrance of me.”

When the supper was over he took the cup,  
 gave thanks to you, gave it to his disciples, and said:  
 “Drink from this, all of you; this is my blood of the new covenant,  
 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 in Jesus Christ,  
 we offer ourselves in praise and thanksgiving  
 as a holy and living sacrifice, in union with Christ’s offering for us,  
 as we proclaim the mystery of faith.

**MEMORIAL ACCLAMATION (ALL)**

Christ has died, Christ is ris-en, Christ will come a - gain.  
 Ho - san - na in the high - est! Ho - san - na in the high - est!  
 Ho - san - na in the high - est!

One: Pour out your Holy Spirit on us gathered here,  
 and on these gifts of bread and wine.  
 Make them be for us the body and blood of Christ,  
 that we may be for the world the body of Christ, redeemed by his blood.

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 his heavenly banquet.

Through your Son Jesus Christ, with the Holy Spirit in your holy Church,  
 all honor and glory is yours, almighty God, now and forever.

**GREAT AMEN (ALL)**

A - men. A - men. A - men. Ho - san - na in the  
 high-est! Ho - san - na in the high-est! Ho - san - na in the high - est!

# 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.**

## MUSIC

We Give Thanks

(arr. David Pudney)  
Shout Band

## ↑ SONG

### I'll Fly Away



1. Some glad morn - ing when this life is o'er,  
2. When the shad - ows of this life have grown, I'll fly a - way.  
3. Just a few more wea - ry days and then,



To a home on God's ce - les - tial shore,  
Like a bird from pris - on bars has flown, I'll fly a - way.  
To a land where joys shall nev - er end,



I'll fly a - way, O glo - ry; I'll fly a - way.



When I die, hal - le - lu - jah, by and by, I'll fly a - way.

## ↑ BLESSING

One: God's blessing be with you,  
Christ's peace be with you,  
the Spirit's outpouring be with you,  
now and always. **Amen.**

## POSTLUDE

# Worship Leaders

**Pastor:** Rev. Karen Bruins  
**Director of Music Ministries:** Jungjoo Park  
**Musicians:** Shout Band  
**Communion Prep and Servers:** Mary Yee  
**Sound Technician:** Dave Bruins  
**Slides:** Ginger Mateer  
**Scripture Reader:** Stacey Edwards  
**Greeters:** Bruce Anderson  
**Hospitality:** Kristin Linder-Brown  
**Table Art:** Katie Schneider-Bryan

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# This Week at Lake Harriet

## **SUNDAY JUNE 1**

9:30am All Ages Communion In Person and Online Worship

10:30am Men's Ensemble Rehearsal - Sanctuary

11:00am Worship at the Waters

5:30pm Unleavened Bread Gathering - Fireside Room

## **TUESDAY JUNE 3**

10:00am Knitting(crafting) Group - Commons

7:00pm Men's Forum - Wesley Room

## **WEDNESDAY JUNE 4**

6:30pm Shout Band Rehearsal - Sanctuary

## **THURSDAY JUNE 5**

7:00pm UWF Book Club - at church

## **SUNDAY JUNE 8**

9:30am In Person and Online Worship - Pentecost

10:30am Church Picnic - Courtyard

10:45am NeuroCONvergence Group - Fireside Room



**SUMMER LANDSCAPING**

## Mowing at LHUMC

Do you live in an apt or condo with no grass to mow OR maybe you have a city lot with so little grass you could cut it with a scissors so it feels like changing into your mowing pants just isn't worth it. Well we have a solution. Sign up to mow the church lawn by visiting our SignUp Genius page.

**What is involved:**

- Lawn is mowed 1x per week typically on Thurs, Friday or Saturday (weather dependent)
- Søren can mow and weed whip it in two hours. You can take longer if desired or you can try to beat two hours (good luck!)
- Lawn mower is 30" wide self-propelled walk-behind.



To register, scan the QR code or visit [bit.ly/umcvolunteer](http://bit.ly/umcvolunteer)

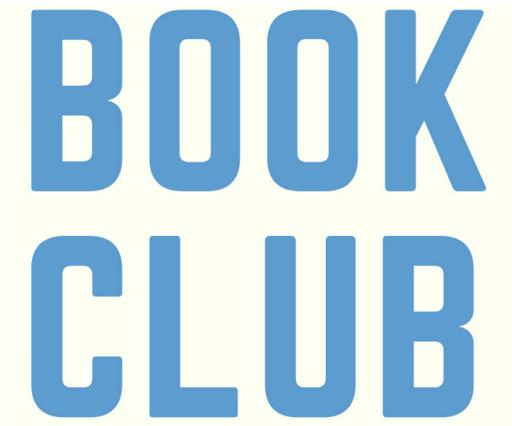


**JUN 8 10:30 AM IN THE COURTYARD**

## Annual Church Picnic & Volunteer Appreciation

It's time to welcome summer with fun, fellowship, and good food! Everything is provided... burgers, hot dogs, chips, and veggie burgers too. Don't miss out... join us and invite friends too!

**Volunteers Needed - go to Sign Up Genius (scan the volunteer QR code above ^ ) or contact Mitch Grant.**



**JUNE 5TH 7PM**

## UWF Book Club

Join us at 7pm on June 5, to discuss *The Girl Who Wrote in Silk* by Kelli Estes.

You do not have to be an LHUMC UWF member to join us, you can even come if you haven't read the books! Contact Julie Konrardy at [juliekonrardy@gmail.com](mailto:juliekonrardy@gmail.com) for email updates.



**SPECIAL SCREENING OF THE DOCUMENTARY:**

## Juneteenth: Faith and Freedom

**Park Avenue United Methodist Church  
3400 Park Ave South, Minneapolis  
invites you to join us on  
June 18th from 6pm-8pm**

The film will begin at 6:15pm sharp in the sanctuary at Park. Guests will be invited for refreshments and discussion in the Gathering Room following the film.

*In celebration of the holiday, Juneteenth, we will come together to gain greater understanding of the events and meaning behind the holiday.*

*Uncover the deep spiritual significance of America's newest federal holiday with Pastor Rasool Berry in "Juneteenth: Faith & Freedom," a documentary film presented by the Our Daily Bread Voices Collection and Our Daily Bread Media.*

*Learn how Scripture inspired the faith of enslaved people, travel to the church where America's first Juneteenth celebration took place and uncover why newly liberated men and women credited God for their freedom.*

*The film includes special guests Ms. Opal Lee, Lecrae, and you'll journey to Galveston, Texas to discover a faith stronger than suffering.*

Please note: a free will donation will be collected to support Our Daily Bread Voices, to help offset the cost of the film.



**JUNE 22 10:30AM**

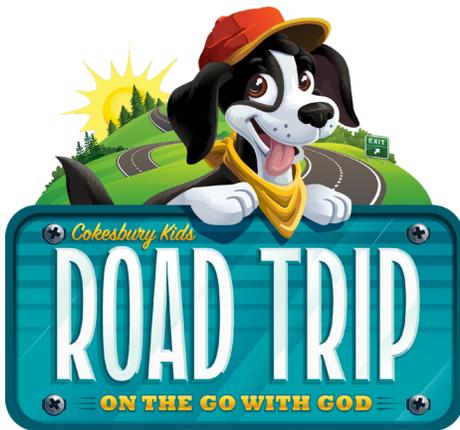
## Church Conference

RE: AUTHORIZATION TO CONDUCT A CHURCH CONFERENCE

*This letter authorizes the clergy member in full connection named below to preside at a Church Conference at Lake Harriet United Methodist Church. This meeting will be conducted in accordance with the "The Book of Discipline of the United Methodist Church – 2020/2024" paragraphs 246 through 248 and others as applicable.*

- **Date of Conference:** June 22, 2025
- **Time of Meeting:** 10:30 am
- **Presiding Clergy:** Rev. Karen Bruins
- **Agenda:**
  - 1) Elect church leadership
  - 2) Approve pastoral compensation for incoming associate pastor

*Your Servant in Christ,  
Rev. Becky Jo Messenbrink  
Headwaters District*



**JUNE 23-27**

## VBC Registration

We still have spots open for **Vacation Bible Camp - Road Trip!** Cost is FREE for all campers from 9:00am-12:00pm, 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.

**Vacation Bible Camp Donations:** Please watch for a display in the lobby with items you can donate to Vacation Bible Camp! Your contributions allow us to keep costs down and offer a great camping experience for the children.



### REGISTRATION

To register, scan the QR code or visit [lakeharrietumc.org/children-youth-and-family-ministries](http://lakeharrietumc.org/children-youth-and-family-ministries)

2025 TWIN CITIES PRIDE – JUNE 28-29



## Reconciling Ministries

Twin Cities PRIDE will take place June 28 and 29. PRIDE is an opportunity for LGBTQIA+ persons to celebrate their true selves and for their allies to celebrate with them.

After a fantastic PRIDE Festival last year, it's time to continue celebrating the LGBTQIA+ community. Let's have MN Reconciling Congregations help make this another great PRIDE celebration!

**Sign up** for your shift online at: [ttsu.me/hnhbvz](https://ttsu.me/hnhbvz) or scan the QR code >



### Booth in Loring Park

Once again we will have a booth in Loring Park on Saturday from 10 a.m. to 7 p.m. and Sunday from 10 a.m. to 6 p.m. Each year we staff our booth with smiling volunteers from across the state and this year is no different! By signing up, you help let PRIDE attendees know that there is a place for them in United Methodist congregations and help build positive interactions by giving them a rainbow peace medallion. Jobs are available for both introverts and extroverts.

- Help set-up on Friday from 11 a.m. - 1 p.m. Gary Walpole will lead this crew.
- Work a two-hour shift on Saturday or Sunday. During the shift, you greet visitors and hand out rainbow peace medallions. If you're not so sure about interacting with visitors, you can help remove peace medallions from their wrappers. Please note that the final Saturday shift is 3 hours - from 4-7 p.m.
- Be a shift lead - The lead arrives 15 minutes before the other volunteers, checks in with the previous lead, welcomes and reviews instructions with volunteers as they arrive and helps problem solve (if needed) during the shift. If you have been a booth volunteer in the past, you are qualified to be a shift lead!
- Clergy volunteers - We reserve a space for a clergy volunteer for each shift as questions may come up that are best answered by a clergy person though we always welcome multiple clergy in one shift.
- Take-down/clean-up on Monday from 11 a.m. - 1 p.m. Please note that take down has moved to Monday - this should make it easier to get vehicles in and out of the area.

All volunteers receive a confirmation email when signing up and a logistics email with more detailed information closer to PRIDE

Please contact Don at [don.prestly@gmail.com](mailto:don.prestly@gmail.com) with questions.



**JULY 8-9, 2025**

# 3I

Two days of Fun, Fellowship and Service

**Who:** Youth entering grades 5-8 in the fall

**Where:** Lake Harriet UMC

**When:** July 8-9, 2025

- July 8th – arrive at 9:00 am.  
Parent pickup at 9:00 pm
- July 9th – arrive at 9:00 am.  
Parent pickup at 4:00 pm

**What:** 3I - Living into our Lake Harriet values of *#Inclusive, #Intergenerational* and *#In Community*. We will be helping some seniors from the congregation with chores, baking treats and making visits to others, playing mini-golf with the youth group, playing games and more. The middle schoolers said they wanted to learn to knit or crochet, so the church knitting group will be teaching a two-hour session on Tuesday morning. Snacks and pizza for Tuesday supper provided. Please bring your own lunch for Tuesday and Wednesday.

**Cost:** \$20

**Questions:** Pastor Karen Bruins

[karen.bruins@lakeharrietumc.org](mailto:karen.bruins@lakeharrietumc.org) or (612) 926-7645.



## REGISTRATION

To register, scan the QR code with your smartphone or tablet or visit the 4th&5th Grade tab on our Children, Youth and Ministry webpage

[lakeharrietumc.org/children-youth-and-family-ministries](http://lakeharrietumc.org/children-youth-and-family-ministries)



## NEW APPAREL

# New Shirt Design

Lake Harriet UMC has a new t-shirt design with multiple colors to choose from in both adult and youth sizes. These shirts are a great way to express your connection to our community with a meaningful representation of our shared values.

Embrace the spirit of togetherness, and consider purchasing one for yourself and/or children!

Order by scanning the QR code or visiting: [bit.ly/Lhtshirtshop](https://bit.ly/Lhtshirtshop)



# Sermon Notes

# Sermon Notes

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## 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)

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

**Lorrie Sandelin** Volunteer Coordinator [lorrie.sandelin@lakeharrietumc.org](mailto:lorrie.sandelin@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 Ojibwe (commonly Dakota) 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)