

SUNDAY, APRIL 19

All My Days

Presence



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

A TIME TO CENTER

CENTERING SONG Lord, Listen to Your Children Praying

Lord, lis-ten to Your chil-dren pray-ing; Lord, send Your Spir-it in this place.

Lord, lis-ten to Your chil-dren pray-ing; Send us love, send us pow'r, send us grace.

CALL TO WORSHIP

Please remain seated

One: We arrive fully into this moment, Holy One.
We open to sense your presence among us.
We hear you say,

All: "I am present with you."

One: We need you, Jesus, to help us.
We come to you as your first disciples did.
We hear you say,

All: "I am present with you."

One: Spirit of Divine Love,
come to us with your healing waters.
We hear you say,

All: "I am present with you."

SONG

Lord, Listen to Your Children Praying

See p. 4 for music.

Lord, listen to your children praying, Lord, send your Spirit in this place.
Lord, listen to your children praying, send us love, send us pow’r, send us grace.

One: I invite us to a few moments of silence. Feel your rhythms slow a bit. Those of you who were here last week know that we are using an ancient tradition of prayer beads to help us spend more time in prayer. Bring your beads back each week but we will always have “loaners” on hand if you forget. For those who were not here last week, please feel free to take these home and bring them back with you each Sunday for the series. Now, I invite you to simply hold the prayer beads in your hands. Begin to sense that the presence of God is as close and real as the beads in your hands.

SILENCE

One: Take a deep breath [pause]. You are not alone. We are connected to God. This is not “pie in the sky” but a presence that is close and real in all created things—in the sun that shines on us, in the people that cross our paths, in the tangible presence of these beads. Let us worship God, follow Christ, and revel in the Spirit of Presence in this place. Let us rise in body and/or spirit and sing together.

↑ SONG

Spirit Song

UMH 347

SHARE A GREETING

RAINBOW CHAT

Rev. Dr. Bea Mungania

SONG

I Can Pray

When I wake up in the morning light, I can pray. Yes, I can pray. I talk to
 Je - sus, He hears my voice eve - ry day, yes, eve - ry day. I can
 pray, I can pray an - y - time, an - y - where. I can pray, I can pray Je - sus
 hears me when I pray. 1. When I pray. 2.

SCRIPTURE

Romans 8:15-17, 26

New Revised Standard
Updated Version

For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption. When we cry, “Abba!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs: heirs of God and joint heirs with Christ, if we in fact suffer with him so that we may also be glorified with him.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

Mark 14:35-36

New Revised Standard
Updated Version

And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, “Abba, for you all things are possible; remove this cup from me, yet not what I want but what you want.”

One: This is the word of the Lord

All: Thanks be to God!

MESSAGE

All My Days - Week Two - "Presence"

Pastor Karen Bruins

PRAYER SONG

All My Days

You know my words be - fore they're said. You know my needs and I am
fed. You give me life. You know my ways, my strength, my path, for
all my days, my strength, my path, for all my days.

THE PRAYER OF PRESENCE

Knowing God through prayer can be a creative act. The Bible uses many names for God. Abba is just one of them. In this prayer, we repeat various names for God. As you pause between each one, imagine what knowing God in this way means for your developing relationship with the Divine.

Bead 1: Creator (we are also creative) Gen 1:1

Bead 2: Logos (“the Word” scripted in us) John 1:1

Bead 3: Mother (“as a hen gathers her chicks”) Matt 23:37

Bead 4: Alpha & Omega (always with us) Rev 1:8

Bead 5: Great Light (shining into our darkest places) Isa 9:2

Bead 6: Refuge (shelter in times of trouble) Ps 9:9

Bead 7: Gracious & Merciful (always loving) Jonah 4:2

End Bead: Abba (intimate and fully known) Romans 8:15-17

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

Beacon Leadership Team



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

Holy Spirit

Shout Band



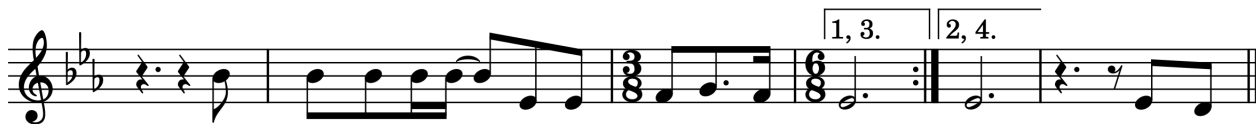
1. A - lone in my sor - row and dead in my sin,
 2. * Ash was re-deemed, on - ly beau - ty re - mains,
 3. Re - leased from my chains, I'm a pris-'ner no more.
 4. Our Sav - ior dis-played on a crim - i - nal's cross.



lost with - out hope and no place to be - gin. Your
 my or - phan heart— was giv - en a name. My
 My shame was a ran - som He faith-ful - ly bore. He
 Dark - ness re - joiced as though Heav-en had lost. But then



love made a way to let mer - cy come in
 mourn - ing grew qui - et, my feet rose to dance,
 can - celled my debt and He called me His friend
 Je - sus a - rose with our free - dom in hand.



when death was ar-rest - ed and my life be - gan. gan. Oh, Your



grace so free wash-es o-ver me, You have made me new, now life be-gins with



You. It's Your end - less love pour-ing down on us. You have



made us new, now life be-gins with You. You. Oh, we're free, free, for-



ev-er we're free. Come join the song of all the re-deemed. Yes, we're



free, free, for - ev-er a-men, when death was ar-rest - ed and my life be-gan. Oh, we're



my life be-gan. when death was ar-rest - ed and my life be-gan. when my life be-gan.

↑ BLESSING

Pastor: God knows our words before they're said,
knows our need and we are fed.
God gives us life, knows our ways,
our strength, our path, for all our days.

Go into the world with the assurance
that God goes with you,
Jesus prays for you,
and the Spirit breathes through you, all your days.
Let the people say,

All: Amen!

↑ SUNG RESPONSE

All My Days

After the first verse sung by the band, please join in singing.



1. You know my words be - fore they're said. You
2. If I should fly be - yond the dawn, the
3. Our ev - ery thought, each word we say, the
4. O mend my heart and free my voice. From



know my needs and I am fed. You give me life. You
dark - ness will not o - ver - come. If I lie down in
whole of time, the pres - ent day, are held with - in your
sin re - leased, I will re - joice. O search me, Lord, my



know my ways, my strength, my path, for all my days, my
deep - est night, still you are there, my Lord, my light, still
might - y hand, too won - der - ful to com - pre - hend, too
spir - it cries, and let my song of praise a - rise, and



strength, my path, for all my days.
you are there, my Lord, my light.
won - der - ful to com - pre - hend!
let my song of



praise a - rise!

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: Dave Bruins

Streaming: Chad Johnson

Slides: Ginger Mateer

Greeters: Jane Kammerman, Ken Larson, Emma Culbertson, Jack Myers

Hospitality: Kristen Linder-Brown

Table Art: Katie Schneider-Bryan

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SUNDAY TO SUNDAY

This Week at Lake Harriet

SUNDAY APRIL 19

- 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
- 10:45am Children's Choir Rehearsal - Sanctuary
- 11:00am Science and Faith Book Study - Zoom
- 5:30pm Unleavened Bread Group - Fireside Room

MONDAY APRIL 20

- 7:00pm We Cry Justice Small Group - Zoom
- 7:00pm Theater Board - Fireside Room

TUESDAY APRIL 21

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

WEDNESDAY APRIL 22

- 5:00pm Family Dinner - Fellowship Hall
- 6:00pm 9th Grade Confirmation - Conference Room
- 6:30pm Youth Group - Youth Room
- 6:30pm Festival Bells Rehearsal - Bell Room
- 7:30pm Sanctuary Choir Rehearsal - Sanctuary

THURSDAY APRIL 23

- 2:30pm Preschool Executive Board Meeting - Fireside Room
- 6:30pm Empty Nest Group - Fireside Room

SUNDAY APRIL 26

- 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
- 10:30pm Sandwich Making for Dignity Center - Fellowship Hall
- 10:45am We Cry Justice - Wesley Room
- 11:00am Science and Faith Book Study - Zoom
- 6:30pm Good News Big Band Concert



ALL MY DAYS SERMON SERIES

Prayer Beads

Prayer beads, lovingly handmade by members of our church community, are available for you to take if you feel called to use them. We encourage you to bring your prayer beads with you each week as we journey together through this series, allowing them to become a meaningful part of our shared rhythm of prayer.

May these small, thoughtful gifts serve as a reminder that you are held in prayer and connected to one another in faith.



APRIL 26 10:45AM

Let's Make Sandwiches!

You're invited to join the LHUMC Outreach Team on Sunday, April 26 after service at 10:45am downstairs in the Fellowship Hall for a meaningful, hands-on service opportunity for all ages! As a church community, we'll be gathering to make sandwiches for our neighbors who are served by the Dignity Center. This is a simple but powerful way to share care, compassion, and nourishment with those in need.

Everyone is welcome—kids, youth, and adults alike! Whether you come on your own or bring the whole family, there's a place for you to help make sandwiches and notes of encouragement. Together, we'll make a tangible difference while enjoying time in community.



SUNDAY MAY 3

Special Noisy Offering

On Sunday, May 3, we are having a special "Noisy Offering". The children will be collecting coins in tin buckets to benefit the Dignity Center. Make our containers jingle and rattle by donating your spare change. Let's see how noisy we can get- the noiser the better! A little light on change? No worries, the "silent" money of paper bills will be gladly accepted.

Let's lend our support and make some noise!



APRIL 30, MAY 7, 14, & 21 6-8PM

ArtCamp for Grownups

...who Don't Need to Learn a Thing or 2- Come Create & Connect

You're invited to Adult Art Camp—a relaxed, welcoming space for creativity, connection, and a little bit of play. This isn't a class, and there's nothing you need to learn or perfect. It's simply time set aside to gather with others, unwind, and make art together. We are excited to welcome Kristin Camp, a local artist, who will lead us in a weekly activity.



REGISTER

Scan the QR code with your smart device or visit bit.ly/artcamp_grownups

Whether you're a seasoned artist or someone who hasn't picked up a paintbrush in years, you belong here. Come as you are, create what you want, and enjoy the process.

Join us for all four sessions or drop in for the ones that fit your schedule—no pressure, just possibility.

Come for the creativity.
Stay for the connection.
Leave refreshed.

We'd love to create alongside you. We will meet on Thursday evenings April 30, May 7, 14, and 21 from 6-8pm at LHUMC. Please sign up if you are able, it helps with making sure we have enough supplies! However, you are welcome to come even if you didn't sign up.



MAY 3 9:30AM

Grad Sunday

Please join us on May 3rd during worship at 9:30am, when we celebrate our graduates!



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, please indicate Lake Harriet UMC is your congregation.

REGISTER: stormcamp.org/registration

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



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.**



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

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



AUGUST 3-9, 2026

Camp Koronis

United Methodist Family Camp

Location: Koronis Ministries, Paynesville

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.

community events



APRIL 26 8:30AM-1PM

All-You-Can-Eat Breakfast Fundraiser

Benefiting the Joyce Uptown Foodshelf (JUFS) at the Masonic Lodge 4519, France Ave S.

Join us for an all-you-can-eat breakfast, Serving Pancakes, Waffles, Scrambled Eggs, Sausage, Bacon, Orange Juice, Milk, Coffee, and Tea. Joyce Uptown Foodshelf will receive \$8 from every \$10 adult ticket purchased, and for every \$5 child ticket, Joyce Uptown Foodshelf will receive \$5!



APRIL 23 NOON

MEDICARE 101

You have questions.. We have answers!
Your decisions regarding Medicare are important.

Do you feel comfortable trusting a late night infomercial, an out of state agent or figuring things out yourself?

We didn't think so. MN Benefits is the FREE, LOCAL, INDEPENDENT EXPERT.

Join us for a free educational presentation, Thursday April 23rd NOON, Zoom link below.

<https://rebrand.ly/Medicare4/23e>



Connect with Staff

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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.



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