



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 Enchancement 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!

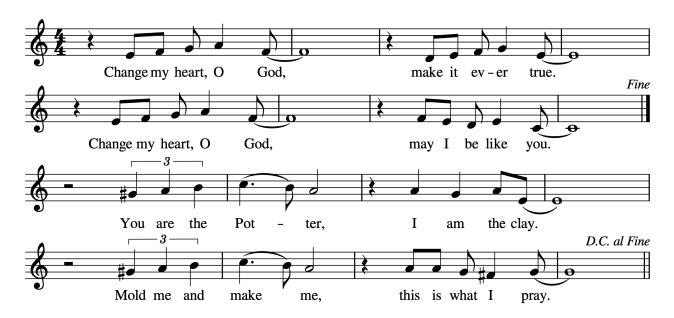
Please note the following, the congregation reads/sings/prays the words in bold-faceprint and the \undarrow symbol invites you to rise in body and/or spirit.

### **WELCOME**

### **ANNOUNCEMENTS**

### **CENTERING SONG**

Change My Heart O God



### **† OPENING PRAYER**

One: Let us pray together:

All: Breaking-Open God,

you call us to let the seeds of your love

be planted anew in us again and again.

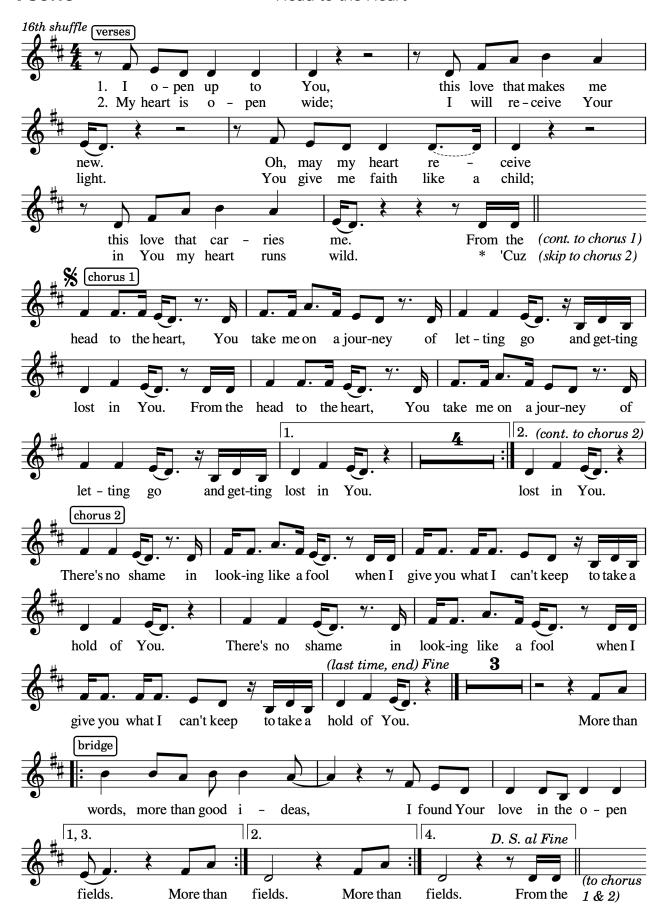
Open us to letting go of how we think things are,

and allow us release as we are broken open into new life.

Calm our fears, and animate our spirits

for this time of discovery.

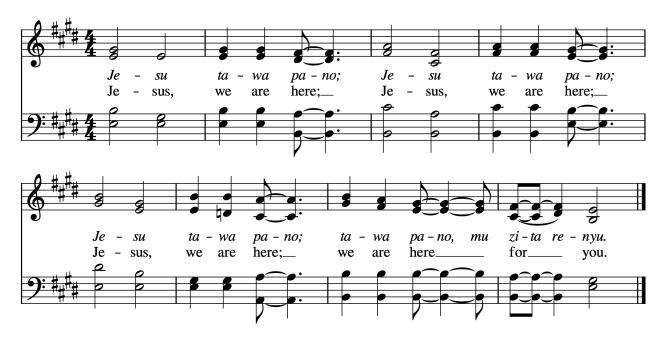
Amen.



RAINBOW CHAT Rev. Bea Mungania

### **SONG**

Jesu Tawa Pano (Jesus, We Are Here)



### **CONTEMPORARY READING**

(Leader) Pablo Picasso was one of the most influential artists of the 20th century. This is not because of one style, although he is famous as the father of cubism. But he had several artistic "periods" during his life, and he was constantly changing - innovating, and pushing himself to discover new expressions of art. One of his most famous quotes is this: "Every act of creation is first of all an act of destruction." What do we need to let go of, what needs to be destroyed so that God can create something new in us?

Hear this poem, "Rebirth" by poet Alex Elle.

### "Rebirth"

there will be moments when you will bloom fully and then wilt, only to bloom again. if we can learn anything from flowers it is that resilience is born even when we feel like we are dying.

**A New Perspective** - an introduction to today's Scripture reading

Pastor Karen Bruins

**SCRIPTURE** 

John 12:20-26

New Revised Standard Version Updated Edition

Some Greeks Wish to See Jesus

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew, then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain, but if it dies it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

One: The Word of God for the people of God.

All: Thanks be to God!

MESSAGE

**Everything Changes** 

Rev. Karen Bruins

(Leader) Each week, we have a time of contemplation as an opportunity to shape Play-Doh as we think about change in our own lives. Today I invite you to use the Play-Doh to create a representation of seeds that are waiting to be planted and broken open. As you create them, think about concrete examples of what is possible in your life and in our community. Even if you have no idea what seeds ar waiting to be sprouted in your life, simply allow the shaping of the clay to be your prayer of willingness to let go into the possibilities.

**PRAYER SONG** 

Ready for a Change

(Mark Miller) Shout Band

### PRAYERS OF THE PEOPLE

In silence we pray for

- those who are experiencing change in their work
- those who are experiencing change in their health
- those who are experiencing change in relationships
- we pray for necessary change to our political landscape
- for the change we need in our lives

#### THE LORD'S PRAYER

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

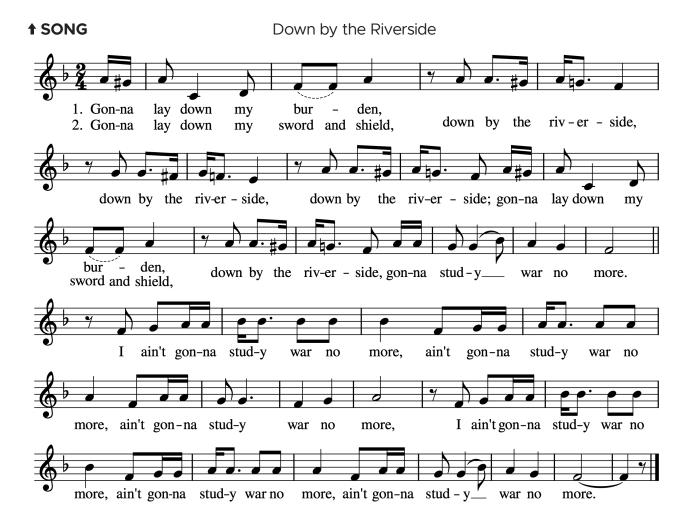


**MAIL IN TO** 

4901 Chowen Ave S Minneapolis, MN 55410

### **OFFERTORY**

A New Heart for a New World (Trisha Watts & Monica O'Brien)
Shout Band



#### **† BLESSING**

Remember that perfection is not the point, but growth, which needs both light and rain.

Go into the world knowing

that the Potter God is still shaping and reshaping you as you were made to do;

that the Teacher Jesus is inviting you to a change of heart,

making it all so very possible;

and that the Adventurous Spirit is luring you to

more play and curiosity in your precious life.

Go in peace,

Stay in courage,

Amen!

### **POSTLUDE**

# Worship Leaders

Pastor: Rev. Karen Bruins

**Associate Pastor:** Rev. Beatrice Mungania **Director of Music Ministries:** Jungjoo Park

Musicians: Shout Band

**Scripture Reader:** Bruce Anderson **Sound Technician:** Dave Bruins

**Streaming:** Michael Perry

**Slides:** Kim Boisvert **Greeters:** Sue Golder

**Hospitality:** Norma Bayers

Table Art: Katie Schneider-Bryan

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**Jesu Tawa Pano (Jesus, We Are Here)** Words and Music: Patrick Matsikenyiri ©1990 Iona Community / WGRG (North America). All rights reserved. Reprint under ONE LICENSE #A-725516.

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Down by the Riverside Words & Music: African American spiritual. Public Domain

## This Week at Lake Harriet

### **SUNDAY SEPT 21**

9:30am Worship in-person and online

9:45am Godly Play (PreK-3rd Grade) - Godly Play Room 9:45am 4th & 5th Grade Sunday School - Conference Room

10:45am Apostles Creed Small Group - Fireside Room
 10:45am By Faith Youth Band Rehearsal - Sanctuary
 5:30pm Unleavened Bread Group - Fireside Room

#### **MONDAY SEPT 22**

7:00pm Re-Shaped Sermon Series Small Group - Zoom

### **TUESDAY SEPT 23**

10:00am Crafters (Knitting) Group - Commons5:30pm Leadership Council - Reception Room

7:00pm Men's Forum - Wesley Room

### **WEDNESDAY SEPT 24**

5:00pm Wednesday Night Dinner - Fellowship Hall

5:30pm Children's Choir Rehearsal (PreK - 5th Grade) - Sanctuary 5:30pm Prime Chimers Rehearsal (5th - 12th Grade) - Bell Room

6:00pm 9th Grade Confirmation - Conference Room 6:30pm Youth Group 6th - 8th Grade - Fellowship Hall

6:30pm Senior High Youth Group - Youth Room

6:30pm Festival Bells Rehearsal - Bell Room

6:30pm Shout Band Rehearsal - Sanctuary

7:30pm Sanctuary Choir Rehearsal - Sanctuary

### **SUNDAY SEPT 28**

9:30am Worship In-Person and On-line

9:45am Godly Play (PreK-3rd Grade) - Godly Play Room

9:45am 4th & 5th Grade Sunday School - Conference Room

10:45am Apostles Creed Small Group - Fireside Room

10:45am By Faith Youth Band Rehearsal - Sanctuary

12:00pm Joyce Uptown Foodshelf Open House



#### **EXCITING NEWS!**

## Welcome to LHUMP

We are delighted to **welcome Neva Tuzzilimo as the new Director** of Lake Harriet United Methodist
Preschool! Neva comes to us from the Chicago area
with a wealth of experience and a passion for early
childhood education.

She began on September 15 — please join us in celebrating and welcoming her and her family!



#### SEPTEMBER 21 FOR 3YRS - 3RD GRADE

# Godly Play on Sundays

Come learn the sacred stories of our faith together. The Doorperson and Storyteller will lead the children to Godly Play after the Rainbow Chat.

Parents can pick up their children in the Godly Play room after the service.

Any questions or if you would like to be a part of this vital ministry contact Pastor Bea or Julie Konrardy.



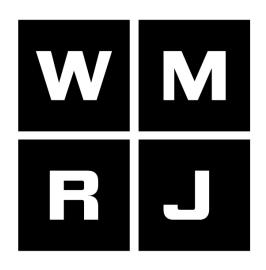
**REGISTER** by scanning the QR code or visiting *bit.ly/jufsopenhouse* 

#### SEPTEMBER 28TH & OCTOBER 12 12-1PM

# Joyce Uptown FoodShelf Open Houses

Members of Lake Harriet United Methodist Church are invited to join us for **one of two open houses, September 28 or October 12**, where Executive Director Matthew Ayres will give a tour of the food shelf and talk about current events impacting our mission and our neighborhood. We are excited to connect and see you there! The food shelf has limited space so there is a cap on attendance.

**Questions?** Contact Ken Golder at *kgolder812@gmail.com*.





### **REGISTER**

Please register by scanning the QR code, or visiting info.wmrj.org/register-minnesota-foundations

#### 8 WEEK COURSE

### White Men for Racial Justice

White Men for Racial Justice comes to LHUMC!

Are you a white guy (or care about one!) seeking to build a more just and equitable community?

The upcoming White Men for Racial Justice Foundations cohort is an 8-week hybrid experience, beginning September 22, that invites you into honest reflection, deep learning, and community-based conversation. Together, we'll engage with the powerful Seeing White podcast series and supplemental materials, unpacking the history and construct of whiteness in America.

Whether you're new to anti-racism work or have been on the journey for a while, this series is designed for you. In a space grounded in respect, curiosity, and accountability, you'll join other willing white men committed to learning and contributing. This is your chance to step into meaningful dialogue and grow in consciousness and solidarity—side by side.

### 90-minute sessions over 8 weeks September 22 – November 10

In-person 6-8pm Monday evenings @LHUMC with dinner or virtual Tues. 11 am/Wed. 6pm (National)

- All Ages Welcome (guardian-youth pairs encouraged!)
- Sliding Scale: \$50-\$500 (scholarships available—no one turned away)
- Completion Benefits: Free access to WMRJ National / Local membership and programming





**REGISTER** by scanning the QR code or visiting *bit.ly/LH-Connect* 

#### SUNDAYS SEPTEMBER 21-OCTOBER 26 10:45AM

# The Apostles Creed Small Group

New Small Group for Adults (teens welcome too) Sundays, 10:45am (after worship) September 21-October 26, 2025

Facilitators: Pastor Karen Bruins and John Babbs

Since the fourth century after the resurrection of Jesus, a basic statement of Trinitarian faith circulated and continues to guide Christians across most traditions and denominations. The Apostles Creed stands the test of time because each article of the creed draws from New Testament teaching and symbolizes the essentials of our faith. These beliefs help bind and unify followers of Christ into a shared life of grace and love together.



#### SEPTEMBER 21ST 5:30-7PM

# **Unleavened Bread**

Welcome to Unleavened Bread, a "book club" for Bible readers. In this small group, you are encouraged to set aside time each day to read the Bible at your own pace and write down your thoughts after in a journal. Each member brings one or two portions from what they have read to share with other members at the monthly gathering.

Our next gathering is Sunday, **September 21**, **5:30-7PM** in the Fireside Room. **Questions?** Email Jungjoo at jungjoo.park@lakeharrietumc.org.

Newcomers are welcome!



#### CHILDREN YOUTH AND FAMILY MINISTRIES

### Fall Dates to Remember

Save the dates for all things Children, Youth, and Family Ministries coming up this Fall! Rainbow Chat will meet every Sunday, and Godly Play meets every Sunday, except Communion Sundays.

Contact Rev. Bea Mungania with any questions, bea.mungania@lakeharrietumc.org.

- September 21st Godly Play for PreK-3rd Grade and 4th & 5th Grade Sunday School Programming Resumes
- September 24th Youth Night Kick Off:
   9th Grade Confirmation meets at 6pm. Students not confirmed in 10th-12th grades are welcome to join as well.

**Youth Groups:** Junior (6th-8th) and Senior (9th-12th) grades will meet in their own groups at 6:30pm.





**REGISTER** by scanning the QR code or visiting *bit.ly/wednesday-suppers* 

#### WEDNESDAYS 5:00-6:00PM

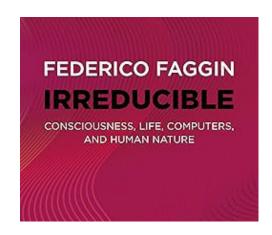
# Wednesday Night Dinners

Meals will be served from 5:00-6:00pm starting

Wednesday, September 24th. The cost per person
is \$12 with a family cap of \$36 (Please note the
updated price). You may register and pay for several
weeks at once, or you can register and pay weekly, but
you must register for every week you plan to attend for
accurate head count.

**RSVPS** are needed ahead of time by MONDAY noon, so we can order the correct amount of food.

Four volunteers will be needed each week to set-up and serve, or to clean-up. https://bit.ly/umcvolunteer





**REGISTER** by scanning the QR code or visiting

bit.ly/science-faith-book-study-irreducible

#### SUNDAYS, 11AM-NOON

# Science and Faith Book Study

Irreducible: Consciousness, Life, Computers, and Human Nature by Federico Faggin

### Sundays, 11am-Noon (Zoom only) Meetings begin September 21

Facilitators: Chris Dozier and Paul Glewwe Please purchase a book via your favorite book seller.

This fall the Science and Religion group will be reading Federico Faggin's book, *Irreducible: Consciousness, Life, Computers and Human Nature*. Faggin invented the microprocessor as well as MOS gate technology at Intel and received the 2009 National Medal of Technology and Innovation, the highest honor the United States confers for achievements related to technological progress.

Faggin had a powerful conversion experience from atheism to belief in God in 1990. In this book Faggin argues that consciousness is an irreducible fundamental force of nature, more fundamental even than electromagnetism or gravity. He argues that consciousness comes from God, is eternal and has the hallmark of love. Faggin makes the case that the meaning (semantics) behind our linguistic expressions of knowledge comes from divinely created human consciousness. Machine generated syntactic representations of knowledge (e.g., generative artificial intelligence) only give the appearance of cognition and are based on training data and algorithms created by humans. Machines themselves can never become conscious. Faggin also asserts that the discoveries of quantum mechanics support the idea of universal consciousness. In his book, Faggin does not tie his ideas to a particular religion. It will be the job of the discussion group to see how well his arguments are congruent with our Christian beliefs.



#### OCTOBER 23RD & NOVEMBER 20TH

### The Waters Vendor Event

The Waters is hosting their very first Vendor Market in The Waters on 50th community! We're inviting local makers and resident creators to showcase their work at our upcoming markets on October 23rd and November 20th.

This is a wonderful opportunity to share your products with residents and their guests while helping them create a festive, local shopping experience. If the markets are a hit, The Waters would love to make this an annual tradition just before the holidays!

Deadline to sign up is Oct 4th.

Questions or to reserve your spot: Contact Ivy Duchein at 612.200.9560 or by email, iduchein@thewaters.com.



**REGISTER** by scanning the QR code or visiting

bit.ly/thank-you-pancake-breakfast

#### **NOVEMBER 9 8AM-NOON**

# Volunteers Needed

Bob Bayers and Mitch Grant are organizing the second annual Thank you Pancake Breakfast. As a part of this effort, volunteers are needed to help make it a great event. They are specifically looking for volunteers to help with set-up, kitchen support, serving, and cleanup. If you're able to lend a hand, please sign up through SignUp Genius link on the left.

Volunteers from last year shared how much fun they had and how meaningful it was to be part of the event!

We can't wait to see you there for a wonderful morning of delicious food, fellowship, and community building.



Assoc. Pastor Beatrice Mungania



**REGISTER** by scanning the QR code or visiting

bit.ly/welcome-pastor-bea-small-groups

#### OCTOBER 2ND. OCTOBER 26TH OR DECEMBER 7TH

# Welcoming Pastor Bea

The Staff Parish Relations Committee is excited to plan several small group gatherings to give Pastor Bea the opportunity to get to know our congregation. Two meet-and-greet events are already scheduled, with more dates to be announced soon in the e-news.

A heartfelt thank-you to the volunteer hosts who are opening their homes and hearts for these gatherings!

We invite you to sign up using the link below for the date that works best for you.

- Thursday October 2 at 4 pm, hosted by Linda and Larry Selton, Todd Otis and Caren Dewar at 3540
   James Avenue South #205, Minneapolis
- Sunday, October 26th at 3pm hosted by the Jordans at 4915 Abbott Avenue South, Minneapolis (just a few blocks from church)
- Sunday, December 7th at 11am hosted by the Landruds at 4224 Crocker Ave, Edina, MN 55416.
   Parking is either in our driveway or the East side of the street.

# **Session Three**

### The Yellow Zone

We are on a reflective journey together about change. In our third session, we are reminded that what feels like the chaos, or recklessness, of change is the breaking-open of possibility and the sprouting of new life. Here is an excerpt from scripture:

Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. But if you let it go, reckless in your love, you'll have it forever, real and eternal. — John 12: 20-26 (The Message)

Let us light a candle, take a deep breath, and pray:

Breaking-Open God,
you call us to let the seeds of your love
be planted anew in us again and again.
Open us to letting go of how we think things are,
and allow us release as we are broken open into new life.
Calm our fears, and animate our spirits
for this time of discovery.
Amen.



Scan this QR code to go to the video.

Watch Session 3 of the interview series at <a href="https://youtu.be/KiEO7vT3ldQ">https://youtu.be/KiEO7vT3ldQ</a>

Notes	

[For groups]: In our conversation, everyone is invited to share, but sharing is not required. Please make room for all voices, keeping your contribution to a respectful time limit so everyone has a chance. Whatever is said here stays here – not because we are telling secrets but because we honor that what a person says here is their story to share.

е

### **Closing Prayer**

From the Gospel According to Elsa (from Frozen),

"Let it go, let it go, when I'll rise like the break of dawn."

Remember that perfection is not the point, but growth,

which needs both light and rain.

Go into the world knowing

that the Potter God is still shaping and reshaping

you as you were made to do;

that the Teacher Jesus is inviting you to a change of heart,

making it all so very possible;

and that the Adventurous Spirit is luring you to

more play and curiosity in your precious life.

Go in peace,

Stay in courage,

Amen!

# Connect with Staff

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

Rev. Beatrice Mungania Associate Pastor bea.mungania@lakeharrietumc.org

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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

Neva Tuzzilimo LHUM Preschool Director ntuzzilimo@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.

