



*Dinner with Jesus*

# FILL the JARS

Sunday, October 5

Fill the Jars

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

### ↑ UNISON CALL TO WORSHIP *(based on 1 Corinthians 13)*

**We come to worship with love at the center.**

**Without love, our words are noisy, our songs are empty, and our gifts mean nothing.**

**But with love, our worship becomes real and pleasing to God.**

**Love is patience. Love is kind.**

**Love does not envy or boast.**

**Love is not pride or selfishness.**

**Love does not give up.**

**Love does not fail.**

**Today, we choose to worship in love—**

**Love for God, who first loved us,**

**And love for one another, just as Christ has loved us.**

**Let our worship rise from hearts full of love.**

**Amen!**

↑ SONG

Living Waters

Band: Are you thirsty? Are you empty? Come and drink these living waters.

Tired and broken, peace unspoken, rest beside these living waters.



2. Christ is cal-ling, find re-fresh-ing at the cross of liv-ing wat-ers.  
3. Spir - it mov-ing, mer - cy wash-ing; heal - ing in these liv-ing wat-ers.  
4. Are you thirst - y? Are you emp - ty? Come and drink these liv-ing wat-ers.



Lay your life down, all the old gone, rise up in these liv-ing wat-ers.  
Lead Your chil-dren to the shore-line, life is in these liv-ing wat-ers.  
Love, for-give-ness, vast and bound-less, Christ, He is our liv-ing wat-ers.



There's a riv-er that flows with mer-cy and love, bring-ing joy to the cit-y of our



God. There our hope is se-cure, do not fear an-y-more, praise the Lord of liv-ing



wat-ers. Ooh. Ooh. Ooh.



Ooh. Ooh. Ooh.



wat-ers. There our hope is se-cure, do not fear an - y - more,



praise the Lord of liv - ing wat - ers.

## SHARE A GREETING

## RAINBOW CHAT

Rev. Karen Bruins

## SONG

*Jesu Tawa Pano* (Jesus, We Are Here)

Je - su ta - wa pa - no; Je - su ta - wa pa - no;  
Je - sus, we are here;— Je - sus, we are here;—

Je - su ta - wa pa - no; ta - wa pa - no, mu zi - ta re - nyu.  
Je - sus, we are here;— we are here— for you.

## INVITATION TO GENEROSITY



### OFFERING BOX

is found in the back  
of the sanctuary



### GIVE ONLINE

by visiting our website  
at [lakeharrietumc.org](http://lakeharrietumc.org)



### SCAN THE QR CODE

with your  
smartphone camera



### MAIL IN TO

4901 Chowen Ave S  
Minneapolis, MN  
55410

## OFFERTORY

Walking in the Light of God

(Traditional Zulu)

LH Children & Youth Music families

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to me and to you? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the person in charge of the banquet." So they took it. When the person in charge tasted the water that had become wine and did not know where it came from (though the servants who had drawn the water knew), that person called the bridegroom and said to him, "Everyone serves the good wine first and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee and revealed his glory, and his disciples believed in him.

After this he went down to Capernaum with his mother, his brothers, and his disciples, and they remained there a few days.

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

**All: Thanks be to God!**

**MESSAGE**

"Fill the Jars"

Rev. Dr. Bea Mungania

**PASTORAL PRAYER**

**COMMUNION**

**THE GREAT THANKSGIVING**

One: The Lord be with you.

**All: And also 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.

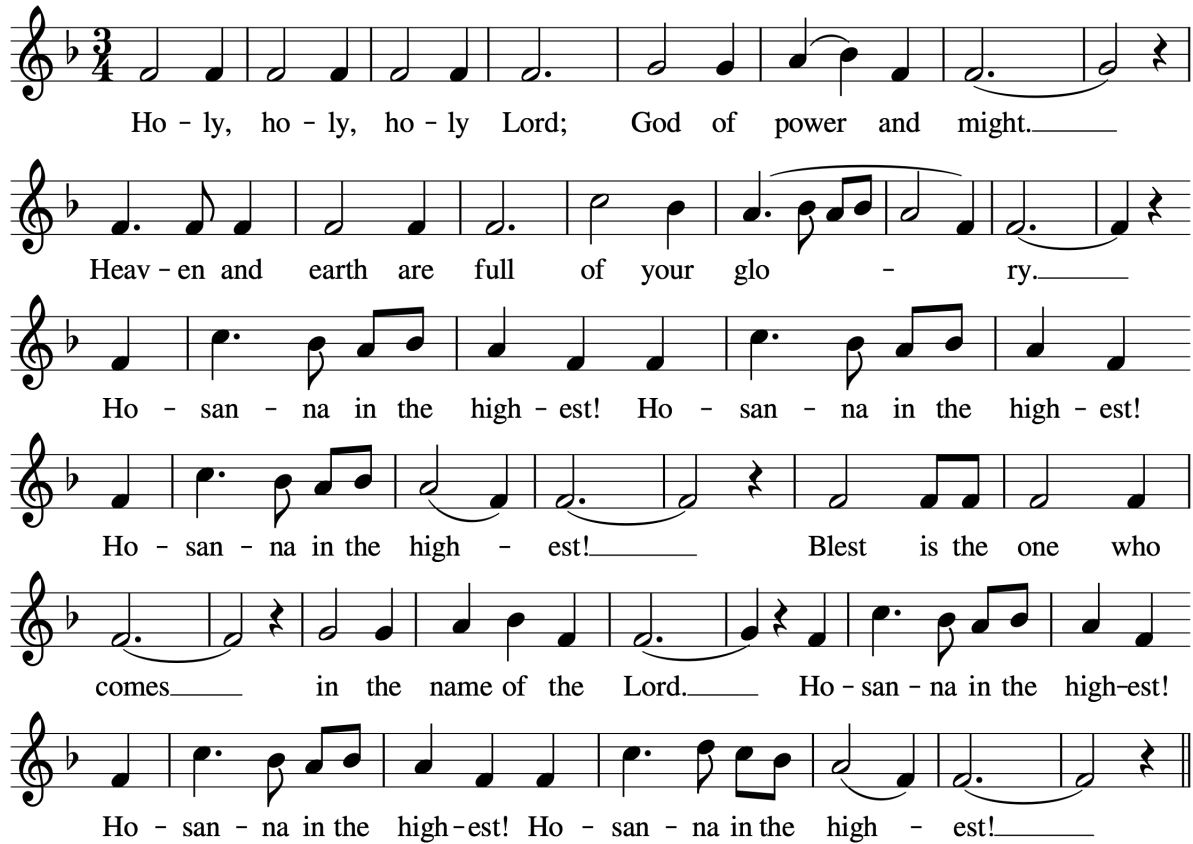
**All: It is right to give thanks and praise.**

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



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.

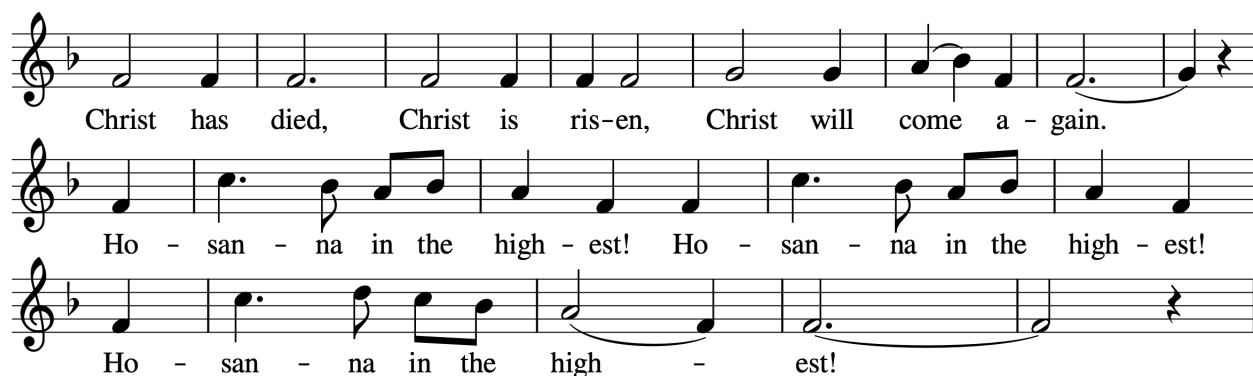
On the night in which he gave himself up for us, he took bread, gave thanks to you, broke the bread, gave it to his disciples, and said: "Take, eat; this is my body which is given for you. Do this in remembrance of me."

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

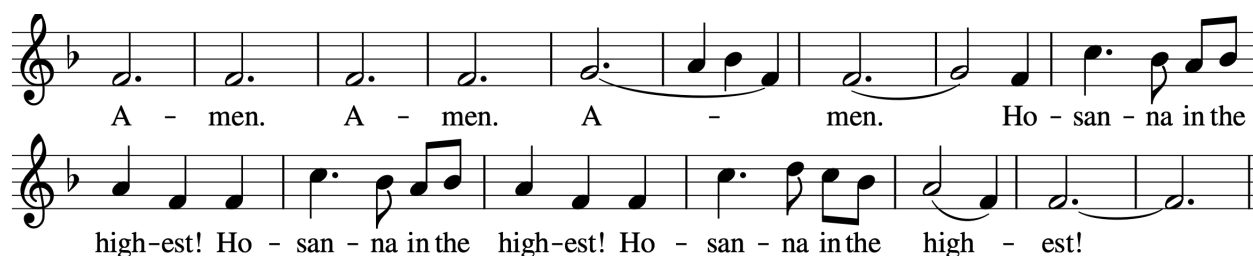


One: Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood.

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 for ever.

### Great Amen



### 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.**

### COMMUNION SONG

The Wedding

(Michael Card)  
Shout Band

**verse**

Oh. \_\_\_\_\_ Oh. \_\_\_\_\_

1. Here in this worn and wear - y land \_\_\_\_\_ where man - y a dream has \_\_\_\_\_ died.  
 2. In - to Your Word we're dig - ging deep \_\_\_\_\_ to know Your \_\_\_\_\_ heart. \_\_\_\_\_

Like a tree \_\_\_\_\_ plant - ed by the wa - ter, we nev - er will run \_\_\_\_\_ dry. \_\_\_\_\_  
 In - to the world we're reach - ing out \_\_\_\_\_ to show them who You \_\_\_\_\_ are. \_\_\_\_\_

So, liv - ing wa - ter flow - ing through, God, we thirst for more of  
 You. Fill our hearts, and flood our souls with one de - sire: just to

**chorus**

know You, and to make You known. We lift Your name on \_\_\_\_\_ high. Shine  
 like the sun, make dark - ness run and \_\_\_\_\_ hide. We know  
 we were made for so much more \_\_\_\_\_ than or - di - nar - y lives. It's  
*Last time to Coda*  
 time for us to more than just sur \_\_\_\_\_ vive: we were made to

1. thrive. \_\_\_\_\_ 2. thrive. \_\_\_\_\_ **instr.**

birdge

Joy un-speak-a-ble, faith un-sink-a-ble, love un-stop-pa-ble, an-y-thing is pos-si-ble.

Joy un - speak-a - ble, faith un - sink - a - ble, love un - stop-pa - ble,

1. an - y - thing is pos - si - ble. 2. an - y - thing is pos - si - ble. D.S. al Coda (back to chorus) Just to

*Coda*

thrive. Oh.

Oh. We were made to thrive.

## ↑ BLESSING

May you go with the joy of those who have tasted the new wine of Jesus' love and grace.  
May God fill your life to the brim.— not just with water, but with the transforming work of Christ.  
Go with hearts renewed.  
With faith strengthened.  
And with eyes open to see and receive God's goodness.  
Go in peace, Love and Serve God.

**Amen!**

## POSTLUDE

## Worship Leaders

**Pastor:** Rev. Karen Bruins

**Associate Pastor:** Rev. Beatrice Mungania

**Director of Music Ministries:** Jungjoo Park

**Musicians:** By Faith Youth Band; LH Children's Choir; Shout Band

**Scripture Reader:** Marian Holley

**Sound Technician:** Chad Johnson

**Streaming:** Michael Perry & Jack Lee

**Slides:** Kim Boisvert

**Communion Prep and Servers:** Mary Yee

**Greeters:** Jane Kammerman, Ken Larson

**Hospitality:** Lorrie Sandelin

**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.

**Walking in the Light of God** Words & Music: Traditional Zulu; arr. by Dean B. McIntyre ©2005 The General Board of Discipleship of The United Methodist Church. All rights reserved. Reprint under ONE LICENSE #A-725516.

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# This Week at Lake Harriet

## SUNDAY OCT 5

- 9:30am Worship in-person and online
- 10:45am Apostles Creed Small Group - Fireside Room
- 11:00am Science and Faith Book Study - Zoom
- 11:00am Worship at the Waters
- 11:00am Dinner with Jesus Group

## TUESDAY OCT 7

- 10:00am Crafters (Knitting) Group - Commons
- 7:00pm Men's Forum - Wesley Room

## WEDNESDAY OCT 8

- 5:00pm Wednesday Night Dinner - Fellowship Hall
- 5:30pm Dinner with Jesus Group - 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 9

- 10:00am Immigration Group - Fireside Room
- 7:00pm UWF Book Club - Commons

## SATURDAY OCT 11

- 2:00pm Ice Cream Social - Parking Lot (Fellowship Hall if raining)

## SUNDAY OCT 12

- 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
- 11:00am Science and Faith Book Study - Zoom
- 12:00pm Joyce Uptown Foodshelf Open House
- 3:00pm Welcome Pastor Bea - Avidor, Edina



**REGISTER** by scanning the QR code or visiting [bit.ly/every-meal-lyndale-elem](https://bit.ly/every-meal-lyndale-elem)

#### REDUCE FOOD INSECURITY

## Make a Difference: Volunteer with Every Meal

Join us in helping reduce food insecurity right here in Minneapolis. Through our partnership with Every Meal, LHUMC supports families at Lyndale Elementary School by ensuring kids have nourishing food to take home for the weekend.

As a volunteer, you'll help discreetly place meal packages in students' lockers—just a small investment of time that creates a big impact for families in South Minneapolis.

If you'd like to be part of this meaningful ministry, please reach out to Ann Davis at [annkeninger@yahoo.com](mailto:annkeninger@yahoo.com) or sign up using the link to the left.



#### IMMIGRATION OUTREACH AND SUPPORT (IOS)

## Join the Conversation: Supporting Our Immigrant Neighbors

Lake Harriet UMC is committed to exploring meaningful ways to support our immigrant neighbors. We invite you to be part of this ongoing effort as we listen, learn, and work together to offer support and build lasting relationships.

Our group meets every other Thursday, and all are welcome—whether you're new to the conversation or have been involved from the start.

October Gatherings hosted in the Fireside room:

- Thursday, October 9 at 10am
- Thursday, October 23 at 10am

For questions or more information, please reach out to Bob Bayers, [bobmpls@gmail.com](mailto:bobmpls@gmail.com).



**READY TO JOIN A GROUP?** Sign up by scanning the QR code or visiting [bit.ly/dinner-with-jesus-groups](https://bit.ly/dinner-with-jesus-groups)



**REGISTER FOR DINNER** by scanning the QR code or visiting [bit.ly/wednesday-suppers](https://bit.ly/wednesday-suppers)

## OCTOBER WORSHIP SERIES

# You're Invited to the Table!

Some of the most meaningful connections happen over a shared meal. This October, Pastor Karen's sermon series will journey through powerful Biblical stories of people dining with Jesus—moments that stirred controversy and revealed the radical grace of God.

To deepen this experience, Kristen Linder-Brown and Lorrie Sandelin are forming two small groups that will gather weekly to share a meal, reflect on Scripture, and build community. Each gathering includes a short devotion and conversation starters to help us get to know one another. Groups will meet for four weeks and are limited to 8 participants. We would love for you to join us!

### Group Options:

- **Sunday Brunch Group** Meets in homes or restaurants after church on October 5, 12, 19 & 26  
Contact: Kristin Linder-Brown
- **Wednesday Supper Group** Meets at church at 5:30pm on October 8, 15, 22 & 29
- Supper cost: \$12.00 | Reservations required (see left side bar)  
Contact: Lorrie Sandelin





**REGISTER** by scanning the QR code or visiting [bit.ly/wednesday-suppers](https://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/jufsopenhouse](https://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](mailto:kgolder812@gmail.com).



## WELCOME to our community

Assoc. Pastor Beatrice Mungania



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

[bit.ly/welcome-pastor-bea-small-groups](https://bit.ly/welcome-pastor-bea-small-groups)

OCTOBER 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.

- **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](https://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.

# 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](https://stkate.edu/spiritualityinpractice)



Contact Bill McDonough, grant coordinator,  
for more information:  
[wcmcdonough@stkate.edu](mailto:wcmcdonough@stkate.edu)

[stkate.edu/contemplativediscipleship](https://stkate.edu/contemplativediscipleship)

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



**ST. CATHERINE  
UNIVERSITY**

## 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.

# You're Invited!

## Join us for a sweet celebration at eQuality's Ice Cream Social

Enjoy hand-crafted ice cream made with care by talented individuals with disabilities. Every scoop supports opportunities, inclusion, and community connection.

At eQuality-Pathways to Potential we have been helping individuals with disabilities find rewarding work in their community since 1998.

Our ice-cream start-up has moved to a new location in the kitchen of Lake Harriet United Methodist. We hope you'll join us for a Saturday afternoon ICE CREAM SOCIAL to learn more.

**FREE ice cream, games, music & FUN - Rain or Shine!**

When: Saturday, October 11

⌚ Time: 2:00-4:00

Where: 4901 Chowen Ave S, Minneapolis, MN 55410



**for more  
info and  
to RSVP**



**eQuality**  
pathways to potential



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## Connect with Staff

**Rev. Karen Bruins** Pastor [karen.bruins@lakeharrietumc.org](mailto:karen.bruins@lakeharrietumc.org)

**Rev. Beatrice Mungania** Associate Pastor [bea.mungania@lakeharrietumc.org](mailto:bea.mungania@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)

**Neva Tuzzilino** LHUM Preschool Director [ntuzzilino@lakeharrietumpreschool.org](mailto: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 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)