



**Holy Calm in an Anxious World:
Letting Go Without Giving Up**
Sunday, February 8, 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

A Pleasant Thought

Florence Price
Eileen Miller, Organist

WELCOME

Rev. Mariah Furness Tollgaard, Senior Pastor

*** CENTERING PRAYER**

Benjamin Harris

Holy One,
you know how tightly we cling to outcomes, plans, and control.
Loosen our grip so that our hearts may rest in you.
Teach us a holy indifference—not apathy, but a deep trust—
that calms our anxious minds and frees us to love with courage.
Make us, as individuals and as a church, a non-anxious presence in an anxious world.
Amen.

*** HYMN 354**

I Surrender All (v. 1, 3, 4)

*** 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-3rd Grade can join staff and volunteers for Sacred Studio. 4th & 5th Graders sit together in worship then gather in Youth Room after the sermon. Childcare is available for ages 5 and under in the Frolic Room.

CENTERING SONG 2057 Be Still

EMBODIED PRAYERS Oneing with God *Rev. Heather Grantham, Assoc. Pastor of Spiritual Formation* Julian of Norwich

AWAIT: Await God's presence, not as you expect, hope, or imagine, but just as it is in this moment.

ALLOW: Allow a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT: Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept the infinity of God's presence, whether or not you are aware of it.

ATTEND: Attend to what you are called to do by way of response to God's presence.

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.**

SPECIAL MUSIC Creation Will Be at Peace

*Anna Laura Page
Handbell Choir*

SCRIPTURE

Philippians 4:4-9

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. As for the things that you have learned and received and heard and noticed in me, do them, and the God of peace will be with you.

The word of God for the people of God.

Thanks be to God.

MESSAGE

Letting Go Without Giving Up

Rev. Tollgaard

ANTHEM

Give Me Jesus

Spiritual, arr. L.L. Fleming
Chancel Choir

OFFERING & ANNOUNCEMENTS

* SONG

Be the Change

Mark Kaplan and Colin Britt

1. **Be the change you want to see in the world, (3x)**
And change will come to you.
2. **Be the voice you want to hear in the word, (3x)**
And change will come to you.
3. **Be the light you want to shine in the world, (3x)**
And change will come to you.

* SENDING FORTH

POSTLUDE

Flourish

Eric Thinman

*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.*

MARDI GRAS PANCAKE BRUNCH

Next Sunday, February 15 at 11:00am

Join us after church on Sunday, February 15 for some of our famous Hamline Church Dining Hall pancakes! Freewill donation to benefit Hamline Church Youth's TWO trips this summer: a mission trip to South Dakota, and the youth leadership conference *Global Young People's Convocation 2026* in Dublin, Ireland! Give at hamlinechurch.org/give, select the dropdown "Youth Mission Trip".

THIS WEEK AT HAMLINE CHURCH

SUN	10:00AM	WORSHIP
	11:00AM	COFFEE HOUR Community Room
		YOUTH UKULELE BAND Room 10
	11:15AM	ISAIAH MEETING Room 7
	11:30AM	CRAFT TIME WITH ASPEN Activity Room
		CONFIRMATION Youth Room
		BIBLE DISCUSSION GROUP: THE GOSPEL OF JOHN Green Room
		PRESENTATION ON ANTISEMITISM Parlor
	4:30PM	FICTION AND FELLOWSHIP Green Room
TUES	6:30PM	DINING HALL MEETING Room 7
WED	12:30PM	CENTERING PRAYER via text message Contact Julie Dahlke (jldvdm@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 (<i>infant-5th grade</i>)
	6:00PM	ART MAKING FOR COMMUNITY ART SHOW SING, SAY, DANCE, AND PLAY (<i>K-5th grade</i>)
		HOUSE BAND REHEARSAL
	7:00PM	CHANCEL CHOIR REHEARSAL
NEXT SUN	8:55AM	CENTERING PRAYER Chapel
	9:00AM	FAITH AND FELLOWSHIP BOOK GROUP Parlor
	9:15AM	CENTERING PRAYER via text message (<i>above</i>)
	10:00AM	WORSHIP
	11:00AM	MARDI GRAS PANCAKE BRUNCH Community Room
		CRAFT TIME WITH ASPEN Activity Room
		YOUTH UKULELE BAND Room 10
	11:15AM	ISAIAH MEETING Room 7
	11:30AM	YOUTH GROUP Youth Room
		BIBLE DISCUSSION GROUP: THE GOSPEL OF JOHN Green Room
	2:00PM	DOROTHY DAY MEAL SERVICE Dorothy Day Opportunity Center

OPPOSING ANTISEMITISM IN 2026

Today from 11:30am - 1:30pm

Hamline Church hosts 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, followed by a Q&A. Childcare and lunch will be provided. RSVP at bit.ly/EventFeb8. Contact Miriam Friesen with questions (miriam.e.friesen@gmail.com).



MONARCA UPSTANDER TRAININGS

Every other Monday, starting February 16 & March 2 from 6:30pm - 8:30pm

We're excited to announce that Hamline

Church will be hosting regular Monarca Upstander trainings every other Monday that fill up fast! Sign up for the trainings here: monarcamn.org/training. We also need volunteers to help with check-in, greeting, and A/V support. Sign up to help on 2/16 & 3/2 here: bit.ly/HamlineMonarca. Learn more about Monarca at monarcamn.org. Contact Lynn Mullin with questions (lmullin@hamlinechurch.org).

COMMUNITY ART SHOW - CONTRIBUTE YOUR ART!

Saturday, February 21, 2026, 7:00pm - 9:30pm

Deadline to submit art is February 15

Art Making Days: This Wednesday, February 11, 6:00pm - 7:15pm

Today, 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.

LENT 2026! TELL ME SOMETHING GOOD

ASH WEDNESDAY WORSHIP

Wednesday, February 18 at 6:30pm

Join us this Lenten season to gather, grow and connect with each other. Sign up for lenten small groups beginning the week of February 15, learn more at: hamlinechurch.org/lent.



KIDS TODAY

Children in prek-5th grade can join staff and volunteers for Sacred Studio after the children's moment.

Please pick your child up at the end of worship in the Community Room.

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
On Wednesdays, all are welcome to join us for dinner, kids music, and small groups. Go to hamlinechurch.org/wednesday-connection 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.

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

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All are welcome | hamlinechurch.org | 651.645.0667