

JULY 2020

BELIEVING, BELONGING, BECOMING

MOUNT OLIVET  
MESSENGER



*mtolivet.org*

# JOIN US

**M MPLS CAMPUS**

5025 Knox Ave S  
Minneapolis, MN 55419  
612.926.7651

**W WEST CAMPUS**

7150 Rolling Acres Rd  
Victoria, MN 55386  
952.767.1500

## SUNDAYS

When Mount Olivet resumes in-person worship our Summer Sunday schedule is as follows:

- M** 9, 10, 11am
- W** 9, 10am

Holy Communion 8:30am; Nursery 9, 10, 11am; Radio Broadcast on WDGY 740AM at 11am; Watch the Mpls worship service at mtolivet.org at 11am

**COVER PHOTO**  
taken by Peter Stratmoen

## JULY 5

### THE PERSISTENT WIDOW

*Luke 18:2-5*  
Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Kalland

## JULY 12

### THE LOST SHEEP AND LOST COIN

*Luke 15:1-10*  
Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Ruud

## JULY 19

### THE WHEAT AND THE WEEDS

*Matthew 13:24-30*  
Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor MacLean

## JULY 26

### THE MUSTARD SEED

*Mark 4:30-32*  
Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Lose

### SUMMER PREACHING SERIES: JESUS' PARABLES – PUSHING US BEYOND THE COMFORT ZONE

*July 5 – The Persistent Widow: Luke 18:2-5*

Are parables analogies? If so, this one paints an uncomfortable picture of God: an unjust judge who will only do what is right when public pressure is applied? Or do parables simply ask us to name an uncomfortable truth: persistence and public pressure eventually pay off?

*July 12 – The Lost Sheep and Lost Coin: Luke 15:1-10*

We tend to take God's grace for granted. Of course, God wants to seek out the lost. But listening to this parable takes things way further: God will risk anything for the sake of the lost, even putting ninety-nine obedient sheep at risk to seek one stray. Is that what we really want?

*July 19 – The Wheat and the Weeds: Matthew 13:24-30*

How much discomfort, how much frustration, how much obstruction do you have to put up with for a good outcome? According to Jesus, it's likely more than we imagined or want. But notice the reason: so that all may have a chance to flourish. Are we ready for that?

*July 26 – The Mustard Seed: Mark 4:30-32*

At last, a parable we know and can relate to! Big things can come from small packages. Or, don't judge a book by its cover. Right? Not so fast. We might rather call this parable "The Parable of the Invasive Weed" and sum its message up as, "Be careful who you let in the neighborhood," as Jesus offers a warning about just what the discipleship life looks like.

# The Power of Personal Stories

I want to share a personal story. It's easy to lose sight of the importance of that: sharing our stories and sharing ourselves, rather than simply re-iterating slogans or slinging convictions. Please know that I share this story not to try to convince you of something or cajole you into anything, but simply so that you will know me better and understand more fully how I am trying to lead us through these turbulent days. As I've said before, the cultural impulse today is to view everything through the lens of partisan politics; I'm asking that you receive this instead as a personal story.

The story is about my early encounter with the group and movement identified as Black Lives Matter. At the time, in 2015, it was, and sometimes still is, written as one word with a hashtag in front of it: #blacklivesmatter. At the time, it stirred, and sometimes still stirs, no small amount of controversy. By stressing that Black lives matter, the standard argument went, *"They must be suggesting that Black lives matter more than other lives. But isn't everyone of value? Why this focus just on Black lives?"*

I get it. When I first encountered the name, it made me uncomfortable. Five years later, it's still tempting to opt for the compromise that many politicians and public figures have adopted: "Yes, Black lives matter, because *all* lives matter."

I get it. That's more comfortable. But it misses the point. The assertion that "Black lives matter" isn't saying that all lives don't matter, or don't matter equally. Rather, it's saying that the way this country and culture acts, you would think that we have collectively decided that Black lives don't matter, at least not nearly as much as White ones do.

While leading The Lutheran Theological Seminary at Philadelphia, I had the opportunity to get to know a number of the leaders of African American congregations. One pastor I came to know put it this way: "When you see a house on fire and direct the firefighters to that house, you're not saying that all the houses in the neighborhood don't matter, you're saying this one especially matters because it's on fire." I should add that this pastor lives in a

predominantly white neighborhood and has on numerous occasions been pulled over, though never for speeding. When he asks why, the police officers say they're just doing their job. Telling me about this, he concluded, "Right now, our house is on fire."

Each week we confess in the Apostles' Creed that we believe "in God the Father almighty, creator of heaven and earth." And at Camp we regularly sing, "This is my Father's world." That parental imagery for God became much more meaningful for me when I had children. Like all parents, I love my kids fiercely. And, like all parents, when one of them is especially hurting, I pay more attention to that one, while hoping not to totally neglect the other. Parents know this juggling act well. Yet each time I give extra time and attention to one of my kids who is hurting, I never feel that I love our other child less. Of course, all our children matter to us, but when one is hurting, it's crucial to give extra care. I believe that's what's going on in the Black Lives Matter movement. Of course, all lives matter, but right now we're not acting as if that's true. Moreover, some of God's children are hurting and need and deserve serious and focused attention.

For some, #BlackLivesMatter may be a slogan or rallying cry, for others it may seem more of a claim or demand. But for me, it reminds me of my friend and the manifold challenges he faces and I don't because of his skin color. Which is why I don't mind if the name at times still makes me uncomfortable. It's supposed to. Because this movement is calling me first to acknowledge, and then work to change, an uncomfortable reality in our world. A reality that everything I've read in the Bible and know about God in Jesus tells me needs to change.



Pastor Lose

DAVID J. LOSE, SENIOR PASTOR

## COMMUNITY PARTNERS GREET AND GIVE DRIVE

You are invited to participate in a “Greet and Give” drive to continue supporting our ministry partners who desperately need our help at this time: CES, Bountiful Baskets, Love INC, VEAP, St. Stephen’s Human Services, and Simpson Housing. Mount Olivet pastors and staff will be on hand to greet you and help with contact-free drop off of your items. Please have items separated into food and essential items bags. Weekly on Mondays at Minneapolis Campus & West Campus, 3-6pm. The Pastors and Pastoral Care Team will host the 1st Monday at Mpls and 3rd Monday at West schedule; Mount Olivet Youth will host the remaining days. Donations must be NEW and limited to the critically needed supplies identified by our partners:

- Non-perishable food items
- NEW travel-size personal hygiene items
- NEW adult underwear – all sizes
- NEW baby diapers – all sizes
- NEW 2-4 person tents
- NEW Tarps (8ft x 10ft)

If you cannot visit us in person, you may directly donate to St. Stephen’s Amazon and Simpson Housing Amazon by visiting [mtolivet.org/together-at-mount-olivet](https://mtolivet.org/together-at-mount-olivet).

## CATHEDRAL OF THE PINES

Hello from COP! I am missing the lively action of campers. It is so weird to be up here without you! We are hoping to take advantage of a disappointing situation by making some improvements to the camp so the grounds and buildings look better than ever for the summer of 2021! Our project wish-list includes the following: repairing camper cabin decks, refinishing camper cabin floors, recarpeting and refinishing the chapel floor, and reupholstering the chapel chairs. Please know your gift of any amount would be appreciated and will make a difference. To make a gift visit <https://onrealm.org/mtolivet/give/CathedralofthePines>

KRISTI L. YOUNGDAHL, *Cathedral of the Pines Camp Director*



## LIFE & GROWTH

MAY 15 – JUNE 17

### BAPTISMS

- Holden Duke Evans**  
*son of Jade and Dave*
- Liam Anthony Gherity**  
*son of Kelly and Grant*
- Vivienne Zera LaMar**  
*daughter of Courtney and Travis*
- Parker Evelyn Mertes**  
*daughter of Spencer and Joseph*

### DEATHS

- Marie E. Anderson**  
1926 - 2020
- Phyllis A. Brooks**  
1923 - 2020
- Jean Eichhorn**  
1920 - 2020
- Steven K. Froehlich**  
1963 - 2020
- Raymond R. Gustafson**  
1926 - 2020
- Franklin E. Haugen**  
1941 - 2020
- John S. Hibbs**  
1934 - 2020
- Susan E. Hogan**  
1943 - 2020
- Bernice A. Hoium**  
1924 - 2020
- Thea M. Holtan**  
1938 - 2020
- Catherine E. Jacobson**  
1934 - 2020
- Naomi Johnson**  
1926 - 2020
- Robert T. Nelson**  
1938 - 2020
- Kay I. Peterson**  
1939 - 2020
- Paul E. Stohl**  
1928 - 2020
- Robert P. Victor**  
1948 - 2020

## DAILY READINGS

### FROM PASTOR KALLAND

JULY 2020

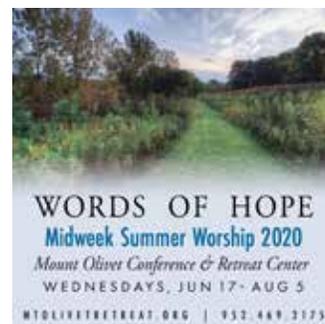
- 1 Isaiah 61:1, Proclaim Freedom
- 2 Psalm 119:45, Walk in Freedom
- 3 Ephesians 3:12, Approach With Freedom
- 4 2 Corinthians 3:17, There Is Freedom
- 5 Galatians 5:13, Called To Freedom
- 6 Romans 12:9, Cling To What Is Good
- 7 Acts 18:9-10, I Am With You
- 8 Isaiah 6:8, Whom Shall I Send?
- 9 Acts 4:19-20, Which Is Right In God's Eyes?
- 10 Amos 5:24, Let Justice Roll
- 11 Hebrews 12:2, Fix Your Eyes On Jesus
- 12 Mark 12:30, Heart, Soul, Mind, Strength
- 13 Matthew 7:13-14, Narrow Gate
- 14 Deuteronomy 30:19, Choose Life
- 15 James 1:12, The Lord Has Promised
- 16 John 8:34, Everyone
- 17 2 Peter 3:9, Wanting All To Repent
- 18 3 John 1:11, Imitate What Is Good
- 19 Psalm 1:6, The Lord Watches Over Us
- 20 Philippians 4:6-7, The Peace Of God
- 21 Hebrews 13:5-6, Will Never Leave Or Forsake Us
- 22 Psalm 27:1, Our Light, Salvation, Stronghold
- 23 Daniel 6:26-27, The Living God
- 24 Isaiah 25:7-8, Wipe Away Tears
- 25 Romans 8:38-39, Nothing Will Separate Us
- 26 Revelation 5:12, Worthy Is The Lamb
- 27 Psalm 30:2, You Healed Me
- 28 Jeremiah 17:14, You Saved Me
- 29 James 5:14, Pray In the Name Of The Lord
- 30 Isaiah 53:4-5, By His Wounds We Are Healed

## DEVOTION

Some of you might remember the Long Hot Summer of 1967, and perhaps you've been feeling a little déjà vu lately. There are seasons when we seem to crash into each other, when demands for justice collide with systems so old and deeply-rooted that it seems change can only come violently. On these hot summer days, nothing sounds better than the rain—the one you can feel coming all day, the one that breaks the heat with fat drops falling like hammers. This rain almost makes the world new. When we've been struggling to breathe in the thickness of the humidity, this rain seems to wash the very air clean and give us something fresh for our lungs. This rain sometimes reminds me of the one called down by the Lord in Isaiah 45. "You heavens above, rain down my righteousness; let the clouds shower it down. Let the earth open wide, let salvation spring up, let righteousness flourish with it; I, the LORD, have created it." The word of the Lord in Isaiah sounds like a promise and a threat, just like the distant rumble of thunder before a summer storm. Something is coming. It might be disruptive, even violent. It will change the world. It will bring life and righteousness. — PASTOR DIXON



## MOUNT OLIVET CONFERENCE & RETREAT CENTER MIDWEEK WORSHIP SERVICES WORDS OF HOPE



Our beloved Summer Midweek worship services at the Retreat Center have begun! If you missed the first two, don't worry, they are available for viewing on the Together @ Mount Olivet page on our website.

Each Wednesday from July 1 through August 5, we will hear from one of our pastors. They will record a brief service, including a passage of the preaching pastor's choosing that helps them find hope, understand hope, and share hope. In addition, there will be a Nature Talk that takes you through the grounds of the Mount Olivet Conference & Retreat Center. Below are the dates you can expect to hear from our Mount Olivet Pastors!

- |         |                         |
|---------|-------------------------|
| July 1  | Pastor Kalland          |
| July 8  | Pastor Freeman          |
| July 15 | Pastor Ruud             |
| July 22 | Rev. Dr. Theresa Latini |
| July 29 | Pastor Hammersten       |
| Aug 5   | Pastor MacLean          |

# Making Giving a Priority

We joined Mount Olivet in 2005 when we were getting ready to have our first child. Church has always been an important part of our lives and we have prioritized worship with our family as the kids have grown up with Sunday school, choir, and attending Cathedral of the Pines camp in the summer.

We have now been members for 15 years and our kids are 14 and 12 years old. We have also prioritized giving to Mount Olivet each month to help support the many children and family programs that make Mount Olivet special to us. Our daughter Ellie will be a 9th grader this fall and is excited to join Cathedral Choir. In the fall, she will be confirmed and our son Joe, who will be a 7th grader, will begin his confirmation journey at Mount Olivet.

While there are so many disappointments that have come with this global pandemic—schools closing, activities cancelled, special events delayed—we remain grateful that we’ve been able to continue to worship as family together on Sundays with Mount Olivet. It looks a little different now, watching the online Mount Olivet church services on an iPad as we eat lunch together at our cabin, but it works and we feel connected. We have also appreciated the fact that the kids were able to continue their confirmation preparation through the video messages posted each Wednesday. While they are very sad that they won’t be attending COP again this summer, we will continue to worship together as a family, support the church through our monthly gift and pray for all of the people at Mount Olivet, around the state of Minnesota, and around the world who have been impacted by COVID-19.

JANA AND DAVE HECKER, *Mount Olivet members*



*Thank you for sharing your story, Jana and Dave! If you'd like to share your story of how Mount Olivet impacts your life and why you choose to support its ministries, please let us know! Contact Katie Stevenson: [katies@mtolivet.org](mailto:katies@mtolivet.org). Thanks to all who give your gifts to the joyful work of sharing Christ's love by supporting Mount Olivet.*

**PLEASE CONSIDER MAKING A GIFT TO MOUNT OLIVET**

**THANK YOU FOR YOUR GENEROSITY!**

**WAYS TO GIVE**

**Give Online:** with your credit card or bank information by visiting [mtolivet.org/online-giving](http://mtolivet.org/online-giving). Scroll until you see the “Give Online Now” button.

**Realm Connect App:** login using your Realm username and password and click “Giving”

**Text to Give:** text “MTOLIVET” to 73256 and follow the instructions provided.

**Contact Us:** we are here to help! Contact Tricia Lebrol-Morgan in our finance office at 612.767.2255 or by email at [tricial@mtolivet.org](mailto:tricial@mtolivet.org).

# HOLY GROUND, HOLY CONVERSATIONS

On Tuesday, June 2, there was a march in Minneapolis. Specifically, the Rev. Stacey L. Smith, Pastor and Presiding Elder of St. James African Methodist Episcopal Church (AME), invited any and all rostered faith leaders and allies wishing to demonstrate support and backing for our Black community and the intensified fight to confront and abolish racial injustice to join in a six-block march to the memorial site of George Floyd.

Pastors Lose, Hammersten, MacLean, Freeman, and I were all available and privileged to participate. We began at Sabathani Community Center, joining with what I estimated to be perhaps 600-800 people. Upon gathering, Pastor Smith instructed all the Black clergy to lead the march, and she said, “We want our White clergy to file in behind us as a proclamation that you have our back!”

There were clergy from all Christian traditions (Lutheran, Methodist, Baptist, Episcopal, Roman Catholic, Pentecostal, etc.) and various religious traditions (Jewish, Buddhist, Muslim). The mass of participants spanned 3-4 blocks.

Another thing, it was silent. If you know preachers, you’re aware that we tend to be a notoriously chatty bunch. Not this time. Hundreds of leaders, most of whom wearing their clerical attire and Covid-face masks, all silent. Unaware bystanders and passengers of cars unexpectedly confronted or impeded by the march stood with various looks of curiosity, amazement, encouragement, and wonder.

As we neared the memorial site at 38th and Chicago, the group of marchers and grieving community already there grew even quieter. The music pumping through speakers was turned off. Photographers sensing the importance of the moment climbed on concrete barriers outside the intersection to snap photos.

The crowd parted, allowing the Black leaders to convene at the spot where George Floyd died. Black AME clergy led impassioned prayers to God for our community, for Black lives, for change in our collective national hearts and minds. They had no megaphone or amplification. Many of the group could not hear everything, and yet we heard the groaning of God’s Spirit on behalf of the oppressed. Then the entire mass knelt on the pavement and together said the prayer of Jesus Christ, our Lord’s Prayer. There were tears. There were smiles. It was holy ground.

I share this story to invite you into an ongoing conversation about what it means to confess that all people are God’s children. That all people deserve love, respect, and dignity. That God cares for all and especially those hurting or in need. Except that conversation can’t be theoretical. What the killing of George Floyd again made it impossible to ignore is that while we may confess these things, they are not the reality in our world. So what is our responsibility in a world where racism continues to rob children of God of the abundant life Jesus promised?

In the coming weeks and months, we will offer adult education opportunities to explore these and other important questions through book studies, classes, and conversations about how our faith both prepares and expects us to respond to racism. These conversations will not always be comfortable. But they can be respectful. And for those willing to engage, they may also provide holy ground.

— PASTOR RUUD



## PHOTOS

taken by Katie Shepherd, Director of Adult Ministry

# Hi-er League

The years after high school are an exciting time. The previous 18 years were laid out pretty neatly for you by parents, teachers, and other authorities, but now you'll be choosing your own path. Know that your church is behind you! We believe in you. We've watched you grow. We see that you are God's own children, wonderfully made and capable of all things. Hi-League wasn't the last stop. Mount Olivet Class of 2020, Welcome to Hi-er League!

Hi-er League is a group for ages 18-22. Hi-er League gives you a chance to stay connected to this church community, and most importantly to God. There are three main events each year: Sacred Ground at Thanksgiving, Cookies & Worship on Christmas Eve, and a weekend at COP! In addition to those events, Pastor Hammersten, Pastor Dixon, and your Hi-er League facilitators Genevieve, Anna, and Andrew (see article to the right) are here for you year-round. We'd love to share your joys, confusions, fears, heartbreaks, and prayers in this amazing life chapter. Follow us on Instagram @mtolivethierleague! — PASTOR DIXON

# Young Adults

Looking for a place to go after Hi-er League? Mount Olivet Young Adult is a group for ages 22 -45. It's a place for fellowship, community, or exploring how faith relates to the various roles we are assuming. Gathering as singles or couples (or both), there is something here for all.

Unlike most of the congregants I've met at Mount Olivet, I didn't grow up going to Mount Olivet. I joined the church in 2017 after taking the role as the Coordinator of Marketing and Communications. I joined Mount Olivet because I fell in love with the traditional worship service, the numerous ways that you can be involved, and the constant commitment Mount Olivet has of making you feel like it's home. While all those things made it wonderful, my cup was still a little empty. I felt like I was the only young adult at church on Sunday mornings not interacting with other young adults. So I decided to start attending the Young Adult events Mount Olivet was hosting. Some of the events have consisted of learning some how to's, enjoying some fun bars and breweries, and doing service projects. All of a sudden, I had a group of church friends and my cup was finally full! Not only has the Young Adult group made me feel like I have a place at church, it's also allowed me to grow in my faith more than I imagined. Each month, I look forward to 3rd Tuesdays, and can't wait to be reunited with my church friends again! — LIBBY ARITT

## YOUR HI-ER LEAGUE FACILITATORS



### GENEVIEVE KALLAND

To me, Hi-er League is a community rooted in relationships, play, questions, and the of sharing of meaningful experiences through words and moments. Alongside each other, we are a part of Believing, Belonging, Becoming together. Lots of love and looking forward to connecting soon.

### ANNA KRAGNESS

Hi all, my name is Anna Kragness. I grew up going to Mount Olivet, and church and COP have been a part of my life for as long as I can remember. I am so grateful for the connections I've made and support I've received from the entire Mount Olivet community, and I hope YOU can find that in Hi-er League! I'm looking forward to getting to know you, your experiences, and investing and supporting you however I can.



### ANDREW YOUNG

Hi! Like many of you, I grew up at Mount Olivet and participate in the programs our church has to offer. I currently work as a Firefighter and Paramedic locally. I love Hi-er League and what I believe it stands for: continued connection and support from church throughout a huge transitional period in a post-high schoolers' life.



# *Hello from the Mount Olivet Counseling Service!*

During these challenging times as a community a quote that has been circulating is, “we are not in the same boat, but we are in the same storm.” All of our lives have been altered over the past few months and as we seek to provide comfort and understanding toward others, it is also important to practice self-validation. Some examples of self-validation:

- “It’s okay that I am struggling right now.”
- “Acknowledging my own struggles doesn’t take away the significance of others.”
- “This is hard.”
- “No one expects me to do this perfectly, I’ve never done something like this before.”
- “It’s not selfish for me to mourn the things that I’ll be missing out on.”

Try practicing self-validation this week by repeating the above statements to yourself. You may have other validating statements that hold significance for you, as well. If you or a loved one are struggling and need additional support, Mount Olivet’s Counseling Service is available. We continue to offer Telemental Health sessions (video and phone) for you and your family while staying safer at home. For an appointment call Anne Lied at 612.927.7335, ext 10 or [annel@mtolivetcounseling.org](mailto:annel@mtolivetcounseling.org).

JESSICA SMITH, MA, LMFT, *Mount Olivet Counseling Service*



**WE ARE  
HERE FOR  
YOU!**

## NURSE’S NOTES

### BREATHE

Breathe in. Breathe out. We do this all day every day with hardly a thought. What if we mindfully took a slow, deep, belly breath? What benefits would this have for our bodies and minds?

As you take slow, gentle deep breaths, your heart rate slows, your blood pressure decreases, more oxygen enters your bloodstream and endorphins (feel good chemicals) are released into the brain.

\*\*Breathe in calmly through the nose, filling your abdomen and chest for 5-7 seconds, hold this breath for 3 seconds, slowly and gently release the breathe through the mouth for 5 seconds or more. Breathe out through a slightly parted lip or O shape. Repeat.

During deep breathing, one could add a “breath prayer”, an ancient Christian prayer practice. These short, simple prayers can be said in just one mindful breath. Some examples could be,

“Come, Lord Jesus”

“When I’m afraid, I will trust you”

“Jesus, let me feel your love”

“Lord, have mercy”

“Beloved, you are enough”



# MOUNT OLIVET COUNSELING SERVICE

*A place of safety, wisdom, care, and support*

SHANNON HIMANGO, MA, LMFT, Director of Mount Olivet Counseling Service

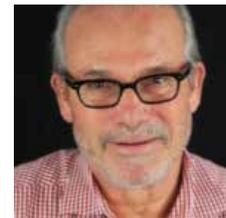
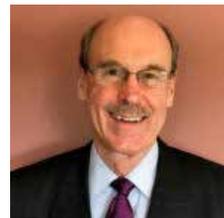
**Did you know that Mount Olivet is one of the few churches in America that supports a professional counseling service for its members and the community?** According to NAMI (The National Alliance on Mental Illness), 1 in 5 U.S. adults experience mental illness each year, and 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year. We are all imperfect beings living in a very complex world, and stress, tension and change add to that complexity. It takes courage and maturity to acknowledge a problem and do something about it, and most problems can be resolved if we are willing to work on them. For 57 years, the professional Mount Olivet Counseling Service staff has worked to help people do so.

**Clientele:** We meet with individuals ages seven through adulthood, couples, and families. We work with a wide variety of mental health and everyday life issues. We work with Mount Olivet

members as well as with the community. Last year we provided approximately 2,500 client counseling sessions!

**Appointments:** Can be made by contacting our office manager, Anne Lied, via email or phone: [annel@mtolivetcounseling.org](mailto:annel@mtolivetcounseling.org) or 612.927.7335 ext. 10. Sessions generally last 50 minutes.

**Fees:** The Counseling Service is committed to making counseling available to all who can benefit from it. For members of Mount Olivet, fees are \$40.00 per session for counseling services, psychiatric and prescriptive medications sessions. Groups are \$10.00 per session. Fees for non-members are \$80.00 per session and \$20 for groups. We do not work with third party payers/insurance companies. For those with limited resources, we can work together to find a manageable fee.



### Current Mount Olivet Counseling Staff

We currently employ nine staff:

Top row: Shannon Himango, MA, LMFT (Licensed Marriage and Family Therapist), and Director; Anne Lied, Office Manager; Sara Watne, MA, LPCC (Licensed Professional Clinical Counselor); Gayle Vaughan, MA, LMFT  
 Bottom row: Nikki Knudson-Dalal, MA, LMFT, LADC (Licensed Alcohol and Drug Counselor); Karen Pieper, MA, LPC; Jessica Smith, MA, LMFT; Frederick Ferris, MD, Internist; and Ronald Groat, MD, Psychiatrist.

### Add us to your village!

We love what we do, and are here to help! Please reach out if you are experiencing mental health symptoms, or would just like a compassionate, confidential, professional and ethical listening ear.

For more information about the Counseling Service, please visit [mtolivet.org/resources/counseling](http://mtolivet.org/resources/counseling).



**Locations:** We meet with clients in three primary locations with multiple seating options (see above photos): 1804 W. 50th St. and 5000 Logan Ave, in Minneapolis. We also have an office in Mount Olivet's West Campus. We are also able to meet with clients via secure Telemental Health services when needed, as we are currently doing at the time of this writing due to the COVID-19 pandemic.

**"FOR I KNOW THE PLANS I HAVE FOR YOU, DECLARES THE LORD, PLANS TO PROSPER YOU AND NOT FOR HARM, TO GIVE YOU A FUTURE AND A HOPE." — JEREMIAH 29:11**

## THE BEGINNING

*“The Counseling Service was started on May 15, 1963. A full-time Psychologist, Dr. C. Wesley Cannom, and Social Worker, his wife Esther Cannom, (affectionately known as Wes and Es!) were employed. Their appointment was a recognition that the joint contributions of theology and psychology are sometimes needed to help people unravel the tangles resulting from the pressures of everyday life.”* (Excerpted from ‘For Such a Time As This... Commemorating 75 Years of God’s Activity at Mount Olivet Lutheran Church.’ By Wilfred Bockelman, 1994.)

At its founding, then senior pastor Dr. Reuben K. Youngdahl said, *“Mount Olivet is providing professional counseling services because it wants a church that makes a real difference in the lives of its members. The new services will be a function of the church’s total ministry. Jesus came teaching, preaching and healing, and so the church is concerned about the personal problems of its members. We must be able to minister to these needs, just as Christ did.”* (Newspaper article clipping from an undisclosed source.)



**PHOTO**

Psychologist, Dr. C. Wesley Cannom, and Social Worker, Esther Cannom

## DID YOU KNOW?

Over the years the Counseling Service has employed 47 staff members!

The Counseling Service has offered many support groups over the years, and our therapists speak at various church and community events regarding mental health topics. The support group topics have varied based upon need, and have included:

- Loss and Grief
- Anxiety and Panic Disorder
- Teenage Depression
- Separated and Divorced
- Cancer Patient Support
- People with Chronic Illness or Disabilities
- People with Mental Illness
- HIV/AIDS
- Women over 70
- Clinical Depression
- Family and Friends of the Mentally Ill
- Women at Decision Points
- Retirement Adjustment
- Parents of Teenagers
- Parents of Special Needs Children
- Caring for people who are Aging/Chronically Ill/Mentally Ill.

The Counseling service also offers a day-long Marriage Preparation Retreat three times per year for groups of couples, as well as more private in-office premarital counseling sessions should couples desire to do so.

The Counseling Service is also a teaching center, having trained 50 practicum students over the years.

## THE VALUE OF COUNSELING

Originally the Mount Olivet Counseling Service was located in an office next to the library in the Minneapolis church building. Under the direction of Dr. John Mc Clay, in the interest of providing better anonymity and confidentiality, the office was moved across the street to 1804 W. 50th Street in November of 1979. John directed the Counseling Service from 1974 - 2008.

In about 1998, a group counseling opportunity was added in the building at 5000 Logan Ave. South. John says, "The healing and wholing of therapy is written in invisible ink in the hearts and minds of clients who have the courage and honesty to explore their inner selves. The clients I worked with were a broad cross-section of humanity, church members and non-members alike, with a range of ages, presenting problems, challenges and concerns. I loved the clients and the work itself; words cannot express the depth and breadth of what it meant."

Faced with the need to hire a new director at the time of John's retirement, Pastor Paul Youngdahl discussed with Rev. Dr. Gary Wilkerson the importance of faith and theology as a deep foundation for therapy. As a pastor grounded in a history of caring for others, deep knowledge of human psychology, and a trust that a caring community enabled a person's ability to heal and change, Pastor Wilkerson headed the department for the next eight years. Under his leadership seminaries, clergy, church workers, first responders and all law enforcement were invited to use the service at the same cost as Mount Olivet members. The practice of having a sliding-fee scale for those who could not pay, or could pay only

modestly, continued. Gary said, "Mount Olivet has graciously continued to support the Counseling Service from the church budget, unique, if not rare among churches with counseling services."

Rev. Dr. John Henrich, who started working at the Counseling Service in 2011, and was director from 2017-2019, said this, "The Mount Olivet Counseling Service is unique in offering low-cost, high-quality mental health care for both parishioners and community members in a setting that respects and values a variety of faith perspectives. During my tenure as director, we also made the move to utilizing electronic health records to come into line with best practices in the mental health field. And, I would like to add a word about the dedicated and professional counselors and office staff who work hard to provide compassionate and competent service to all comers. Mount Olivet Counseling is a small gem in the Twin Cities counseling field."

After Dr. Henrich's retirement, Liscensed Counselor Shannon Himango was tapped to be the next Director. On staff since, 2006, Shannon is excited to continue to expand the scope and reach of the Mount Olivet Counseling Service, adding Telemental Health therapy and other services.

Many years after his retirement Dr. McClay was checking out books from the Southdale library when asked by a woman if he had been the psychologist at Mount Olivet. When he said yes, she said, "Your articles saved my life." All these years later there is evidence of the value of counseling.

### HELPING SINCE 1963

The Counseling Service turned 50 in 2013, held an open house, and offered the opportunity for participants to offer anonymous testimonials if they should so desire.

Here are some of those responses:

"How was I ever going to get through this?"

"I am so grateful my church has the counseling center."

"They are always there for me and have helped me discover my life's purpose."

"They are kind, caring and ready to listen and help."

"I found the Counseling Service to be a caring and supportive place."

"The Counseling Service's staff and other support group members helped me deal with a traumatic event."

"...I finally felt safe enough to discuss a problem that has bothered me most of my adult life."

"I felt I could tell her (my counselor) anything. She helped me find my way through my struggles, and most of all to forgive myself."

"Finally talking to someone about my past gave me the freedom to move on."

## OUR YOUTH'S MOUNT OLIVET FAVORITES

Last summer was my fifth year going to Cathedral of the Pines. I remember sitting on the bus and I couldn't wait to get there. Once the bus pulled into camp, I was so excited! I felt comforted being in the place I love most. I am able to put all of my fears aside from everyday life when I am at camp. One night for devotions, our whole cabin went to the lake. We were all given a rock and instructed to write our fears and worries on it. We went outside and threw it in the lake, right in sight of the cross. They said that our fears were now in the hands of God and we had to trust Him. This helped me realize that I should not worry about things that are out of my control.

**AUDREY KRYSIAK, 7th Grader**



My favorite thing about church by far is COP, nothing compares to it. From the long drive up to the late-night discussions and activities in my cabin with my friends, everything is perfect. It's like every time I go up to camp there never is a moment in time when I don't feel welcome and loved. The connections and bonds I've created through the years at camp are incredible.

**MATILDA VAN DYKE, 8th Grader**



My favorite thing about church is going to COP. It is my favorite place! Singing my favorite song "I Will Not Be Afraid" in chapel and going to Canteen are the best! I enjoy all the meals at COP, especially eggs and bacon, grilled cheese sandwiches, and brownie delight. I love to swim, hike, play softball, go to dance, and, of course, the hootenannies! I also love singing in the Cathedral Choir and being a part of the Christmas concert and singing "O Come All Ye Faithful."

**BEN DUNCAN, 9th Grader**



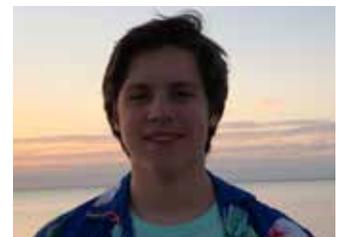
One of my favorite memories from church this year was workstaffing at Cathedral of the Pines. I was able to meet new people and get closer to ones I already knew. The people I was surrounded by made the experience so amazing; the counselors, the staff and other workstaffers I met. You get so close with everyone in such a short time. It's crazy that setting tables and doing "chores" can be so much fun, but somehow it is. I love everything about camp and can definitely say that workstaffing was one of the best experiences ever!

**KATE HOUSE, 10th Grader**



One of my favorite things about going to Mount Olivet is being a part of the Cathedral Choir. My favorite Bible verse is Psalm 139:1-4 "O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether." I like this verse because we have sung Psalm 139 in Cathedral Choir and I really like the message of how God knows us and is with us every day. It reminds me of God's love for everyone. Every time I hear it I think about singing in choir and going up to camp and all of the times where I feel closest to God.

**DAVID WOLLNER, 11th Grader**



"Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope." Romans 5:3-4

This Bible verse has been comforting to me during coronavirus. Even though it's hard not to see friends and family, it is vital to remember that it's times like these that will strengthen our connection to each other and God. One of my favorite parts of going to my church is attending our camp, Cathedral of the Pines. At camp, I can be my authentic self with a group of amazing people, and feel connected to God.

**SHEA HAILE, 12th Grader**



## \* ONLINE CLASS \* TALKING WITH CHILDREN ABOUT RACE, SKIN COLOR & CULTURE

Feeling called to discuss race, skin color and diversity with your children, but not sure where to start or how to proceed? You are not alone. The recent killing of George Floyd and subsequent protests in Minneapolis have overwhelmed hearts and minds (and inboxes) with despair and fright, ideas and urgency. Feeling overwhelmed can turn to paralysis just when we want to speak and take action. But what, and how? Join Parent Educator, Sarah Hardy, in a supportive (virtual) place to gain understanding and skills for parenting this important topic and raising kids who uphold the dignity, equality, and value of all people especially those to whom it is being denied.

Class will meet virtually via Zoom on Thursdays, 7/9 through 7/30 at 8am - \$35 - register at [mtolivet.org](http://mtolivet.org).

# TAKE HOME VACATION BIBLE SCHOOL

The Children & Family Ministry team are back for another Vacation Bible School adventure! We'll put our hard hats on and learn about the ways our faith is the foundation of our lives. Follow along during the week of July 20th - 23rd. More information on our Facebook page!

### DAY 1

Building a  
Foundation of  
Love

**BIG IDEA OF THE DAY:**  
**JESUS CHOOSES TO LOVE  
US - WE DON'T HAVE TO  
EARN IT.**

Jesus Chose Matthew  
Barricade Door Hanger Project

### DAY 2

Building a  
Foundation of  
Worth

**BIG IDEA OF THE DAY:**  
**JESUS CHOSE TO DIE  
FOR US AND FOR THE  
FORGIVENESS OF OUR  
SINS.**

Jesus Prayed in the Garden  
Construct It Yarn Art

### DAY 3

Building a  
Foundation of  
Promise

**BIG IDEA OF THE DAY:**  
**JESUS WILL ALWAYS  
LOVE US!**

Jesus' Resurrection & Promise  
Jesus Loves...Mirror Project

### DAY 4

Building a  
Foundation for  
Life!

**BIG IDEA OF THE DAY:**  
**JESUS'S LOVE IS THE  
FOUNDATION OF OUR  
LIFE!**

Wise & Foolish Builders  
Wise Builder Photo Frame

### WHY WE TEACH

"Teaching 3-4 year olds about God and Jesus is such a delight! It's such a great age and they are all so inquisitive. I love that the short lesson we would talk about coincided with the lesson the parents heard in church. I am so grateful to be a part of each of their lives!"

**BETH HENJUM**, *Sunday School Teacher*



### SUMMER SUNDAY SCHOOL!

Look for information on the Children & Family Ministry Facebook page. We'll have kits for pick up, and digital options for families as we study the parables this summer.

Please check out and follow the Mount Olivet Children & Family Ministry Page on Facebook - You'll find regular updates on lessons, devotions, activities, songs, messages from the Pastors and more!



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**TOGETHER**  
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Together @ Mount Olivet is a webpage filled with spiritual resources during this time of crisis. There is also information about how to support our Mount Olivet affiliates and partners in community outreach. Visit [mtolivet.org](http://mtolivet.org).