



Weekly Announcements

Mt. Carmel Lutheran Church

For the week of March 3, 2024

Third Sunday in Lent

The cleansing of the temple



WELCOME MADELINE

Welcome Madeline Severtson, our new **administrative & volunteer coordinator**, will join our Mt Carmel staff on Monday, March 4. Madeline graduated from St Olaf college with a BA in Religion and Mathematics and has worked in downtown churches. She grew up in St Anthony and lives in NE Minneapolis. Office hours will be M-TH 9 am – 2 pm with volunteer coverage on Fridays. Extend a warm welcome to Madeline when you see her this week.

HEAR OUR PRAYER, O GOD

To include prayers on this list, contact the church office.

GRIEF: family and friends of Dave Johnson, Abe Hunter and George Cruys

HEALING: Russ Ingebretson, Wayne & Kathy Halverson, Kay McReavy, Margot Jacobson, Dorothy Warhol

HOMEBOUND & LONG-TERM CARE:

Marlene Black, Lorraine Carlson, and Annette Dahl, Gerry Johnson, Russ Ingebretson, and Dorothy Warhol

BIRTHDAY BLESSINGS:

- Mar. 10 – Zoe Labandz
- Mar. 14 – Marlene Black [90!]

INQUIRERS COFFEE TODAY

Grab a cup of coffee and sit down with Pastor C at his table in the lower level during coffee fellowship today. This opportunity for conversation is held monthly (more or less) for guests or inquirers to visit about becoming more actively involved in our life at Mt Carmel.

SERVING OPPORTUNITIES:

Friday office volunteers

Salty Carmel serving teams **Tech desk team**

The sign-up sheets for serving in our life together for upcoming months are full of opportunities.

MIDWEEK LENTEN WORSHIP

Our Lenten Wednesday soup suppers will be hosted by ministry teams and will be fundraisers to benefit five hunger ministries that we support throughout the year.

CONFIRMATION DURING LENT

During Lent confirmation students will serve and participate in Wednesday Lenten worship and suppers. Attendance is expected for all confirmation students. Our New Testament study (ch. 12) will continue after Easter.

UPCOMING ADULT FORUM

- We will expand our Lenten theme, **“What’s your story? Becoming the Story we tell?”** in our ministry clusters. How can we better become the story we tell in our congregation life?
- Check-in with Pastor C as he completes his first year at Mt Carmel.
- Holy Week discussion: What are the **themes, readings and movements of the liturgies of Holy Week?** We’ll discuss them in order to enter more deeply into their meaning when we pray them in a few weeks.

WEDNESDAYS IN LENT

What’s your story? ...becoming the Story we tell

11 am Culvers – Lenten reflection followed by Culvers lunch

6:30 pm – Lenten reflection; then Holden Evening Prayer

We continue our tradition of having a fellowship supper before our Wednesday Lenten services. Show up any time between 5:30 and 6:15 and head upstairs to the sanctuary at 6:30.

PRAYER CHAIN

To lift up a prayer concern for the prayer chain, please contact Leona Olson at 612-859-7075.



612-781-2796



office@mountcarmelmpls.org



www.mtcarmel.net



/MountCarmelMpls

+

Director of Music Abe A Hunter
1984 ~ 2024

Death came to former Mt Carmel director of music Abraham Alexander Hunter on February 17. He served Mt Carmel in the 2019-2020 program year. Services were held February 26 in Bemidji. Blessed be the memory of this child of God who led us in song and faith. Please hold his family and friends in your prayers in the coming days.

+

David William Johnson
1927 ~ 2024

Arrangements for celebrating the promise of resurrection for Dave W Johnson:
Service 11 am Thursday, March 14, 2024 at Mt Carmel
Visitation prior beginning at 10 am
Luncheon to follow on the lower level
Burial following the lunch at Union Cemetery, East St Paul

**Whether we live, or whether we die,
we are the Lord's**

EASTER BASKETS OF LOVE

Please submit names and financial contributions for our annual Easter food basket program. We have served 20-24 neighbors, day care families, congregation members, and friends/relatives at Thanksgiving and Easter. Baskets include Cub gift cards so families can choose the foods they need. Cards will be mailed about 10 days before Easter. Please consider a financial donation as part of our Lenten acts of love. If you know someone who could use this helping hand at Easter, please let Kathy, Barb or the office know. Thanks in advance. --*Barb Hollister & Kathy Halverson*

CALENDAR AT A GLANCE

SU, Mar. 3	Holy Communion, Healing prayers, Coffee fellowship, Sunday School, Adult forum
M, Mar. 4	AA, BeFrienders
TU, Mar. 5	Good Fruits bible study, Scouts
W, Mar. 6	Men's bible study, Soup supper, 11am & 6:30pm Midweek Lenten worship Lenten Confirmation; Choir
TH, Mar. 7	Exec team mtg; Worship team mtg; Book club; Hockey event (Nordeen)
FR, Mar. 8	Heartwood mtg (Carolan); AA
SA, Mar. 9	NE Middle post-play event
SU, Mar. 10	CLOCKS CHANGE ; Holy Communion, Coffee fellowship Sunday School, Adult forum

MT. CARMEL METRICS

2024 YTD received	\$46,870.
2024 YTD expenses	<u>\$49,317.</u>
	-\$2,447.

Attendance Sun. Feb 18 67 in person 20 online views
Attendance Wed. Feb 28 6 am 19 pm 15 online views

THRIVENT CHOICE DOLLARS

March 31 deadline

In 2023 Mt Carmel received \$1,385 in Thrivent Choice Dollars® grants. Thrivent is proud to help support the work we together! Mt Carmel's Thrivent members are reminded to direct remaining 2023 Choice Dollars® by March 31.

GOOD FRUITS BIBLE STUDY

This Bible study meets weekly at 2:45 on Tuesdays. For the winter season we will meet at church in the Fireside Room and also via Zoom. For information or the Zoom connection email onondave@yahoo.com or call 612-859-7075

COPING WITH A CHALLENGE?

Dementia, Cancer, Grief, Bullying, Isolation, Depression? If any of these apply to you or yours our BeFriender Ministry invites you to pick up CareNotes. On a variety of topics, they are a resource to help understand and cope with life's challenges. See them in the narthex. To talk about a situation in a confidential setting with our BeFriender volunteers, contact the office at 612-781-2796 or Rev. Dave Olson at 651-528-7459.

HARMAR OR PLANET FITNESS STEPS

If you wanna walk laps with Pastor C he welcomes walking buddies Wednesdays at 9am. Contact him to join in.



MT CARMEL LUTHERAN CHURCH

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Minneapolis, MN 55418



612-781-2796



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www.mtcarmel.net



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LARGE PRINT EDITION



HOLY COMMUNION

Third Sunday in Lent

March 3, 2024 + 9:30 am

The cleansing of the temple

Learn Live and Share God's Word

Jesus is our temple

The third covenant in this year's Lenten readings is the central one of Israel's history: the gift of the law to those God freed from slavery. The ten commandments are one of the chief parts of Luther's catechism, a core piece of baptismal instruction. They begin with the statement that because God alone has freed us from the powers that oppressed us, we are to let nothing else claim first place in our lives. When Jesus throws the merchants out of the temple, he is defending the worship of God alone and rejecting the ways commerce and profit-making can become our gods.

The Sundays in Lent this year lead us to focus on five covenants God makes in the Hebrew Scriptures (first reading) and to use them as lenses through which to view holy baptism (gospel reading).

February 18

The covenant with Noah (Gen. 9:8-17)

February 25

The covenant with Abraham and Sara (Gen. 17:1-7, 15-16)

March 3

The covenant (commandments) at Sinai (Ex. 20:1-17)

March 10

The covenant renewal (lifting up of the serpent) (Num. 21:4-9)

March 17

A new covenant written on the heart (Jer. 31:31-34)

GATHERING

The Holy Spirit calls us together as the people of God

PRELUDE

"Humble Thyself in the Sight of the Lord"

arr. B. Hudson

At the sound of the bell please stand and face the worship leaders.

ENTRANCE HYMN

(hymn) ELW 832

“My Lord of Light”

- 1 My Lord of light who made the worlds,
in wisdom you have spoken;
but those who heard your wise commands
your holy law have broken.**
- 2 My Lord of love who knew no sin,
a sinner's death enduring:
for us you wore a crown of thorns,
a crown of life securing.**
- 3 My Lord of life who came in fire
when Christ was high ascended:
your burning love is now released,
our days of fear are ended.**
- 4 My Lord of lords, one Trinity,
to your pure name be given
all glory now and evermore,
all praise in earth and heaven.**

Text: Christopher Idle, b. 1938
Text © 1980 Jubilate Hymns, admin. Hope Publishing Company, Carol Stream, IL 60188.
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CONFESSION AND FORGIVENESS

The assembly is invited to stand or kneel; and all may make the sign of the cross,

the sign marked at baptism, as the presiding minister begins.

- P Trusting in the word of life given in baptism,
let us confess our sin in the presence of God and of one another.

silence is kept for reflection.

Kyrie (*Lord have mercy*) *sing responsively* (ELW setting 4, p. 147)

In peace, let us pray to the Lord.

C Lord, have mercy.

For the peace from above, and for our salvation,
let us pray to the Lord.

C Lord, have mercy.

For the peace of the whole world, for the well-being of the
Church of God, and for the unity of all, let us pray to the
Lord.

C Lord, have mercy.

For this holy house, and for all who offer here their worship
and praise, let us pray to the Lord.

C Lord, have mercy.

Help, save, comfort, and defend us, gracious Lord.

C Amen.

P Gracious God,

**C we confess that we have sinned in thought, word, and deed,
by what we have done and by what we have left undone.
Forgive us and give us strength to turn from sin
and to serve you in newness of life. Amen.**

P By water and the Holy Spirit, God gives us new birth,
and through the death and resurrection of Jesus Christ,
God forgives us all our sin. Almighty God
strengthen us in all goodness and keep us in eternal life.

C Amen.

GREETING AND PRAYER OF THE DAY

P The grace of our Lord Jesus Christ, the love of God,

and the communion of the Holy Spirit be with you all.

C And also with you.

P Let us pray.

Holy God, through your Son you have called us to live faithfully and act courageously. Keep us steadfast in your covenant of grace, and teach us the wisdom that comes only through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

C Amen.

The presider continues with words of welcome.

WORD

God speaks to us in scripture reading, preaching and song

CHILDREN'S WORD

Children are invited forward; parents are welcome to come with their children.

FIRST READING

Exodus 20:1–17

The commandments given at Sinai

After escaping from slavery, the Israelites come to Mount Sinai, where God teaches them how to live in community. The ten commandments proclaim that God alone is worthy of worship. Flowing from God, the life of the community flourishes when based on honesty, trust, fidelity, and respect for life, family, and property.

God spoke all these words:

²I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; ³you shall have no other gods before me.

⁴You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. ⁵You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, ⁶but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

⁷You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

⁸Remember the sabbath day, and keep it holy. ⁹Six days you shall labor and do all your work. ¹⁰But 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. ¹¹For 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.

¹²Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

¹³You shall not murder.

¹⁴You shall not commit adultery.

¹⁵You shall not steal.

¹⁶You shall not bear false witness against your neighbor.

¹⁷You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

... The word of the Lord.

C Thanks be to God.

PSALM

Psalm 19 (ICEL)

The commandment of the LORD gives light to the eyes. (19:8)

A The sky tells the glory of God, tells the genius of God's work.

**C Day carries the news to day,
night brings the message to night,**

A without a word, without a sound, without a voice being heard,

C Yet their message fills the world, their news reaches its rim.

A There God has pitched a tent for the sun to rest
and rise renewed

**C like a bridegroom rising from bed,
an athlete eager to run the race.**

A It springs from the edge of the earth, runs a course
across the sky to win the race at heaven's end.

C Nothing on earth escapes its heat.

A God's perfect law revives the soul.
God's stable rule guides the simple.

**C God's just demands delight the heart.
God's clear commands sharpen vision.**

A God's faultless decrees stand for ever.
God's right judgments keep their truth.

**C Their worth is more than gold, the purest gold;
their taste richer than honey, sweeter than the comb.**

A Keeping them makes me rich, they bring me light;
yet faults hid within us, forgive me mine.

**C Keep my pride in check, break its grip;
I shall be free of blame for deadly sin.**

A Keep me, thought and word, in your good grace.
Lord, you are my savior, you are my rock.

**C Give praise to the Father Almighty;
to the Son, Jesus Christ, the Lord;**

**to the Spirit who dwells in our hearts;
both now and forever. Amen.**

SECOND READING

1 Corinthians 1:18–25

Christ crucified, the wisdom of God

The word of the cross is pure foolishness and nonsense to the world because it claims that God is mostly revealed in weakness, humiliation, and death. But through such divine foolishness and weakness, God is working to save us. The center of Paul's preaching is Christ crucified.

Paul writes to the church at Corinth:

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. ¹⁹For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

²⁰Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world?

²¹For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. ²²For Jews demand signs and Greeks desire wisdom, ²³but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, ²⁴but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. ²⁵For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

...The word of the Lord.

C Thanks be to God.

LENTEN GOSPEL ACCLAMATION

Joel 2:13

The assembly stands to welcome the gospel, singing:

**Return to the Lord your God who is gracious and merciful;
slow to anger and abounding in steadfast love.**

GOSPEL

The cleansing of the temple

John 2:13–22

Jesus attacks the commercialization of religion by driving merchants out of the temple. When challenged, he responds mysteriously, with the first prediction of his own death and resurrection. In the midst of a seemingly stable religious center, Jesus suggests that the center itself has changed.

The holy gospel according to John.

C Glory to you, O Lord.

The Passover of the Jews was near, and Jesus went up to Jerusalem. ¹⁴In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. ¹⁵Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. ¹⁶He told those who were selling the doves, “Take these things out of here! Stop making my Father’s house a marketplace!” ¹⁷His disciples remembered that it was written, “Zeal for your house will consume me.” ¹⁸The Jews then said to him, “What sign can you show us for doing this?” ¹⁹Jesus answered them, “Destroy this temple, and in three days I will raise it up.” ²⁰The Jews then said, “This temple has been under construction for forty-six years, and will you raise it up in three days?” ²¹But he was speaking of the temple of his body. ²²After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The gospel of the Lord.

C Praise to you, O Christ!

SERMON

HYMN OF THE DAY

(hymn) ELW 723

“Canticle of the Turning”⁴

- 1 My soul cries out with a joyful shout
that the God of my heart is great,
and my spirit sings of the wondrous things
that you bring to the ones who wait.
You fixed your sight on your servant's plight,
and my weakness you did not spurn,
so from east to west shall my name be blest.
Could the world be about to turn?**

Refrain

**My heart shall sing of the day you bring.
Let the fires of your justice burn.
Wipe away all tears, for the dawn draws near,
and the world is about to turn.**

- 2 Though I am small, my God, my all,
you work great things in me,
and your mercy will last from the depths of the past
to the end of the age to be.
Your very name puts the proud to shame,
and to those who would for you yearn,
you will show your might, put the strong to flight,
for the world is about to turn. Refrain**

Refrain

**My heart shall sing of the day you bring.
Let the fires of your justice burn.
Wipe away all tears, for the dawn draws near,
and the world is about to turn.**

**3 From the halls of pow'r to the fortress tow'r,
not a stone will be left on stone.
Let the king beware for your justice tears
ev'ry tyrant from his throne.
The hungry poor shall weep no more,
for the food they can never earn;
there are tables spread, ev'ry mouth be fed,
for the world is about to turn. Refrain**

**4 Though the nations rage from age to age,
we remember who holds us fast:
God's mercy must deliver us
from the conqueror's crushing grasp.
This saving word that our forebears heard
is the promise which holds us bound,
till the spear and rod can be crushed by God,
who is turning the world around. Refrain**

Text: Rory Cooney, b. 1952, based on the Magnificat
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APOSTLES' CREED

**A We have been made God's people through our Baptism into
Christ. Living together in trust and hope, we confess our faith.**

**C I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,**

**born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church, the communion of saints,
the forgiveness of sins, the resurrection of the body,
and the life everlasting. Amen.**

PRAYERS OF INTERCESSION

Prayers are offered for the Church, the earth, the nations, and those in any need.

A As we journey to the renewing waters of Easter,
let us pray for the church, the world, and all of God's creation.

after each petition:

....hear us, O God,

a Your mercy is great.

P Hear our prayers, merciful God, and transform our lives by
your grace.

Into your hands, we commend all for whom we pray,
trusting in your abundant mercy,
through Jesus Christ, our Savior and Lord.

a Amen.

MEAL

God feeds us with the presence of Jesus Christ

RECONCILING PEACE

P In Jesus Christ God has made peace with us.

The peace of Christ be with you always.

C And also with you.

The assembly is invited to share God's peace with one another.

OFFERING

When bread and wine are broken and shared in the Lord's Supper an offering is gathered for the mission of the church, including the care of those in need.

Please leave your offerings in the baskets in the aisles or give online. During this time, the table is set. Please stand as the offering procession reaches the chancel. Thank you for your generosity.

"Christus Paradox"

S. Dustan/A. Fedak

Offertory Prayer

A Let us pray together.

C God our provider,

**you have not fed us with bread alone,
but with words of grace and life.**

Bless us and these your gifts,

which we receive from your bounty,

through Jesus Christ our Lord. Amen.

GREAT THANKSGIVING

P The Lord be with you.

C And also with you.

P Lift up your hearts.

C We lift them to the Lord.

P Let us give thanks to the Lord our God.

C it is right to give our thanks and praise.

P ...and join their unending hymn: *(ELW setting 2, p. 130)*

C Holy, holy, holy Lord. God of power and might.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest. Hosanna in the highest.

The presider continues with the Great Thanksgiving, concluding:

Lord's Prayer (1789)

C Our Father who art 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 and ever. Amen.

Breaking of the Bread and Invitation to Communion

Communion

"Lamb of God"

(ELW setting 2; page 136)

Lamb of God, you take away the sin of the world; have

mercy on us. Lamb of God, you take away the sin of the

world; have mercy on us. Lamb of God, you take away the

sin of the world; grant us peace.

Worshipers are invited to kneel at the chancel rail or in the pews after receiving the Lord's Supper.

silence for reflection concludes the communion

Prayer after Communion

A Let us pray.

God of mercy, we give you thanks for seating us at your table and serving us with the food of eternal life. We who once were dead are now living members of your Son.

Accompany our journey through these forty days. Renew us in the gift of baptism. And send us out to awaken others to the mystery of your love, which is revealed to all the world in the one who came to give himself away, Jesus Christ our Lord.

C Amen.

SENDING

We are sent to be God's hands in the world

BENEDICTION

P Love the Lord your God with all your heart,
With all your soul, with all your mind, with all your strength.
Keep these words in your heart as you walk the way of Lent.

Almighty God, Father, † Son, and Holy Spirit,
bless you now and forever.

C Amen.

SENDING HYMN

(hymn) ELW 705

“God of Grace and God of Glory”

stanza 1, 2, 4

- 1 God of grace and God of glory,
on your people pour your pow'r;
crown your ancient church's story;
bring its bud to glorious flow'r.
Grant us wisdom, grant us courage
for the facing of this hour,
for the facing of this hour.**
- 2 Lo! the hosts of evil round us
scorn the Christ, assail his ways!
From the fears that long have bound us
free our hearts to faith and praise.
Grant us wisdom, grant us courage
for the living of these days,
for the living of these days,**
- 4 Save us from weak resignation
to the evils we deplore;
let the gift of your salvation
be our glory evermore.
Grant us wisdom, grant us courage,
serving you whom we adore,
serving you whom we adore.**

Text: Harry E. Fosdick, 1878-1969

ANNOUNCEMENTS & DISMISSAL

A Marked with the cross of Christ,
go forth to love and serve the Lord.

C Thanks be to God.

POSTLUDE

“God of Grace and God of Glory”

arr. J. Hughes

You are welcomed to be seated and enjoy the postlude if you wish.

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SERVING TODAY

Pastor Foy Christopherson, *presiding*

Sinéad Carolan, *assisting minister*

Patrick Kutzer, *reader*

Ruth Bills, *director of music & worship*

Chancel Choir

Myrna Flatland, Erik Ruser, *technology desk*

Janell Partyka, *sacristan/altar guild*

Steve Ristuben, Justin Fischer, *ushers*

Dave Larson, *bus ministry*

Dave & Julie Larson, *coffee hosts*

Chancel flowers this weekend are given to the glory of God.

If you wish to donate flowers sign up in the narthex or call the church office.

Please join us for coffee fellowship in the lower level following worship.

This service is being streamed live on the internet.



WORSHIP LIFE

Fasting, Prayer, and Acts of Love: The Disciplines of Lent

Part 2: Prayer

Lent means spring. This is a season for a new awakening and for spring house-cleaning. It means cleaning out the dust and grime of a long, dark winter. The rags and dust mops and brooms of that house-cleaning are the tools called fasting, prayer, and acts of love. We fast for the good of our bodies. We pray for the good of our relationship with God. We give alms and offer acts of love for the good of our sisters and brothers. These tools are always “for the *good* of” something. These age-old disciplines reflect our most fundamental concerns: our relationship with God (prayer), with our bodies (fasting), and with each other (acts of love).

Last week – the Lenten discipline of fasting. For more about fasting and feasting see this month’s **The Lutheran** magazine or visit www.thelutheran.org (March 2007: Fasting and Feasting)

This week – the Lenten discipline of prayer.

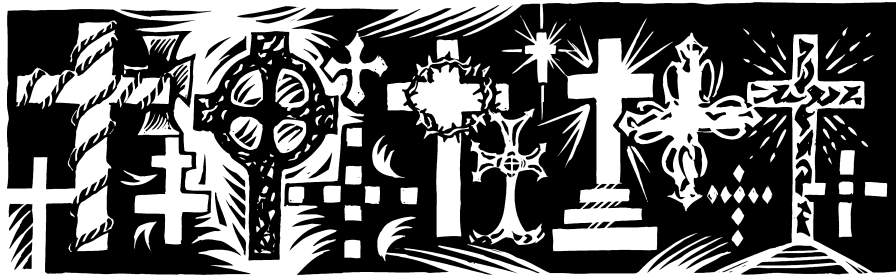
We pray for the good of our relationship with God. Lenten prayer restores neglected communication channels, listens for where God is calling us, frees us to cast all our cares on God.

“Who we are is how we pray,” says one book about prayer life and personality. There is no single way to engage in the Lenten discipline of prayer. Personality shapes the forms of prayer we find meaningful or helpful. So do our life circumstances. Some people prefer to pray in groups, others pray alone. Some prefer to use various fine arts to guide their prayer, others Scripture, or devotional writings. Some prefer to pray using their whole bodies or surrounded by natural environments, others do not.

One of the more positive developments of our times is the rebirth of the tradition of spiritual direction. Wise and holy men and women agree to become “soul friends” to other Christians discerning God’s will in their lives. One of the most important questions in this spiritual walk is this: “What is the deepest desire of your heart?” The question is not so easily answered. What first pops to mind is invariably found to be a secondary or tertiary desire rooted in a deeper and more fundamental one.

Use these days of Lent to deepen your relationship with God. Every human relationship needs loving care, attention, maintenance, refreshment. Experiment with new ways to pray or recommit yourself to a favorite form that’s fallen by the wayside during the last year. Return to a favorite book or a favorite “sacred space.” “What is the deepest desire of your heart?”

WELCOME



Everyone is welcome. We are a faith community participating in the life of God, a life that is a gift to us and in which we are actively engaged. That gift compels us to be actively engaged in the neighborhoods of Northeast Minneapolis as well. We are a multigenerational community that proudly celebrates our history while joining together with younger generations to follow where God is leading. We build our community through faith practices like prayer, dwelling in the Word and hospitality.

Guests are welcome. We are pleased you are worshiping with us today. If you would like more information about Mt. Carmel, please contact us at 612-781-2796, or email pastor@mountcarmelmpls.org

Children are welcome at all services. Worship bulletins for children and activity bags are available outside the sanctuary.

Welcome to the Lord's Table. All who come seeking Jesus are welcome at the Lord's Table. Please follow the guidance of the ushers and instructions in the order of service. During communion, ministers will bring bread and wine to you where you are seated if you require accessibility accommodation. Please inform the ushers. Communion may be received in one kind (only bread or only wine) from any station if wheat bread or alcohol presents a health concern. White grape juice is available by request at most liturgies from most communion stations.

Welcome to the Holy Baptism. All who come seeking Jesus are welcome to receive Holy Baptism. Please visit with any worship leader, staff member, hospitality volunteer, contact the church office, or complete an information card, indicating that you wish to be baptized. Our pastor will contact you.

Friends of Mt. Carmel...Stay connected

Across the country and beyond there are many people who have a soft spot in their heart for Mt. Carmel Lutheran Church – people who feel a connection both to the history and the ongoing mission of this



congregation. If you're one of them, we invite you to join a new network of Friends of Mt. Carmel. Email pastor@mountcarmelmpls.org for more information or to join.

Digital giving is available at Mt. Carmel. You can easily donate online through our website at mountcarmelmpls.org and click on **Give**. Mt. Carmel Lutheran is supported by generous people like you. Questions? Contact the church office at 612-781-2796.

MT. CARMEL LUTHERAN CHURCH

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