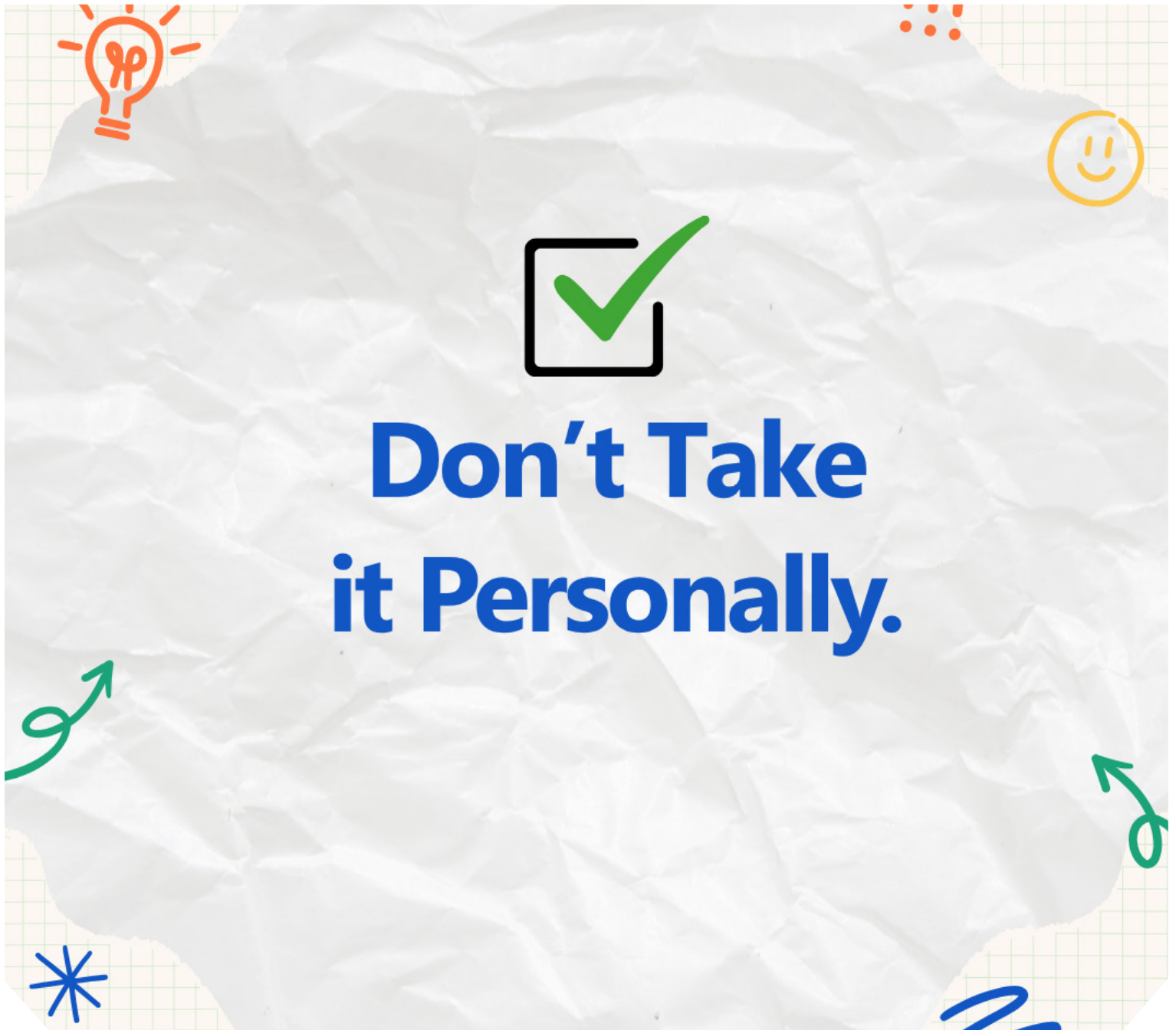


SUNDAY, SEPTEMBER 20

Life Hacks that Actually Work



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

One: God calls us to a life of wisdom—
wisdom for our words,
wisdom for our relationships,
wisdom for the stories we tell ourselves,
wisdom for the choices we make each day.

**All: We come to listen,
to learn,
and to practice the way of Jesus.**

One: May our words bring life.
May we listen before we assume.
May we remember who we are and whose we are.
May we offer our best, trusting in God's grace.

**All: Come, let us worship God,
who is still teaching us how to live.**

↑ SONG

Hallelujah (Your Love Is Amazing)

verse

1. Your love is a - maz - ing, stead - y and un - chang -
 (2. Your love is sur - pris) - ing, I can feel it ris -

- ing. Your love is a moun - tain, firm be - neath my feet.
 - ing, all the joy that's grow - ing deep in - side of me.

— Your love is a mys - t'ry how You gent - ly lift —
 — Ev-'ry time. I see — You, all Your good - ness shines.

— me. When I am sur - round - ed, Your love car - ries me. Hal - le - lu -
 — through. I can feel this God — song ris - ing up in me.

chorus

- jah, hal - le - lu - jah, hal - le - lu - jah,

Your love makes me sing. Hal - le - lu - jah, hal - le - lu - jah, hal - le - lu -

(last time to coda) 1, 2 (repeat to verse)

- jah, Your love makes me sing. 2. Your love is sur - pris
 1. Your love is a - maz

bridge

3. Yes, You make me sing. Lord, You make me —

(back to chorus) D.S. al Coda

— sing, sing, — sing. How You make me — sing. Hal - le - lu

coda

Lord, You make me — sing.
 How You make me — sing.

SHARE A GREETING

RAINBOW CHAT

Jenny Brelje

SONG

Welcome

1. Wel-come to a place of love. Wel-come to a place of love.
2. Wel-come to a place of joy. Wel-come to a place of joy.

All of us to-geth-er, held in God's em-brace. Wel-come to a place of love.
All of us to-geth-er, held in God's em-brace. Wel-come to a place of joy.

SCRIPTURE

We are in a worship series called "Life Hacks that Actually Work - Ancient Wisdom for Every Day Life." It is based on Scripture and on a little book called, "The Four Agreements" by Don Miguel Ruiz (©1997 Tarcher Publishing). The theme verse from this series comes from James 1:19.

HEARING AND DOING THE WORD

You must understand this, my beloved brothers and sisters:
let everyone be quick to listen, slow to speak, slow to anger.

Romans 12:17-21

New Revised Standard
Version Updated Edition

Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God, for it is written, "Vengeance is mine; I will repay, says the Lord." Instead, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink, for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

Luke 23:34

New Revised Standard
Version Updated Edition

Then Jesus said, "Father, forgive them, for they do not know what they are doing." And they cast lots to divide his clothing.

One: This is the Word of the Lord.

All: Thanks be to God!

MESSAGE

Week Two: "Don't Take It Personally"

Rev. Karen Bruins

PRAYER SONG

Goodness Is Stronger Than Evil

Good-ness is strong-er than e - vil; love is stronger than hate;
light is strong-er than dark - ness; life is stronger than death. Vic-tory is
Oh,
2nd time, end here.
ours, vic-tory is ours through God who loves us. Victory is
vic-tory is ours, vic-tory is ours through God who loves us. Oh,

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

PRAYER OF DEDICATION

↑ SONG

Let Love Win

Verse 1: Band

Lord, Your love builds bridges that can not be burned;
it speaks truth that can not be learned;
it's a treasure we can never earn.

It goes places we're afraid of going;
it's not a fist, it's a hand wide open,
reaching out to the down and broken.

Chorus: All sing.

The musical notation for the chorus is written on five staves in a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody is simple and repetitive, with lyrics written below the notes. The lyrics are: "We be - lieve Your love is the strong - est way. You're tear - ing down walls, and You break our chains. E - ven in this dark - ness, hope will rise a - gain. When we lay down our weap - ons, we will let love win. Lord, we lay down our weap - ons, and we let love win." The notation includes various note values (quarter, eighth, and half notes) and rests to indicate the rhythm of the song.

We be - lieve Your love is the strong - est way. You're tear -
- ing down walls, and You break our chains. E - ven
in this dark - ness, hope will rise a - gain. When we
lay down our weap - ons, we will let love win. Lord, we
lay down our weap - ons, and we let love win.

Verse 2: Band

Lord, Your love is a friend to its enemies;
it takes a hit, then turns a cheek.
You laid down Your life for peace.

Love won't cast a single stone;
it's never proven by words alone.
You come alive in our flesh and bones,
and in our souls.

Chorus: All sing.

Bridge: Band

What if fighting for our beliefs looks more like surrendering?
Though, that's the hardest thing.
And what if standing up for what's right means laying down our pride,
even laying down our lives?

Chorus: All sing twice.

Ending: Band

Lord, we lay down our weapons, and we let love win.

↑ BLESSING

Go into this week remembering who you are
and whose you are.

When someone's words sting,
when criticism lingers,
when another person's anger threatens to become your burden,
remember:

You do not have to carry everything
someone else hands you.

Your identity is not determined
by another person's opinion.
You are known.
You are loved.
You belong to God.

So release what is not yours to carry,
hold fast to the love that names you,
and go in peace. **Amen.**

POSTLUDE

Worship Leaders

Pastor: Rev. Karen Bruins

Director of Children, Youth, and Family Ministries: Jenny Brelje

Director of Music Ministries: Jungjoo Park

Musicians: Shout Band

Scripture Reader: Ginger Mateer

Sound Technician: Dave Bruins

Streaming: Michael Perry

Slides: Kari Cahn

Greeters: Jane Kammerman, Ken Larson, Sue Golder

Hospitality: Norma Bayers

Table Art: Katie Schneider-Bryan

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This Week at Lake Harriet

SUNDAY SEPTEMBER 13

- 9:30am Worship In-Person and Online
- 9:45am Godly Play (ages 3 - 3rd grade) - Godly Play Room
- 10:40am Cherub Choir (ages 3 - K) - Godly Play Room
- 10:45am Election 2026 with Bibi Black - Sanctuary
- 10:45am By Faith Rehearsal (6th grade and up) - Bell Room
- 5:30pm Unleavened Bread Group - Fireside Room

MONDAY SEPTEMBER 21

- 7:00pm Theater Board - Fireside Room

TUESDAY SEPTEMBER 22

- 10:00am Crafters (Knitting) Group - Commons
- 6:00pm Democracy Defense Lead Team Meeting - Conference Room
- 7:00pm Men's Forum - Wesley Room
- 7:00pm Leadership Council - Fireside Room

WEDNESDAY SEPTEMBER 23

- 5:00pm Wednesday Night Dinner - Reception Room
- 5:30pm Prime Chimers (age 10 - Adult) - Bell Room
- 6:00pm Children's Choir Rehearsal (grades 1 - 5) - Sanctuary
- 6:00pm Festival Bells - Bell Room
- 6:30pm Shout Band Rehearsal - Sanctuary
- 6:30pm Confirmation - Conference Room
- 7:15pm Youth Group - Youth Room
- 7:30pm Sanctuary Choir Rehearsal - Sanctuary

THURSDAY SEPTEMBER 24

- 10:00am Jeremiah Bible Study - Wesley Room
- 6:00pm Mahjong - Commons
- 6:30pm Contemplative Practices - Fireside Room

SUNDAY SEPTEMBER 27

- 9:30am Worship In-Person and Online
- 9:45am Godly Play (ages 3 - 3rd grade) - Godly Play Room
- 10:40am Cherub Choir (ages 3 - K) - Godly Play Room
- 10:45am Immigration Outreach and Support Group - Conference Room
- 10:45am Care Team Meeting - Fireside Room
- 10:45am By Faith Rehearsal (6th grade and up) - Bell Room



CARING MINISTRIES

Church Care Team: There's a Place for You!

Did you miss the Care Team presentation on September 13? Curious to learn more? You are still welcome to get involved!

How do we make sure people in our church know they are **seen, valued, and cared for**? That's the heart of our new Care Team.

There are many ways to get involved:

- **Card Senders** – brighten someone's day with a note of encouragement.
- **Meal Organizers** – help coordinate meals when someone is going through a difficult time.
- **Phone Calls** – check in and stay connected with people who may be feeling isolated or unable to attend church.
- **Joy Spreaders** – find simple, creative ways to bring a little joy and connection to others.

You don't have to do everything—just find the way that fits your gifts.

This is Phase 1, we will roll out **Phase 2 in the coming months** for those interested in deeper care, including home visits, bringing Communion, supporting people through illness or grief, and helping us strengthen our visitor welcome. And training will be offered.

Interested in getting involved or learning more? Contact Lorrie Sandelin at lorrie.sandelin@lakeharrietumc.org.



SMALL GROUPS

Beyond The Nest

Have you launched a young adult—or are you getting ready to launch one? **You're invited to our Beyond the Nest kickoff potluck, Thursday October 8 at 6:30pm at Lake Harriet UMC!**

Whether you have an empty nest, are just beginning the launching process, or still have some kids at home, this group is for parents navigating this exciting—and sometimes challenging—life transition.

Come enjoy a meal, share stories, laugh together, and connect with others who understand what it's like to watch our young adults spread their wings.

Bring a dish (or a bag of chips) to share and join us as we kick off Year 3 of Beyond the Nest! Come for the food, stay for the conversation, and discover new ways to embrace this next chapter with support, understanding, and camaraderie.

Fall Meeting Dates: Thursday Oct 8 at 6:30pm Kick off Potluck, Thursday November 12 at 6:30pm and Thursday December 10 at 6:30pm.



WEDNESDAYS 5:00-6:00PM

Wednesday Night Dinners

Meals will be served from 5-5:45pm starting **Wednesday, September 23rd**. The cost per person is \$12 with a family cap of \$36. 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.



REGISTER by scanning the QR code or visiting bit.ly/wednesday-suppers



MUSIC MINISTRIES

Join the Music Groups this Fall

Prime Chimers: Wednesdays @ 5:30-6pm in the Bell Room, starting on September 23rd.

New This Fall! This beginner bell choir is now open to everyone from age 10 to 100. No musical experience required!

Festival Bells: Wednesdays @ 6-7pm in the Bell Room. An intergenerational bell choir for advanced ringers

Shout Band: Wednesdays @ 6:30-7:30pm in the sanctuary. A worship band of singers and musicians.

Sanctuary Choir: Wednesdays @ 7:30-8:30pm in the sanctuary. We need more singers, especially tenors and basses.

Child care is provided. If you're interested, talk to Jungjoo, the Director of Music Ministries or Thomas, the Bell Choirs Director. jungjoo.park@lakeharrietumc.org and thomas.johanson@lakeharrietumc.org.

Cherub Choir: Sherry Landrud and Frances Durkin are excited to start-up Cherub Choir again! Children ages 3 through kindergarten are welcome to join.

They will be meeting at 10:40am in the Godly Play room after church starting Sunday, Sept 20. Parents are welcome to stay or pick up their child at 11am. We will provide the children the same coffee hour, cookies/treats after they sing. A complete schedule will be available to families.

Hope to see you there!



SEPTEMBER 28TH, FROM 6PM TO 8PM

Election Defense Training

If you are concerned about free and fair elections, please come to the election defense training that Lake Harriet UMC will be offering on Monday, Sept. 28th, from 6pm to 8pm, at the church. Several members of this congregation have been taking training to protect voters and polling places, and are prepared to share what they have learned. You will learn about the potential threats that might imperil our election this November and how you can help ensure a free and fair process.



WEEKLY NEWS

Bulletin & E-News Submissions

Do you want to put an announcement in the e-news and bulletin?

Here are some helpful guidelines:

- **Deadline for Bulletin Announcements** is Tuesday 12pm. Anything submitted after that may have to be held until the following week.
- **E-News deadline** is Wednesday 12pm.

Please write up your announcement as you would like it posted. Communications will add a graphic, unless you have a specific picture you would like to use. Be aware that edits may need to occur depending on available space. Send a copy to communications@lakeharrietumc.org, AND kay.halverson@lakeharrietumc.org. Please do not ask staff to write up the announcement.

In your communication it would be helpful if you listed the dates that you would like the announcement to be posted (Ex: Please run announcement in e-news on 9/24 and 10/1 and bulletin on 9/27), as well as if you need a sign-up form created in Realm.

Announcements will typically appear no sooner than three weeks prior to an event or sign-up deadline.

If you have questions, feel free to reach out to the church office!

ADULT LEARNING & SPIRITUAL ENRICHMENT

There is still time to sign up for ALSET Fall Offerings

As we look toward the fall, ALSET is excited to offer a variety of opportunities for learning, spiritual growth, connection, and conversation. We have several ongoing groups returning, along with some new possibilities for the fall. If you weren't able to stop by the ALSET Table on Kickoff Sunday (Sept 13) you can still sign up here!

Science & Religion Book Study: 2084 and the AI Revolution

Sundays, 11:00 AM–Noon | Zoom

Led by Chris Dozier and Paul Glewwe, this fall we are using the book “2084 and the AI Revolution”, by John Lennox, for the continuation of the Science and Religion class that we have been teaching the last few years. We plan to hold the class online at 11 a.m. on Sunday mornings, starting on September 20. John Lennox is a retired professor of mathematics at Oxford University, and he has written several books on science and religion from a Christian perspective.



REGISTER and view schedule by scanning the QR code or going to REALM Events.

Unleavened Bread Bible Study

Third Sunday of each month 5:30-7:00 pm Led by Jungjoo Park

Participants engage in daily reading and journaling as part of this Bible study. The group continues to be a wonderful opportunity for spiritual growth and reflection. Jungjoo Park brings a wealth of knowledge and insight to the group.

Godly Play for Adults

The First Sunday of the month at 10:45am to 11:30am.

Class will be in the Godly Play room: October 4, November 1, December 6.

In this class, you will experience Godly Play, hearing a story, responding to wondering questions, and spending some creative time.



REGISTER and view schedule by scanning the QR code or going to REALM Events.

We Cry Justice

J is for Justice is started online September 14th and then will be in person on October 4th from 11am-12pm.

52-week study | Sundays at 11am and Zoom

In September, this 52-week study continues with both Sunday morning and Zoom opportunities.

Contemplative Practices Small Group

We are excited to have been awarded another grant through Saint Catherine University to support contemplative practices! The sessions will be led by Amy Campbell, a certified Spiritual Director. Amy is a spiritual director at The Loyola Center for Spirituality in St. Paul. The group will follow the Partnership for Contemplative Discipleship model, with trained facilitation and an emphasis on developing individual and collective contemplative practices.



REGISTER and view schedule by scanning the QR code or going to REALM Events.

Sessions will be approximately 90 minutes on Thursday evenings in a drop-in format. Dates: September 24, October 22, November 19, December 3 (1st Thursday due to the holiday), January 28, February 25, March 25 (Maundy Thursday), April 22, May 27. Child care is available. Please see registration information in the bulletin or church website.

Bible Study: Jeremiah

Thursdays at 10-11 am Three weeks: September 24, October 1, October 8

The October sermon series is “Anchored: How to Keep the Faith When the World Won’t Hold Still” and based on the Hebrew prophet Jeremiah. Spend 3 weeks with Pastor Karen exploring the Scriptures that will be sermon topics. Every day brings a new headline, a new crisis, a new reason to feel unsteady. It’s enough to make anyone wonder where solid ground even is anymore. The prophet Jeremiah knew this feeling. He prophesied through political upheaval, national division, and institutional collapse. And in the middle of all of it, he found something that didn’t move. This series is about finding that anchor for ourselves.



REGISTER and view schedule by scanning the QR code or going to REALM Events.

community events

Real Talk on Caregiving in Midlife

Friday, September 25 | Noon to 1 p.m. Central

Midlife is supposed to be a time of stepping into your own. But for many in their 40s, 50s and 60s, it also comes with a sudden shift: becoming a caregiver. Whether you're helping an aging parent, supporting a spouse or managing care for a loved one while balancing work and family, caregiving can quickly feel overwhelming, isolating and downright exhausting.

You don't have to navigate this journey alone — or pretend it's easy.

In this session, we'll cover:

- **The Midlife Sandwich:** Managing caregiving responsibilities alongside your own career, family and personal goals.
- **Real Talk on Burnout:** Recognizing the emotional and physical toll of caregiving — and practical ways to set boundaries.
- **Navigating the Invisible Load:** How to handle the administrative, emotional and mental stress that nobody warns you about.
- **Self-Care That Actually Works:** Moving past surface-level advice to find real support and space for you.

Whether you're brand new to caregiving or have been in the thick of it for years, this conversation will give you actionable tools, fresh perspective and permission to breathe.



REGISTER by scanning the QR code or by visiting bit.ly/uofmn_realtalk_caregiving

The Last Wintercount

Reclaiming Our Stolen Identity

Film showing and discussion

with special guests:

Sheldon P. Wolfchild-

Director and Producer

TICKETS



38 Plus 2 Productions

Tom Smith &

other

plaintiffs.

THE LAST WINTERCOUNT LAYS BARE
THE INDIAN SYSTEM,
THE DOCTRINE OF DISCOVERY
AND UNMASKS THE DOMINATION CODE.
DON'T MISS THIS LANDMARK OPPORTUNITY TO
LEARN ABOUT & BECOME A PART OF A LEGAL
SOLUTION TO HISTORICAL
OPPRESSION AND WRONGS.

OFFICIAL SELECTION
NatiVisions
Film Festival
2026

September 21, 2026

Parkway Theater

Doors open at 5PM

Film & Program 6-9:30 PM

**Cosponsored by 38 Plus 2 Productions
and Twin Cities Nonviolent**

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 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