



SUMMER IN THE SPIRIT: LAY DOWN YOUR BURDENS

SUNDAY, AUGUST 3, 2025



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

Jesus Christ, Our Blessed Savior

David N. Johnson
Eileen Miller, Organist

WELCOME

Rev. Mariah Furness Tollgaard, Senior Pastor

* CALL TO WORSHIP

Harper, Young Leaders Program Intern

Come, all you who are weary and heavy-laden, with burdens seen and unseen. Come with grief for the world and for yourselves—come with anger, confusion, sorrow, and longing.

In this sacred time, we gather as one body, trusting that God welcomes our honest hearts and offers gentle rest for our souls.

Bring your burdens, for here you are not alone; bring your grief, for here it is held with compassion; bring your hopes, for here, around Christ's table, we find mercy, strength, and the promise of new life.

Let us worship God, who tenderly receives all that we lay down. Amen.

* HYMN 375

There is a Balm in Gilead (v. 1 & 2)

CALL TO CONFESSION

Sharon Fields, Associate Minister of Executive Operations

We come before God just as we are—wounded by loss, heavy with sorrow, and carrying burdens we can no longer bear alone. There are moments we close ourselves off, overwhelmed by grief or fear. We may hold back our tears, bury our disappointments, or hide our pain even from God. But nothing is hidden or too heavy for the One who loves us without fail. Let us bring our grief, our regrets, and anything we have carried too long.

SILENT PRAYER

WORDS OF ASSURANCE

* 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. After the message, children are invited to stay in worship with their families to celebrate Holy Communion. Childcare is available for 5 and under in the Frolic room.

SPECIAL MUSIC

Rast (Rest) from *Winterreise*

Franz Schubert
Brandon Galbraith, Tenor

SCRIPTURES

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Psalms 34:18

The Lord is near to the brokenhearted and saves the crushed in spirit

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

MESSAGE

Lay Down Your Burdens

Rev. Mariah Furness Tollgaard

SONG

Don't Carry It All

The Decemberists
House Band

HOLY COMMUNION

Musical Setting a-d, p. 2257 in TFWS

The Lord be with you. **And also with you.**
Lift up your hearts. **We lift them to you, Lord.**
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

...who forever sing this hymn to the glory of your name:
Holy, holy, holy, Lord; God of power and might
Heaven and earth are full of your glory.
Hosanna in the highest! (x3)
Blest is the one who comes
In the name of the Lord.
Hosanna in the highest! (x3)

WORDS OF INSTITUTION

...we offer ourselves to you in praise and thanksgiving as we proclaim the mystery of our faith:

Christ has died. Christ is risen. Christ will come again. Hosana in the highest (x3)

Amen, Amen, Amen.

Hosanna in the highest! (x3)

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, and one for the transept. Those seated in the balcony should come to the front today. Please raise your hand if you'd like to be served at your pew. A gluten free station is available in the front. 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

Communion Hymn Medley

Janet Skidmore

ANNOUNCEMENTS

* HYMN 2130

Down By The Riverside

* SENDING FORTH

POSTLUDE

Processional in D

David N. Johnson

*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.*

THIS WEEK AT HAMLIN CHURCH

SUN 10:00AM | WORSHIP
11:00AM | COFFEE HOUR Community Room
11:15AM | GRIEF AND LOSS SUPPORT GROUP Green Room
11:15AM | TENOR & BASS POP-UP CHOIR REHEARSAL Sanctuary
11:30AM | FOLK MUSIC JAM Room 10

MON 7:30PM | SACRED RECONNINGS MEETING Online

WED 12:30PM | CENTERING PRAYER via text message
1:00PM | MAHJONG Room 7
6:00PM | HOUSE BAND REHEARSAL
6:30PM | DINING HALL MEETING Dining Hall
7:00PM | TENOR & BASS POP-UP CHOIR REHEARSAL

NEXT SUN 8:55AM-9:15AM | CENTERING PRAYER Chapel
9:00AM | FAITH AND FELLOWSHIP Parlor
9:00AM | TENOR & BASS POP-UP CHOIR REHEARSAL
9:15AM | CENTERING PRAYER via text message
10:00AM | WORSHIP + YOUTH MISSION TRIP RECAP
10:15AM | SUMMER IN SPROUT GARDEN 🌱
11:00AM | AFTER-CHURCH PICNIC Playground 🧺
11:00AM | ISAIAH INITIAL ORGANIZING MEETING Parlor

DINING HALL SIGN-UPS ARE LIVE!

The Hamline Church Dining Hall is back for our 128th season at the MN State Fair. Interested in volunteering with us? Stop by the sign up table in the Community Room (downstairs) after worship! Sign up online here: bit.ly/HCDiningHall25

GRIEF AND LOSS SUPPORT GROUP MEETING

Today Sunday, August 3 at 11:15am
Green Room

As a part of our Compassionate Care series, we are committed to offering a group to support one another on the journey of grief. Whatever grief you are carrying right now, join with others for support and community after worship today in the Green Room. We will have coffee and treats available. Rev. Sally Johnson will facilitate the group. Contact Sally (pause.sally@gmail.com) or Pastor Heather for more information (hgrantham@hamlinechurch.org).

TOOLS FOR SCHOOLS

Due Sunday, August 24
School Tools collection has begun! Collection bins are available in the narthex, commons, and community rooms. Lists of desired supplies are on the tables during coffee hour. Or donate online (bit.ly/HamlineChurchGive) under School Tools. These materials are donated to Interfaith Action of Greater St. Paul, which is responsible for distribution. Tools may be donated now through August 24. Thank you for our generosity! Contact Shirley Wright with questions (sjwright41@etmeli.us).

CONNECT WITH US

Sign up for our weekly newsletter: bit.ly/HamlineNewsletter

 @hamlinechurchum   @hamlinechurch

 humc@hamlinechurch.org



WELCOME TO HAMLIN

Welcome to Hamline Church! To those who are worshipping 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

We invite children to stay in worship as we celebrate Holy Communion together this week. Childcare is available for 5 and under in the Frolic 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.

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 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

