

Fifth Sunday in Lent
All In for the Highs and Lows
March 29, 2026
10:30 AM



University Lutheran Church of Hope is a welcoming, Christian community of faith centered on God's grace and called to demonstrate God's love for the world. University Lutheran Church of Hope is a Reconciling in Christ congregation with a commitment to racial equity.

Welcome. Peace be with you.

We continue our holy experiment. We're worshipping together in-person and virtually on YouTube. Welcome to all!

For those worshipping in-person, please remember:

- ❖ **To support the health and wellness of all those among us**, feel welcome to use masks and hand sanitizer, stay current with your vaccinations, and stay home as needed if you are unwell.
- ❖ **We honor one another's boundaries** by asking permission to be in close proximity, and finding alternate ways to greet one another and share the peace (a deep bow, the peace sign, an air hug, etc.). Our risk levels and comfort differ.
- ❖ **In our service today, we will share Holy Communion.** Ushers will direct you.
- ❖ **If you are new to the community** and wish to speak with a Pastor or be included in our communication and activities, fill out the blue slip in the pew rack and give it to an usher. We'll follow up. It's also just fine to be anonymous. To get more involved, check out our website: <http://www.ulch.org/> To receive the weekly enews, the Thursday Epistle, contact our church administrator at ulch@ulch.org.
- ❖ **Children are welcome in worship.** Kids, grab your SPARK Story Bibles. Craft tables are available for families at the front of the sanctuary. Note: The nursery is not staffed, but is available for your use. The nursery is on the upper level of the education wing, most easily reached from the doors nearest the baptismal font.
- ❖ **After worship, enjoy the time to linger for conversation** in the lounge, courtyard and patio.

Land Acknowledgment

This Land Acknowledgment, and our response, are both a work in progress. We're actively engaged in a process to move beyond a simple acknowledgment, and toward a more active commitment. Watch for more opportunities for our community.

We gather for worship on the land of our Creator. Many of us and our church building dwell in the traditional home of the Dakota people, and a land over which the Anishinaabeg people and others also moved. They gathered and ate food, rested, died and gave birth, and prayed here, and many still do.

GATHERING

+ Indicates the assembly stand as able. Assembly parts are marked in **bold**.

ELW refers to the red hymnal, *Evangelical Lutheran Worship*. ACS refers to *All Creation Sings*, an ELW supplement.

Prelude

All Hail the Power of Jesus' Name!

Arr. Aaron Shows

+ Welcome

+ Processional Gospel Reading -Matthew 21:1-11

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

Hosanna in the highest.

The gospel according to Luke, the nineteenth chapter.

Glory to you, O Lord.

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, "Go into the village ahead of you, and immediately you will find a donkey tied and a colt with her; untie them and bring them to me. If anyone says anything to you, just say this, "The Lord needs them." And he will send them immediately." This took place to fulfill what had been spoken through the prophet:

"Tell the daughter of Zion, Look, your king is coming to you, humble and mounted on a donkey, and on a colt, the foal of a donkey."

The disciples went and did as Jesus had directed them; they brought the donkey and the colt and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting,

"Hosanna to the Son of David!

Blessed is the one who comes in the name of the Lord!

Hosanna in the highest heaven!"

When he entered Jerusalem, the whole city was in turmoil, asking, "Who is this?" The crowds were saying, "This is the prophet Jesus from Nazareth in Galilee."

The gospel of the Lord.

Praise to you, O Christ.

Cuando se acercaban a Jerusalén y llegaron a Betfagué, al monte de los Olivos, Jesús envió a dos discípulos con este encargo: «Vayan a la aldea que tienen enfrente. Ahí mismo encontrarán una burra atada y un burrito con ella. Desátenlos y tráiganmelos. Y si alguien les dice algo, respóndanle que el Señor los necesita, pero que ya los devolverá». Esto sucedió para que se cumpliera lo dicho por el profeta: «Digan a la hija de Sión:

"Mira, tu rey viene hacia ti, umilde y montado en un burro, en un burrito, cría de una bestia de carga"». Los discípulos fueron e hicieron como había mandado Jesús. Llevaron la burra y el burrito y pusieron encima sus mantos, sobre los cuales se sentó Jesús. Había mucha gente que tendía sus mantos sobre el camino; otros cortaban ramas de los árboles y las esparcían en el camino.

Tanto la gente que iba delante de él como la que iba detrás gritaba:—¡Hosanna al Hijo de David!—¡Bendito el que viene en el nombre del Señor!—¡Hosanna en las alturas!

Cuando Jesús entró en Jerusalén, toda la ciudad se conmovió.—¿Quién es este? —preguntaban.—Este es el profeta Jesús, de Nazaret de Galilea —contestaba la gente.

El Evangelio del Señor.

Alabanza a ti, oh Cristo!

+ Blessing of the Palms

God of all, bless these palms and those who carry them. As you join us in the joys of our lives, we join this joyful procession. As you join us in pain and heartache, we join the procession to the cross. These palms are signs of pain and promise, and you reside in both. God of all, bless these palms and those who carry them. **Amen.**

+ Processional Hymn

Pave the Way with Branches

ACS 928, by Bret Hesla

* Je - sus is com - ing. Pave the way with branch - es.

Je - sus is com - ing. Ho - san - na. san - na.

Ho - san - na, Je - sus is com - ing. Ho -

san - na to the Prince of peace. Prince of peace.

+ Greeting and Prayer of the Day

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

Hosanna in the highest.

Let us pray. God of all, the joyful protest march on this day will soon become a gruesome march to Golgotha. Yet you are in all of it: the joy and the heartache, the pain and the promise, the peace and the anguish. In this holy week, help us to walk through all of it with you, that we may experience the comfort of knowing you with us in our highs and in our lows too. **Amen.**

WORD

Children's Message

Reading - Philippians 2:5-11 New Revised Standard Version Updated Edition

Let the same mind be in you that was in Christ Jesus,
who, though he existed in the form of God,
did not regard equality with God
as something to be grasped,
but emptied himself,
taking the form of a slave,
assuming human likeness.
And being found in appearance as a human,
he humbled himself
and became obedient to the point of death—
even death on a cross.
Therefore God exalted him even more highly
and gave him the name
that is above every other name,
so that at the name given to Jesus
every knee should bend,
in heaven and on earth and under the earth,
and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.

Word of God, word of Life.

Thanks be to God.

La actitud de ustedes debe ser como la de Cristo Jesús,
quien, siendo por naturaleza Dios, no consideró el ser
igual a Dios como algo a qué aferrarse.
Por el contrario, se rebajó voluntariamente,
tomando la naturaleza de siervo
y haciéndose semejante a los seres humanos.
Y al manifestarse como hombre,
se humilló a sí mismo
y se hizo obediente hasta la muerte,
¡y muerte de cruz!
Por eso Dios lo exaltó hasta lo sumo
y le otorgó el nombre
que está sobre todo nombre,
para que ante el nombre de Jesús
se doble toda rodilla
en el cielo y en la tierra
y debajo de la tierra,
y toda lengua confiese que Jesucristo es el Señor,
para gloria de Dios Padre.

Palabra de Dios, palabra de vida.

Demos gracias a Dios.

Sermon - Pastor Maria Anderson-Lippert

+ Hymn of the Day

I Want Jesus to Walk with Me

ELW 325

+ Immigrants' Creed

I believe in Almighty God, who guided the people in exile and in exodus, the God of Joseph in Egypt and Daniel in Babylon, the God of foreigners and immigrants.

I believe in Jesus Christ, a displaced Galilean, who was born away from his people and his home, who fled his country with his parents when his life was in danger, and returning to his own country suffered the oppression of the tyrant Pontius Pilate, the servant of a foreign power, who then was persecuted, beaten, and finally tortured, accused and condemned to death unjustly. But on the third day, this scorned Jesus rose from the dead, not as a foreigner but to offer us citizenship in heaven.

I believe in the Holy Spirit, the eternal immigrant from God's kingdom among us, who speaks all languages, lives in all countries, and reunites all races.

I believe that the church is the secure home for the foreigner and for all believers who constitute it, who speak the same language and have the same purpose. I believe that the communion of the saints begins when we accept the diversity of the saints.

I believe in the forgiveness of sin, which makes us all equal, and in reconciliation, which identifies us more than does race, language, or nationality.

I believe that in the resurrection God will unite us as one people in which all are distinct and all are alike at the same time. Beyond this world, I believe in life eternal in which no one will be an immigrant but all will be citizens of God's kingdom, which will never end. Amen.

"The Immigrants' Creed" is excerpted from The Book of Common Worship: 2018 Edition.

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Prayers of the People

Following each petition: God of all, Meet us here.

+ Sharing the Peace

The peace of Christ be with you always.

La paz de Cristo sea siempre con ustedes.

And also with you.

Y también contigo.

All are invited to share the peace of Christ using these or similar words "Peace be with you" or "La paz del Señor."

MEAL

Offertory

You Do Not Walk Alone

Elaine Hagenberg (2019)

Hope Choir

Text: Traditional Irish Blessing

May you see God's light on the path ahead when the road you walk is dark. May you always hear, even in your hour of sorrow, the gentle singing of the lark. When times are hard may hardness never turn your heart to stone. May you always remember when the shadows fall, you do not walk alone.

Thank you for your continued generosity! Donations may be sent electronically or by mail, or placed in the offering plate in the center of our space as you come forward for Holy Communion. A QR code is available on the last page of the bulletin.

+ Offertory Prayer

God who provides, we return to you a portion of all that you have given us. Bless and use these gifts, our hands, our hearts, our ministry, to care for the world you so love. Now prepare us to receive you at this table and again in the world beyond our doors. In Jesus' name we pray. **Amen.**

+The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

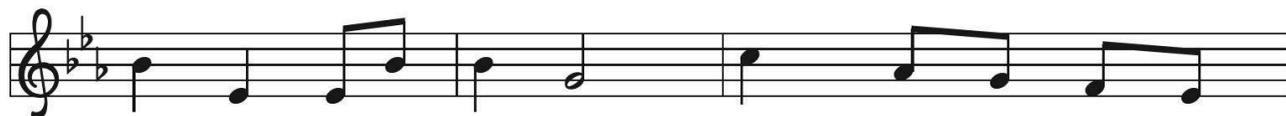
We lift them to our God.

Let us give thanks to our gracious God. **It is right to give our thanks and praise.**

It is indeed...join their unending hymn:

+ Sanctus

ACS communion setting 12 by Anne Krentz Organ



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and



God of might, heav - en and earth are full of your



glo - ry. Ho - san - na in the high - est.



Bless - ed is the one who comes in the name of the



Lord. Ho - san - na, ho - san - na in the high - est.



Ho - san - na, ho - san - na in the high - est.

+ Eucharistic Prayer and Words of Institution

+ The Lord's Prayer

Our Creator, Our Mother, Our Father 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.

Creador nuestro, Madre nuestra, Padre nuestro que estás en el cielo, santificado sea tu nombre. Venga tu reino. Hágase tu voluntad en la tierra como en el cielo. Danos hoy nuestro pan de cada día. Perdona nuestras ofensas como también nosotros perdonamos a los que nos ofenden. No nos dejes caer en tentación y libranos del mal. Porque tuyo es el reino, tuyo es el poder y tuya es la gloria, ahora y siempre. Amén.

Holy Communion

We believe that Jesus Christ is present in Holy Communion with gifts of forgiveness, life and salvation. All who hunger for the presence of Christ in their life are invited to partake. By our participation in this meal and blessing, we are strengthened in faith and in life. All are welcome to commune.

If you are at home and sitting with others... *When sharing the bread with someone, say to them: "This is the body of Christ, given for you." When sharing the wine or grape juice, say, "This is the blood of Christ, shed for you."*

If you are at home on your own... *Hear the voice of the pastor naming these promises of grace and life for you. If you'd prefer a blessing, hear these promises: "You are a beloved child of God. May God strengthen you with grace through Christ for all we face today."*

If you are worshipping in-person today... *We invite you to come forward to receive the elements and hear the words of promise, or to receive a blessing. Following the direction of the ushers, come forward: pick up a cup, gather around the table, receive the bread (gluten free is available), receive either the red wine or white grape juice in your cup, place your used cup in the basket. Children of all ages are welcome to partake at Holy Communion.*

If you seek healing prayers today... *A healing minister is available during Holy Communion this morning. If you'd like prayers for healing for yourself, for those you love, or for other situations, you are invited to come to one of the healing ministers. You can ask for specific prayers or simply ask them to pray with you...and they will.*

If you are so inclined during this time... *You may dip into the baptismal waters and remember the promises, light candles for situations around the world and close to home or add a prayer to the prayer wall. All prayer slips remain anonymous. Periodically throughout the year, prayers are removed from the wall, blessed during worship, and burned in our courtyard fireplace as a sign of releasing our burdens and entrusting our concerns to God's care.*

Music During Communion Ride On, Ride On in Majesty!

ELW 346

Feed Us with Hunger for Justice

ACS 968

Optional descant

Feed us jus - tice. Feed us your peace.

Feed us with hun-ger for jus-tice. Feed us with thirst for peace.

The image shows two staves of musical notation. The top staff is labeled 'Optional descant' and contains the lyrics 'Feed us jus - tice. Feed us your peace.' The bottom staff contains the lyrics 'Feed us with hun-ger for jus-tice. Feed us with thirst for peace.' A triplet of eighth notes is marked with a '3' and a bracket above it in the second measure of the bottom staff.

Text: Anne Krentz Organ, b. 1960
 Music: HUNGER FOR JUSTICE, Anne Krentz Organ
 Text and music © 2020 Augsburg Fortress

My Song Is Love Unknown

ELW 343

+ **Table Blessing**

The body and blood of our Lord Jesus Christ strengthen you and keep you in God’s grace. **Amen.**

+ **Prayer after Communion**

God, you have revealed yourself to us again in the holy mystery of bread and cup. Strengthen us by your presence, draw us closer to one another as the Body of Christ, and send us to reveal you in all our words and ways. **Amen.**

Announcements

SENDING

+**Blessing**

As you have met God in this place, go now to meet God beyond this place. As you have received the love of Jesus, go now to give the love of Jesus. As the Creator has been all in for you, go now and be all in for the sake of the world. **Amen.**

+**Recessional Hymn**

Guide My Feet (*vss. 1-4*)

ACS 987, Spiritual

See next page for the music

Leader

1 Guide my feet
2 Hold my hand
3 Stand by me while I run this race.
4 I'm your child
5 Search my heart

All

Yes, my Lord!

Guide my feet
Hold my hand
Stand by me while I run this race.
I'm your child
Search my heart

Yes, my Lord!

Guide my feet
Hold my hand
Stand by me while I run this race,
I'm your child
Search my heart

for I don't want to run this race in vain.

+Dismissal

Gracious God bless you as you go. **Amen.**

Postlude

<p>Staff at University Lutheran Church of Hope</p> <p>Lead Pastor Rev. Amanda Simons (she/her) amandas@ulch.org</p> <p>Pastor Rev. Maria Anderson-Lippert (she/her) mariaa@ulch.org</p> <p>Minister of Worship and Music Paul Stever (he/him) pauls@ulch.org</p> <p>Church Administrator Nathan Obrestad (he/him) nathano@ulch.org</p> <p>Financial Administrator Catherine Menick (she/her) FinAdmin@ulch.org</p> <p>Sunday Opener/Closer, Worship Tech <i>Please share our open position</i></p> <p>Custodian Geremew Beshah (he/him)</p> <p>Lutheran Campus Pastor Kate Reuer Welton (she/her) kate@umnlutheran.org</p>	<p>Giving electronically Use this QR code to reach the University Lutheran Church of Hope donation page:</p> <p>Or go to www.ulch.org and click on the “Give” tab. Thank you for your generous support of God’s ministry through ULCH.</p>  <p>Copyright Acknowledgments Liturgy reprinted by permission under Augsburg Fortress Liturgies Annual License #3625 and from <i>Barn Geese Worship</i>, “All In” Lenten resources. Music throughout the service reprinted under OneLicense A-707451 unless otherwise noted. Scripture excerpts in English from New Revised Standard Version Bible, copyright © 1989 National Council of the Churches of Christ in the USA, unless otherwise noted. Used by permission. All rights reserved worldwide. Scripture excerpts in Spanish from Santa Biblia, NUEVA VERSIÓN INTERNACIONAL® NVI®, © 1999, 2015 por Biblica, Inc.® Usado con permiso de Biblica, Inc.® Reservados todos los derechos en todo el mundo. Used by permission. All rights reserved worldwide.</p> <p>UNIVERSITY CHURCH OF LUTHERAN HOPE</p> <p>University Lutheran Church of Hope 601 13th Avenue SE Minneapolis, MN 55414-1437 612.331.5988 www.ulch.org Office hours: 9am to 2pm weekdays</p>
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Today’s Worship Leaders

Pastor Amanda Simons, Pastor Maria Anderson-Lippert (presiding ministers); Marty Lewis-Hunstiger (assisting minister); Hope Choir, Paul Stever (musicians); Wayne Lee, Jason Lukis, Mary Reimann-Perez (communion servers); Rick Chapman (lector); Matthew Fry (worship tech facilitator); Sheila Hougen (greeter); Tim Abrahamson, John Hensrud, John Robinson, Ron Sorensen (ushers); Anja Lukis, Junia Lukis (acolytes); Serafina Scheel (worship prep); Paul Demeules, Shelly Parry (communion clean-up); Donna Neste, Julia Reimann-Perez (healing prayer)

Palm Sunday March-TODAY

Join thousands of Christians in St. Paul on March 29th, Palm Sunday afternoon where we will celebrate and embody our faith's call to love God and love our neighbors as ourselves and reject authoritarianism, cruelty and greed. A march will begin from many congregations at the intersection of University & Dale at 2pm or you can gather at 2:30pm for a joyful worship service and public action on the Capitol Mall. Groups will also be leaving together from Hope. Join us and bring your family and friends!

Worship this week

April 1, There will be no midweek Lenten worship on Wednesday

April 2, Maundy Thursday 7pm service (in the sanctuary and on YouTube)

April 3, Good Friday 7pm service (in the sanctuary and on YouTube)

April 4, Easter Vigil 7pm service (beginning in the middle courtyard, no streaming)

April 5, Easter Sunday 10:30am worship (in the sanctuary and on YouTube)

Music led by the Hope Choir and brass quartet

All In Lenten Devotional

You are welcome to take home a print copy of the All In Lenten Devotional to include in your prayer life. This devotional is also available online at ulch.org and via the weekly Thursday Epistle.

April Sunday Forums: Hope for Future Generations

April 12: Lutheran Campus Ministry Update

A current student of LCM will be presenting what is happening within their organization at this time. We will also have our own Hope member, Tim Gustafson, who is a past board member for LCM.

April 19 and 26: Dietrich Bonhoeffer, presented by Lori Brandt Hale

At this time of rising authoritarianism in our country and around the world, we have a unique opportunity to explore the thoughts of Lutheran theologian, Dietrich Bonhoeffer, with an expert in the field. Dr. Lori Brandt Hale is a professor at Augsburg College and a member of the International Bonhoeffer Society – English Language Section (IBS-ELS). This society is dedicated to advancing the theology and legacy of German pastor-theologian and Nazi resister, Dietrich Bonhoeffer, in the academy, church, and world.

“The ultimately responsible question is not how I extricate myself heroically from a situation but how a coming generation is to go on living.” ~Dietrich Bonhoeffer, December 1942.

Fellowship Meal - April 19

Fellowship Meal will be on April 19. Details will be shared as we get closer to the date. But you can predict we will need salads and desserts. So start planning! Questions? Talk to Sheila Hougen or Ann Beane.