

SUNDAY, JANUARY 25

Walking with Jesus: A Journey through Matthew



The Upside-Down Kingdom

Matthew 5:1-12

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.

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

No matter
who you are
or where you
are on
life's journey,
you are
welcome here.



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.



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

Based on Psalm 112-The Message (MSG)

One: Praise be to God!

**All: Blessed people, who fear God,
Who cherishes and relishes his commandments,
Their children robust on the earth,
And the homes of the upright—how blessed!
Their houses brim with wealth.
And a generosity that never runs dry.
Sunrise breaks through the darkness for blessed people—
God's grace, mercy, and justice!
The good person is generous and loving.
Heart ready, trusting in God,
Spirit firm, and a generosity that goes on, and on, and on.
An honored life! A blessed life in God! Amen!**



1. Here in this place the new light is stream-ing, now is the dark - ness
 2. We are the young, our lives are a mys - t'ry, we are the old who
 3. Here we will take the wine and the wa - ter, here we will take the
 4. Not in the dark of build-ings con - fin - ing, not in some heav - en,



van-ished a - way; See in this space our fears and our dream-ings
 yearn for your face; We have been sung through - out all of his - t'ry,
 bread of new birth, here you shall call your sons and your daugh - ters,
 light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.
 called to be light to the whole hu - man race.
 call us a - new to be salt for the earth.
 now is the king-dom, and now is the day.



Gath-er us in, the lost and for - sak - en, gath-er us in, the
 Gath-er us in, the rich and the haugh - ty, gath-er us in, the
 Give us to drink the wine of com - pas - sion, give us to eat the
 Gath-er us in, and hold us for ev - er, gath-er us in, and



blind and the lame; call to us now, and we shall a - wak - en,
 proud and the strong; give us a heart so meek and so low - ly,
 bread that is you; nour-ish us well, and teach us to fash-ion
 make us your own; gath-er us in all peo-ples to-geth - er,



we shall a - rise at the sound of our name.
 give us the cour-age to en - ter the song.
 lives that are ho - ly and hearts that are true.
 fire— of love in our flesh and our bone.

SHARE A GREETING

RAINBOW CHAT

Rev. Dr. Bea Mungania

SONG

This Little Light of Mine

1. This little light of mine, I'm gonna let it shine...
2. Hide it under a bushel? No! I'm gonna let it shine...

SCRIPTURE

Matthew 5:1-12

New Revised Standard
Version Updated Edition

The Beatitudes

When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. And he began to speak and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

One: This is the Word of the Lord.

All: Thanks be to God!

SONG

Open the Eyes of My Heart

chorus

O-pen the eyes of my heart, Lord, o-pen the eyes of my heart;

I want to see You, I want to see You. To see You

verse

high and lift - ed up, shin - ing in the light of Your glo - ry.

Pour out Your power and love; as we sing ho - ly, ho - ly, ho - ly.

1. (back to chorus) D.C. 2. (continue to bridge)

bridge

Ho - ly, ho - ly, ho - ly, ho - ly, ho - ly, ho - ly;

ho - ly, ho - ly, ho - ly. I want to see You.

MESSAGE

Walking With Jesus: A Journey Through Matthew Rev. Dr. Bea Mungania
Week Four - "Jesus Redefines Blessing"

PRAYER BEFORE THE MESSAGE

Pastor: May the words of my mouth

All: and the meditations of our hearts be acceptable in your sight O Lord, our Rock, and our Redeemer.

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



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



MN Immigrant Law Center is a nonprofit organization that provides free legal representation to low-income immigrants and refugees in the state of MN and North Dakota.

OFFERTORY

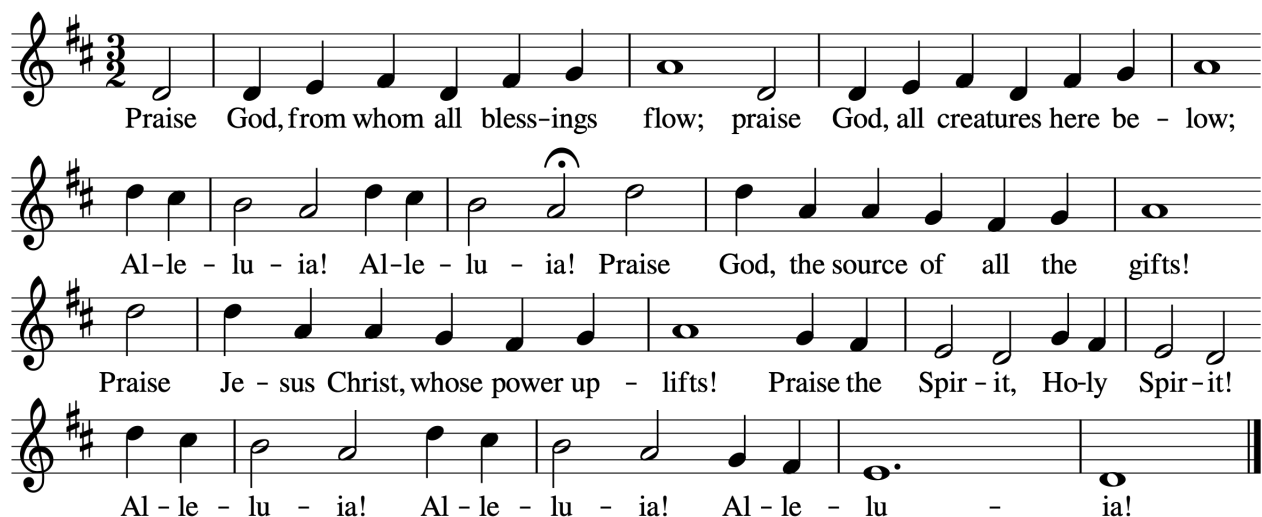
Carry the Light

(Joyce E. Eilers)
Sanctuary Choir

↑ DOXOLOGY

Praise God, from Whom All Blessings Flow

UMH 94



Praise God, from whom all blessings flow; praise God, all creatures here be - low;
Al-le - lu - ia! Al-le - lu - ia! Praise God, the source of all the gifts!
Praise Je - sus Christ, whose power up - lifts! Praise the Spir - it, Ho-ly Spir - it!
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

↑ HYMN

Blessed Are the Poor in Spirit

1. Bless - ed are the poor in spir - it; all God's realm is sure - ly theirs.
 2. Bless - ed, too, are those who hun - ger and who thirst for what is right.
 3. Those who share the peace God gives them will find bless - ings as God's own.

Those in mourn - ing will find com - fort as an an - swer to their prayers.
 They will not be prone to wan - der, for your will is their de - light.
 Those op - pressed for faith - ful liv - ing will call heav - en's king - dom Home.

Meek ones whom this world de - spis - es will in - her - it eve - ry - thing.
 Those who show God's care and mer - cy will re - ceive that mer - cy too.
 When the world's ways seem dis - tress - ing and we feel life's pain - ful sting,

God, your king - dom still sur - pris - es; may we seek the reign you bring.
 God, in Christ you show us clear - ly of the joy we have in you.
 God, re - mind us of the bless - ings of the won - drous life you bring.

↑ BLESSING

May God's blessings rest upon you. May you carry Jesus's mercy everywhere you go! May God comfort you and heal your tears. Go in peace, filled with joy and favor, love God and love one another. **Amen.**

POSTLUDE

Jubilant Procession

(J. Wayne Kerr)

Worship Leaders

Associate Pastor: Rev. Dr. Beatrice Mungania

Director of Music Ministries: Jungjoo Park

Musicians: Sanctuary Choir

Worship Leaders: Julie Konrardy, Joe Green, Lorrie Sandelin

Sound Technician: Chad Johnson

Streaming: Jack Lee

Slides: Kim Boisvert

Greeters: Jane Kammerman, Ken Larson, Kay Halverson

Hospitality: Kristin Linder-Brown, Norma Bayers

Table Art: Katie Schneider-Bryan

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY JAN 25

- 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 Speaker from Immigration Law Center - Sanctuary
- 10:45am Children's Choir Rehearsal (PreK - 5th grade) - Bell Room

TUESDAY JAN 27

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

WEDNESDAY JAN 28

- 5:00pm Wednesday Night Dinner - Fellowship Hall
- 5:30pm Prime Chimera Rehearsal (5th - 12th Grade) - Bell Room
- 6:00pm By Faith Choir Rehearsal - Sanctuary
- 6:00pm 9th Grade Confirmation - Conference Room
- 6:30pm Youth Group - Youth Room
- 6:30pm Festival Bells Rehearsal - Bell Room
- 6:30pm Shout Band Rehearsal - Sanctuary
- 7:30pm Sanctuary Choir Rehearsal - Sanctuary

SUNDAY FEB 1

- 9:30am All Ages Communion Worship In-Person and Online
- 11:00am Worship at the Waters



ALSET - TWO SESSIONS - SUNDAYS & MONDAYS

J is for Justice Book Club

In February we will begin a book/Bible study using the book, *We Cry Justice: Reading the Bible with the Poor People's Campaign* edited by Liz Theoharis, as our guide.

There will be two study sessions:

- Sundays at 10:45am in the Wesley room starting on February 8.
- Mondays at 7pm by Zoom starting February 9.

No need to register, email juliekonrardy@gmail.com for the Zoom link. Books are available for \$15. Whether you attend or not, buy a book and study on your own.



SHOW OFF YOUR SUPPORT FOR OUR NEIGHBORS

I Stand with Immigrants

Buttons will be available before and after worship in the lobby.

- **January 25** – Speaker: Jenny Powell, Executive Director from The Immigrant Law Center of Minnesota (ILCM) shares the current situation around immigration law in Minnesota.

Join the Conversation

All are invited to stand with our Immigrant community and hear more about what's going on in Minnesota.

We meet in the Fireside room at Lake Harriet UMC, every **second and fourth Thursday of the month at 10am**. Feel free to drop in when it works for you.



MOVING TO REALM PLATFORM

Volunteer Update

As you know, last fall LHUMC began using Realm as our church database and giving platform. Moving forward, we will also be using Realm for volunteer scheduling and communication. Because of this, **we will stop using SignUp Genius as of January 31.**

Realm will allow you to view and update your volunteer preferences directly in the app, see the volunteer schedule, and even swap dates with other volunteers when needed. Lorrie will be creating the volunteer calendar in Realm based on volunteer preferences and availability. Once the schedule is published, volunteers will be able to swap dates with other volunteers directly in Realm and communicate about volunteering. We'll try this out and make adjustments as needed. We are also still learning the full capabilities of Realm, so thank you in advance for your flexibility and patience as we navigate this new system together! Volunteers, please look for an email from Lorrie Sandelin with more details about how the process will work.

If you have any questions or concerns please email lorrie.sandelin@lakeharrietumc.org. Thank you!!



JAN 18TH-FEB 8TH

Warm Clothing Drive for The Dignity Center

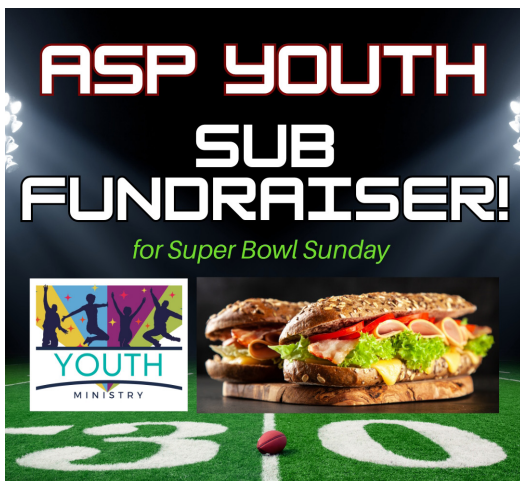
What is The Dignity Center?

The mission of The Dignity Center is to welcome and support people dealing with financial and housing insecurity on their path to stability. Through a committed team of trained volunteers, The Dignity Center works one-on-one with people to build relationships, helps them to set goals toward greater self-sufficiency and stability, and develops and implements a plan to reach those goals.

We are asking for donations for men of warm winter coats, gloves, hats, warm socks, long underwear, hooded sweatshirts in men's larger sizes (L,XL,XXL).

We will be taking donations from January 18th through February 8th Please leave items near the display table setup in the gathering area.

Reach out to Emma Culbertson at 507-226-5250 with any questions.



PICKUP ON FEBRUARY 8 10:30-11AM

Order Superbowl Subs to support the Youth ASP trip!

Each 7" sub sandwich is \$10, all prepared by our expert youth sandwich makers. Sandwiches are available for pick up on Superbowl Sunday, February 8th, between 10:30am and 11:00am at Lake Harriet UMC.

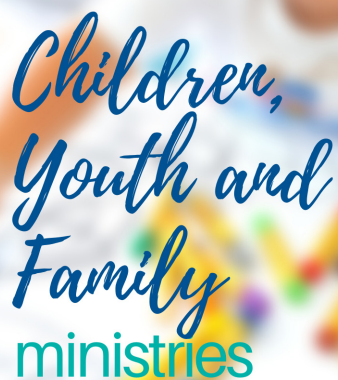
Sorry, we will not have a GF option. All proceeds support the youth ASP trip.

Online ordering available now through Friday, February 6th.

Questions? Email Becky Hagan at 4hagans@gmail.com.



ORDER: Scan the QR code or visit the Youth page, click the 6th-8th or 9th-12th tabs:
lakeharrietumc.org/children-youth-and-family-ministries

The logo is set within a thin red rectangular border. It features the text "Children, Youth and Family" in a blue, cursive script font, stacked vertically. Below this, the word "ministries" is written in a teal, sans-serif font.

Children,
Youth and
Family
ministries

JUNE 15TH-18TH 9AM-12:30PM

VBS Registration Opens Soon

Pastor Bea Mungania is excited to share that Lake Harriet UMC is hosting Vacation Bible School (VBS) for ages 4 years old through 5th grade (*going into 6th*), from June 15-18, 2026.

- 9:00am-12:30pm
- Lake Harriet United Methodist Church
- Cost to families: Free

Note: The VBS group will start on time at 9:00AM and end on time at 12:30PM.

Look out for the registration link coming up soon!

If you have any questions, please feel free to reach out to Pastor Bea at bea.mungania@lakeharrietumc.org



JULY 12TH-16TH

STORM Camp

Lake Harriet UMC Youth in grades 7-9 are invited to STORM Camp this summer for the Middle School Mission Trip. The Grove United Methodist Church in Woodbury, MN will be hosting the camp.

Save the dates and register today!

- Camp dates: Sunday, July 12 - Thursday, July 16.
- Camp Venue: The Grove United Methodist Church in Woodbury
- Who: All youth in Grades 7-9 and their adult leaders/chaperones
- Youth will leave from Lake Harriet UMC at 2:30pm on July 12 and will return on Thursday, July 16 between 11am and Noon.



REGISTER:

<https://stormcamp.org/registration/>

The required health form is located on the registration site to be downloaded and submitted.

We encourage you all to **register early** and take advantage of the early bird rates.

- Registration completed through March 15 is \$150.
- Registrations after March 16 will go up to \$175.

When you register, indicate Lake Harriet UMC is your congregation—this will help us to get the correct list of all registrants.

Thank you to all our families for helping our middle youth to register for this meaningful great camp.

If you have any questions, please feel free to reach out to Pastor Bea, at Bea.mungania@lakeharrietumc.org

Camp Minnesota

Summer 2026



Camp Minnesota

A Ministry of the Minnesota
Annual Conference of The United
Methodist Church

122 W. Franklin Ave,
Suite 400

Minneapolis, MN 55404

www.campminnesota.org

camps@campminnesota.org

Toll Free: 855-622-1973

Koronis Ministries

15752 Lake Ave.

Paynesville, MN 56362

[koronisministries](http://koronisministries.org)

@campminnesota.org

320-243-4544

Northern Pines Camp 20033

County 1

Park Rapids, MN 56470

[northernpinescamp](http://northernpinescamp.org)

@campminnesota.org

218-732-4713

Kowakan Adventures

2402 Old County Road 18

Ely, MN 55731

www.kowakanadventures.org

kowakan@campminnesota.org

320-243-4544



Lives are transformed at camp!

Thank you for all you do to spread the word. Camp could not happen without you!

Below is important information to help as you prepare to share 2026 camping opportunities with your church and community:

- **Registration opens January 21 for all 2026 camps and events.**

There are events for all ages! See the enclosed flyers and website for up-to-date information.

- **Do you know anyone who may be interested in working at camp this summer?**

Your camps are now hiring cabin leaders, program leaders, support staff, and health care staff. All positions include industry competitive salary, room & board, opportunities for certifications, and an unforgettable, life-changing summer work experience. All applicants must be 18 or older.

- **Camp Sunday information:**

See the enclosed Camp Ambassador Guide and visit the website for Camp Sunday materials including videos, worship resources, step-by-step guides, and lots of ideas!

What can your children and youth expect from camp in 2026?

-To have loads of fun

-Spend time in nature

-Develop friendships

-Safe spaces

-Caring & trained leaders

-Exploration

-Grow in faith

-Learn new skills

-Gain confidence

This package includes:

-2026 Camp Minnesota Brochures

-Campership application to share with families

-Summer camp poster for children & youth

-Summer camp poster for adults & families

-Employment opportunities poster

-Camp Ambassador Guide

-Camp Sunday flyer



On the **back of this page** are some important things to keep in mind as we begin this camping season!

READING PLAN

Welcome to Walking with Jesus: A Journey Through Matthew

In this seven-week sermon series, we explore essential themes of our Christian faith and discipleship, rooted in the life and teaching of Jesus.

As you read each day, notice what words or images jump out at you. Make a note of questions you have. You may wish to use the S.O.A.P. method, which is a simple Bible study framework:

- **S**cripture (write out a verse that speaks to you)
- **O**bservation (what does it say or mean?)
- **A**pplication (how does it apply to my life?)
- **P**ray (pray about the insights gained)

Blessings on your journey!

WEEK 4

25-Jan Sabbath/Worship
26-Jan Matthew 17
27-Jan Matthew 18
28-Jan Walking with Jesus Reflection:
Life Together
29-Jan Matthew 19
30-Jan Matthew 20
31-Jan Walking with Jesus Reflection: The
Upside-Down Kingdom

WEEK 5

1-Feb Sabbath/Worship
2-Feb Matthew 21
3-Feb Matthew 22
4-Feb Matthew 23
5-Feb Walking with Jesus Reflection:
Power & Faithfulness
6-Feb Matthew 24
7-Feb Matthew 25

WEEK 6

8-Feb Sabbath/Worship
9-Feb Walking with Jesus Reflection:
Readiness & Mercy
10-Feb Matthew 26
11-Feb Walking with Jesus Reflection:
Gethsemane
12-Feb Matthew 27
13-Feb Walking with Jesus Reflection:
The Cross
14-Feb Matthew 28

WEEK 7

15-Feb Sabbath/Worship

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

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 Director of Engagement lorrie.sandelin@lakeharrietumc.org

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

Neva Tuzzolino LHUM Preschool Director ntuzzolino@lakeharrietumcpreschool.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

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