

SUNDAY, MARCH 8

LENT 2026: Why Did Jesus Have to Die?



LOVE PROMISES

What covenants has love made with you?

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

Beacon Leadership Team

CENTERING SONG

Nothing Can Trouble

Two systems of musical notation for the song 'Nothing Can Trouble'. Each system consists of a treble clef staff with a vocal line and a bass clef staff with a piano accompaniment. The lyrics are written below the vocal line.

Noth-ing can trou-ble, noth-ing can fright-en. Those who seek God shall nev-er go want-ing.

Noth-ing can trou - ble, noth-ing can fright - en. God a - lone fills us.

↑ CALL TO WORSHIP (Psalm 95)

One: God calls us to set out in faith.

All: The love of God leads us home.

One: Christ blesses us that we might bless others.

All: The blessings of Christ heal our world.

One: The Holy Spirit strengthens us for the journey.

All: The power of the Spirit sustains and supports us.

One: The One who made heaven and earth meets us here.

↑ HYMN

I Come with Joy

UMH 617, v. 1-4

SHARE A GREETING

RAINBOW CHAT

Rev. Dr. Bea Mungania

SONG

God Welcomes All

God wel - comes all, strang - ers and friends;
 God's love is strong and it nev - er ends.

The musical score is written in 4/4 time with a key signature of one sharp (F#). It consists of two systems, each with a vocal line and a piano accompaniment line. The lyrics are: "God wel - comes all, strang - ers and friends; God's love is strong and it nev - er ends." The piano accompaniment features chords and moving lines in both hands.

SACRAMENT OF CHRISTIAN BAPTISM

Owen Ray Gadek

Son of Abigail and Kevin Gadek

SONG

The Song of Blessing

1. May God give you eyes to see all that is good, all that is good. 2. The
 (2. The) courage for an - y - thing, may you be strong, may you be strong.
 2. May God give you ears to hear God's lov - ing voice, God's lov - ing voice,
 speaking all a - round you, all a - round and deep in - side.

The musical score is written in 4/4 time with a key signature of one sharp (F#). It consists of three systems of music. The lyrics are: "1. May God give you eyes to see all that is good, all that is good. 2. The (2. The) courage for an - y - thing, may you be strong, may you be strong. 2. May God give you ears to hear God's lov - ing voice, God's lov - ing voice, speaking all a - round you, all a - round and deep in - side." The score includes first and second endings and repeat signs.

SCRIPTURE

New Revised Standard Updated Version

Exodus 12:21-22

Then Moses called all the elders of Israel and said to them, "Go, select lambs for your families, and slaughter the Passover lamb. Take a bunch of hyssop, dip it in the blood that is in the basin, and touch the lintel and the two doorposts with the blood in the basin. None of you shall go outside the door of your house until morning.

Jeremiah 31:31

A New Covenant

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah.

1 Corinthians 5:7

Clean out the old yeast so that you may be a new batch of dough, as you really are unleavened. For our paschal lamb, Christ, has been sacrificed.

Luke 22:19-20

Then he took a loaf of bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood.

One: This is the Word of the Lord.

All: Thanks be to God!

ANTHEM

Amazing Savior

(Benjamin Harlan)
Sanctuary Choir

MESSAGE

Love Promises - *What covenants has love made with you?*

Rev. Karen Bruins

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. Amen!

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



MN IMMIGRATION LAW CENTER

nonprofit organization that provides free legal representation to low-income immigrants and refugees



RENTAL ASSISTANCE

Rental Relief Fund was created to help families in our Lake Harriet community who are facing urgent housing needs



DHH OPERATION

Donate to provide food and food boxes to families



MAIL IN TO

4901 Chowen Ave S
Minneapolis, MN
55410

OFFERTORY

Some Things Fall Away from *Alice by Heart*

Sydney Hobart, solo

↑ RESPONSE

My Gratitude Now Accept, O God

1. My grat - i - tude now ac - cept, O God, for ten - der care that
2. From all Your boun - ty I give to You; for all the bless - ings

You pro - vide; for Your a - bun - dant faith - ful - ness.
You im - part. Re - ceive this of - fer - ing I bring.

1. End - less is Your sup - ply. 2. Re - ceive my joy - ful heart.

↑ HYMN

Guide Me, O Thou Great Jehovah

UMH 127

↑ BLESSING

Franciscan Benediction

Pastor: May God bless you with Discomfort ... at easy answers, half-truths and superficial relationships, so that you may live deep within your heart.

All: May God bless you with Anger ... at Injustice, oppression and exploitation of people, so that you may work for justice, freedom and peace.

Pastor: May God bless you with Tears ... to shed for those who suffer from pain, rejection, starvation and war, so that you may reach out your hand to comfort them and to turn their pain into joy.

All: And may God bless you with enough foolishness ... to believe that you can make a difference in this world, so that you can do what others claim cannot be done. Amen.

POSTLUDE

The Key Is from *Alice by Heart*

Adelle Valencia,
Casey Lomibao and the Ensemble

Worship Leaders

Pastor: Rev. Karen Bruins

Associate Pastor: Rev. Dr. Beatrice Mungania

Musicians: Sanctuary Choir

Guest Musician: Laurie Herman, LH Players

Scripture Reader: Krystal Houseman

Sound Technician: Chad Johnson

Streaming: Chris McPartland

Slides: Matt Davis

Greeters: Ken Larson, Jane Kammerman, Amanda, Aaron, Malati, and Meena Niskode-Dossett

Hospitality: Norma Bayers

Table Art: Katie Schneider-Bryan

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Amazing Savior Words: 1-3 by John Newton; 4 from a Collection of Sacred Ballads, 1790. Music: MARTYRDOM by Hugh Wilson and NEW BRITAIN, trad. American folk melody; arr. by Benjamin Harlan ©1991. Alfred Publishing Co. All rights reserved. Streaming/Podcasting with OneLicense #A-725516.

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY MAR 8

- 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 We Cry Justice - Wesley Room
- 11:00am Science and Faith Book Study - Zoom

MONDAY MAR 9

- 7:00pm We Cry Justice Small Group - Zoom
- 7:00pm Outreach Team Meeting - Fireside Room

TUESDAY MAR 10

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

WEDNESDAY MAR 11

- 5:00pm Lenten Soup Supper - Fellowship Hall
- 6:00pm Lenten Devotions - Fellowship Hall
- 6:00pm 9th Grade Confirmation - Conference Room
- 6:30pm Youth Group - Youth Room
- 6:30pm Festival Bells Rehearsal - Fireside Room
- 7:30pm Sanctuary Choir Rehearsal - Muscle Room

THURSDAY MAR 12

- 6:30pm Empty Nest Group - Off Site

FRIDAY MAR 13

- 7:00pm Alice by Heart

SATURDAY MAR 14

- 2:00pm Alice by Heart
- 7:00pm Alice by Heart

SUNDAY MAR 15

- 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 We Cry Justice - Wesley Room
- 11:00am Science and Faith Book Study - Zoom
- 2:00pm Alice by Heart
- 5:30pm Unleavened Bread Group



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 Fireside Room, all are welcome!

Sunday, March 22, 10:30am

RSVP for the class by scanning the QR code or online: bit.ly/membership_class



IT'S TIME FOR EASTER

Fill the Sanctuary with Spring Flowers

Plants may be taken home after the 11:00am Easter worship service.

Ordering deadline is Sunday, March 22.

To purchase a plant(s), fill out the order form by scanning the QR code to the left and pay online.

You also have the option to grab a paper form and turn it in with your check payable to LHUMC with "Easter flowers" on the memo line or you can also call the church office at (612) 926-7645 to order.



To register please scan the QR code or visit bit.ly/easter_flowers_form



Beacon

INTERFAITH HOUSING COLLABORATIVE



REGISTER

To register, scan the QR code with your smartphone or tablet or visit bit.ly/beaconinterfaith_events

BEACON INTERFAITH HOUSING COLLABORATIVE

Homeless Day on the Hill & Beacon Lobby Day

Wed. March 11th from 9am to 3pm.

Speak directly with your state representative and state senator about housing justice on Homeless Day on the Hill & Beacon Lobby Day. In the morning, Beacon staff prepare us to meet with our legislative representatives along with fellow voters from our particular district. Then our meetings happen in later morning or early afternoon, depending upon the schedules of our representatives.

You can register to attend on the left. For this event advanced registration is important, so Beacon staff can arrange your meeting with your particular representative and senator. Carpooling available from Lake Harriet UMC, departing from church at around 8 a.m.

Contact Lauren Braswell at lbraswell@comcast.net for more information and/or if you would like to carpool to the capitol.

MUSIC MINISTRIES

Easter Choir

You're invited to join the Easter Choir 2026!

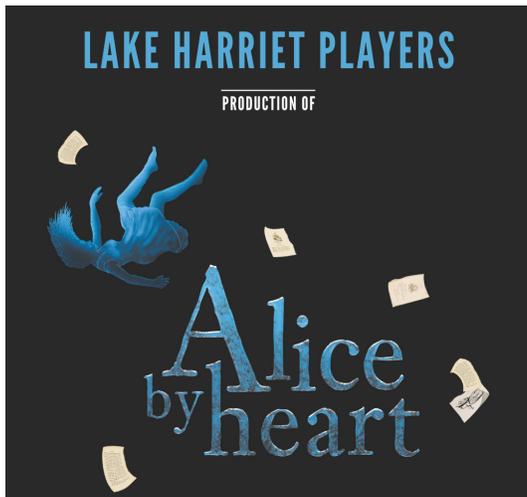
This will be a great opportunity to sing in the choir with a short term commitment.

The rehearsals are on Wednesdays, March 18, 25, & April 1 at 7:30 pm.

Then you'll get to sing with the choir at the two identical services at 9 & 11 am on Easter Sunday.

For More information, contact the Music Director, Jungjoo at jungjoo.park@lakeharrietumc.org.





LAKE HARRIET PLAYERS PRESENT...

Alice by Heart

Lake Harriet Players invite you to journey down the hole and into Wonderland during our spring production of "Alice by Heart." This modern retelling of "Alice's Adventures in Wonderland," set in a London Underground station during WWII's Blitz, is a journey of love, loss, and the courage to let go

Shows will be held the weekends of **March 13-15 and 21-23** with performances at 7 pm on Fridays and Saturdays and 2 pm on Saturdays and Sundays.

Tickets are not required. All shows are free but donations will be accepted.



Volunteers are needed to help greet, usher, and sell concessions. Please consider supporting our show by volunteering at one or more performances.

< Sign up > bit.ly/lake-harriet-players-alice



JUNE 15-18

VBS Registration is open

It's that time of year again - time to sign up for this summer's **Vacation Bible School!** We have updated our theme to: **Snowball Mountain Challenge.**

- Ages 4 years old through 5th grade (*going into 5th*).
- 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.

< **Register today!**

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



STUDENT REGISTRATION

Scan the QR code or visit
bit.ly/vbs-kids-register



LEADER REGISTRATION (6 gr+)

Scan the QR code or visit
bit.ly/vbs-leader-register



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.

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



REGISTER:

stormcamp.org/registration

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



AUGUST 3-9, 2026

Camp Koronis

United Methodist Family Camp

Location: Koronis Ministries, Paynesville

Cost: Adult \$429 (Adult Sunrise Inn \$542)

Youth 11-18 \$382

Child 4-10 \$334

Children 3 and under are free (Family max \$1,425)

Ages: All

Dates: August 3-9, 2026

Leader: Dave Bruins

Family Camp is for families of all shapes, ages, and sizes. Enjoy a week at camp filled with all your favorites: swimming, boating, fishing, campfire worship and fellowship. For more information about Family Camp, or to register, contact mnumcfamilycamp@gmail.com.

HE IS RISEN

EASTER SUNDAY WORSHIP 9AM & 11AM

in-person + online

LAKEHARRIETUMC.ORG

Minnesota Annual Conference of the United Methodist Church

CERTIFICATE OF APPRECIATION

presented this 3rd day of March 2026

to

Lake Harriet United Methodist Church

in recognition of 100% payment of apportionments in 2025



Apportionments are used to:
Resource local congregations
Equip laity and clergy for ministry
Align to our mission, vision and values
Connect people and congregations locally and globally
Herald our stories in the Wesleyan tradition

Bishop Lanette L. Plambeck

Bishop Lanette L. Plambeck
Resident Bishop
Dakotas-Minnesota Episcopal Area

Becky Jo Messenbrink

Rev. Becky Jo Messenbrink
Conference Superintendent
Headwaters District

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 Director of Engagement lorrie.sandelin@lakeharrietumc.org

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Neva Tuzzolino LHUM Preschool Director ntuzzolino@lakeharrietumpreschool.org

Kevin Roles Building Maintenance kevin.roles@lakeharrietumc.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.



Address 4901 Chowen Avenue South, Minneapolis, MN 55410

Office Hours 9a–4p, Tuesday–Thursday

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