



SOUL RESET

Love One Another

Sunday, May 18

Guest Preacher, Rev. Angela Denker

Love One Another

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

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: The One who loves without distinction calls us here.

All: They will know we are Christians by our love.

One: The One who loves us completely welcomes us home.

All: They will know we are Christians by our love.

One: The One who loves us well rejoices in our presence.

All: They will know we are Christians by our love.

↑ SONG

All Are Welcome



1. Let us build a house where love can dwell and all can safe - ly
2. Let us build a house where proph - ets speak, and words are strong and
3. Let us build a house where hands will reach be - yond the wood and
4. Let us build a house where all are named, their songs and vi - sions



live, a place where saints and chil - dren tell how hearts learn
true, where all God's chil - dren dare to seek to dream God's
stone to heal and strength - en, serve and teach, and live the
heard and loved and trea - sured, taught and claimed as words with -



to for - give. Built of hopes and dreams and vi - sions, rock of
reign a - new. Here the cross shall stand as wit - ness and as
Word they've known. Here the out - cast and the strang - er bear the
in the Word. Built of tears and cries and laugh - ter, prayers of



faith and vault of grace; here the love of Christ shall end di - vi - sions:
sym - bol of God's grace; here as one we claim the faith of Je - sus:
im - age of God's face; let us bring an end to fear and dan - ger:
faith and songs of grace, let this house pro-claim from floor to raf - ter:

Refrain



All are wel-come, all are wel-come, all are wel-come in this place.

SHARE A GREETING

RAINBOW CHAT

Amanda Niskode-Dossett

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.

RECOGNITION OF GRADUATING HIGH SCHOOL SENIORS



Anna Fiddelke

Graduating from Fusion Academy. Will be attending the University of Iowa.



Vivian Jordan

Graduating from Southwest High School. Will be attending the University of South Carolina.



Henry Lee

Graduating from Southwest High School. Will be attending the University of St. Thomas.



Kate Newton

Graduating from Washburn High School. Will be attending the University of Wisconsin-Madison.

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

John 13:31-35

New Revised Standard Version
Updated Edition

The New Commandment

When he had gone out, Jesus said, “Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me, and as I said to the Jews so now I say to you, ‘Where I am going, you cannot come.’ I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”

One: The Word of God for people of God.

All: Thanks be to God.

MESSAGE

Love One Another

Rev. Angela Denker

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

Love One Another

(Janice Detweiler)
By Faith & Shout Band

↑ SONG

My Lighthouse

verse

1. In my wres-ting, and in my doubts, in my fail-ures, You
 2. In the si-lence, You won't let go. In the ques-tions, Your
 3. I won't fear what to-mor-row brings. With each morn-ing, I'll

won't walk out. Your great love will lead me through;
 truth will hold. Your great love will lead me through;
 rise and sing. My God's love will lead me through;

You are the peace in my trou-bled sea, whoa oh, You are the peace in my

chorus

1. 2. 3. My Light-house,
 trou-bled sea. (to v. 2) (to chorus)

my Light-house, shin-ing in the dark-ness, I will fol-low You! Oh,____

my Light-house, my Light-house, I will trust the prom-ise:

You will car-ry me safe to shore, safe to shore,

safe to shore, (last time, end) safe to shore. (to v. 3) (to bridge)

bridge

Fire be-fore us, You're the bright-est. You will lead us

1, 3 2. 4. D.S. al Fine
 Through the storms. Through the storms. Hey! Through the storms. (to chorus)

↑ BLESSING

One: Christ has given us a new commandment.

All: We will love one another well.

One: God guides us to love the stranger.

All: We will love one another well.

One: The Spirit blesses with a new vision.

All: We will love one another well.

One: Go in peace.

All: Thanks be to God! Amen.

POSTLUDE

Worship Leaders

Pastor: Rev. Karen Bruins

Guest Preacher: Rev. Angela Denker

Director of Music Ministries: Jungjoo Park

Musicians: By Faith, Shout Band

Sound Technician: Dave Bruins

Streaming: Michael Perry

Slides: Kari Cahn

Scripture Reader: Becky Andreassen

Greeters: Emma Culbertson, Jack Myers, Sue Golder, Nicole and Steve Huderle

Hospitality: Kristin Linder-Brown

Table Art: Katie Schneider-Bryan

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY MAY 18

9:00am Parents, Babies, & Jams - Reception Room

9:30am In Person and Online Worship - Graduation Sunday

MONDAY MAY 19

6:00pm Some Were Neighbors: Lessons From the Holocaust

7:00pm Soul Reset Small Group - Zoom

7:00pm Theater Board Meeting - Fireside Room

TUESDAY MAY 20

10:00am Knitting(crafting) Group - Commons

6:00pm Operations Team Meeting - BBB Dojo Room

7:00pm Staff Parish Relations Committee Meeting - Fireside Room

7:00pm Men's Forum - Wesley Room

WEDNESDAY MAY 21

9:30am Groovy Grandparents - Fireside Room

6:30pm Shout Band Rehearsal - Sanctuary

7:30pm Men's Ensemble Rehearsal - Sanctuary

THURSDAY MAY 22

10:00am Soul Reset Small Group - Fireside Room

SUNDAY MAY 25

9:30am In Person and Online Worship

10:30am Men's Ensemble Rehearsal - Sanctuary

Spiritual Practice for Week 4 - The Practice of Taking Care of Your Body

Sometimes we think of our spiritual practices and life with God as separate from how we treat our bodies. But we are whole persons, created by God - body, mind, and spirit. God's desire for our wholeness is not only about our hearts but also about our whole selves. This week, we will seek wholeness by taking care of our bodies.

Day One: Sleep eight hours. Look at your schedule for the week and make a plan to get eight full hours of sleep each night this week. As you go to sleep each night, ask God to bring you rest. Pay attention to the way your rested body serves you throughout the day. How does rest equip you for the challenges of each day? How does rest allow for deeper connection to God?

Day Two: Drink plenty of water. Over the course of the day, be intentional about drinking eight large glasses of water. With each glass, reflect on Jesus as the source of Living Water that sustains you for a life with God. Notice how hydrating makes you feel - are you more energized? Are you more confident, knowing you are making good choices for your health?

Day Three: Go for a long walk if you are able, soaking up the sun and taking deep breaths. Let endorphins kick in, and feel the strength of your legs to carry you. Feel your back straighten as you take long strides. With every breath, breathe in the grace of God; as you exhale, breathe out your praise to God.

Day Four: Fast from sugar. Most of us have no idea how much sugar we take in each day. Spend the day taking care of your body by relentlessly avoiding sugar. Say no to the sugary coffee creamer or the honey in your tea. Say no to the office snack drawer or the plate of cupcakes that showed up without warning. Say no to the soda that you've thought you had to have at 3:00 p.m. every day. Notice how many ways sugar infiltrates your day without your even knowing it. After today, determine which forms of sugar you could permanently cut from your routine to take better care of your body.

Day Five: Today, write a letter thanking your body for what it does for you. God made our bodies in such an awesome way and for incredible things. Consider all that your body does for you. Give thanks for it, and consider how you might take better care of your body as an act of worship to the God who created you.

Day Six: Find a workout buddy. Who will be your accountability partner as you set out to take good care of your body? Make that your number-one task today.

Day Seven: Cook your favorite healthy meal, and have dinner with your friends and family. Fuel your body with healthy food, and fuel your spirit with intentional time with loved ones, gathered at the table. Pray a blessing over your meal and over your friends

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.



Some Were Neighbors: Lessons from the Holocaust

The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of approximately six million Jews by the Nazi regime and its collaborators from 1933-1945. Although Adolph Hitler and other Nazi leaders played a major and indisputable role in the Holocaust, they depended on countless others to implement their racial policies. The study of the Holocaust provides important insight into the consequences when a society tolerates the marginalization of whole groups of people and allows the abuse of their basic human rights.

How Germany changed in less than a decade from a free, democratic, and scientifically advanced society to a totalitarian regime that systematically targeted and murdered millions of its own citizens is a lesson a free society must learn. In the words of Chief Prosecutor Robert Jackson at the Nuremberg War Crimes Trial in 1945, "Civilization cannot tolerate their being ignored, because it cannot survive their being repeated."

Some Were Neighbors: Lessons from the Holocaust program is based on an exhibit displayed at the United States Holocaust Memorial Museum (USHMM) in Washington, D.C. in 2018. Working with USHMM, the What You Do Matters Institute and the Jewish Community Foundation of Greater Prescott have created a powerful curriculum to ensure that the core values of our democracy are upheld.

Some Were Neighbors examines the choices and behavior of ordinary Germans who witnessed the persecution and systemic deportation and murder of Jews from their communities and either actively or passively tolerated what they saw. How did neighbors, friends, and co-workers become complicit in the intimidation, humiliation, deportation, and eventual murder of millions of innocent people? Using historical images, film, and stories from the Holocaust, trained facilitators engage students in a dialogue about the role each of us plays in today's communities and the importance of core values in ensuring the integrity and vibrancy of democracy.

Date: May 19th, 2025

Location: Lake Harriet UMC

4901 Chowen Ave S. Minneapolis, Mn, 55410

Time: 6-8:30pm



SUMMER MUSIC

Join the Men's Ensemble Summer Singing

LH Men's Ensemble is back for summer singing!

Rehearsals are Wednesday May 21st, 7:30 pm and Sundays May 25th & June 1st after worship; we will present a song at the worship on June 8th.

If you're interested, talk to the Music Director, Jungjoo or email jungjoo.park@lakeharrietumc.org.

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.

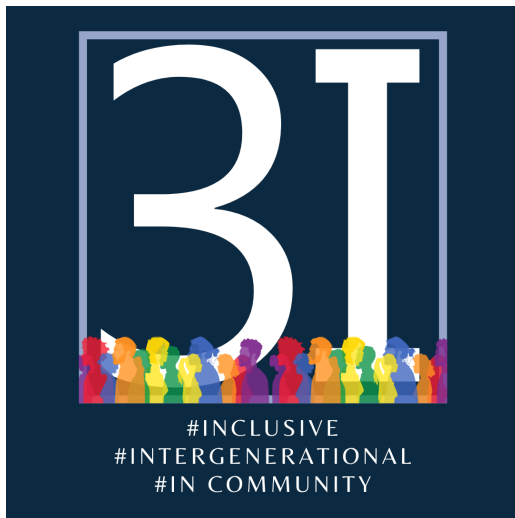
- ***Date change:** July 10 *Dear Jacob* by Patty Wetterling
- Aug 7 *James* by Percival Everett
- Sept 4 *While You Were Out* by Meg Kissinger
- Oct 2 *Tom Lake* by Ann Patchett



THANK YOU!

Special Noisy Offering

On Sunday, May 4, we collected \$547.09 for our Noisy Offering! Thank you to everyone who brought in all their change to make some noise and help the Joyce Uptown Foodshelf!



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 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



JUN 8 10:30 AM IN THE COURTYARD

Annual Church Picnic & Volunteer Appreciation

Join Us for Lake Harriet UMC Summer Picnic!

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!



TAKE STEPS TO CHECK IN WITH YOURSELF

Mental Health Awareness

Self-connection, or self-care, is about finding practices that help you thrive, and it can include a range of things. It takes purposeful effort, but it can help you maintain or improve your daily mental wellbeing.

Prioritizing time to connect to yourself doesn't have to be time consuming or expensive, and it is important for you to find out what works best for you. Below are a few different ways to nurture your mental wellbeing, from the Mental Health Coalition:

- **Physical:** Notice and address the stress that shows up in your body. Notice what physical activities reduce or alleviate physical pain, tension and mental stress for you. Some common activities are massages, hugging loved ones with their consent, fitness, dance, aromatherapy, rest, and boundary setting.
- **Emotional:** Involves tending to your own internal emotional world – especially your mood and feelings. Ways to tend to your emotional self can include connecting with others, naming and acknowledging your emotions, psychotherapy, journaling or creative writing, art, and setting boundaries for your emotional wellbeing.
- **Cognitive:** Engages in activities that are intellectually rewarding and/or stimulating. This can include reading, writing, listening to books or podcasts, watching films, psychotherapy.
- **Spiritual:** This can take many different forms and does not have to be tied to formal religion. It means getting in touch with the less tangible aspects of yourself and the world around you. This can include meditation, breathwork, prayer, connecting with a spiritual or religious community, mantras.

Identify a few ways you'd like to prioritize your own wellbeing. Set aside the time you need to do it, give yourself permission to embrace it if it is hard for you to prioritize yourself, and work towards adding these moments regularly into your life. Know that what taking care of yourself may look like can change over time, and it is okay to adapt to what activities you engage in to fit your needs.



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.

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.



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

Sermon Notes

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

Tami Zvolena Communications communications@lakeharrietumc.org

Lorrie Sandelin Volunteer Coordinator lorrie.sandelin@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.



Address 4901 Chowen Avenue South, Minneapolis, MN 55410

Office Hours 9a–4p, Tuesday–Thursday

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