

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!

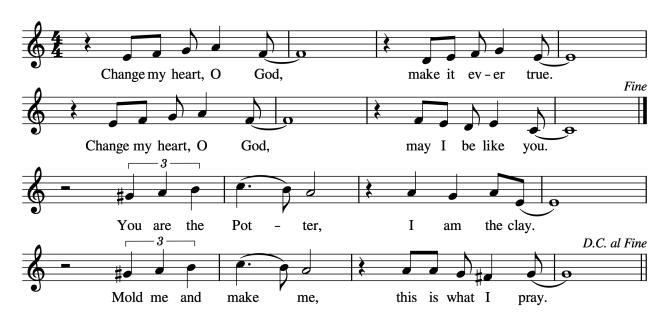
Please note the following, the congregation reads/sings/prays the words in bold-faceprint and the \undarrow symbol invites you to rise in body and/or spirit.

WELCOME

ANNOUNCEMENTS

CENTERING SONG

Change My Heart O God



† OPENING PRAYER

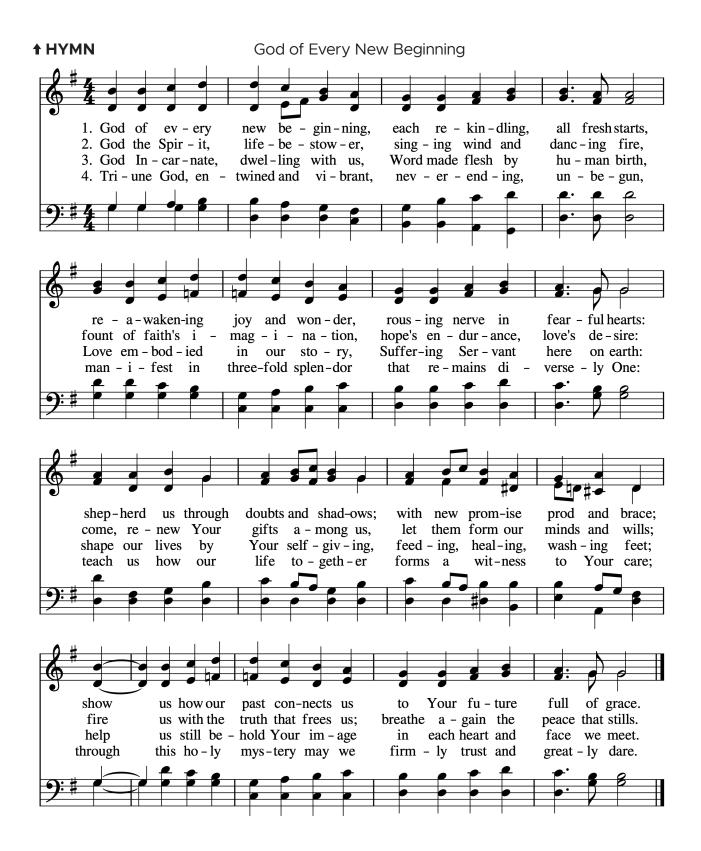
One: Let us pray together:

All: Encouraging God, we hear your invitation into the future and we look to you for courage.

Open us to know your presence as we embark together on new adventures.

Calm our fears, and animate our spirits for ongoing discovery.

Amen.



SHARE A GREETING

RAINBOW CHAT Rev. Bea Mungania

SONG



CONTEMPORARY READING

(Leader) In an article in 1991, Marion Wright Edelman recalled hearing Dr. Martin Luther King, Jr. speak at Spelman College when she was a young lawyer. "One of the things I liked about him was that he didn't pretend to be a great powerful know-it-all. I remember him discussing openly his gloom, depression, his fears, admitting that he didn't know what the next step was. He would then say: 'Take the first step in faith. You don't have to see the whole staircase, just take the first step."

Here is a poem called "Start Close In" by David Whyte:

Start close in, don't take the second step or the third, start with the first thing close in, the step you don't want to take.

Start with the ground you know, the pale ground beneath your feet, your own way to begin the conversation.

Start with your own question, give up on other people's questions, don't let them smother something simple. To hear another's voice, follow your own voice, wait until that voice becomes a private ear that can really listen to another.

Start right now take a small step you can call your own don't follow someone else's heroics, be humble and focused, start close in don't mistake that other for your own.

Start close in,
don't take the second step
or the third,
start with the first thing
close in,
the step you don't want to take.
What's your first step? The one you don't want to take?

SCRIPTURE

Matthew 14:22-31

New Revised Standard Version Updated Edition

Jesus Walks on the Water

Immediately he made the disciples get into a boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and, beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?"

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

All: Thanks be to God!

MESSAGE En-Couraged Pastor Karen Bruins



PRAYERS OF THE PEOPLE

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.





GIVE ONLINE by visiting our website

at lakeharrietumc.org



SCAN THE QR CODE

with your smartphone camera



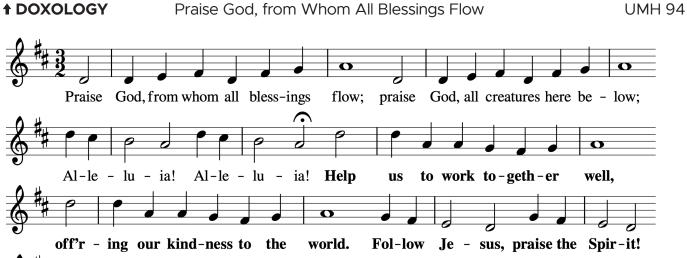
MAIL IN TO

4901 Chowen Ave S Minneapolis, MN 55410

OFFERTORY

Simply Trusting

(arr. Earlene Rentz) Sanctuary Choir







† BLESSING

Remember that you are never alone in the journey of change-we're all on it with Jesus who says, "Come on ahead!" and then moves with us each step of the way.

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

Siyahamba

(arr. Vicki Collinsworth)

Worship Leaders

Pastor: Rev. Karen Bruins

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

Musicians: Sanctuary Choir Scripture Reader: Paul Glewwe Sound Technician: Chad Johnson Streaming: Jack Lee and Dave Bruins

Slides: Kim Boisvert

Greeters: Jane Kammerman, Ken Larson

Hospitality: Norma Bayers

Table Art: Katie Schneider Bryan

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This Week at Lake Harriet

SUNDAY SEPT 28

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

11:00am Science and Faith Book Study - Zoom 12:00pm Joyce Uptown Foodshelf Open House

MONDAY SEPT 29

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

TUESDAY SEPT 30

10:00am Crafters (Knitting) Group - Commons

7:00pm Men's Forum - Wesley Room

WEDNESDAY OCT 1

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

THURSDAY OCT 2

2:30pm Preschool Executive Board - Fireside Room

SUNDAY OCT 5

9:30am Worship in-person and online - Communion Sunday

10:45am Apostles Creed Small Group - Fireside Room

11:00am Worship at the Waters

11:00am Science and Faith Book Study - Zoom





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

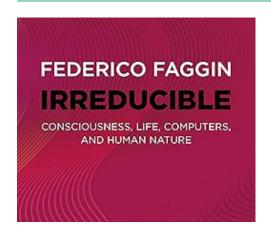
WEDNESDAYS 5:00-6:00PM

Wednesday Night Dinners

Meals will be served from 5:00-6:00pm. The cost per person is \$12 with a family cap of \$36, and children under 3 years are free. (*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)

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.





REGISTER FOR A SMALL GROUP by scanning the QR code.

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

OCTOBER WORSHIP SERIES

Dinner with Jesus

One of the best ways to get to know someone is over a meal. This October, we'll explore Biblical stories of people sharing a meal with Jesus. Who he chose to break bread with was a source of controversy, and ultimately a sign of God's grace.

- October 5, John 2:1-12 "The Wedding Crashers"
- October 12, Luke 5:27-32 "Dining with the Wrong People"
- October 19, John 6:1-15 "Dining with the Masses"
- October 26, Matthew 22:1-15 "The 'A' List Invitations"

As part of this series, there will be two small groups meeting together to break bread and get to know each other. Each week will include a brief devotion on the Scripture reading for the week, along with some getto-know-you questions. The groups will be together for four weeks. Group size will be limited to 8 participants.

Kristen Linder-Brown is the contact person for a Sunday after-church brunch group that will meet in homes or restaurants on **October 5th, 12th, 19th and 26th**.

Lorrie Sandelin is the contact person for the small group that meets on **Wednesdays**, **October 8th**, **15th**, **22nd**, **and 29th** at 5:30pm at the church. You're welcome to join us for Wednesday suppers at church. Each meal is \$12 with a family cap of \$36, and children under 3 years are free. Reservations for the Wednesday meal are required-see left sidebar to register.

If interest is great, more small groups can be added. **Questions?** Contact Lorrie Sandelin at *lorrie.sandelin@lakeharrietumc.org* with questions.





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

OCTOBER 12 12-1PM

Joyce Uptown FoodShelf Open Houses

Members of Lake Harriet United Methodist Church are invited to join us for **an open house on 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*.



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.



Assoc. Pastor Beatrice Mungania



REGISTER by scanning the QR code or visiting

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

OCTOBER 2ND, 12TH, 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 4pm, hosted by Linda and Larry Shelton, Todd Otis and Caren Dewar at 3540 James Avenue South #205, Minneapolis
- *NEW!* Sunday, October 12 at 3pm, Avidor Edina, 5220 Eden Avenue. Hosted by Ginger Mateer and Barb LaPolice.
- 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.



REGISTER by scanning the QR code or visiting

bit.ly/thank-you-pancake-breakfast

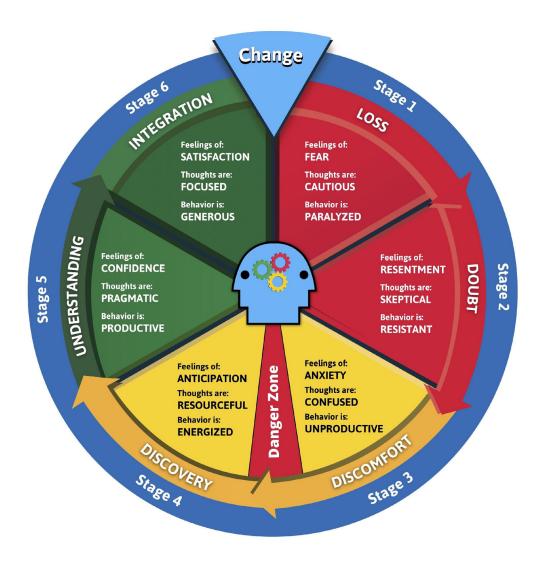
NOVEMBER 9 8AM-NOON

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 clean-up. 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.



The Change Cycle™ is a powerful tool used by all kinds of organizations and individuals to learn to navigate change with more ease. When you look at the model above, it's a circle, and it represents the true cyclical nature of each change we experience. In the outside ring are the six sequential and predictable stages of change. The names of the stages: Loss, Doubt, Discomfort, Discovery, Understanding, and Integration, indicate the primary experience of that stage. The inside pie pieces list the thoughts, feelings and behaviors most associated with the stage. The Change Cycle™ uses the colors of a traffic light to signal that the stages mirror the actions we take at traffic lights. The Change Cycle™ model is a map that depicts our human experience of each stage of change — in all changes, big or small, good or bad.

Learn more at www.changecycle.com.

Session Four

The Green Zone

We are on a reflective journey together about change. In our fourth session, we are reminded that, just like Peter, if we are going to change we have to take the first uncertain steps out of the boat onto the water and into the unknown. Here is an excerpt from scripture:

Jumping out of the boat, Peter walked on the water to Jesus. But when he looked down at the waves churning beneath his feet, he lost his nerve and started to sink. He cried, "Master, save me!" Jesus didn't hesitate. He reached down and grabbed his hand. — Matthew 14: 22-31a (The Message)

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

Encouraging God,
we hear your invitation into the future
and we look to you for courage.
Open us to know your presence as we
embark together on new adventures.
Calm our fears, and animate our spirits
for ongoing discovery.
Amen.



s. Watch Session 4 of the video. interview series at

https://youtu.be/MiewD-PSVTs

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.

an "aha" about your own process of change. What felt challenging? These are just suggestions feel free to share whatever is bubbling up around this topic.	

Closing Prayer

From the Gospel According to Elmo's friends, "Take the first step and soon you'll see just how brave your heart can be!" Remember that you are never alone in the journey of changewe're all on it with Jesus who says, "Come on ahead!" and then moves with us each step of the way. 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!

Celebrating five years of the Lilly Grant: What makes discipleship contemplative?

Reflections from two spiritual leaders, shared practice, and your own stories from our first five years together

Saturday OCTOBER 18, 2025

8:30 a.m.-3:30 p.m.

In-person or online

St. Catherine University
Rauenhorst Ballroom,
3rd floor, Coeur de Catherine

Registration Link:

stkate.edu/spiritualityinpractice

Contact Bill McDonough, grant coordinator, for more information: wcmcdonough@stkate.edu

stkate.edu/contemplativediscipleship

This gathering is funded through a generous grant from the Lilly Endowment, Inc. as part of its Thriving Congregations Initiative.

KEYNOTE SPEAKERS

Cynthia Bailey Manns, DMin

Director of Adult Learning, Saint Joan of Arc Catholic Community

Cynthia Bailey Manns is an experienced soul companion, supervisor, and retreat leader.
She was one of four laypeople from

the United States selected by Pope Francis to participate in the global Synod in Rome. She will share her experience with what the synod called "conversations in the Spirit."

Mary E. Hess, PhD
Professor of Educational Leadership,
Luther Seminary

Mary E. Hess received her PhD from Boston College and has taught at Luther Seminary since 2000. She has directed a number of projects focusing on the challenges of media culture for communities of faith. Mary has also been very involved in adapting "circle practice" for use in Christian congregations. She will share her experience with circles and discipleship.

Connect with Staff

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

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

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Lorrie Sandelin Volunteer Coordinator lorrie.sandelin@lakeharrietumc.org

Jungjoo Park Director of Music Ministries jungjoo.park@lakeharrietumc.org

Neva Tuzzilino LHUM Preschool Director ntuzzilino@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.

