



SOUL RESET

It's Not All on Me

Sunday, May 11

It's Not All on Me

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 Come, Bring Your Burdens to God

Two systems of musical notation for the song 'Come, Bring Your Burdens to God'. The first system contains the first two lines of the song, and the second system contains the next two lines. Each system has a treble and bass staff with lyrics written below the notes. The key signature is one sharp (F#) and the time signature is 6/8. The lyrics are: 'Come, bring your bur-dens to God, come, bring your bur-dens to God, come, bring your bur-dens to God for Je - sus will nev - er say no.'

↑ CALL TO WORSHIP

One: Jesus is here. Come and sit with him.

All: We want to sit with you, Jesus.

One: Jesus is here. Come and rest beside him.

All: We want to rest in you, Jesus.

One: Jesus is here. Come and listen to his voice.

All: We want to hear from you, Jesus.

One: Jesus is here. Come and see!

All: We want to see you, Jesus.

↑ HYMN

For the Beauty of the Earth

UMH 92

Verses 1, 6 & Refrain–All; 2 & 4–Treble voices; 3 & 5–Low voices

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.

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) cour-age 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

Luke 10:38-42

New Revised Standard Version
Updated Edition

Jesus Visits Martha and Mary

Now as they went on their way, he entered a certain village where a woman named Martha welcomed him. She had a sister named Mary, who sat at Jesus's feet and listened to what he was saying. But Martha was distracted by her many tasks, so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her."

MESSAGE

"Soul Reset: It's Not All on Me"

Rev. Karen Bruins

PRAYER SONG

To be in Your Presence

1. To be in Your pres - ence, to sit at Your feet,
2. To rest in Your pres - ence, not rush-ing a - way;
where Your love sur - rounds me. and makes me com - plete.
to cher-ish each mo - ment, * here I would stay.
This is my de - sire, O Lord, this is my de - sire.
This is my de - sire, O Lord, this is my de - sire.

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

Mothering God, You Gave Me Birth

(Kenneth Lowenberg)
Sanctuary Choir

↑ DOXOLOGY

Praise God from Whom All Blessings Flow

UMH 94

Praise God, from whom all blessings 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

Blessed Assurance

UMH 369

↑ BLESSING

One: Take time this week to rest, to be still, to sit with Jesus. Go in peace, knowing that he is delighted in you because you are, not because you do. May his grace and mercy draw you near to him each day. Amen.

POSTLUDEThe Rejoicing from *Music for the Royal Fireworks*

(G. F. Handel)

Worship Leaders

Pastor: Rev. Karen Bruins

Director of Music Ministries: Jungjoo Park

Musicians: Sanctuary Choir

Sound Technician: Chad Johnson

Streaming: Henry Lee

Slides: Kim Boisvert

Scripture Reader: Jennifer Widge

Greeters: Ann & Matt Davis

Hospitality: Norma Bayers, Sue Golder, Kristin Linder-Brown

Table Art: Katie Schneider-Bryan

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This Week at Lake Harriet

SUNDAY MAY 11

- 9:00am Parents, Babies, & Jams - Reception Room
- 9:30am In Person and On-Line Worship
- 9:45am Godly Play (3 yrs - 3rd grade) during worship - Godly Play Room
- 10:45am By Faith Choir Rehearsal - Sanctuary
- 10:45am NeuroCONvergence Group - Fireside Room
- 11:00am Science and Religion Book Study - Zoom

MONDAY MAY 12

- 7:00pm Soul Reset Small Group - Zoom
- 7:00pm Outreach Team Meeting - Fireside Room

TUESDAY MAY 13

- 10:00am Knitting(crafting) Group - Commons
- 6:30pm UWF Garden Party Planning Meeting - Fireside Room
- 7:00pm Men's Forum - Wesley Room

WEDNESDAY MAY 14

- 6:30pm Youth End of the Year Party - Bruins' House
- 6:30pm Shout Band Rehearsal - Sanctuary
- 7:30pm Sanctuary Choir Rehearsal - Sanctuary

THURSDAY MAY 15

- 10:00am Soul Reset Small Group - Fireside Room
- 4:00pm Joyce Foodshelf Board Meeting

FRIDAY MAY 16

- 9:00am Beyond the Nest Small Group

SUNDAY MAY 18

- 9:00am Parents, Babies, & Jams - Reception Room
- 9:30am In Person and On-Line Worship - Graduation Sunday
- 9:45am Godly Play (3 yrs - 3rd grade) during church - Godly Play Room
- 10:35am Angela Denker Book Discussion - Reception Room
- 11:00am Science and Religion Book Study - Zoom
- 5:45pm Sr. High Whirlyball - Meet at Whirlyball (End 8pm)

Spiritual Practice for Week 3 - The Practice of Fasting

Fasting can be difficult to understand and to practice. Sometimes, it can get misconstrued and confused with dieting, but it has nothing to do with weight loss. Fasting is about self-denial, about saying yes to God by saying no to some other competing desire. This week, you'll do a daily fast from various things that compete for space in your heart and mind, reminding you of your true desire to give God your whole heart.

Day One: Fast from social media for twenty-four hours. Turn these apps off on your phone, and do your best not to go there on your computer. Notice any impulses you have to check your phone or the way you get on your computer and begin to type “Facebook” before you even realize it. As you sense those impulses, ask God to be the Lord of your life. Ask God for help to make social media a fun, “extra” thing in your life and not a distraction that keeps you from being fully present with God and with your friends and family.

Day Two: Fast from food from sundown to sundown. During your last meal, ask God to be your strength as you sleep and go about your day, relying only on God. Be sure to drink plenty of water. Throughout your fasting day, notice your cravings, your stamina, and your clarity. Lean on God's strength, and ask God to help you depend on God each and every day. When you sit down to eat again, give thanks to God for God's strength in you and God's presence with you always.

Day Three: Fast from words. As much as possible, refrain from speaking for a period of time. You may need to share your practice with family or coworkers ahead of time. This is a practice of being slow to speak and quick to listen. Pay attention to what you hear when you're not forming your own responses constantly.

Day Four: Fast from using plastic. As best you can, refrain from using any quick-and-easy, throwaway products. Notice the extra effort of washing a glass or carrying around a reusable water bottle. Pay attention to what you throw away in a day, and consider how you could cut back on waste by making a few intentional choices.

Day Five: Fast from excess. Super-sizing and going back for second helpings, retail therapy, and stockpiling can be second nature for many of us. Spend twenty-four hours practicing simplicity and moderation. Avoid second helpings. Don't buy anything that you don't need. Spend some time in your closet, purging unnecessary items and donating them to a thrift store. Spend this day taking only what you need from it and nothing more. Notice how it feels to deny yourself something that you want. Ask God to teach you to live simply and to depend on God.

Day Six: Fast from complaining and criticism. Take on a spirit of gentleness and encouragement for a day. What happens to your mood? to your countenance?

Day Seven: Fast from technology. Go for a walk, take a nap, write letters, cook a great meal. Let your eyes look at real things right in front of you, and be present where you are.

Taken from “Soul Reset: Breakdown, Breakthrough and the Journey to Wholeness” by Junius Dotson. ©2019 by Upper Room



MAKE A DIFFERENCE!

Join Our Church Ministry Teams

Are you looking for a meaningful way to serve your community and grow in faith? Our church is seeking dedicated volunteers to join various committees and help shape the future of our ministry!

We have opportunities for all skill sets and passions, including:

- **Hospitality Committee** – Welcome newcomers, organize events, and create a warm environment.
- **Sanctuary Decorating Team**- help keep the sanctuary welcoming and beautiful
- **Outreach Ministry Team** – Lead efforts in serving the community and supporting global missions.
- **Adult Education Committee & Children and Family Ministry Team**– Help plan Bible studies, youth and adult programs, and educational initiatives.
- **Operations/Trustees Committee** – Assist with maintenance, improvements, and beautification projects.
- **Foundation Board of Directors**- administer the foundation for the benefit of the church.
- **Staff Parish Relations**- assist the pastor and staff in assessing their gifts and setting priorities for staffing, leadership, and service.

No matter your talents or availability, your contribution will make a meaningful impact! Join us in serving God and our congregation with love and dedication.

We'd love you to be part of our team!

Contact lorrie.sandelin@lakeharrietumc.org for more information and to sign up.



MAY EVENTS

Senior High Events

May 18th:

- **Graduation Sunday:** Graduates are invited for breakfast at 8am at Edina Grill, and will also be recognized in worship. Contact person: Paul Keiski paulkeiski@msn.com
- **WHIRLYBALL** – 5:45pm – meet there, \$15 church will pay for the first half hour (End 8pm)

June 22nd:

- **MN Aurora game-** June 22nd. 4pm game. Meet at church at 3pm to carpool (let us know if ride is needed) otherwise meet at TCO stadium. Tickets are general admission \$20.



TAKE STEPS TO CHECK IN WITH YOURSELF

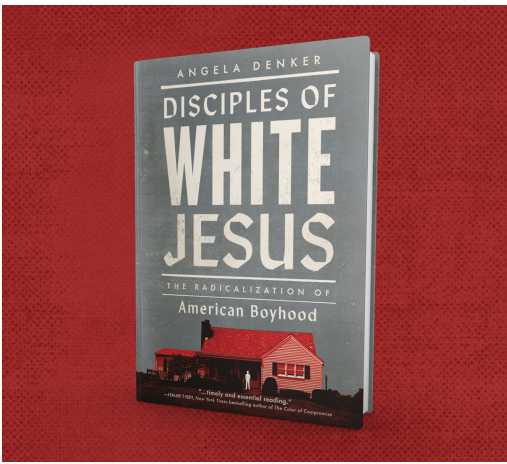
Mental Health Awareness

May is Mental Health Awareness Month. We all have mental health.

Mental health is our ability to engage with our emotions, thoughts, interactions with others, and the world around us. Mental health affects how we think, feel, and act every day. Just like with our physical health, we can do things that make us mentally healthier and happier. When you feel mentally well, you're more able to enjoy life and the people in it, feel better about yourself, keep up with fulfilling relationships, and manage stress.

Taking steps to explore your mental health will help you learn what you need to support your mental wellbeing. Take action by checking on your mental health with a free, quick, anonymous test at

Take a Mental Health Test - Mental Health America
<https://screening.mhanational.org/screening-tools>



MAY 18 10:30AM

Author Visit - Angela Denker

Lake Harriet UMC is excited to welcome Angela Denker on **May 18, at 10:30am** after worship, to discuss her book, *Disciples of White Jesus: The Radicalization of American Boyhood*.

From the press release:

In Disciples of White Jesus: The Radicalization of American Boyhood (released on March 25), Angela Denker offers a comprehensive look at the rise in radicalization among young white men in America, especially focused on the role of right-wing Christianity in the increase of religious-based hatred and violence. Denker goes deep into the online rabbit holes of right-wing Christian influencers and conservative Christian ideology to understand how the preaching of “traditional gender roles” and “submission of women” has led to anger, outrage, loneliness, depression, and limiting identities for young white Christian men across America.

Rev. Angela Denker is a pastor in the Evangelical Lutheran Church in America and a veteran journalist. Her first book, *Red State Christians*, was the silver winner in political and social sciences for the 2019 Foreword Indies Book of the Year awards. She is a columnist for the Minnesota Star Tribune and has written for many publications, including *Sports Illustrated*, the *Washington Post*, and *Fortune* magazine. She has also appeared on CNN, BBC, SkyNews, and NPR.

Website: angeladenker.com

Substack: angeladenker.substack.com

BOOK CLUB

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 for email updates.

- ***Date change:** July 10 *Dear Jacob* by Patty Wetterling
 - Aug 7 *James* by Percival Everett
 - Sept 4 *While You Were Out* by Meg Kissinger
 - Oct 2 *Tom Lake* by Ann Patchett
-



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.

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-registration



LEADER REGISTRATION (6 gr+)

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

bit.ly/vbc-leader-registration

Connect with Staff

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

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

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