Lake Nokomis Lutheran Church
Enough for everyone

October 4, 2026

Enough for Everyone

We gather in faith that there is **Enough for Everyone**. In worship and community, we seek to grow in love for God and for our neighbor. We trust that we are called and transformed to create a world of abundance.

This faith community is committed to genuine, **inclusive welcome**. Our siblings of all sexual orientations, gender identities, and gender expressions are welcomed and embraced here. And we continue our commitment to **work for racial equity**, firmly grounded in the belief that everyone is a beloved child of God. Visit **lakenokomischurch.org** to learn more.

Evangelical Lutheran Church in America
elca.org

RECONCILING IN CHRIST

Community Time

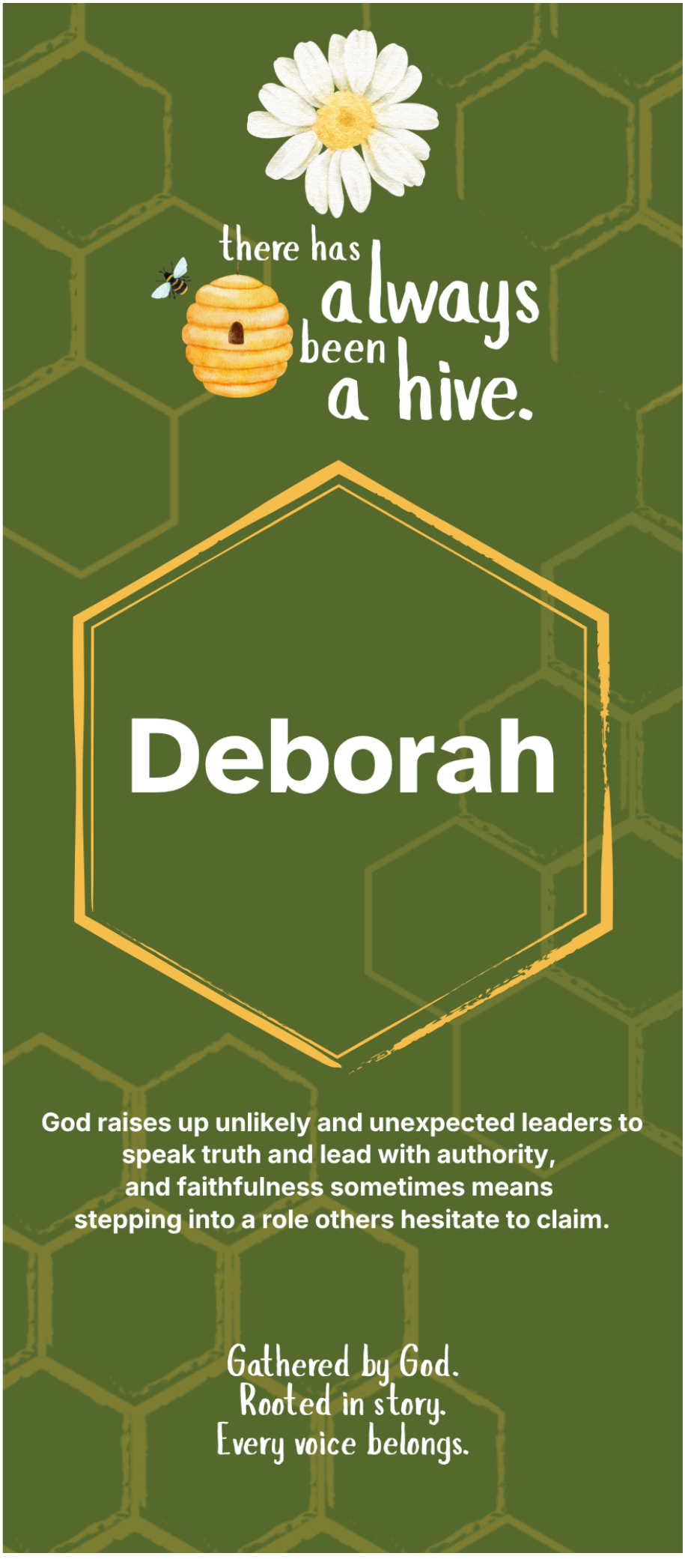
Enjoy a treat and conversation after worship today in The Commons.

Children in Worship

If a break is needed, parents and children can use the **Kids' Corner** by the restrooms across from the elevator. The worship livestream is available there.

Need Hearing Assistance?

Download the Listen EVERYWHERE app for listening assistance. Let the tech team know if you need help. This worship service is being recorded via YouTube livestream.



GATHER

Prelude

October
by Bono, U2

Welcome and Announcements

A Prayer for Mental Illness Awareness

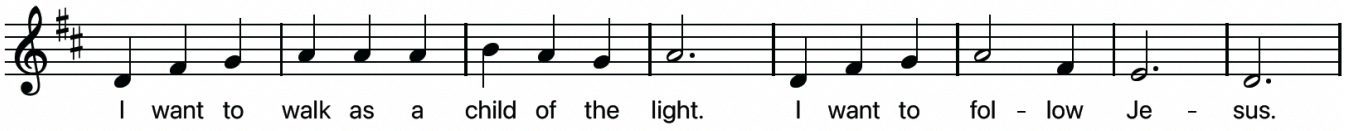
Gentle Healer,
You know the struggles we carry,
You know the pain, loneliness, and grief of those we love.
You know all that we carry even when we are too afraid to say it out loud.

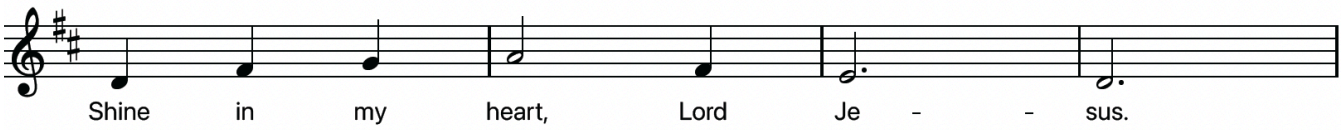
Today, we lift up those living with depression and anxiety,
with trauma, addiction, and every illness of the mind and heart.
We pray for those who feel alone in the dark,
and for those who love and care for them.

Remind us that mental illness is not a failure of faith,
and that there is no shame in asking for help.
Thank you for doctors, counselors, friends, and community,
who are your hands and voice in our healing.

Open our eyes to the gifts of help and wholeness you have already placed within our reach
You speak quietly of rest and care for ourselves as the path to wholeness;
You guide us toward caregivers who can support and counsel us;
You breathe energy into us to move, to stretch, to reach toward health;
You stir in us a longing for justice, that every person may have access to good health care;

As we light these candles,
L**et your light shine in us,**
in our darkness and in our hope.
Let it remind us that we are not alone,
and that you hold us all with love.
Amen.

The light of Christ is a powerful symbol for hope in the midst of deep pain.
Let us draw near to the light of Christ today.

We light the candle of Truth—that God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety, and obsessive-compulsive disorder. God, light our way with truth.
Sung response:



We light the candle of Healing—that troubled minds and hearts, broken lives and relationships might be healed. God, light our way with healing.
Sung response: Shine in my heart, Lord Jesus.

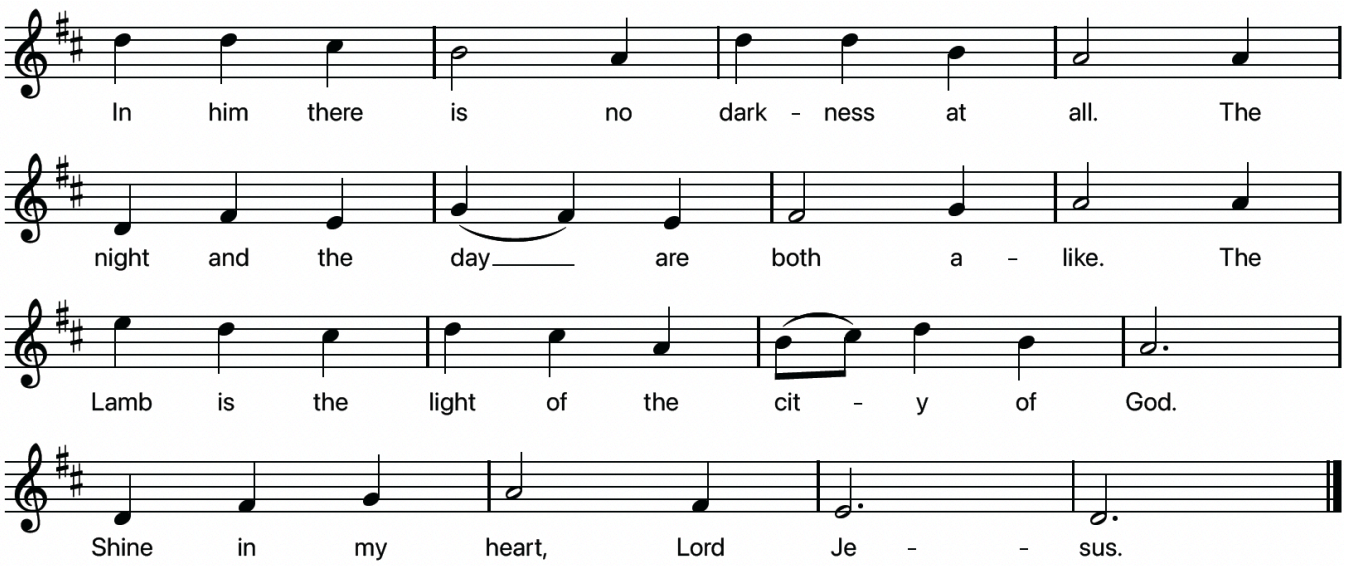
We light the candle of Understanding—that the darkness of stigma, labels, exclusion, and marginalization might be dispelled for the sake of those touched by mental illness. God, light our way with understanding.
Sung response: Shine in my heart, Lord Jesus.

We light the candle of Hope—for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve. God, light our way with hope.
Sung response: Shine in my heart, Lord Jesus.

We light the candle of Thankfulness—for compassionate, dedicated caregivers and mental health professionals; for new discoveries in brain research and better medications. God, light our way with thankfulness.
Sung response: Shine in my heart, Lord Jesus.

We light the candle of Faith—to dispel doubt and despair for those who have lost hope and are discouraged. God, light our way with faith.
Sung response: Shine in my heart, Lord Jesus.

We light the candle of Steadfast Love—to remind us of God's love and faithfulness, and to remind us to shine God's light of love and service for those living with mental illness. God, light our way with steadfast love.
Sung response: Shine in my heart, Lord Jesus.



Greeting

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
And also with you.

Prayer of the Day

God of grace, **shine in our hearts this day, that we may feel your glory and live into the hope to which you have called us. Amen.**

WORD

Storytime

Children of all ages are invited to come forward. After Storytime, children through 5th grade will leave for Sunday School and return in time for communion. Youth and parents of the youngest kids are welcome to join as helpers.

Reading

Judges 4:4–16

At that time Deborah, a prophet, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites came up to her for judgment. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali and said to him, “The Lord, the God of Israel, commands you, ‘Position yourself at Mount Tabor, taking ten thousand from the tribe of Naphtali and the tribe of Zebulun. I will draw out Sisera, the general of Jabin’s army, to meet you by the Wadi Kishon with his chariots and his troops, and I will give him into your hand.’ ” Barak said to her, “If you will go with me, I will go, but if you will not go with me, I will not go.” And she said, “I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the Lord will sell Sisera into the hand of a woman.” Then Deborah got up and went with Barak to Kedesh. Barak summoned Zebulun and Naphtali to Kedesh, and ten thousand warriors went up behind him, and Deborah went up with him.

Now Heber the Kenite had separated from the other Kenites, that is, the descendants of Hobab the father-in-law of Moses, and had encamped as far away as Elon-bezaanannim, which is near Kedesh.

When Sisera was told that Barak son of Abinoam had gone up to Mount Tabor, Sisera called out all his chariots, nine hundred chariots of iron, and all the troops who were with him, from Harosheth-ha-goiim to the Wadi Kishon. Then Deborah said to Barak, “Up! For this is the day on which the Lord has given Sisera into your hand. Has not the Lord gone out before you?” So Barak went down from Mount Tabor with ten thousand warriors following him. And the Lord threw Sisera and all his chariots and all his army into a panic before Barak; Sisera got down from his chariot and fled away on foot, while Barak pursued the chariots and the army to Harosheth-ha-goiim. All the army of Sisera fell by the sword; not one was left.

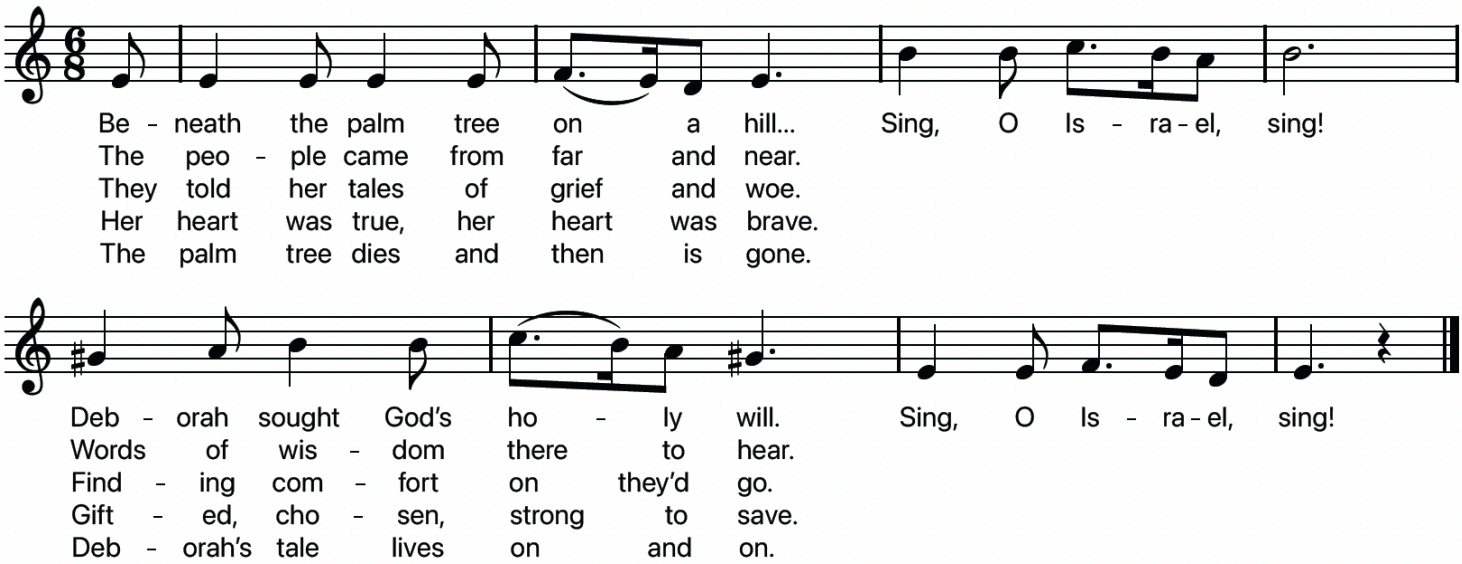
Word of God, for the people of God.
Thanks be to God.

Message

Pastor Sara Spohr

Song of the Day

Beneath the Palm Tree on a Hill



MEAL

Offering

Your gifts make a difference. Thank you for supporting our shared ministry and outreach. Scan the QR code to take advantage of our *Simply Giving (Vanco)* mobile option or *Venmo*. You'll also find baskets in the rear of the Sanctuary for offerings and prayer cards.

vanco venmo

Prayers of the People

You are invited to share your prayers using the form on the back of this bulletin. Please tear off and place in an offering basket.

Words of Institution

Prayer of Jesus

You are invited to pray the Lord's Prayer using these printed words, or the words of your heart's choosing.

Our Father/Mother/Parent in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Invitation to Communion

Everyone is invited to receive the gift of Holy Communion, offered every Sunday. Children are welcome to commune or come forward for a blessing. An usher will direct you to the front. Let them know if you'd like to be served from where you're seated.

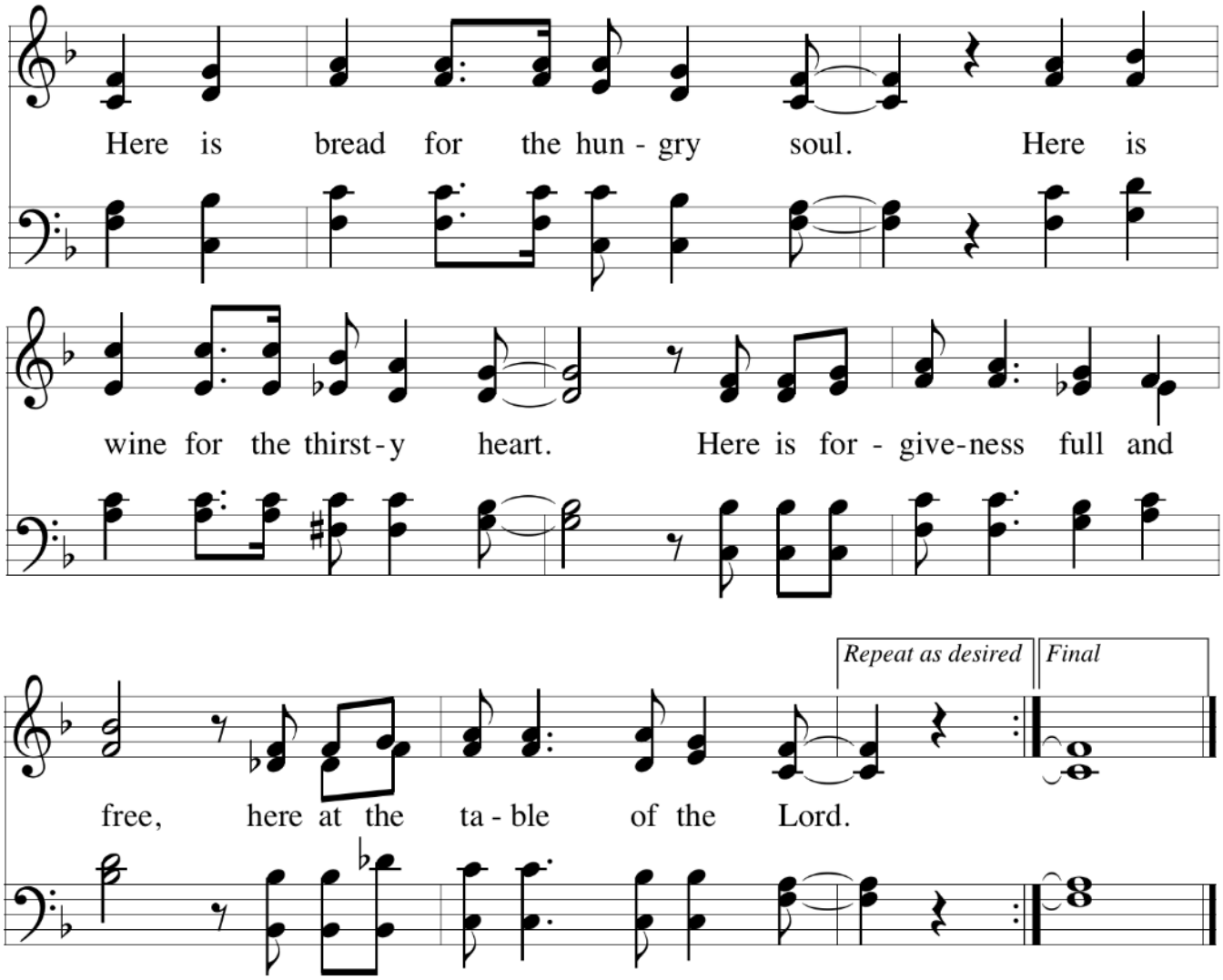
Communion Distribution

Communion is served by intinction: receive the bread in your hand and then dip it in wine or juice. The bread is gluten-free and made with eggs, olive oil, honey, molasses, Bob's Red Mill gluten-free Wonderful bread mix, Bob's Red Mill gluten-free baking soda, and water. Both wine and grape juice are available. Pre-packaged individual cups are also available (gluten-free wafer and juice).

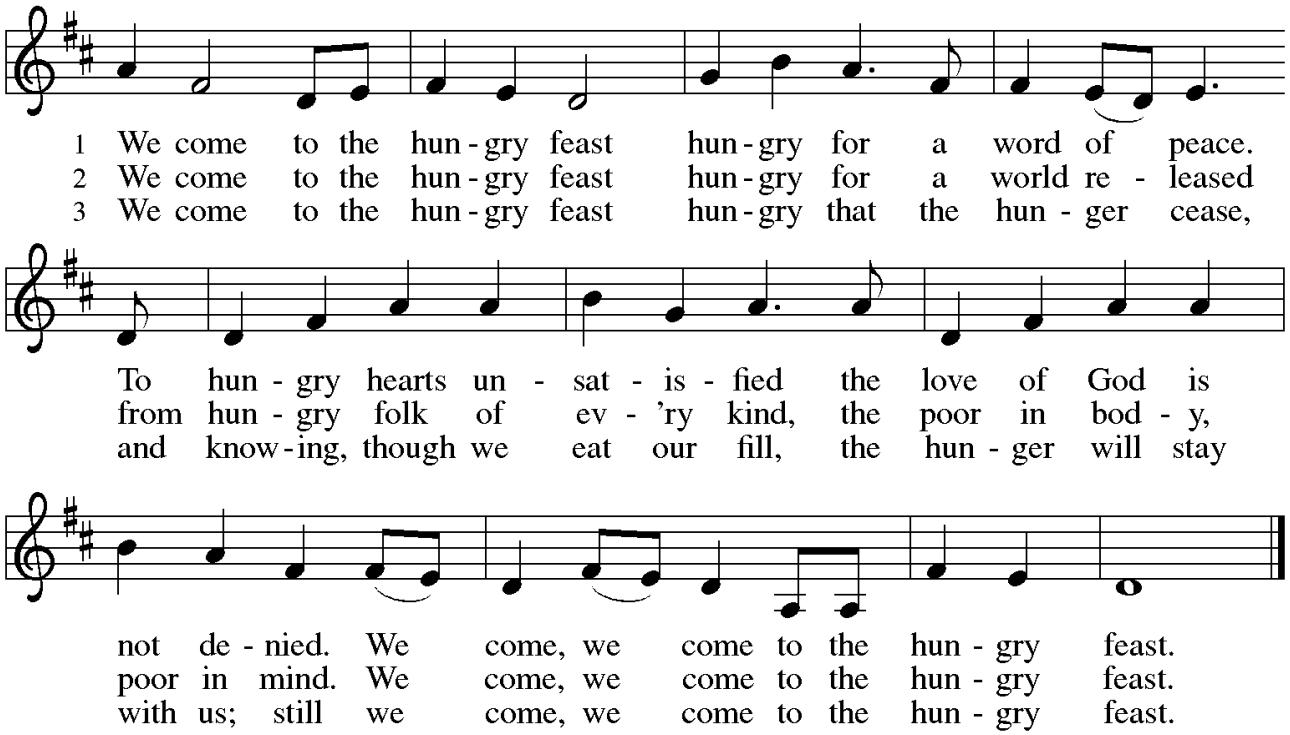
Communion Song

Here is Bread for the Hungry Soul

from Singing in Community

Text: Mary Kay Beall / Music: John Carter

Communion Song

We Come to the Hungry Feast



Text: Ray Makeever, b. 1943
Music: HUNGRY FEAST, Ray Makeever
Text and music © 1982 Ray Makeever, admin. Augsburg Fortress.

Communion Blessing

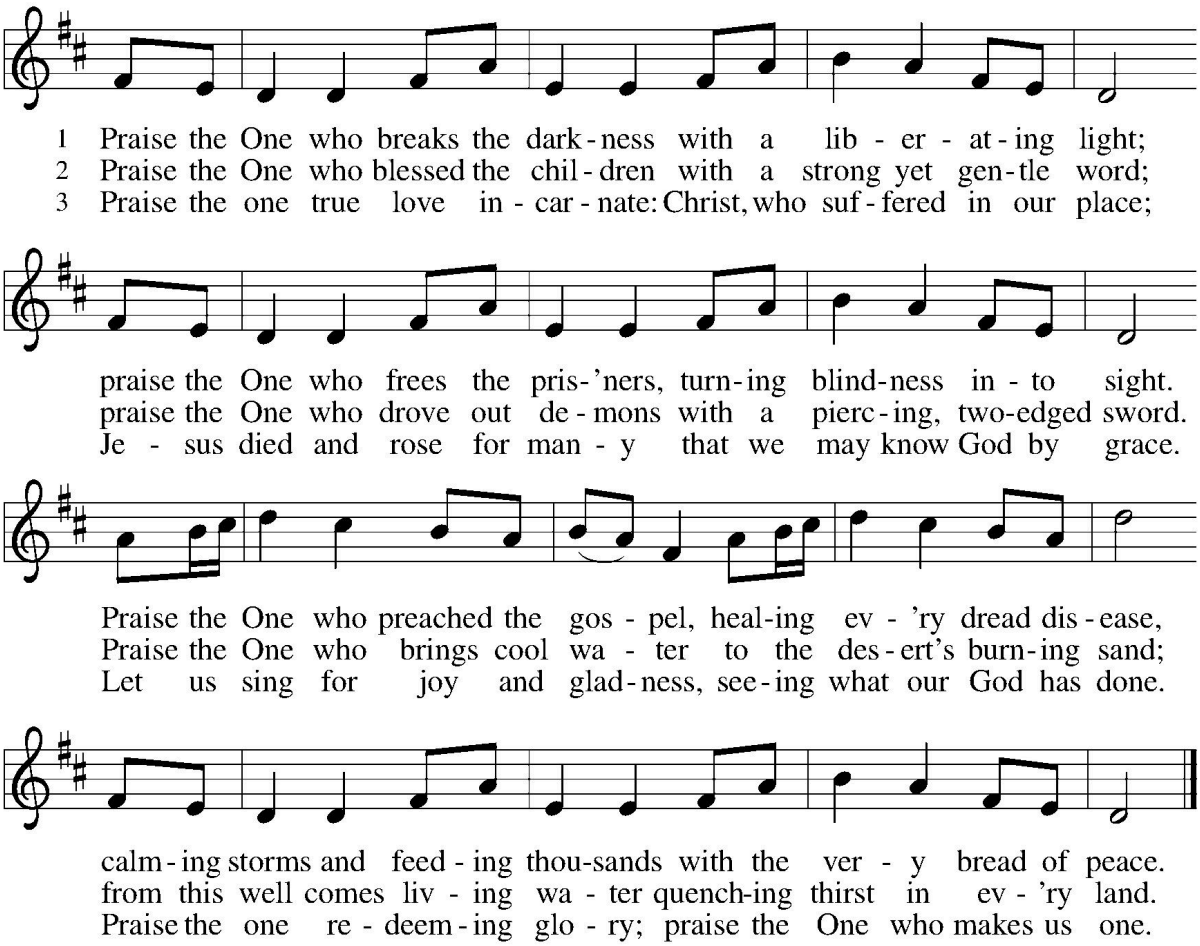
SEND

Blessing

May the grace that says “you are not alone” encourage you.
May the mercy that says “you are enough” comfort you.
May the love that says “you are loved” embrace you this day and every day. **Amen**.

Sending Song

Praise the One Who Breaks the Darkness



Text: Rusty Edwards, b. 1955
Music: NETTLETON, J. Wyeth, *Repository of Sacred Music*, Part II, 1813
Text © 1987 Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

Dismissal

Go in peace, share the good news.
Thanks be to God.

Postlude

Love Lifted Me
by Howard E. Smith, arr. by Joel Raney

2026-2027 Worship Series

More at lakenokomischurch.org/hive

There has Always been a Hive:

Women's Stories in Scripture

This year, our readings in worship will invite us to listen again to the stories of women throughout Scripture—women whose faith, courage, questions, wisdom, grief, leadership, and relationships helped shape the story of God's people. Using the imagery of bees and the hive, we'll explore what happens when voices that have too often been overlooked are gathered into the center of our shared story.

The honeycomb offers us another image for the communities we are called to build. Its hexagonal structure is remarkably strong and efficient—not because each cell stands alone, but because the cells are joined together. In the same way, our faith communities become stronger when we recognize our interdependence and make room for the gifts, experiences, and voices of one another.

This is not simply a series about women. It is an invitation to hear Scripture as a story of relationship: God with humanity, people with one another, and communities learning what justice, mercy, belonging, and faithfulness look like. *Gathered by God. Rooted in story. Every voice belongs.*

Ancestors: Written In

October 11 - November 1

All four women appear in Matthew's genealogy of Jesus—Matthew 1:3-6 —named explicitly and deliberately in a list that didn't have to include them at all. They are **Tamar**, **Rahab**, **Ruth,** and **Bathsheba** — and every single one of them is an outsider, a survivor, a woman whose story involved risk, transgression, loss, or exploitation, and who ends up woven into the line that leads to Christ.

Matthew is making a theological argument with his genealogy before he writes a single word of narrative: the grace of God has always worked through the people you least expected, by means you would never have chosen, to accomplish what only God could see coming.

Rebekah: A Woman Who Shaped the Promise

November 8-November 22

She ran to the well before anyone asked, spoke directly to God when no one else did, and risked everything to ensure the right son carried the covenant forward — so what does it look like when an ordinary woman's courage becomes the hinge of sacred history? Over five weeks, we'll follow Rebekah from her bold youth through her role as prophet, mother, and architect of God's unfolding promise. Her story invites us into the same posture: generous before we know the return, faithful before we see the outcome.

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Enough for everyone

lakenokomischurch.org
5011 31st Ave S
Minneapolis, MN 55417
info@lakenokomis.org

Serving Today!

Pastor
Sara Spohr

Communion Servers
Lori Mueller, Ginny Rudloff
Mark Patzloff, Jean Johnson

Usher
Kat Vann

Altar Guild
Maggie O'Groske
Jill Boncher

Reader
Mark Patzloff

Musicians
Becky Sun, David Walker
Dennis Wallisch

Media Ministry
William Awe
John Walsh

Sunday School
Jerry Winzig, Kat Vann
Clara Gohl

Lake Nokomis Lutheran is a New Branches partner, one of three unique worshiping communities under one roof. For more information about New Branches or to reserve spaces for an event, go to **newbranchesmn.org**.

Land Acknowledgment

We acknowledge that Lake Nokomis Lutheran Church is located on the ancestral land of the Dakota people.

Online Worship

You can still worship at Lake Nokomis Lutheran Church no matter where you are. Livesteam available on **YouTube** at 10:45 am and throughout the week. Go to lakenokomis.org, hover over the worship tab, and click on "online worship."

Volunteer Opportunities

Fall is a great time to get involved on one or more of our volunteer teams. Scan the QR code to fill out the volunteer form and someone will be in touch with you.

Scan to Complete

Online Newsletter

Lake Nokomis Lutheran publishes an E-Newsletter every week. In it, you will find articles and stories about this community of faith as well as upcoming events to participate in. If you would like to receive the online newsletter, email **info@lakenokomis.org**.

Media Disclaimer

Know that Lake Nokomis Lutheran Church uses photographs, videos, livestream, and voice recordings during worship and occasionally for promotional materials.

Staff

Pastor Sara Spohr
Senior Pastor
sspohr@lakenokomis.org

Pastor Arthur Murray
Children, Youth & Family
amurray@lakenokomis.org

Dennis Wallisch
Worship and Music/ Communications
dwallisch@lakenokomis.org

Irene Amon
Visitation Minister
iamon@lakenokomis.org

Kristie Olson
Administrative Coordinator
office@lakenokomis.org

Barb Tauferner
Parish Nurse
btauferner@yahoo.com

Becky Sun
Pianist/Worship Leader
bsun@lakenokomis.org

Stephen Nushann
Youth Minister

Savannamarie Davis
Children's Ministry Intern

Abenet Coltvet
Youth Ministry Intern

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Welcome

Let's Connect!

Please fill this form out and place it in an offering basket. Introduce yourself to those around you. Stay for fellowship afterwards!

Scan to Complete

Date: __/__/__

Name(s): _____

_____

_____

Best Email Address: _____

Best Phone Number: _____

How did you hear about Lake Nokomis Lutheran Church?

(please check all that apply)

I am:
- ☐ new here
- ☐ visiting again
- ☐ here with friends and family
- ☐ active in another church
- ☐ looking for a church home

I would:
- ☐ like to receive the weekly newsletter
- ☐ like to connect by phone
- ☐ like to connect by email

Find out more about Lake Nokomis Lutheran Church by going to lakenokomischurch.org

Oct. 4-10 is
Mental Illness Awareness Week
Immediate Resources

Suicide and Crisis Lifeline
988

Mental Health Connect
mhconnect.org
612-642-1220
navigator@mhconnect.org

National Alliance on Mental Illness for Minnesota
namimn.org
651-645-2948
namihelps@namimn.org

Hennepin County Cope
612-593-1223

Faith and Life Conversations
Wednesdays - 6 p.m.
Small Sanctuary

Faith and Life Conversations provide an opportunity for adult education and conversation about relevant and timely issues in our community and world.

Upcoming offerings include:
October 7
"Sacred Longings"
Led by Lindsey Scott.

October 21
"The Spiritual Practice of Not Resenting Reality"
Led by Lindsey Scott

Resources and materials can be found at **lakenokomischurch.org/adult**.

Red Cross Blood Drive
Wednesday, Oct. 7, 1 - 7 p.m.
The Commons

Happening Soon

This Week

Wednesday Programs

Open Gym	5:15 - 6:30 p.m.
Pizza served	5:45 p.m.
Faith & Life Conversations	6 - 7 p.m.
New Branches Bells	6:15 - 7 p.m.
Confirmation (gr 6-9)	6:30 - 7:30 p.m.
Kids' Mindfulness (gr K-5)	6:30 - 7:30 p.m.
Community Choir	7:15 - 8:15 p.m.

Book Discussion: Live, Laugh, Love
Tuesday, Oct. 6, 7 p.m.
Pastor Angela Denker chats with author Kristin Kobes Du Mez on her new book.
Hennepin Ave UMC

Bimosedaa Building Tour
Wednesday, Oct. 7, 1 - 2 p.m.
16 4th St., Minneapolis

Looking Ahead

Cozy with Caritas
Sunday, Oct. 11, 4-6 p.m.
The Commons

New Branches Coffee Hour
Wednesday, Oct. 14, 10-11 a.m.
The Commons

Celebration of Ministry for Pastor Rachael Keefe
Saturday, Oct. 17, 5-6:15 p.m.

Pasta Dinner Fundraiser for Minnehaha Food Shelf
Thursday, Oct. 22, 5:30 - 7:30 p.m.
New Branches Hall

You can find out more information about these events and any available registrations or sign ups at **lakenokomischurch.org**

Prayer for the People

If you have a prayer request, write it below and place it in the offering basket. Please let us know how you would like to share it.

Scan to Complete

☐ Read aloud today in worship
☐ Share with pastor only
☐ Share with prayer chain

Name & Contact Info: _____