

Overcoming STRESS



Sunday, November 16

Overcoming Rejection

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

↑ CALL TO WORSHIP

One: What could be more important than worshiping God?

All: As we gather together to praise, we leave our worldly cares behind.

One: We turn off our computers; we leave unfinished chores;

All: We get off the highway; and turn our attention to a power more lasting, a peace more satisfying.

One: God, who creates earth in beauty, open our eyes to the wonders you have made.

All: Christ, who loves with a power greater than our imagining, open our hearts to your great passion.

One: Spirit, whose peace passes all understanding, open our lives to your peace. Filled with divine gifts, we ask that our worship be worthy of our God's glory.

All: Amen.

verses

1. Great is Thy faith-ful-ness, O God, my Fa-ther; There is no
 2. Sum-mer and win-ter and spring-time and har-vest; sun, moon and
 3. Par-don for sin and a peace that en-dur-eth. Thine own dear

shad-ow of turn-ing with Thee. Thou chang-est not, Thy com-pas-sions they
 stars in their cours-es a-bove join with all na-ture in man-i-fold
 pres-ence to cheer and to guide. Strength for to-day and bright hope for to-

fail not; As Thou hast been, Thou for-ev-er wilt be.
 wit-ness to Thy great faith-ful-ness, mer-cy and love.
 mor-row; bless-ings all mine with ten thou-sand be side.

chorus 1

Be-gin-ning to end my life in Your hands. Great,
 great is Your faith-ful-ness. You nev-er let go. This one thing I know:
 Great, great is Your faith-ful-ness. ness. Be-

chorus 2

ness. Oh, great, great is Your faith-ful-ness. Great is Thy faith-ful-ness!
 Great is Thy faith-ful-ness! Morn-ing by morn-ing new mer-cies I see; All I have
 need-ed Thy hand hath pro-vid-ed; Great is Thy faith-ful-ness, Lord, un-to me!

SHARE A GREETING

RAINBOW CHAT

Rev. Dr. Bea Mungania

SONG

Jesus Loves the Little Children



SCRIPTURE

Luke 23:32-43

New Revised Standard
Version Updated Edition

Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, “Father, forgive them, for they do not know what they are doing.” And they cast lots to divide his clothing. And the people stood by watching, but the leaders scoffed at him, saying, “He saved others; let him save himself if he is the Messiah of God, his chosen one!” The soldiers also mocked him, coming up and offering him sour wine and saying, “If you are the King of the Jews, save yourself!” There was also an inscription over him, “This is the King of the Jews.”

One of the criminals who were hanged there kept deriding him and saying, “Are you not the Messiah? Save yourself and us!” But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.” Then he said, “Jesus, remember me when you come in your kingdom.” He replied, “Truly I tell you, today you will be with me in paradise.”

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

All: Thanks be to God!

PASTORAL PRAYER

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

Ginger Mateer



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

Gratitude

(Brandon Lake)
Shout Band

CELEBRATION OF VOLUNTEERS

Lorrie Sandelin

↑ SONG

Praise

V. 1 1. I'll praise in the val-ley, praise on the moun-tain.

V. 2 praise when I feel it and I'll praise when I don't.

I'll praise when I'm sure, praise when I'm doubt-ing. I'll

I'll praise 'cause I know You're still in con-trol. 'Cause my

praise when out-num-bered, praise when sur-round-ed, 'cause

praise is a weap-on, it's more than a sound. My

praise is the wa-ter my en-e-mies drown in.

praise is the shout that brings Jer-i-cho down.

As long as I'm breath-ing, I've got a rea-son to

Praise the Lord, oh, my soul.

Praise the Lord, oh, my soul. 1. 2. I'll

I won't be quiet, my God is a-live. How could I keep it in - side?

Praise the Lord, oh, my soul. I'll

praise 'cause You're sov - 'reign, praise 'cause You reign.

Praise 'cause You rose and de - feat - ed the grave. I'll

praise 'cause You're faith - ful, praise 'cause You're true.

1. Praise 'cause there's no - bod - y great - er than You. I'll great - er than You. 2.

1, 2, 3. 4. Praise the Lord, oh, my soul.

1, 2. 3. I won't be quiet, my God is a-live. How could I keep it in - side? side?

Praise the Lord, oh, my soul.

↑ BLESSING

The seeds of the gospel have been planted in you. Go now to share your faith in Jesus and your love for each other, so that the gospel might grow in you and bear fruit throughout the world. May you be filled with the wisdom of God, the power of Christ, and the patience of the Spirit, now and forever. Alleluia. **Amen.**

POSTLUDE

Worship Leaders

Pastor: Rev. Karen Bruins

Associate Pastor: Rev. Dr. Beatrice Mungania

Director of Music Ministries: Jungjoo Park

Musicians: Shout Band

Scripture Reader: Bruce Anderson

Sound Technician: Chad Johnson

Streaming: Zoe Johnson

Slides: Kari Cahn

Greeters: Kay Halverson, Jane Kammerman, Ken Larson

Hospitality: Norma Bayers

Table Art: Katie Schneider-Bryan

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY NOV 16

- 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 By Faith Youth Band Rehearsal - Sanctuary
- 10:45am Caregiver Health Discussion - Fireside Room
- 10:45am New Member Class - Wesley Room
- 11:00am Science and Faith Book Study - Zoom
- 5:30pm Unleavened Bread Group - Fireside Room

MONDAY NOV 17

- 7:00pm Theater Board Meeting - Fireside Room

TUESDAY NOV 18

- 10:00am Crafters (Knitting) Group - Commons
- 6:00pm Operations Board Meeting - Conference Room
- 7:00pm Men's Forum - Wesley Room
- 7:00pm SPRC - Fireside Room

WEDNESDAY NOV 19

- 9:30am Groovy Grandparents Meeting
- 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 Christmas Choir Rehearsal - Sanctuary

THURSDAY NOV 20

- 10:00am Immigration Meeting - Fireside Room
- 2:30pm Preschool Executive Board Meeting - Fireside Room
- 6:30pm Empty Nest Group - Fireside Room

SUNDAY NOV 23

- 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 By Faith Youth Band Rehearsal - Sanctuary
- 10:45am Caregiver Health Discussion - Fireside Room
- 10:45am Men's Ensemble Rehearsal - Reception Room
- 11:00am Science and Faith Book Study - Zoom



To sign up, scan the QR code or visit
lakeharrietumc.org/givepaypledge

YOUR GENEROUS GIFTS SUPPORT MANY

2026 Stewardship

Our 2026 Stewardship Mailers are in your hands and we are inviting you to prayerful, intentional, generosity. The congregation is working on some really exciting projects and goals!

On the back of the brochure are QR codes to scan and utilize our new Realm online pledge form. You can also scan the QR code to the left to access our Give, Pay, Pledge page with the links.

Please complete your pledge online by Celebration Sunday, November 23.

God is calling us to exciting things!



MEMBERSHIP CLASS

A Taste of Lake Harriet

Learn more about our mission, values, ministry and membership. Grab a cup of coffee/tea, a cookie and join in the Wesley Room, all are welcome!

TODAY! Sunday, November 16, 10:30am

Join date will be November 23.



VOLUNTEER OPPORTUNITIES

Help Us Rake at LHUMC!

Have you been enjoying the beauty of fall but don't have many leaves of your own to rake? Maybe you live in an apartment or condo, or your city lot has so few leaves that buying yard bags hardly seems worth it.

We've got the perfect solution—LHUMC has plenty of leaves waiting to be raked, and we'd love your help!

Whether you can spare 30 minutes or a little longer, your time will make a big difference. Come whenever it works for you, and we'll provide everything you need—rakes, bags, and more.

If you're able to lend a hand, please contact Lorrie Sandelin at lorrie.sandelin@lakeharrietumc.org. She'll let you know where to find the supplies and get you started.

Thank you for helping us keep our grounds beautiful this season!



NOVEMBER 23 10:30AM

Decorating for Advent

'Tis the season to sparkle! Do you love decorating for Christmas? Advent is almost here, and we're adding some holiday cheer to the sanctuary—and we need your help!

On Sunday, November 23, right after worship, we're inviting anyone who is able to stick around and join in the fun of decorating the church for Advent. Think garlands, lights, wreaths, and all the cozy holiday vibes.

- No experience needed—just bring your holiday spirit!
- And yes... lunch is on us!

If you can join the decorating crew, please email Lorrie Sandelin at lorrie.sandelin@lakeharrietumc.org. *Let's make the sanctuary shine together this Advent season!*



NOV 16 & 23, DEC 7

Caregiver Health Gatherings

An invitation to those of us who are caregiving and have felt a need to collaborate and discuss caregiver needs as well as resources.

Join us on Sunday mornings after service, 10:45-11:45am, November 16th, 23rd and December 7th. Whether your partner has chronic health needs, an aging parent needs more and more support (long distance or local) or your loved one has a myriad of challenges due to cognitive loss, being a caregiver can lead to uncertainty, loneliness and isolation. Come to 1, or all 3 Sunday Caregiver Health discussions to share resources, challenges and opportunities.

Led by Karin Schurrer-Erickson, DNP, a retired geriatric nurse practitioner who specialized in chronic disease management, palliative care and end of life.



NOV 22 2:30-4:30PM

Youth Vertical Endeavors Trip

Youth, 6th-12th Grades

Join us for rock climbing at Vertical Endeavors on Saturday, November 22 at 2pm. Meet at church at 2pm and we can carpool together to Vertical Endeavors for climbing from 2:30-4:30pm.

No experience necessary! Cost is \$30 per participant. Those who wish to attend, but not participate are still welcome to come and hang out!



SIGN UP by scanning the QR code or visiting lakeharrietumc.org/children-youth-and-family-ministries



MUSIC MINISTRIES

ADVENT/ CHRISTMAS MUSIC OPPORTUNITIES

The Advent and Christmas season is coming soon and the Music Ministry team has these music opportunities for you to share your musical gifts and celebrate the birth of our Savior, Jesus Christ. Come and Join us!

- **CHRISTMAS CHOIR** for the Lessons and Carols service on Sunday, December 14th
 - Rehearsals: Wednesdays, Nov. 19th, Dec. 3rd and 10th at 7:30pm; Saturday, Dec. 13th at 10am to noon.
- **MEN'S ENSEMBLE** for the Lessons and Carols service on Sunday, December 14th
 - Rehearsals: Sundays, Nov. 23rd and 30th, Dec. 7th after worship; Wednesday, Dec. 10th at 7:30pm; Saturday, Dec. 13th at 10am to noon.
- **CHRISTMAS EVE ORCHESTRA** for the 4pm Family service on Christmas Eve
 - Rehearsals: Sundays, Dec. 14th and 21st after worship. (You can pick-up your music on or after Sunday Nov. 30th and start practicing.)

Please contact Jungjoo at
jungjoo.park@lakeharrietumc.org for details.



ORDER by scanning the QR code, visiting lakeharrietumc.org/events or by grabbing a form in the church lobby and returning to the office.

DECORATE THE CHURCH FOR THE HOLIDAYS

Poinsettia Orders

Nothing says Christmas like a poinsettia! Please consider purchasing a plant to help with our holiday decorations. Plants may be taken home after the 10pm Christmas Eve Service. **Ordering deadline is Monday, December 1.**

To purchase a plant(s), grab a form from the church office or fill it out online by scanning the QR code to the left with your smart device or visiting our events page lakeharrietumc.org/events.

You are able to pay online with the order form. If you grab a paper form, please pay by check payable to LHUMC with "poinsettia" on the memo line.



GATHER 'ROUND THE TABLE WITH US

Christmas Luncheon

For Seniors age 75 and up

Wednesday, December 3rd - 11:30 am

Location: Lake Harriet United Methodist Church, Reception Room.

Come gather for lunch, carol singing and a short program.

RSVP to church@lakeharrietumc.org or call 612-926-7645 by Sunday, November 30th.



Please register on the MN UMC website
mnumc-reg.brtapp.com/AdventChild25

MONDAY EVENINGS, DEC 1-DEC 22, 7-8:15PM - ZOOM

Bishop's Advent Book Study

You're invited to participate in the 2025 Advent Study led by Bishop Lanette. In this study, United Methodists across the Dakotas and Minnesota are invited to read "A Child is Born" by Amy-Jill Levine. Dive into the narratives of Isaac, Ishmael, Moses, and Samuel to reveal how they foreshadow and enrich the timeless Christmas story. Levine shows readers how Scripture's earlier birth stories anticipate the story of Jesus's birth and how His birth resonates and gives new meaning to those earlier stories.

Discussions will be held via Zoom on Monday evenings, Dec. 1-22, 7-8:15 pm CT.

The schedule is:

- **Dec. 1**, 7-8:15 pm Central—Chapter 1: The Conception and Birth of Isaac and Ishmael
- **Dec. 8**, 7-8:15 pm Central—Chapter 2: The Conception and Birth of Samson
- **Dec. 15**, 7-8:15 pm Central—Chapter 3: The Conception and Birth of Samuel
- **Dec. 22**, 7-8:15 pm Central—Chapter 4: Jesus: Heir to Traditions

Led by Bishop Lanette Plambeck - Resident Bishop for the Dakotas-Minnesota Area

You must register in order to receive the Zoom link to each gathering.



DECEMBER 14 8:30AM-NOON

Annual Soup and Bake Sale!

The United Methodist Women of Faith (UMWF) warmly invites you to join their annual bake sale on Sunday, December 14, from 8:30am to 12pm in the Reception Room. This year's event promises to be extra special as 100% of the proceeds will benefit Joyce Uptown Food Shelf. If you enjoy baking delectable treats, consider donating your specialties. Kindly label your contributions with your name, price, and either the recipe or a list of ingredients. It's important to note any items containing nuts and those suitable for dietary restrictions, like gluten-free options.

Excitingly, soup is back on the menu this year! **If you're a soup enthusiast, we encourage you to donate your favorite creation.** UMWF will provide pint-sized containers for you to package your soup, ensuring it's ready for sale. **Please inform Lorrie Sandelin at sandelin.lorrie@gmail.com by December 5** if you plan to contribute soup, and you can collect the soup containers from the upstairs Kitchen at LHUMC.

Whether you're contributing soups, quiches, baked goods, or simply coming to purchase these fantastic homemade items, your support is invaluable. UMWF is excited to support Joyce Uptown Foodshelf this year and their mission to distribute food to those in need, with respect and dignity.

We will accept cash, checks, and credit cards at the sale. Please drop off your donations on Saturday, December 13, between 12:30pm-4pm, or by 8:30am on Sunday, December 14. Thank you for your support!



\$50 Registration Fee



Register on the ASP Site

JULY 18-JULY 27, 2026

ASP 2026

We have gotten confirmation that ASP 2026 will take place July 18-July 27, 2026!

Our next step is to **complete the ASP registration by Nov 30th** if you are planning to attend the trip this year. Please use our group code: 16895

At the time of your registration, please pay the \$50 registration fee through Lake Harriet UMC ASP program by either scanning the QR code to the left or by visiting onrealm.org/lakeharrietumc/give/ASP-Payment

Cost Per Participant

\$800.00 - without participating in FUNdraising
\$600.00 - with participating in FUNdraising!

How To Register for the ASP Trip

- Scan the QR code to the left or go to <https://apps.skycog.com/reg/APPSEV/Join.asp>
- Enter the group number: 16895
- RETURNING MEMBERS: Sign in with your profile
- NEW MEMBERS: Create a profile

A payment plan is available and all required payments need to be completed no later than July 15th.

We are so excited to see you on ASP this year! Please pass this information on to friends or family who would like to attend the trip with us!

Questions? Contact youth@lakeharrietumc.org

Connect with Staff

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

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

Søren Bijnagte Business Administrator & Facilities Manager soren.bijnagte@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 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