

AUGUST 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

## WEDNESDAYS

### OPEN PRAYER TIME

- M W** 10am-12noon

Beginning August 5, our sanctuaries will be opened for personal prayer time, reflection, and meditation each Wednesday morning. Enjoy a peaceful time to pray in the beauty of the sanctuaries with an opportunity to light a candle and listen to soft music. All social distancing and sanitization best practices will be in place.

### COVER PHOTO

Cathedral of the Pines Chapel  
taken by Peter Stratmoen

## AUGUST 2

### THE FOOLISH FARMER

*Luke 12:16-20*

Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Hammersten

## AUGUST 23

### THE PARABLE OF THE WICKED TENANTS

*Matthew 21:33-41*

Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Lose

## AUGUST 9

### THE WEDDING BANQUET

*Matthew 22:2-14*

Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Dixon

## AUGUST 30

### THE PATIENT FARMER & BARREN FIG TREE

*Luke 13:6-9*

Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Ruud

## AUGUST 16

### THE PRODIGAL SON

*Luke 15: 1-2, 11-32*

Watch the worship service at mtolivet.org. Radio Broadcast on WDGY 740AM at 11am.

**SERMON** Pastor Freeman

### TELLING THE TRUTH SLANT – A PEAK AT THIS MONTH’S PARABLES

*On August 2nd*, we hear the story of a farmer who, after a hugely rewarding harvest, builds bigger barns. Makes sense, right? Not so fast, as God calls this farmer foolish for focusing on material wealth rather than relationships.

Jesus tells an unsettling story of a wedding banquet that goes horribly wrong on *August 9th*. First, the invited guests don’t come. Then, one who comes isn’t prepared. And then, things get really interesting. But what’s really going on here and how does this troubling parable share a vision of God’s expansive love?

On *August 16th* we hear the Parable of the Prodigal Son, a tale Ralph Waldo Emerson once said “is the most beautiful story in the Bible... or out of it!” We think we know this story well, but each time we go back to it we discover another glimpse of God’s astonishing love for all people.

The Parable of the Wicked Tenants, that we’ll hear on *August 23rd* is another troubling story, as Jesus talks of servants who go to desperate and violent lengths to achieve their ends. But as troubling as these servants are, the picture of God this parable suggests may be give us even more cause to wonder.

*August 30th* brings us the Parable of the Patient Farmer and Barren Fig Tree, in which Jesus shares a story of God’s surprising patience and commitment.

Throughout August, we continue to be surprised by, and at times even upset, Jesus’ vision of what God wants both from us and for us. See you – at least digitally – in church!

# *Believing is Seeing*

This summer we've been exploring Jesus' parables in Sunday worship. The parables, as we've learned, were Jesus' preferred way of illustrating God's hopes and dreams for the world and inviting us into those dreams. One of the parables we're not reading this summer – often called “The Parable of the Talents” – has a lot to do with vision, with what we see and assume to be true, and how that shapes our life in the world. Given all that is going on around us just now, it offers some counsel that is as timely as it is timeless.

In the parable, a landowner goes away and entrusts three servants with various sums of money. Two invest that money and reap a profit. The third, afraid of losing anything, buries his “talent” (the equivalent of about a million dollars today) in the ground and later returns it to his master, explaining that he “knew” his master was a hard man.

For years, preachers have interpreted this parable as a call to “not bury our talents,” putting to good use whatever God has given us. Fine. But... I think a more interesting interpretation is to question the servant's assumptions and biases in the first place. After all, this landowner entrusts his servants with huge sums of money and lavishly praises the first two. Why, then, would this third servant be so fearful and, in turn, allow that fear to dictate his actions?

You are likely familiar with the adage “seeing is believing.” We say that whenever we have reason to doubt someone's claim. But I tend to think that, in many situations, “believing is seeing.” That is, once we form an opinion – whether accurate or not – that opinion very much shapes what we see and experience and ends up confirming our original opinion. Researchers call this “confirmation bias,” as we look for and interpret various data that confirm what we already believe. Which means all too often the only thing we can “see” is what we've already experienced, said, done, or seen before.

Part of the vision of the kingdom of God Jesus offers, however, is that the children of God are capable of more. For instance, each time Jesus forgives someone, they are literally set free from the past and invited to live into an open future of possibility and potential. In fact, it was Jesus' penchant of forgiving people that got him in so

much trouble, as he saw everyone as a beloved child of God. But even when Jesus was put to death by those who could not see the grace and mercy he offered, God raised him from the dead, affirming that God's life is stronger than death and God's love is stronger than hate.

Right now, we have both an opportunity and urgent need to question what we think we are seeing. We are becoming aware that the biases we bring – whether conscious or not, whether accurate or not – very much shape what we expect from others and how we interpret their actions. This commitment to look again in order to follow Jesus' example of seeing others as God's beloved children is a process, one that is greatly aided by actually getting to know those around us. It is sometimes challenging and always takes time, but it is without a doubt God's call.

Similarly, we are being invited to look again at how we are God's church in the world. Some of that has already started, as while we long to be together, we continue to hear God's word and be encouraged in our faith through online worship. This fall, we will need to reconsider what stewardship and Sunday School, youth groups, fellowship, and education look like. If we start from what we “already know,” we are apt to focus on what is different and what we have lost. But if we can remember that God is always “making all things new,” we may instead be led in new and exciting directions and find new ways to share God's love with those around us.

Which means that perhaps the most faithful and important question we can ask when encountering a new person, program, or possibility this year is, “What do you see?” And after asking it, then trust that God grants us the vision to see grace, mercy, freedom, and possibility.



*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 greatly need our help at this time: CES; Bountiful Baskets; Love, INC; VEAP; St. Stephen’s Human Services; and Simpson Housing. Mount Olivet pastors, staff, and youth will be on hand to greet you and help with contact-free drop off of your items.

**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.

At this time, we ask that donations be NEW and limited to the critically needed supplies identified by our partners:

**VEAP:** Receives all non-perishable food donations.

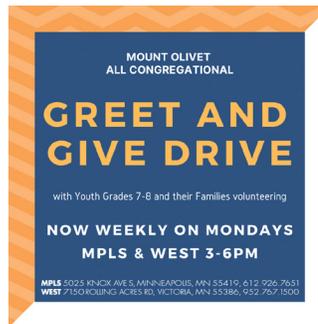
**BOUNTIFUL BASKETS:** Receives all non-perishable food donations.

**SIMPSON HOUSING:** Infrared thermometers (new or used), Disinfectant wipes, toilet paper, hand sanitizer, \$20 Cub Foods or Aldi gift cards, diapers sizes 4, 5, and 6 (but we take all sizes), formula and baby wipes, reusable cotton face masks (double or triple-layered, washable and especially larger sizes), toiletries, clothing and bedding, larger-sized bras, sunscreen, boxers, ankle socks, lightweight sweat/pajama pants/gym shorts for men and women, shower shoes/flip flops, inexpensive hair clippers/trimmers, pillows, deodorant, razors, shampoo and conditioner, travel-sized hand sanitizer, liquid body wash, t-shirts, magazines, books, art/craft supplies, coloring books, and markers/crayons/colored pencils.

**ST. STEPHEN’S:** Tents, tarps, sleeping bags (new or freshly laundered ONLY), NEW underwear for all bodies, homemade cloth masks, NEW white t-shirts (larger sizes preferred), NEW lounge/sweatpants (larger sizes preferred), bottled water, bug spray, rain ponchos, hand sanitizer (60%+ alcohol, travel-sized preferred), wet wipes (individual packs), travel-sized toiletries: shampoo, conditioner, deodorant, soap and lotion, infrared thermometers, plastic spray bottles (32oz or 16oz preferred), gift cards for fast food or gas, cell phones, traditional thermometers with disposable covers, IQ Game or other individual puzzle games that can be sanitized, decks of cards, small sketch pads or adult coloring books, markers/colored pencils, and puzzle books (Sudoku, crosswords, etc.).

**LOVE INC:** Health and wellness products, toiletries & hygiene products, and baby diapers and formula.

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](http://mtolivet.org/together-at-mount-olivet), and Love, INC at [loveincecc.org](http://loveincecc.org).



## LIFE & GROWTH

JUNE 18 - JULY 15

### BAPTISMS

**Henry James Alexander**  
*son of Rebecca and Eric*

**Elinor Allyn Bush**  
*daughter of Kate and Allan*

**Maya Ann Dokken**  
*daughter of Keisha and Greg*

**Addison Ann Elizabeth Dostal**  
*daughter of Kristin and Matthew*

**Nola Margaret Freeman**  
*daughter of Sydney and Patrik*

**Bennett David Grayson**  
*son of Julia and Marc*

**Hannah Marie Grayson**  
*daughter of Julia and Marc*

**Nash Jelsing Jensen**  
*son of Ellie and Shane*

**Haddie Jelsing Jensen**  
*daughter of Ellie and Shane*

**Hugo Frederick Jensen**  
*son of Bianca and Christopher*

**Miles Stephen Keir**  
*son of Catherine and Michael*

**Belle Briar Ramlet**  
*daughter of Avery and Garrett*

**Gracelyn Sofia Rix**  
*daughter of Nicole and David*

**Otto Schneider Trettel**  
*son of Adrienne and Brian*

**Nash James Uram**  
*son of Meredith and Nicholas*

**Alyssa Lin Wong**

### WEDDINGS

**Diane Prescott & Franklin Groves Jr., June 27**

### DEATHS

**Esther L. Anderson, 1919 - 2020**

**Claire J. Boyum, 1926 - 2020**

**Charles G. Cunningham, 1927 - 2020**

**Jean M. Davidson, 1952 - 2020**

**Roger E. Freiberg, 1925 - 2020**

**Jack Kelly, 1944 - 2020**

**Elaine M. Krantz, 1937 - 2020**

**Bonnie G. Leer, 1928 - 2020**

**Kris Bryan Nielsen, 1962 - 2020**

**Phyllis A. Odland, 1926 - 2020**

**Gerald W. Olson, 1939 - 2020**

**Arthur W. Posingies, 1929 - 2020**

**Miriam C. Rischmiller, 1928 - 2020**

**Darlene J. Stern, 1949 - 2020**

**Kermit A. Wilhelm, 1930 - 2020**

## DAILY READINGS

### FROM PASTOR KALLAND AUGUST 2020

- 1 Galatians 5:22-23, No Law
- 2 1 Peter 2:21, To This You Were Called
- 3 Proverbs 9:10, The Beginning Of Wisdom
- 4 2 Thessalonians 3:3, Strengthen And Protect
- 5 John 6:35, Never Hungry, Never Thirsty
- 6 Psalm 146:9, Frustrates The Wicked
- 7 Mark 10:52, And Followed Jesus
- 8 Romans 14:1, Without Quarreling
- 9 Psalm 119:105, A Lamp And A Light
- 10 Genesis 1:1-2, Hovering Over The Waters
- 11 Romans 14:8, Whether We Live Or Whether We Die
- 12 Proverbs 18:10, Run To It
- 13 Mark 16:16, Will Be Saved
- 14 Colossians 3:15, And Be Thankful
- 15 Psalm 103:17-18, Everlasting To Everlasting
- 16 Mark 16:15, To All Creation
- 17 Matthew 6:26, More Valuable Than They
- 18 Psalm 16:8, Will Not Be Shaken
- 19 2 Corinthians 4:18, Unseen Is Eternal
- 20 James 4:12, Who Are You To Judge?
- 21 Proverbs 4:23, Above All Else
- 22 2 Peter 3:9, Come To Repentance
- 23 Romans 8:15, Adoption
- 24 Psalm 143:1, Come To My Relief
- 25 2 Corinthians 5:7, By Faith, Not Sight
- 26 James 3:17, Wisdom From Heaven
- 27 Psalm 8:4, What Is Mankind?
- 28 1 Corinthians 13:13, The Greatest Of These
- 29 Deuteronomy 7:9, God Is God
- 30 Psalm 118:24, Rejoice Today And Be Glad
- 31 1 John 2:24, From The Beginning

## DEVOTION

“God, grant that I may not so much seek to be understood as to understand.”

This phrase from the famous prayer attributed to St. Francis of Assisi is the line which always jumps out at me whenever I hear or read it. I love it for its humility because to be able to pray this prayer one must acknowledge we don't understand everything already. Primarily, it is to acknowledge the viewpoints, perspectives, and experiences of others as equal or perhaps even of more importance than our own.

I believe we are living in a time when this prayer is more important than ever. People are seeking to be heard and understood, especially those whose voices and experiences have often been pushed aside or silenced in the systems of culture and society.

The Apostle Paul puts it this way in his letter to the Philippians, “Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.” (Phil 2:3-4) He places this exhortation within the life and death of Jesus, who looked to our interests above his own.

This month at Mount Olivet, we are providing a huge invitation to gain more understanding as it pertains to racial justice. I don't have it all figured out, which is why I, along with all the pastors, will be partaking in the challenge. Look to the Education page (pg. 7) for more details. I hope you join in, and may we all seek not so much to be understood but to understand. — PASTOR RUUD



## 16th MOTORHEADS' SHOW SUNDAY 8.16.20

This Event is ON  
with COVID-19  
Precautions



**5PM SHOW 6:30PM BLESSING OF MOTORS & DRIVERS**  
Mount Olivet **West Campus**, 7150 Rolling Acres Rd, Victoria



# THE JOY OF GROCERY SHOPPING

Mount Olivet has been important to us since July, 1964, when we were married by Pastor Reuben Youngdahl. We have loved the support, leadership, and inspiration of all Mount Olivet pastors and staff. We've been blessed to be a part of different activities and groups over the years, like Forever Friends, Hope Circle, volunteering for the Lutefisk Dinner and more.

We were excited to learn that Mount Olivet has the new Greet and Give every Monday, giving us opportunity to buy food and more to give to others in need. Bob was grocery shopping when I first heard about it. I called him and he quickly filled up a bag to take to church! It was delightful to give, and also so fun to talk with pastors and staff who were out on the driveway collecting the needed food. God's work in action.

We have been so grateful to stay connected to Mount Olivet with online Sunday morning worship (we may even listen a bit more carefully in isolation!) followed by Pastor Terry Morehouse's beautiful *Faith Alive* program. Our daughter, Jodee, listens along from Colorado and feels connected, too! Of course, we do miss being there, along with the choirs, the pastors, staff and ushers, plus the many friends sitting around us in church. We look forward to a returning safely at some point.

During this pandemic, I remain grateful for all of God's gifts. We were blessed and so happy to have recently witnessed the baptism of our great-grandson, Holden Duke Evans. Pastor Kalland baptized him at Mount Olivet West Campus. He is a fifth-generation of the Mount Olivet family and I know he will one day join his friends at Cathedral of the Pines just like we all did!

**DEE AND BOB MANFRED**, *Mount Olivet members*



**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 Lebrl-Morgan in our finance office at 612.767.2255 or by email at [tricial@mtolivet.org](mailto:tricial@mtolivet.org).*

*"Stewardship is not about raising money, but about raising Christians who trust God." – Dietrich Bonhoeffer.*

# LOVE ONE ANOTHER

Following Christ's great command to "love one another as ourselves," this month the Mount Olivet pastors are inviting all willing members of Mount Olivet to join in a shared challenge to further our understanding and actions toward racial justice.

The first invitation, beginning August 10, is to **join in a "21-Day Racial Equity Habit Building Challenge ©"** developed by racial justice and diversity educators, Dr. Eddie Moore, Debbie Irving, and Dr. Marguerite Penick-Parks. The challenge provides a wealth of suggested resources to Read, Listen, Watch, Notice, Connect, Engage, Act, Reflect, and Stay Inspired. Participants will choose to do as much as they wish, while making it a 21-day engagement. Alongside the suggested resources, the pastors of Mount Olivet will provide a daily emailed scriptural devotion which will center the challenge in our calling as followers of Christ, faithful to God and loving of our neighbors. There will also be optional online experience sharing and Zoom discussions.

The second invitation is to **read Rev. Martin Luther King Jr's "Letter from Birmingham Jail"** and join in a Zoom discussion hosted by Pastor Lose on August 18. Dr. King's letter provides amazing insight into the theological and social convictions of one of the most important modern leaders and preachers of justice, and it offers deep wisdom, encouragement, and challenge, which likely still have huge significance today. In September, the Zoom Book Discussion will be with Pastor Dixon. He will be discussing "America's Original Sin," by theologian and journalist Jim Wallis.

These invitations are put forth as opportunities to be together in encouraging and loving and living in love in Christ for all people. One of the key realities I note is though I intend to be a person who treats all people with kindness and fairness no matter who they are, where they are from, and/or what they look like, I have still been influenced by systems of culture and society which have not. Thus, I'm still in need of better understanding to confront injustice in myself and the world.

Join together this month as we collectively and individually learn as the Apostle Paul writes, "that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God" (Ephesians 3:18-19). — PASTOR RUUD



For more information and to register for these classes please visit [mtolivet.org/mountolivetcares](http://mtolivet.org/mountolivetcares) under "Educational Opportunities."

## COURAGEOUS AND COMPASSIONATE CONVERSATIONS FOR CONTENTIOUS TIMES

Thursdays, 9/10 through 10/1, 7-8pm, via Zoom.

In this four-part online course, with the Rev. Dr. Theresa Latini, Director of Mount Olivet Conference & Retreat Center, we will explore the perspective of compassionate communication. Topics include: The Basics of Speaking with Courage and Compassion, Speaking Up (Instead of Remaining Silent), Transforming Our Enemy Images, Persisting in Conversation When it Gets Tough. Prior to class each week, participants will receive handouts and links to additional reading.

For more information and to register visit [mtolivet.org/mountolivetcares](http://mtolivet.org/mountolivetcares)



## NATURE THERAPY

During the COVID-19 pandemic, we're being encouraged to safely get outside, be in nature, perhaps go for a walk. It's so good for us in many ways. Well documented benefits include increased energy, decreased anxiety, elevated mood and improved ability to focus.



Nature can offer a fresh perspective. We may note beauty again, or remember that all things change; our lives are short when compared with the longevity of trees for instance. Being outdoors can allow for a sense of ease and well-being to emerge.

It allows for an expansive view rather than our own (often negative) self-focus, and gives the opportunity to connect with a world larger than ourselves.

Walking outdoors can provide a chance to move at the pace you would like, which can provide a sense of control, something that human beings crave.

Walking meditation can be very beneficial. One example is to repeat a short prayer spoken in time with your steps. Another might be to focus for a specific number of steps on each of your senses and what you are experiencing.

Another walking meditation exercise focuses on the breath:

- Inhale for 4 steps
- Retain the breath for 4 steps
- Exhale slowly for 4 steps
- Retain empty for 4 steps

(You may increase or decrease the number of steps for each phase, according to your capacity. For instance, it could be 3-3-3-3 or 6-6-6-6.)

Enjoy!

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

**PHOTO** The marsh walk at Mount Olivet Conference & Retreat Center

## THE FIRST YEAR WITHOUT THEM: A VIRTUAL GRIEF GROUP

Wednesdays, 9/9 through 11/11, 3-4:30pm, \$100 for 10 week series.

Grief can be isolating and that has been very much magnified during the pandemic. The usual things we do to support people who are grieving are just not safely available to us at this time. This group is designed for mourners who have lost a loved one in the last year. Find support and direction on your grief journey in this 10-week virtual therapy group, held via video conference, led by Sara Watne, MA, LPCC, Mount Olivet Counseling Service. To register contact Anne Lied, [annel@mtolivetcounseling.org](mailto:annel@mtolivetcounseling.org) or 612.927.7335



## SIMPLIFYING YOUR LIFE AND LIVING SPACES: CHRISTIAN MINIMALISM FOR TIMES LIKE THESE

Thursday, 8/13, 8-10am, Zoom Meeting, \$20.

With all the time that we are spending at home in this pandemic, simplifying our lives and living spaces has real appeal. But how do we do this well and how does it relate to our life of faith? The answer is simple: focus on the aspects of life that matter most and intentionally remove everything else. In this online workshop, we will learn about Christian Minimalism and how it connects to Christian life. Jesus came so that we could live our lives abundantly (John 10:10) and it's clear from reading the Gospels that the abundant life Jesus calls us to live is not about accumulating possessions, making a lot of money, or receiving worldly accolades or power. Join ELCA Pastor Becca Erlich and author of the blog, "Christian Minimalism" for this timely and interactive online event. Sponsored by the Mount Olivet Conference & Retreat Center. To register visit [mtolivet.org](http://mtolivet.org).





## NURSE'S NOTES

**“LONELINESS KILLS, IT’S AS POWERFUL AS SMOKING OR ALCOHOLISM”- ROBERT WALDINGER**

In 1938, a group of scientists began tracking the health of 268 Harvard sophomores in the hopes of gaining clues to leading healthy and happy lives. The 80+ year study has produced a treasure trove of insights and data on physical and mental health. It continues today, expanded to include their spouses and offspring. Surprising findings have been revealed; “our relationships, and how happy we are in our relationships has a powerful influence on our health. It wasn’t their middle-age cholesterol levels that predicted how they were going to grow old, it was how satisfied they were in their relationships. The people that were the most satisfied in their relationships at 50 were the healthiest at age 80.”

These findings certainly point to the importance of cultivating our relationships with other humans. Maintaining and growing our connections with other people is a **KEY FACTOR** having far-reaching consequences. Pick up that phone, set up that coffee date, give that hug (when we can again!), it’s good for your health!

Want to learn more? Check out [adultdevelopmentstudy.org](http://adultdevelopmentstudy.org) and associated TED TALK entitled: What makes a good life? Lessons from the longest study on happiness by Robert Waldinger, Professor of Psychiatry at Harvard Medical School. You’ll be glad you did!

# WANT TO HELP OUR COMMUNITY? CONSIDER BLOOD DONATION!

The need for blood is constant, with someone needing blood in the U.S. every two seconds. There is no substitute for human blood, it can only come from volunteer donors. Memorial Blood Centers are scheduling appointments at all of their donation centers (there are nine in MN), some with expanded hours. They are taking necessary, additional steps to keep donors and staff safe during this time, including screening on arrival, physical distancing and mask requirements. Much more information regarding those steps is available online.

**TO SCHEDULE:** Visit [mbc.org](http://mbc.org) or call 1-888-448-3253

**NOTES:** Memorial Blood Centers are collecting plasma from RECOVERED Covid-19 patients (convalescent plasma) from qualified donors in support of hospitals providing treatment. They **DO NOT** test for Covid-19 as a part of the blood donation process. **Whole blood can be donated every 56 days. Please consider a donation and encourage others to do the same. The next blood drive at Mount Olivet Lutheran Church is currently scheduled for Sunday, September 27, 2020.**



## MENTAL HEALTH TASK FORCE

When a friend tells me that she has been diagnosed with cancer or another friend tells of her heart problem, it is so natural to rush over with a meal and words of consolation. Why is it more difficult to rush to the side of a friend who lives with mental illness? A goal of the Mount Olivet Mental Health Task Force is to raise awareness and reduce the stigma associated with mental health issues. How can we be of help when the need arises? The task force is fortunate to work with the fabulous pastoral care team at our church! With the leadership of the task force, Pastor Kalland, Andrea Brown and Sarah Prescher, many educational opportunities are provided to assist us in being of help.

Mental Health Connect is an organization that shares many of our goals. Two members of the task force represent Mount Olivet at this interfaith organization that offers resources, support, and education. Living with mental illness concerns is difficult and finding help can be overwhelming. There is help available! Please visit [mhconnect.org](http://mhconnect.org) to learn more about Mental Health Connect or to speak with a mental health navigator.

**AMY BOBENCE**, *Member and co-chair of the Mental Health Task Force*



## MOUNT OLIVET SCHOOL OF MUSIC

The Mount Olivet School of Music (MOSOM) had always been a dream of Dr. Beverly Claffin, Director of Music and Worship. She wanted to create a place where the exemplary musicians of the community could simply come and do what they do best: teach. For our congregation, where music is loved and valued, it seemed like the perfect vehicle to involve not only members, but also the surrounding community.

With the encouragement of Senior Pastor Paul Youngdahl, the first development meeting took place on March 5, 2003, with Dr. Claffin and the school's two Administrators, Nancy Nelson and Rebecca Mason. With the idea in place, now came the process of creating the mission statement, school policies, hiring of teachers, and many more structural considerations. After a few months of hard work, MOSOM opened its doors in the summer of 2003 with just one teacher and eight students. Seventeen years later, MOSOM is a thriving community-based school with nearly 400 students registered in our programs each semester!

Each week, over 300 students participate in private music lessons with our 30 instructors; eight who have been with us for over 13 years. All our teachers are professional musicians and are frequently seen on Sunday mornings and holiday orchestras at Mount Olivet. They are dedicated pedagogues, with 20 having a master's degree in music, and seven possessing doctoral degrees in music performance. Our teachers offer training in piano, voice, guitar, violin, viola, cello, trumpet, trombone, flute, clarinet, oboe, saxophone, recorder, folk instruments, and acting.

Over the years MOSOM has continued to expand its offerings by adding more group programs for all ages. Our band and orchestra programs bring over sixty 4th and 5th graders from Burroughs Elementary each week. We offer almost daily Musikgarten classes

to infants and their families. We also plan on continuing to offer group voice, guitar, and music appreciation classes in the future. All programs are created for a wide range of ages and abilities because it is never too early or too late to start making music.

Even during these times of uncertainty and social distancing, MOSOM has maintained its level of community engagement through online lessons. Students continue to receive the fantastic individual instruction from the convenience of their own homes, cabins, and backyards. We often turn to music in difficult times, so MOSOM is honored to be a resource for so many families to maintain the music, the consistency, and the hope. As Martin Luther said, "My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary."

We are excited to announce that MOSOM plans to continue to offer and expand our online programs! We have received fantastic feedback from teachers, students, and parents about the amazing conveniences these online lessons have provided. Online lessons allow everyone the opportunity of studying with our exceptional teachers without the travel. This provides great possibilities for students that they may not have had in the past. It also provides MOSOM with new abilities to connect with students beyond our church walls, which furthers our mission of enhancing communities through music education.

After years of hard work by Dr. Beverly Claffin, Rebecca Mason, Nancy Nelson, and many others, the Mount Olivet School of Music now encompasses a vast offering of programs that continually enrich our community: both members and non-members. A dream seventeen years ago, MOSOM is now a reality and ready for you to begin your musical journey. Registration is always open. Come and join us!

### Mission Statement

The Mount Olivet School of Music develops and encourages musical skill and appreciation in each student, regardless of age or ability. Teachers provide outstanding musical instruction in an artistic and nurturing environment. The Mount Olivet School of Music aims to create unique musical instruction and experiences for every individual student. Whatever your musical abilities may be, Mount Olivet is the supportive, encouraging, and musical place for you.



**“NEXT TO THE WORD OF GOD,  
MUSIC DESERVES THE HIGHEST PRAISE.”  
MARTIN LUTHER**



## BAND AND ORCHESTRA

In 2006, MOSOM expanded its offerings through the creation of our band and orchestra programs. Operated in collaboration with Burroughs Elementary School, this program offers students the opportunity to participate in ensemble music making with our top-notch faculty of instructors.

Each Thursday after school, over sixty 4th and 5th graders are guided over to Mount Olivet to join together in three separate ensembles: Blue Band, Gold Band, and Orchestra. Here they learn to read music, play their instruments, and join in playing group favorites like “Hot Cross Buns,” “Startsplitter Fanfare,” and “Pepperoni Pizza.”

This tuition-based program is concluded each year with outstanding concerts in the Burroughs Elementary School gymnasium. The afternoon concert is performed for their highly enthusiastic elementary peers and teachers, whereas the evening concert is often seen by over 250 family members who show up to cheer on their young virtuosos.

We could not be more pleased at the community’s embrace of this program, which has served hundreds of families over the years. It is always a wonderful time of the year when “Pepperoni Pizza” is heard reverberating throughout the halls of Mount Olivet.





“MOSOM has provided an excellent teacher who understands me as a lifelong lover of classical music but a novice in music theory and performance, and has helped me learn to play piano at a level that brings joy to my soul; MOSOM is equipped well enough to provide occasional access to a Steinway Concert Grand Piano, whose smooth key touch and superb tone challenge my fingers to help it sing as it should!”

-Leslie Sharpe, student of Mike Wolter



“Top notch teachers! High quality of music performed! Thorough instruction in all aspects of music, including performance, technique, theory, and history! Flexibility! Organized! Great communication!”

-Shelley and Brian Ohnsorg,  
students' parents and former teachers



“As a teacher of voice, I strive to create an atmosphere of trust and cooperation that allows students to be comfortable and confident. I feel that a private lesson should be a partnership in which the student and teacher work together in making music, as it is through such collaboration that students achieve the most rewarding musical growth. The Mount Olivet School of Music provides the perfect environment to cultivate this kind of positivity and support of both teachers and students. It's an ideal place to grow and develop musicianship and artistry.”

-Audrey Johnson, voice teacher and founder of *Of Thee I Sing*

### MY MOSOM JOURNEY

Ten years ago I tentatively began my first voice lessons at MOSOM, unaware if I would be up for the new challenge. However, these lessons soon changed my life. My hobby of singing quickly developed into a great passion. I soon joined the Cathedral Choir, ultimately becoming a section leader my senior year. When I applied to colleges, I knew I needed to study music. I have since graduated with my bachelor, master, and doctoral degrees, all of which are in vocal performance.



MOSOM ignited my passion for music, and I was overjoyed to return in 2018 as its Coordinator, getting passed the baton by the magnificent Rebecca Mason. At MOSOM, we work every day to ensure that all students receive the same exemplary musical instruction that I received ten years ago. We welcome and encourage students of all ages and musical backgrounds, because it is never too early, or too late, to start making music. Come and join us! -Dr. Luke Randall

*Interested in learning more about Mount Olivet's School of Music?  
Contact Luke at [mosom@mtolivet.org](mailto:mosom@mtolivet.org)*

### DID YOU KNOW?

MOSOM was selected as one of just three parish-based music schools to be featured in a 2015 workshop presented by the Yale Institute of Sacred Music.



Dr. Beverly Clafin and Rebecca Mason

# WHAT WE'VE BEEN UP TO THIS SUMMER

While we miss seeing everyone each week we have been using this time to come up with a few new fun things!



## INSTAGRAM

Make sure you are checking our page to see what we have been up to and what is coming up! Follow @mtolivet\_youth for some fun content!



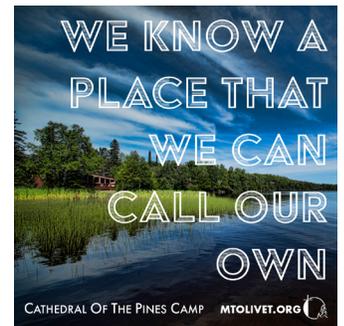
## KEEPING UP WITH THE YOUTH STAFF

We started an instagram Talk Show! It is a goofy show that highlights a different Mount Olivet Staff member each week.



## GREET AND GIVE DONATION DRIVES

We have loved joining Pastoral Care and Community Concern with this important project. Our youth have been great volunteers!



## SUMMER DEVOTIONS

Throughout the summer we have been having our 2020 campstaff and counselors write devotions to share with their peers and the kids they would have mentored at camp.



## SMALL GROUP GATHERINGS

We are excited to connect in-person safely through small gatherings. We enjoy the fun and meaningful conversations and memories we have made during this time.



## ONLINE SACRED GROUND

This service consists of meditation, reflection, music, and prayer. It is a beautiful and powerful service that we are happy our youth can still experience this summer!



## SUMMER CHECK-INS

Each month we have optional Zoom chats available to all our kids! We share our highs and lows, do a devo, and pray. We love our youth!



## WALK AND TALK

Contact a Youth Staff to schedule a walk and talk with you and a friend. We would love to connect with you!

# Angst Documentary – Virtual Viewing Party and Live Expert Panel

**WEDNESDAY, AUGUST 12, 6:30PM**

*Angst* is a powerful documentary centered around the experience of living with anxiety. Throughout the film, viewers gain a better understanding of what anxiety is, how it can affect people, and ways we can help others living with anxiety. Join us for a live virtual viewing and expert panel – hosted by *Angst* Producer Scilla Andreen, and mental health expert featured in the film Dr. Jerry Bubrick, as they answer our questions and provide additional insight following the documentary. Thanks to the generosity of a donor, this virtual event is free of charge. Please register at [mtolivet.org](http://mtolivet.org).

**DR. JERRY BUBRICK** Sr. Director, Anxiety and Mood Disorders Center at Child Mind Institute  
Jerry Bubrick, PhD, is a senior clinical psychologist in the Anxiety Disorders Center and director of the Obsessive-Compulsive Disorder Service at the Child Mind Institute. He is a cognitive and behavioral psychologist who specializes in the treatment of obsessive-compulsive disorder (OCD). Widely recognized for developing one of the world's most intensive pediatric programs for OCD, he is a pioneer in using cognitive-behavioral therapy (CBT) to treat children and teens with OCD and related anxiety disorders. Dr. Bubrick has provided direct patient care, supervised psychiatric residents and trained child and adolescent psychiatrists and psychologists in the CBT treatment for anxiety disorders. He has led workshops on OCD and anxiety disorders, and in his role as a public lecturer he has presented at primary and secondary schools, academic medical centers, community health organizations and professional conferences.



**SCILLA ANDREEN** *Angst*, Executive Producer

Scilla Andreen is an award-winning Producer, Director, Emmy nominated Costume Designer, Author, CEO & Co-Founder of IndieFlix Group Inc., a global, streaming and offline screening distribution service that focuses on content for a purpose. Her work has been covered by such publications as The New York Times, and Good Morning America to the South China Morning Post. She's produced and/or distributed social impact films, *Nevertheless*, *Screenagers*, *Angst*, and *Empowerment Project*. Scilla directed and distributed two feature documentaries; one about the impact of social media on our lives, *LIKE* (2019), and the other about cyber-bullying, *The Upstanders* (2020), which shares stories about resilience and the power of connection to end bullying. Scilla is included in Screen International's Women to Watch, Variety's Women's Impact Report and PSBJ Woman of Influence. She is a popular speaker at Sundance, Cannes, CES, SXSW, BeBold and Women in Film. Scilla is also the Founder of IF Foundation.



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

Jessica is a Licensed Marriage and Family Therapist (LMFT). She provides individual, group, couple and family counseling services for clients age seven through adulthood. She strives to offer a safe, supportive atmosphere in which clients can build trust and hope. She aims to assist clients in increasing their awareness of their inherent value as human beings and to change the thoughts, habits, self-talk and choices that are keeping them stuck. She utilizes Cognitive Behavioral, Structural & Solution Focused therapies, as well as mindfulness-based interventions. She is also trained in the trauma therapy Eye Movement Desensitization and Reprocessing (EMDR). Jessica's areas of interest: Anxiety, Depression, Relationship Issues, Trauma, Personal Growth, Parenting Support, Teen Issues, Divorce and Co-Parenting Support, Assertive Communication skills, Mindfulness Practices, Stress Management/Work-Life Balance, Caregiver Issues, Sexual/Gender Identity issues, and is LGBTQ Affirmative.



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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).



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