



**Holy Calm in an Anxious World:
Your Body Is Telling the Truth**
Sunday, February 1, 2026



LET US KNOW YOU'RE HERE

Please fill out a connection card online by scanning the QR code to the left & you will be directed to the sign-in page, or by going to: hamlinechurch.org/here

PRELUDE

Andante Dolce from Symphony I

William Boyce
Eileen Miller, Organist

WELCOME

Rev. Mariah Furness Tollgaard, Senior Pastor

CENTERING PRAYER

*Rev. Heather Grantham
Associate Pastor of Spiritual Formation*

*** HYMN 2128**

Come and Find the Quiet Center

*** PASSING THE PEACE OF CHRIST**

Dr. David Kozisek, Director of Music & Worship

The Peace of Christ be with you. **And also with you.**

Share a sign of peace with your neighbors by greeting them in the way most comfortable for you.

TIME FOR THE CHILD IN US ALL

Tove Trelstad-Larsen, Director of Student Ministries

We invite children to come up to the chancel steps for a special message. After the message, children in Prek-5th grade will return to sit with their families. Childcare is available for ages 5 and under in the Frolic room.

FAITH MILESTONE

Freddie, Rhodes, Jude, and Rueben

ANTHEM

My Song Shall Be Always Of The Loving-Kindness Of The Lord

Gerald Near
Chancel Choir, directed by David Kozisek

Psalm 131

O Lord, my heart is not lifted up;
 my eyes are not raised too high;
 I do not occupy myself with things
 too great and too marvelous for me.
 But I have calmed and quieted my soul,
 like a weaned child with its mother;
 my soul is like the weaned child that is with me.
 O Israel, hope in the Lord
 from this time on and forevermore.

Matthew 6:25-34

Therefore, I say to you, don't worry about your life, what you'll eat or what you'll drink, or about your body, what you'll wear. Isn't life more than food and the body more than clothes? Look at the birds in the sky. They don't sow seed or harvest grain or gather crops into barns. Yet your heavenly Father feeds them. Aren't you worth much more than they are? Who among you by worrying can add a single moment to your life? And why do you worry about clothes? Notice how the lilies in the field grow. They don't wear themselves out with work, and they don't spin cloth. But I say to you that even Solomon in all of his splendor wasn't dressed like one of these. If God dresses grass in the field so beautifully, even though it's alive today and tomorrow it's thrown into the furnace, won't God do much more for you, you people of weak faith? Therefore, don't worry and say, 'What are we going to eat?' or 'What are we going to drink?' or 'What are we going to wear?' Gentiles long for all these things. Your heavenly Father knows that you need them. Instead, desire first and foremost God's kingdom and God's righteousness, and all these things will be given to you as well. Therefore, stop worrying about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

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

MESSAGE Your Body Is Telling the Truth

Rev. Tollgaard

SONG Fable

Gigi Perez
House Band with Piper Lulek

HOLY COMMUNION

Rev. Heather Grantham and Pastor Sharon Fields

INVITATION TO THE TABLE

May God be with you.
And also with you.
 Lift up your hearts.
We lift them up to God.
 Let us give thanks to the God we love.
It is right to give our thanks and praise.

GREAT PRAYER OF THANKSGIVING

Musical Setting B, p. 19 in UMH

Repeat after Leader
 Holy, holy, holy, Lord;
Holy, holy, holy, Lord;
God of power and might.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna,
in the highest.

WORDS OF INSTITUTION

Repeat after Leader

In remembrance of all you have done for us, we proclaim the mystery of our faith:

Christ has died.

Christ is risen.

Christ will come again.

Amen, Amen,

Amen.

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.

RECEIVING THE BREAD AND CUP

This is God's table, and everyone without exception may have communion. There are two stations at the front, one in the back, and one for the east transept. Please raise your hand if you'd like to be served at your pew. A gluten free station is available in the front, just indicate that you would like gluten free. If you choose, you may kneel at the rail for prayer.

You're invited to place your offering in the offering boxes or give online during communion.

COMMUNION MUSIC & SILENT PRAYER

Fuga from the Solo Sonata in G minor, BWV 1001

J.S. Bach
Ariella Kim, violin

ANNOUNCEMENTS

* **HYMN 2223** They'll Know We Are Christians By Our Love

* **SENDING FORTH**

POSTLUDE Allegro from Symphony IV 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 and refreshments.*

MÉXICO MISSION TRIP PRESENTATION

Today at 11:15am in the Community Room

Join HAM-ERS in the Community Room after worship to hear about their trip to México!

ISAIAH INVITES YOU TO...

SPEAK UP FOR JUSTICE! ATTEND YOUR PRECINCT CAUCUS TUESDAY FEB 3

Tuesday, Feb 3 at 7:00pm

Why should I go? This year we will be electing a Governor, US Senator and Representative, MN Senator and Representative and more. A party's platform will inform our elected officials of our priority issues and views. In a divisive time, participation matters—this is a chance to speak up for justice, support strong leadership, and attend with neighbors for encouragement if you're feeling unsure.

What to Expect: Attendees gather with neighbors for a facilitated meeting to propose, discuss, and vote on resolutions for their party's platform. Resolutions that pass move on to the next level of party meetings. The caucus typically lasts 60-90 minutes.

Location varies by your address and political party, check caucusfinder.sos.mn.gov/ to see where your caucus will meet. Contact Roger Lynn with questions (roger.lynn1604@outlook.com).

THIS WEEK AT HAMLIN CHURCH



KIDS TODAY

Children in prek-5th grade will stay in worship and celebrate Holy Communion with their families.

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, the Frolic room 8, or the chapel off the narthex.

SAVE THE DATE: VBS SUMMER 2026

Monday, June 15 - Friday, June 19

WEDNESDAY NIGHT CONNECTION Feb. 4 - Mar. 25

Starting this Wednesday, all are welcome to join us for dinner, kids music, and small groups. Go to hamlinechurch.org for more information.

SING, SAY, DANCE, AND PLAY

This Wednesday at 6:00pm

K-5th graders make music with Emily and Kathy on Wednesdays! Children will warm up their bodies, voices, and spirits with fun activities while learning new songs and musical skills. Contact David Kozisek with questions (dkozisek@hamlinechurch.org).

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, including an all gender restroom.

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.

SUN	10:00AM	WORSHIP
	11:00AM	MISSION TRIP PRESENTATION Community Room
		CRAFT TIME WITH ASPEN Activity Room
		YOUTH UKULELE BAND Room 7
	11:15AM	YOUTH MISSION TRIP MEETING Youth Room
	11:30AM	BIBLE DISCUSSION GROUP: THE GOSPEL OF JOHN Parlor
TUES	7:00PM	SMALL BUSINESS SMALL GROUP Room 7
WED	12:30PM	CENTERING PRAYER via text message Contact Julie Dahlke (jlddvm@usfamily.net)
	1:00PM	MAHJONG Room 7
	4:00PM	HANDBELL CHOIR REHEARSAL
	5:15PM	HANDBELL RINGING SEMINAR
	5:30PM	WEDNESDAY NIGHT CONNECTION - DINNER
	5:45PM	WEDNESDAY NIGHT STUDIO (infant-5th grade)
	6:00PM	ART WORKSHOP FOR COMMUNITY ART SHOW SING, SAY, DANCE, AND PLAY (K-5th grade)
	7:00PM	HOUSE BAND REHEARSAL CHANCEL CHOIR REHEARSAL
FRI	7:00PM	TAIZÉ WORSHIP SERVICE Sanctuary
SAT	7:00PM	MUSIC & ARTS: MARK BILLY & KIEGAN RYAN
NEXT SUN	8:55AM	CENTERING PRAYER Chapel
	9:00AM	FAITH AND FELLOWSHIP BOOK GROUP Parlor
	9:15AM	CENTERING PRAYER via text message (above)
	10:00AM	WORSHIP
	11:00AM	COFFEE HOUR Community Room
		CRAFT TIME WITH ASPEN Activity Room
		YOUTH UKULELE BAND Room 7
	11:30AM	CONFIRMATION Youth Room
		BIBLE DISCUSSION GROUP: THE GOSPEL OF JOHN Green Room
		PRESENTATION ON ANTISEMITISM Parlor
		ISAIAH MEETING Room 7
	4:30PM	FICTION AND FELLOWSHIP Green Room

TAIZÉ WORSHIP | FIRST FRIDAYS

This Friday, February 6 at 7:00pm in the Sanctuary
Taizé worship is a contemplative candlelight service with simple songs, scripture, silence, and meditation. Join us for this hour of peace and prayer. Contact Paul Klinger with questions (paul.d.klinger@gmail.com).

MUSIC & ARTS: MARK BILLY, BARITONE WITH KIEGAN RYAN, CELLO IN RECITAL

Saturday, February 7, 7:00pm
Choctaw Baritone, Mark Billy, a 2025 McKnight Fellowship winner and 2025 Native Performing Arts fellow in recital with Cherokee composer and cellist Kiegan Ryan, perform a wide array of repertoire, including music of living Indigenous composers. Tickets \$20 adults, \$5 students, or pay as able. Get your tickets at hamlinechurch.org/music-arts-series.

OPPOSING ANTISEMITISM IN 2026

Sunday, February 8, 11:30am - 1:30pm
On Sunday, February 8, Hamline Church will host the third in a series of presentations providing insight into current events in Israel and Palestine. Dr. Ray Himmelman and Daniel Lentz of Jewish Voice for Peace will present on antisemitism. The presentation will be followed by a Q&A. Childcare and lunch will be provided. Please RSVP at bit.ly/EventFeb8. Contact Miriam Friesen with questions (miriam.e.friesen@gmail.com).

COMMUNITY ART SHOW - CONTRIBUTE YOUR ART!

Saturday, February 21, 2026, 7:00pm - 9:30pm
Deadline to submit art is February 15
Art Making Days: Wednesday, February 4 & 11, 6:00pm - 7:15pm
Sunday, February 8 during Sacred Studio & after worship
Artists of all ages and abilities are welcome to submit art! This year's theme is "Sanctuary." Join us for art-making days to work on projects together. Learn more at hamlinechurch.org/art.

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 baskets after worship.
- Online giving: hamlinechurch.org/give (scan the QR code!)
- 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



HAMLIN CHURCH

UNITED METHODIST

1514 Englewood Avenue | Saint Paul, MN 55104

All are welcome | hamlinechurch.org | 651.645.0667

