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#### PRELUDE

Thy Holy Wings

John Ferguson  
*Eileen Miller, Organist*

#### WELCOME

*Rev. Mariah Furness Tollgaard*

#### CALL TO WORSHIP

*Rev. Heather Grantham*

*(Breathe in)* I am here  
*(Breathe Out)* I will be present

#### PRAYER OF THE DAY

*Kay Frase*

Holy Spirit,  
Be with us as we unentangle  
the sources of our exhaustion  
and try to find life giving practices  
to do more than sustain—so that we might  
thrive and be in community with one another  
In Jesus Christ we pray. Amen.

#### \* HYMN 657

This Is the Day

## \* CALL TO CONFESSION

God, we confess that we are so weary, that we do not know what it is like to be fully rested. We see children pass us by and say "I wish I had that energy." However we confess, that we are also envious of their joy and freedom from responsibilities. Help us to find true soul-sustaining, life giving rest, the peace beyond understanding the Jesus promises, so that we can find that new way of being we pray. Amen.

## \* ASSURANCE OF PARDON

Jesus Christ promises to make all things new, hold fast to that promise and know the Good News: **In Jesus Christ we are renewed and forgiven.**

## \* PASSING THE PEACE OF CHRIST

The Peace of Christ be always with you. **And also with you.**  
*Share the peace with your neighbors by greeting in the way most comfortable for you.*

## TIME FOR THE CHILD IN US ALL

*We invite children to come up to the chancel steps for a special message. Afterwards, children prek-3rd grade can join staff and volunteers for Sacred Studio. 4th and 5th graders will sit together in worship. Childcare is available for 5 and under in the Frolic Room.*

## PRAYERS OF THE PEOPLE

*Sharon Fields, Associate Minister of Executive Operations*

## THE LORD'S PRAYER

**Our God, 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.**

## ANTHEM

Lord, Don't Lift Your Spirit From Me

Andraé Crouch  
*Chancel Choir, directed by Dr. David Kozisek*

## SCRIPTURE READING

Exodus 20: 8-11

Remember the Sabbath day and keep it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it.

Mark 2: 23-28

One Sabbath he was going through the grain fields, and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, "Look, why are they doing what is not lawful on the Sabbath?" And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food, how he entered the house of God when Abiathar was high priest and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions?" Then he said to them, "The Sabbath was made for humankind and not humankind for the Sabbath, so the Son of Man is lord even of the Sabbath.

The word of God for the people of God.  
**Thanks be to God.**

## REFLECTION

What Makes for Good Rest?

## SONG

I Meant to Do My Work Today

Carrie Newcomer  
*House Band*

1. I meant to do my work today  
So many plans I had made  
I'd check the mail, I'd make the calls  
Save the world and sweep the hall  
Finally get my accounting done  
Sort the beans one by one  
But I got waylaid by the morning sun  
And I got absolutely nothing done

2. I thought I'd live a louder life  
I'd learn a lot and get it right  
I'd rent a loft, I'd drink all night  
I'd be a living archetype  
And in a blinding flash of light  
I'd see that one great insight  
But silence called me deeper still  
Like nothing else I know ever will

3. I woke to hear an owl nearby  
Hunting something large enough to cry  
Nature's always beautiful  
The change of season's always right  
The moon shines cold and true and  
bright  
And sets at dawn without a fight  
And yet, I could not find a way  
To get myself back to sleep last night

4. I never knew just what it meant  
The way you smiled while you dreamt  
And why my heart can overflow  
And why mistakes can haunt me so  
Why nothing ever stops or stays?  
Dust shimmers in the mornin' rays  
I didn't do the work that I had said  
I just wandered through these thoughts  
instead

## OFFERING & ANNOUNCEMENTS

### \* HYMN 2008

Let All Things Now Living

### \* SENDING FORTH

## POSTLUDE

Allegro

William Boyce

*You are welcome to remain seated or to depart during the postlude.  
Please join us after worship downstairs in the community room for coffee & refreshments.*

## HAMERS MEXICO MISSION TRIP PRESENTATION TODAY!

*During coffee hour, the team of 12 volunteers who recently served at Manos Juntas in Rio Bravo, Mexico will share about their experiences and plans for future relationship building. Thank you for your support!*

## THIS WEEK AT HAMLIN CHURCH

SUN

10:00AM | WORSHIP

10:15AM | SACRED STUDIO

11:00AM | COFFEE HOUR  
Community Room

11:15AM | HAMERS MISSION TRIP PRESENTATION  
Community Room

11:30AM | CONFIRMATION

4:30PM | FICTION & FELLOWSHIP  
Green Room

WED

12:30PM | CENTERING PRAYER  
Via text message. Contact Julie Dahlke  
([jiddvm@usfamily.net](mailto:jiddvm@usfamily.net)).

12:30PM | MAHJONG GROUP  
Parlor, Contact [kayfrase@gmail.com](mailto:kayfrase@gmail.com)

4:00PM | HANDBELL CHOIR REHEARSAL

5:30PM | DINNER - [hamlinechurch.org/signupcentral](http://hamlinechurch.org/signupcentral)

5:45PM | WEDNESDAY NIGHT STUDIO (infant - 5th)

6:00PM | ARTWORK SHARING SMALL GROUP

6:00PM | HOUSE BAND REHEARSAL

6:00PM | SING, SAY, DANCE, & PLAY! (K - 5th)

7:00PM | CHANCEL CHOIR REHEARSAL

NEXT  
SUN

8:55AM - 9:15AM | CENTERING PRAYER  
Chapel

9:00AM | FAITH AND FELLOWSHIP  
Parlor

9:15AM | CENTERING PRAYER  
Via text message. Contact Julie Dahlke  
([jiddvm@usfamily.net](mailto:jiddvm@usfamily.net)).

10:00AM | WORSHIP

10:15AM | SACRED STUDIO

11:00AM | COFFEE HOUR  
Community Room

11:30AM | YOUTH GROUP  
Youth Room

### FAITHFUL HOSPITALITY

March - April

In partnership with Interfaith Action of Greater Saint Paul, Hamline Church will again serve as a temporary overnight shelter for asylum seeking families who have come to the United States mostly from Central and South America. During the months of March and April we will need two overnight hosts every night to welcome and host these families in our church. The sign up for volunteers has opened - sign up here: [bit.ly/FaithfulHospitality](http://bit.ly/FaithfulHospitality)

### COMMUNITY ART SHOW

Saturday, February 22, 2025, 7:00pm - 9:30pm

The Music & Art series presents our second annual art exhibition! The evening features art from community members, refreshments, and live music from Jazz Central Quartet playing a wide variety of genre bending classic American standards. All ages welcome. Free and open to the public. Local art available for purchase.

Contribute your Art!

We are looking for artists of all ages and abilities from our community!

For more info: [hamlinechurch.org/art](http://hamlinechurch.org/art)

Questions? Contact Betsey Hodson  
([betsey.hodson@gmail.com](mailto:betsey.hodson@gmail.com)).



## WELCOME TO HAMLIN

Welcome to Hamline Church! To those who are worshiping here for the first time, or who have returned after an absence, we greet you with joy. Your presence enriches this time of celebration. May all experience God as we worship.



### KIDS TODAY

Children in prek-3rd grade can join staff and volunteers for Sacred Studio (our spiritual formation time) after the children's message. 4th-5th graders will sit together in worship and then gather in the youth room after the sermon. Please pick your child up at the end of worship. Pre-K: Room 10, 1st Grade: Room 7, 2nd - 3rd: Parlor

### Are children welcome here?

Yes! Children are always welcome in worship. Coloring and reading supplies are available near the Commons doors, and in the narthex. We have a quieter space available to all in the chapel off the narthex.

### Where is the nursery?

Children 5 and under are welcome in the nursery, located in Room 8 in the upstairs Sunday school hallway. Our service is streamed in the nursery, if you would like to join your child. Nursing spaces include: the rocking chairs in the sanctuary, in the Frolic room (8), or in the chapel off the narthex.

## A LITTLE BIT ABOUT WORSHIP TODAY...

### When do I stand?

\* Please stand if you are able for titles marked with a star \*

### When do I speak?

Words in "Bold" print are for everyone.

### Where is this hymn?

Hymns with 2 or 3 numbers are in the hard cover UMC hymnal. Hymns with 4 numbers are in the soft-cover *The Faith We Sing* hymnal.

### Where is the restroom?

There are restrooms just through the commons at the top of the stairs. There are more restrooms downstairs below the front doors.

A quiet low sensory space is available to all in the chapel off the narthex.



Assistive listening devices are available for use, or you can connect through wifi and use your own hearing aid or headset. Please see a greeter if you need assistance.

## WAYS TO GIVE

Your offering helps support the mission and ministry of Hamline Church. There are many ways to make your contribution:

- Place offerings in the boxes after worship.
- Online giving: QR code or [hamlinechurch.org/give](http://hamlinechurch.org/give)
- Checks can be mailed to the church.
- Text to Give: Text HamlineChurch1514G\$100 to 73256. Give in any increment you choose by entering the amount after the \$.

Thank you for your generosity!

Questions? Please visit [hamlinechurch.org/give](http://hamlinechurch.org/give)



HAMLIN CHURCH  
UNITED METHODIST



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All are welcome | [hamlinechurch.org](http://hamlinechurch.org) | 651.645.0667