

AUG 2019

MOUNT OLIVET

# MESSENGER

*Believing, Belonging, Becoming*



VOLUME 7, ISSUE 8

# Join Us for Worship

**M** MINNEAPOLIS CAMPUS  
5025 KNOX AVE S  
MINNEAPOLIS, MN 55419  
612.926.7651

**W** WEST CAMPUS  
7150 ROLLING ACRES RD, P.O. BOX 153  
VICTORIA, MN 55386  
952.767.1500

## SUN, AUG 4

### *Peter and Cornelius*

Holy Communion 8:30am

Nursery 9, 10am

**M** 9, 10, 11am

Sermon: **PASTOR HELGEN**

Music: Dana Donnay, oboe

**W** 9, 10am

Sermon: **PASTOR KALLAND**

Music: Rachel Lauson, French horn

## WED, AUG 7

### *Midweek Summer Worship at the Conference & Retreat Center*

Message: **PASTOR HELGEN**

more information on page 9

## SUN, AUG 11

### *The Council of Jerusalem*

Holy Communion 8:30am

Nursery 9, 10am

**M** 9, 10, 11am

Sermon: **PASTOR MACLEAN**

Music: Rachel Lauson, French horn

**W** 9, 10am

Sermon: **PASTOR HAMMERSTEN**

Music: Amanda Jenkins, soprano

## SUN, AUG 18

### *The Conversion of Lydia & Communion Sunday*

Holy Communion served during all worship services

Nursery 9, 10am

**M** 9, 10, 11am

Sermon: **PASTOR HAMMERSTEN**

Music: Erica Burton, viola

**W** 9, 10am

Sermon: **PASTOR DIXON**

Music: Linda Berger, piano

## SUN, AUG 25

### *Paul Is Arrested*

Holy Communion 8:30am

Nursery 9, 10am

**M** 9, 10, 11am

Sermon: **PASTOR LOSE**

Music: Claire Loudon, violin

**W** 9, 10am

Sermon: **PASTOR HELGEN**

Music: Erica Burton, viola

**Regular Worship  
Hours Resume Sept 8!**  
**M** 9, 10, 11am, & 12noon  
**W** 9, 10, & 11am

## Senior Choir and Chancel Ringers

Looking for an opportunity to get involved in Music Ministry at Mount Olivet? Join an adult musical ensemble! All are welcome! No registration required. If you are interested in joining, please contact Beverly Clafin, beverlyc@mtolivet.org or 612.767.2263

### START DATES:

	SENIOR CHOIR	CHANCEL RINGERS
<b>MPLS CAMPUS</b>	Thursday, 8/29 7-8:30pm	Thursday, 9/12 5:45-6:45pm
<b>WEST CAMPUS</b>	Thursday, 9/5 7-8:30pm	Thursday, 9/12 5:45-6:45pm

**WATCH & LISTEN LIVE!** The **M** 11am Sunday morning worship service followed by **PASTOR TERRY MOREHOUSE'S** Faith Alive program is broadcast live at mtolivet.org and at WDGY radio 740AM.

**ACCESSIBILITY & HEARING DEVICES** Both the Mpls and West Campus church sanctuaries are handicapped accessible. At Mpls, use the elevator located in the main entry to go to the sanctuary on the 2nd level. At West, enter through the main level doors to go to the sanctuary. Hearing devices also are available at the information desk in the narthexes at the Mpls and West Campuses.

**SUMMER COFFEE** Sundays 5/26 through 9/2 following all worship services **M** Lower Narthex **W** Narthex Hosted by the Board of Life & Growth

**NURSERIES** for children 6wks to 3yrs are located next to Fellowship Hall on the lower level of both campuses. See times above. Questions: Amy Porthan amyp@mtolivet.org.

# Busyness

“It’s never enough to be busy.... The question is, what are we busy about?” – **HENRY DAVID THOREAU**

Busyness. For decades, it’s been what some have called the true American pastime. More recently, it’s been dubbed the American curse. Studies have shown that across virtually all sectors of the American public, anxiety about time has risen dramatically in recent years, creating what many observers have called a “chronic time crunch.” Part of this is due to our expanded access to work. As long as we have cell phones and email, most of us find it difficult to truly leave work behind, even while on vacation. And part of it is that with expanded wireless access, abundant social media platforms, and nearly limitless streaming entertainment and news content, we simply have more with which to fill our time.

But part of it is also that we have bought into the notion that staying busy— whether with work, social media, transporting our kids to multiple enrichment opportunities, scanning the online headlines, or whatever— is the mark of productive and meaningful lives. Yet the very busyness that we have adopted as a means to a full life is also robbing of us what Jesus describes as “abundant life” (John 10:10). Not just getting by, but flourishing. Not merely putting in a day’s work, but rejoicing in the things accomplished and, even more so, the people with whom we accomplish them. Moreover, studies report marked increases in stress and depression, particularly among the emerging generation, and poor health across generations, related to the relentless pace of our lives.

This devotion to busyness has also affected our life together in the church, as there is significant evidence that the frenetic lifestyle we have adopted is a contributing factor to the decline in worship attendance in our churches. You may have noticed the series of articles in the *Star Tribune* on this topic over the past year. Absent the same cultural “push” of previous generations, and with both the abundant competition for our attention and the consequent widespread perception of the scarcity of time, attendance at churches has plummeted in recent decades. While this hasn’t been the case at Mount Olivet, each year it does seem a little harder to encourage people to make time for worship, to sing in the choir, or to take advantage of numerous social, service, and learning opportunities.

The irony, of course, is that the things worship provides— a chance to reconnect with the people around us, an opportunity for moments of quiet

reflection, the invitation to move beyond our daily preoccupations and into closer communion with God —are just the things that would lend our lives not simply a better balance but some of the meaning and purpose that we crave. And the same is true with other elements of our life together. Service, fellowship, learning, worship— the very things we need the most we find ourselves often too busy to do.

Which is where Thoreau’s question comes in. Although he posed it a century and a half ago, it seems more pertinent than ever, as it calls into question our assumption that activity is the same as productivity and that busyness necessarily equals meaningfulness. But here’s the thing: whatever the cultural trends or preoccupation, in the end *we* get to choose what kind of life we lead, and there is no reason we can’t form a community that supports each other in choosing to opt out of the rat race long enough to remember that we were created for more. More time in actual relationship with each other. More meaningful conversation and work. More commitment to building strong connections with our kids rather than merely building a list of extracurricular activities for their college application. More interest in serving our neighbor rather than competing with them. In short, more abundant life.

This fall, as we enter into our Centennial Celebration of one-hundred years of faithful ministry at Mount Olivet, there will be even more opportunities than usual to connect meaningfully with each other, with ourselves, and with God. And this fall, there will once again be significant competition for our time, attention, and resources. As you face decisions about how best to use your time, I’d encourage you to ask a simple question: does what I’m choosing lead to greater life, to greater peace, to a greater sense that God loves me and has a purpose for my life? You might be surprised at what a difference such a simple exercise makes, as you move from simply being busy to being concerned with just what you’re busy about and, thereby, experience the abundant life Jesus offers. See you in Church!

Pastor Lose

DAVID J. LOSE, SENIOR PASTOR



## Life & Growth

JUN 18 - JUL 15

### Baptisms

Aubrielle Gail Augustin, daughter of Natalie and Ryan

Michael David Bevan, son of Lauren and Christopher

Lincoln Marshall Calef, son of Julie and Chris

Hudson Elliot Cooney, son of Kelly and Brian

Bo Douglas Engelen, son of Cassandra and Thomas

Hannah Marie Ernst, daughter of Katie and Justin

Vivian Grace Haugen, daughter of Erin and Ryan

Max Irving Johnson, son of Caitlin and Noah

Renner Jon Kokal, son of Tiffany and Chris

Nora Jean Moen, daughter of Katherine and Aaron

Hallie Karen Norman, daughter of Courtney and Kyle

Charlotte Quynh Nguyen, daughter of Maria and Phuoc

Iris Choe Pederson, daughter of Taylor and Derek

Anders David Rasmussen, son of Renee and David

Evelyn Marie Rosario, daughter of Jamie and Dominick

Claire Kaylyn Schreier, daughter of Megan and Adam

Levi Adik Nouziong Schlatter, son of Sara and Chris

Raymond Sawlie Schlatter, son of Sara and Chris

Tyson Vang Schlatter, son of Sara and Chris

Soren Rolf Torgerson, son of Emily and Erik

Aspen Grace Thompson, daughter of Savannah and Travis

Alma Florence Zavadil, daughter of Miranda and Josh

### Weddings

Sarah Elliott & John Stark, July 14

### Deaths

Janice M. Anderson, 1927 – 2019

Vicki D. Bielke, 1946 – 2019

Steven P. Daffinrud, 1968 – 2019

Sandra K. Erickson, 1947 – 2019

Patricia M. Hatlestad, 1924 – 2019

E.L. "Boots" Nelson, 1934 – 2019

Judith Redepinning, 1941 – 2019



## Summer Sermon Series Draws To A Close

### August 4: Acts 10:9-33 — Peter and Cornelius

We hear one of the “turning-point” stories of the New Testament. As a devout Jew, the Apostle Peter has carefully observed dietary rules and restrictions his whole life. Yet suddenly he is confronted a mandate to eat things that were formally deemed “unclean” (Acts 10:9-33). Why? Because our relationship to God in Christ is not dependent on the things we do, but on what God does. This, in turn, changes Peter’s attitude to Gentiles and creates a new openness to welcoming all people into the Christian family.

As we read this story, we might wonder what things we believe we have to do to be acceptable to God and what things we might let go in a renewed sense of grace.

### August 11: Acts 15:1-21 — The Council of Jerusalem

We are reminded that, even from the very beginning, people committed to being disciples of Jesus did not always agree with each other (Acts 15:1-21). In this case, the early church gathers for a council held in Jerusalem to decide just how welcoming they can be to people coming to faith from a variety of different backgrounds, experiences, and ethnicities. While the early church leaders come to a compromise, we know that the church ever since has struggled with moments of intense disagreement over various society, social, and theological issues.

For this reason, we might ask ourselves whether we can look at those in our faith community with whom we disagree on something very important to us yet still regard them as a fellow and faithful believer.

### August 18: Acts 16:11-15 — The Conversion of Lydia

We are introduced to Lydia, a prosperous first-century businesswoman who, after her conversion, offers hospitality to the apostles (Acts 16:11-15). We don’t know a lot about Lydia but can be impressed that the first thing she wants to do after coming to faith is to support the ministry of preaching which brought her into the Christian family.

We might therefore wonder how we respond to the good news that we have received and believed.

### August 25: Acts 23:10-11, 23-31 — Paul Is Arrested

We hear the story of Paul’s arrest (Acts 23:10-11, 23-31). Because Paul was a Roman citizen, he was able to demand a trial when he was accused of various crimes. This, in turn, gave him the opportunity to travel to Rome, the capital of the empire, to preach the good news. While God never causes hardship or distress, we know that God is always with us during them.

For this reason, we might wonder where and how have we seen opportunities come from difficult circumstances.

### September 1: Acts 28:23-31 — Paul Preaches in Rome

Our study in Acts concludes with a report of Paul’s days in Rome. Luke, the author of Acts, tells us that, before his trial, Paul lived under house arrest for two years. While in Rome, Paul welcomed all who would come, offering hospitality and preaching the Gospel, as Luke reports, “without hindrance.”

As Acts ends with that sense of freedom, we might wonder what things hinder our believing and sharing the good news.

## DEVOTIONS



Do you ever get lost in a really good book, the kind of book you can't put down until you get to the end? Often these books tell stories that grip our hearts and imagination, they make us dream about how the world could or should be, and they remind us of our need for community. A wise pastor friend of mine told me early in my ministry that one of the pastoral tasks involves collecting colors, words, and images to help communities in times of need (like the little mouse Frederick in Lionni's book *Frederick*). Below I'll share my summer reading list—I've made a dent on it, but still have a ways to go. I'd love to hear what you're reading, too. And, if you're interested, keep an eye out for a women's book study this fall (Mpls) and spring (West) on Rachel Held Evans' most recent book *Inspired: Slaying Giants, Walking on Water*, and *Loving the Bible Again*.

- *One Coin Found: How God's Love Stretches to the Margins* by Emmy Kegler
- *Sea Prayer* by Khaled Hosseini
- *Parenting Forward: How to Raise Children with Justice, Mercy, and Kindness* by Cindy Wang Brandt
- *Holy Envy: Finding God in the Faith of Others* by Barbara Brown Taylor
- *Spineless: The Science of Jellyfish and the Art of Growing a Backbone* by Juli Berwald
- *Run* by Ann Patchett

*Gracious God, we give you thanks for the gifts of words, language, and books. Open our hearts to experience your story in our reading and learning so that we might continue to share your love in the world. Amen.* — PASTOR HELGEN

### Mount Olivet Centennial Block Party

**Rally Sunday, September 8, 2019**

All Congregational Block Party

In between worship services at Mpls & West Campus  
Join us as we kick off Mount Olivet's 100th year Celebration!!  
This event is FREE and will include food, games, face painting,  
and more!

### Volunteer for the Centennial Block Party

Su 9/8 Between Services **M** **W**. There will be many opportunities to take part in Mount Olivet's Centennial Celebrations! The Block Party is in need of your help! Consider volunteering for an hour and then take part in the festivities. Volunteer needs include helping run carnival games, face painters, serving food, clearing tables, trash patrol, and so much more! We need you to help make this a successful and fun event for all! Register at [mtolivet.org](http://mtolivet.org) or by contacting Katie Marxhausen at 612.767.2219, [kmarxhausen@mtolivet.org](mailto:kmarxhausen@mtolivet.org).

## Daily Readings

August 2019

FROM PASTOR KALLAND

- 1 Nehemiah 1:11, Be Attentive
- 2 Genesis 50:20, Intended It For Good
- 3 Psalm 5:12, Surround Them
- 4 Psalm 128:1-2, Blessed Are...
- 5 Matthew 6.26-27, More Valuable Than Birds
- 6 Revelation 7:17, God Wipes Away Tears
- 7 Exodus 34:21, Rest
- 8 Ecclesiastes 5:18, This Is Our Lot
- 9 Psalm 127:1, Who Builds Your House?
- 10 Colossians 3:23, With All Your Heart
- 11 1 Thessalonians 1:3, Inspired By Hope in Jesus
- 12 Psalm 128:2, The Fruit of Your Labor
- 13 2 Thessalonians 3:10, Unwilling to Work?
- 14 Jude 1:21, In God's Love
- 15 1 John 5:13-14, God Hears Us
- 16 Romans 6:23, The Gift of God
- 17 Matthew 19:25-26, With God All Things Are Possible
- 18 Ephesians 2:8, It Is The Gift of God
- 19 Ezekiel 18:32, Repent and Live!
- 20 Psalm 16:11, The Path of Life
- 21 James 4:7, Submit Yourself
- 22 Acts 26:28-29, Short Time or Long
- 23 Lamentations 3:25-26, To Wait Quietly
- 24 Habakkuk 2:3, Wait for It
- 25 2 Corinthians 12:9-10, Power in Weakness
- 26 2 Peter 3:9, Not Wanting Anyone To Perish
- 27 Esther 4:14, For Such a Time as This
- 28 1 Peter 4:8, Love Each Other Deeply
- 29 Proverbs 12:25, A Kind Word Cheers
- 30 1 John 4:18-19, No Fear in Love
- 31 Psalm 121, I Lift Up My Eyes



### MOCW Social

W 8/7 5-8pm, Edina Country Club, 5100 Wooddale Ave Edina.

Did you know as a member of Mount Olivet, women are automatically a member of MOCW? Did you know you don't have to be in a circle to attend MOCW events? Grab your fellow circle members, non-member friends, or come as you are to enjoy a night of fellowship! The MOCW board is hosting a fun social to bring together all circle members and anyone that has ever wondered what MOCW is all about. Join us on Wednesday, August 7th at an open house-style happy hour. Drop by Edina Country Club anytime between 5:00pm-8pm. MOCW will be providing apps and there will be a cash bar available. **NO NEED TO REGISTER!** Donations accepted the night of the event. Hope you can join us for this enjoyable night out!

### MOCW Women's Circle starting back up for the year!

Join a MOCW Women's Circle! All circles are starting back up for the year, this is the perfect time to join in a smaller group setting, in fellowship, and in faith. Check out the website to find information on all circles: when/where they meet, their focus, and contact person, or call Katie Shepherd, 612.767.2256, to find a match! All circles are open to new members and would love to welcome you!



### 15th Motorheads Show and Blessing of Motors & Drivers

Su 8/18 5pm Show, 6:30 Blessing of Motors, **M** Parking Lot, Fellowship Hall & Main Sanctuary. Featuring awesome vehicles, hot dogs, popcorn, ice cream treats, **NORDIC SURF BAND**, blessing service, awards, and **FREE** raffle. There is no charge for spectators or exhibitors, but donations are encouraged and appreciated! **EXHIBITORS:** Visit [mtolivet.org](http://mtolivet.org) for free no-obligation preregistration of vehicles by Aug 14. Contact: [fellowship@mtolivet.org](mailto:fellowship@mtolivet.org) for questions, sponsorship, or raffle donations.



### Young in Heart (65+ years) and Friends

Tu 8/20 1-3pm **M** Fellowship Hall. Mark your calendars to play **BINGO!** **PASTOR KALLAND** will be back by popular demand to be the caller! Last year BINGO was so much fun—you won't want to miss it this year! \$3 includes light refreshments. Please make a reservation by calling the church office, 612.926.7651. Questions?: Ann LaBree, 612.767.2288.



### Young Adult: Trivia and Brewery Night

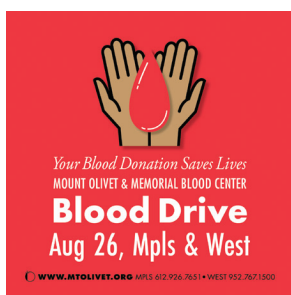
Tu 8/20 7-9pm, Broken Clock Brewing Cooperative, 3134 California St NE, Minneapolis. Join young adults from Lutheran churches across the Twin Cities for a trivia night! Come by yourself or with a group from Mount Olivet and meet others interested in gathering, (nerdery church and non-church trivia questions included!), and general merriment. No registration needed. Trivia is free, food and beverages on your own.

### Stewardship: Young Adults & Young Marrieds

M 9/16 6pm **M** Fellowship Hall. Meatballs, meatballs, meatballs! Come find us at this Stewardship dinner to reconnect after summer and have a lovely meal. RSVP online at [mtolivet.org](http://mtolivet.org), via the postcard that will be sent to you, at church, or by phone at 612.926.7651. Nursery is available for children 6mo-3 years old.

### Young Marrieds @ COP

5pm F 10/11 through breakfast Su 10/13, Cathedral of the Pines. Mark your calendars and start planning for a fall weekend away for the 3rd annual adults-only weekend led by **PASTOR HELGEN!** Cost is \$150 per couple which includes lodging and meals. Transportation is on your own. Registration is open!



### Blood Drive

*M* 8/26 **M** 2-6:30pm **W** 3-6pm  
*Parking Lots.* Please save the date and consider donating blood. Even if you're not personally in need, at some point we will all know a friend, neighbor, family member, or co-worker who needs a blood transfusion. In fact, 1 out of 3 people will need blood in their lifetime. From natural disasters to unforeseen catastrophes, emergency hospital procedures to life-long battles with chronic diseases, the demand for blood is constant. The supply is not. And since there is no substitute, only volunteer blood donors can roll up their sleeves and save lives.

**To register for the blood drive visit [mbc.org/searchdrives](http://mbc.org/searchdrives).**  
**MPLS CAMPUS SPONSOR CODE: 0313**  
**WEST CAMPUS SPONSOR CODE: 3345**

Questions? Please contact  
 Andrea Brown 612.767.2209,  
[andreab@mtolivet.org](mailto:andreab@mtolivet.org)

### Food Trucks!

*Su* 9/29 *between services* **M** *James Ave.* Invite your friends and neighbors to the 4th annual Sunday with Food Trucks! New date this year! Trucks will include Rusty Taco, Kona Ice, Kabomelette, new this year is Tot Boss and Mini Donuts! There will be live music, coloring sheets, and time to catch up! If raining, join us in the Fellowship Hall after visiting the Food Trucks.



### Career & Calling Breakfast (25-65yrs)

*W* 9/25 7-9am **M** *Fellowship Hall.* Join us for good food and good conversation about how our God-given skills and passions can guide our work in the world. Wishing you had a better handle on what your skills and passions are? We've got a great tool for you in speaker **JEFF PELLETIER'S** Life's Core Purpose™ video, which will help you identify – in less than an hour and with two powerful words – what your strengths are and how you want to use them in the world.

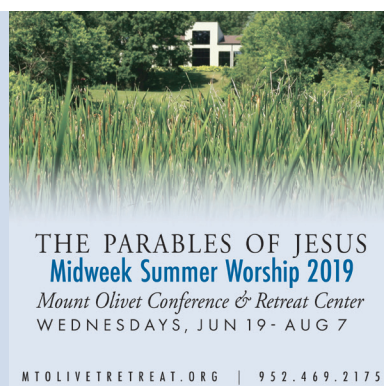
#### SCHEDULE OF EVENTS:

7:00am | Opening prayer & breakfast  
 7:30am | Welcome  
 7:40am | "Life's Core Purpose" presentation & "Great Work with Great Faith" conversation  
 9:00am | Program concludes

*You have our blessing if you need to leave early. It's a work day, after all!*

### Save the Date: Mount Olivet Gala

*F* 10/11 5:30pm *Double Tree Park Place Hilton.* Join us for our annual Mount Olivet Gala! This festive evening features a silent & live auction, dinner and dancing to the band, **SYNERGY**. Proceeds will benefit the Mount Olivet Home, Careview Home, Day Services and Rolling Acres. These programs serve all who need our care - from newborns to the elderly, and people of all ages with mental and physical disabilities. Donations welcome: monetary or items for the live or silent auction. Come have a night out for a good cause! Cost: \$100.



### Midweek Summer Worship: The Parables of Jesus

*W* 8/7 4:30pm *Buses Leave West Campus & 7500 York, 5pm Bus Leaves Mpls Campus, 5:30pm Dinner, 6:30pm Nature Class, 7:15pm Worship, 8pm Buses Leave MOCRC.* Join us Wednesday evening as we explore some of Jesus' parables they find most intriguing, challenging, and potentially life-changing. Enjoy fellowship, great food, time in nature, and inspirational worship! Bus transportation will be available from both campuses and 7500 York. **RESERVATIONS REQUIRED.** Call the retreat center at 952.469.2175 or register on Realm. \$15 adults, \$8 3-13yrs, \$5 bus.

AUGUST 7	
Pastor	Pastor Anna Helgen "The Lost Sheep and Lost Coin"
Scripture	Luke 15:1-10
Special Music	Luke Randall, baritone
Nature Class	On Safari in Tanzania: The Animals
Menu	Garden Salad, Fresh Baked Rolls, Roasted Turkey, Yukon Gold Whipped Potatoes, Roasted Honey Glazed Carrots & Pumpkin Spice Cheesecake

## SPEAKER NIGHT

### A Messy Journey to Forgiveness (Teens and Adults)

Tu 9/24 Refreshments 6-6:45pm, 7-8:30pm Message **W** Gronseth Fellowship Hall. Their daughter Katherine's murder was the first known homicide linked to Craigslist. But the murderer stole more than her life that day. In the words of her father, Pastor Rolf Olson, that evil act "almost took away my ministry, Nancy's teaching, our marriage, the good our children would do in the world." While admitting that deep despair and raging anger created a true crisis of faith, **PASTOR OLSON AND NANCY** refused to let evil win. It was not an easy journey, but they have found a way out of near-impenetrable darkness to life-affirming light – a journey to forgiveness. If you have struggled to forgive, do not miss this life-giving story that teaches not only what forgiveness really means, but how to begin and why. Arrive early and enjoy refreshments and tour the new West addition! ☐☎

## BOOK DISCUSSIONS

### Women's Early AM Discussion: Inspired — Slaying Giants, Walking on Water, and Loving the Bible Again

Th 10/10 through 10/31 7-8am **M**Rm 482 & 486. Join **PASTOR HELGEN** to discuss this fascinating book by the late Rachel Held Evans, whose own quest for understanding changed her and could change you, too. Among the questions she explores are: If the Bible isn't a science book or an instruction manual, what is it? What does it mean to say the Bible is inspired? How is it meant to be read? In answering these and other questions, Evans examines favorite Bible stories and possible interpretations, retelling them through memoir, original poetry, short stories, soliloquies, and even a short screenplay. Undaunted by the Bible's most difficult passages, she wrestles through the process of doubting, imagining, and debating Scripture's mysteries. The Bible, she discovers, is not a static work, but a living, breathing, captivating, and confounding book able to equip us to join God's loving and redemptive work in the world. Books are available online and in some local bookstores. Note: This study will repeat at West in the spring. ☐☎

- **Evening Book Discussion** 2nd W 7-8:30pm, Vicki Peterson's, 5250 Penn Ave S, Minneapolis. Books: *The Tattooist of Auschwitz* by Heather Morris (9/11), and *Women Rowing North* by Mary Pipher (10/9).
- **Midday Book Discussion** 3rd Tu 11:30am-1pm, **M** Library. Books: *Until Tomorrow Mr. Marsworth* by Sheila O'Connor (8/20). *Before We Were Yours* by Lisa Wingate (9/17).

## CLASS: EAT TO THRIVE (25-75YRS)

Sa 9/21 through 10/12 8-8:40 Yoga & Meditation 8:45-10am Eat to Thrive Class **W** B02 & B03 (Yoga & Meditation) Gronseth Fellowship Hall (Eat to Thrive Class). "...Your body is a temple of the Holy Spirit within you, which you have from God..." — 1 Corinthians 6:19. How are you feeling in this temple that is your body? Most of us would agree that there is room for improvement, that we could do a better job of honoring the temple God gave us. This four-part class is designed to help you learn how to honor and energize your physical framework by listening to what works with your uniquely wonderful, God-given body. Mount Olivet member and **WELLNESS SPEAKER KRIS ROACH** will provide the nutritional science and spiritual inspiration to guide you through a safe, healthy two-week cleanse that will transform the way you approach food and wellness. For an extra wellbeing boost, join Lisa Domyahn for 40 minutes of gentle yoga and meditation before each class. Cost: \$80 (Eat to Thrive), \$30 (Yoga & Meditation) \$110 for both. ☐☎



### Living the Message Pastor's Introduction

Tu 10/1 6-6:45pm **M** 207. In Oct, we kick off our Living the Message 2019-2020 year by exploring *What is Jesus' Relationship with God?* (John 1:1-18). This and each monthly study with **PASTOR RUUD** will take us deeper into key texts and themes in the Gospel of John, from which our Sunday morning texts will come in December through May. Rich in imagery and metaphor, John's gospel is unique and surprising in many aspects, including the depth to which he explores Jesus' relationship to God. Whether or not you participate in an LTM group, you are welcome to join us in this time of learning at the monthly introductions. Please come—you'll be glad you did. If you are interested in forming a new group, contact Carol Throntveit 612.767.2246, carolt@mtolivet.org.

### Mondays & Tuesdays Together: Exodus — Divine Delivery and Dwelling

M 10/14 through 11/11 7-8:30pm **W** Gronseth Fellowship Hall or Tu 10/15 through 11/12 7-8:30pm **M** Rm 207. In October and November, Mount Olivet continues to "enter the story" as we focus on the Book of Exodus in Sunday morning worship. Add depth and richness to that experience by joining the always fascinating and frequently funny **DR. MARK THRONTVEIT, ELVA B. LOVELL EMERITUS PROFESSOR OF OLD TESTAMENT**, on a five-week journey through this book overflowing with memorable characters, powerful stories, and themes central to our lives and faith. ☐☎



## SCREENAGERS (10-65YRS)

M 9/30 6:30-8:30pm **M** Fellowship Hall **W** Gronseth Fellowship Hall. Youth and parents today are no strangers to the amusements and aggravations of technology. Our phones, tablets, and laptops offer up everything from our favorite shows to instant connection with our friends to fodder for ongoing family quarrels about when, where, and how we use our tech tools. Much like last spring's Truth Talks which focused on living loved and living online, the Screenagers documentary offers an opportunity to hear about the benefits and challenges of living in this digital age, and to discuss how to manage our devices so we can live whole, healthy lives. We invite families of children ages 10+ to see and hear the perspectives of kids, parents, and professionals that will spark positive family conversations and help kids further develop skills and strategies for how they engage with technology. Cost is \$5 (\$10 max for families). ☑ ☒



*"I appreciated watching Screenagers as it served as a conversation starter for my family as we work to navigate our lives together in an increasingly 'techy' world. I left the screening with some valuable reflections about what's working for us and what's not. The film doesn't provide all the answers but rather provides some excellent points for starting a conversation at home."* — ERICA LEBENS-ENGLUND

## COUNSELING SERVICE SUPPORT GROUPS

The Mount Olivet Counseling Service is located at 1804 W. 50th St, Minneapolis, MN. Price is \$10/session for members and \$20/session for non-members. Please contact Anne Lied, 612.927.7335, [annel@mtolivetcounseling.org](mailto:annel@mtolivetcounseling.org) to attend.

**Getting Through to Your Teenager without Yelling (So Much)** 2nd & 4th T September 2019 through November 7-8pm, Mount Olivet Counseling Service. Teenagers have a lot to learn...and so do their parents. Changing your teen's behavior might take changing the way you relate to them and managing your own feelings in the face of their big feelings. Even if you grew up in a less than peaceful home, it is possible to do things differently with your kids. Learn and practice with other parents an alternative to yelling, pleading and punishing.

**Resilience Group** W 9/11 through 12/18 4-5pm, Mount Olivet Counseling Service. No one is protected from experiencing adverse events in life. These events can illicit feelings of stress, depression, anxiety and sadness. Share your experiences with others in a safe space and discover new methods to help build resilience to cope and recover from difficulties you may find yourself going through.

**The First Year without Them** W 9/11 through 12/18 2-3pm, Mount Olivet Counseling Service. A space of support and understanding for those who have lost a family member in the last year. Focus is given to normalize the process of mourning, restoring and moving through the first year without a loved one

## ONGOING GROUPS

- **Chair Holy Yoga** M&W through 8/28 12:15-1:15pm, **M** Gym. A great physical and spiritual boost to your day that does not require getting down and up from the floor, yet greatly improves balance, strength, and flexibility! Taught by certified instructors. \$5 paid to instructor.
- **Quilting** M 6:30-8:30pm **M** Rm 197. Are you a quilter or "would-be" quilter? Join our group! We make little quilts for Pastor Scott's On-Call Ministry. Instructions and materials provided. Learn new skills, have fun, and serve. Drop in anytime.
- **Spiritual Energy Healing** M except holidays 6-9pm, **M** 1700 Lower Level. Learn and experience how prayer, God's power, and the natural energy paths within the body can bring comfort and healing.
- **Learning Swedish Language through Hymns and Songs** M 9/30 through 11/25 7-8pm, **M** Old Choir Rm. Have fun learning a bit of Swedish through singing Swedish hymns and folk songs. Led by **PETER JOHNSON**, you will sing in unison (not 4-part harmony) and *A cappella* (without accompaniment). As you learn the songs, you also will learn something of Swedish phonetics, vocabulary, and grammar – and have lots of fun!

# Confirmation (7th-8th Gr)

## 7th Grade Confirmation Orientation

W 9/11 7-8pm **M** Sanctuary.  
 W 9/18 7-8pm **W** Narthex.  
 All incoming 7th grade Confirmands and Parents please attend the 7th grade Confirmation Orientation. You are welcome to attend at Minneapolis or the West campus regardless of where you will be attending Confirmation classes.

## Confirmation Classes Begin

10/2/2019 - 4/29/2020 **M** Sundays 8:45-9:45am, Wednesdays 4:30-5:30pm & 7-8:15pm, **W** 7-8:15pm.  
 We are excited for a great year in Confirmation! Please register at [mtolivet.org](http://mtolivet.org).

## Confirmation Celebration and Rehearsal

Th 9/12 7-8:15pm **M** Main Sanctuary  
 Main Sanctuary, Narthex, Gym & Fellowship Hal. All 9th grade Confirmands and Parents are invited to the Confirmation celebration and rehearsal! You are welcomed and encouraged to attend the Stewardship dinner on this night at 6pm. Register at [mtolivet.org](http://mtolivet.org). ☑

## Confirmation Service

Su 9/15 4-5pm **M** Sanctuary.  
 Please come worship with these amazing 205 young men and women as they become confirmed members of our church! 9th grade confirmands please line up at 3:15pm in the Fellowship Hall.

## JHA - Valleyfair

**(7th-8th Gr)** W 8/21 9:30am-4pm **M W**. Join your Junior High Youth Staff for a day trip to Valleyfair! We will leave at 9:30, from your respective campus, and head to the park for a fun day of rides! Cost is \$30 (\$10 season pass holders) which includes transportation and park admission. Please bring money for lunch. We can't wait for you to join us! Contact: Tierra Davis, [tdavis@mtolivet.org](mailto:tdavis@mtolivet.org). Register by 8/20. ☑

## Are you Registered for Choir?

Register online today at [mtolivet.org/music!](http://mtolivet.org/music!)

### MPLS CAMPUS CHOIR START DATES:

Cathedral Choir (9th-12th grade)

9th grade orientation:

August 28, 7-8:30pm

First rehearsal:

September 4, 7-8:30pm with robe assignments at 6:15pm

Chancel Choir (7th & 8th grade)

First rehearsal:

October 2, 5:30-6:30pm

### WEST CAMPUS CHOIR START DATES:

Cathedral Choir (9th-12th grade)

First rehearsal (come see the new rehearsal space!):

August 28, 7-8:15pm

Chancel Choir (7th & 8th grade)

First rehearsal:

October 2, 5:30-6:30pm

## A Summer of Excellence

Each summer, Cathedral of the Pines kicks off with Summer Starter. This week is designed for our high school volunteers who serve as both counselors and workstaff. These five days provide camaraderie, fun, and an opportunity to learn with each other to prepare for the fun weeks ahead. This year, Camp Director Kristi Youngdahl and Pastor Lose posed a challenge to each and every high school volunteer; let's make this a summer of excellence! In our devotional time, each cabin reflected on what this might look like:

- Making an effort to acknowledge people by name
- Keeping an eye out for kids who may be at camp for the first time and nervous
- Encouraging each other to have meaningful conversations
- Welcoming each other into conversations - being inclusive of everyone
- Truly listening to our friends and campers when they open up

By reflecting these ideals in our words and actions, our high school members are making this summer at COP A Summer of Excellence!

### August Camping Schedule:

7/29 - 8/3: Confirmation Week  
 8/3 - 8/7: 3rd & 4th Grade Week  
 8/7 - 8/11: Hi-League Retreat  
 8/15 - 8/18: Family Camp

### Bus Hotline Phone

Number: 612.767.2304

### Please Send Letters To:

(Name of Recipient)  
 Cathedral of the Pines  
 PO Box 159  
 Lutsen, MN 55612

*Note: We do not accept "care packages."*

**Questions?** Have questions about camp policies, what to bring as a camper, or life at COP? Please refer to the Camper Handbook located at [mtolivet.org](http://mtolivet.org).

### Worship at COP:

Evening Chapel Services at 7:30pm  
 Sunday Morning Worship at 10am

# Jack Glieden's Walk to COP



*1 Thessalonians 5: 11: "Therefore, encourage one another and build each other up."* Kristi Youngdahl, at the end of every meal at camp says, "Be kind to one another." Camp is always memorable, but at Family Work Week this past June, something really special happened. At breakfast, Kristi told us about a Mount Olivet member, named Jack. He was graduating from Edina High School, and had decided that for his May term project he would walk from his home in Edina all the way to camp. That's over 260 miles! He was due to walk through camp's gates right around lunchtime. At

breakfast Kristi said she wanted to give Jack a hero's welcome. The excitement was immediate, and electric. Everyone got into the spirit. The kids made banners, and some even painted their tummies that read "Go Jack!" The adults hung multi-colored flags, and the staff distributed party hats and noise makers. A finish line tape was set up. We all gathered by the gates and waited, literally bursting with excitement.

Then, around 11:45, we could see Jack, with two of his friends by his side, at the top of the hill, ready to take the last 100 feet or so of his walk, and end of his journey. We began to cheer, "Jack, Jack, Jack!"

At last, he walked through COP's gates. He had made it! He was greeted with cheers, smiles, and hugs. He called his mom and dad to let them know he had done it. He drank a lot of water, and then we all headed into the lodge for a quick gathering to ask a few questions about his amazing journey. Then, Pastor Kalland had us all stand, and hold each other's hands as he said a prayer. It was a prayer of gratitude, and Thanksgiving. He prayed for Jack, and for his family. He prayed a prayer of community, and of our many blessings. There was barely a dry eye in the place, for we all knew that we had just been part of something very special, that we would never forget.

That evening at dinner, after a much needed sauna, jump into Lake Caribou and rest, Kristi requested for Jack to do a Q & A. Jack was kind enough to answer more questions from us about his experience.

"How many steps did you take each day?" 20-30 miles per day.

"Did you miss your mom?" Yes.

"Did you have to eat roadkill?" No.

He then shared that he occasionally walked alone, but that throughout his trip, people would show up to walk with him for a bit. His family walked beside him in the beginning and, his friends then joined in. Two youth leaders from Mount Olivet, Chase and Zach, walked by his side, and even his grandma even walked a mile with him!

When he got to Duluth, he was greeted with his cap and gown and a graduation party by his friends and family. This is when he would have been walking during his graduation ceremony in Edina.

He shared that there were a few times that he really was discouraged, and didn't think he could go on. He then realized that any forward movement was progress. So he just put one foot in front of the other, literally.

He didn't think that walking into camp was going to be a big deal and that no one would be there, since camp hadn't officially begun. To be greeted by so many people so happy for him, and chanting his name, was not only unexpected, but a little overwhelming.

Jack is a soft-spoken young man, who did something for himself. That ended up affecting many other people, including myself, in a very profound way. When I think about why this has had such an impact, not only on me, but others, I realize that when you show up for people, it matters. When you cheer for someone, it matters. When you are in community with others, it matters. When you are kind to one another, it matters. In this journey called life, in the words of Pastor Reuben Youngdahl, "You never walk alone." — **CHRISTY HANSON, FAMILY WORK WEEK CAMPER**



## 4th Grade Bible Presentation Sunday, September 22 - Registration Information and Save the Date!

Su 9/22 **M** 12noon service **W** 11am service.

At baptism, parents make a promise to help their children grow in the Christian faith and life. As a community of faith, we, too, make a promise to support the newly baptized in their new life in Christ. One way we honor this promise together is by presenting Bibles to students during Sunday School. On Sunday, September 22 during worship (**M** 12noon **W** 11am), all 4th grade students will receive a Bible. This is an exciting day for these young people and their families as they continue to grow in faith and learn more about God's story.

We will be presenting 4th graders with their Bibles in church on Sunday, September 22 at both campuses (**M** 12noon service **W** 11am service).

**Please register your 4th grader for this event at [mtolivet.org](http://mtolivet.org).**

**MINNEAPOLIS CAMPUS:** Please have your 4th graders in the Fellowship Hall at 11:30am to check in. The group will process into church for the 12noon service and sit as a class. After the service, please pick up your child in the Fellowship Hall.

**WEST CAMPUS:** Please have your 4th grader in the Fellowship Hall at 10:30am. to check in. The group will process into church for the 11am service and sit as a class. After the service, please pick up your child in the Fellowship Hall.

For Questions please contact Katy Michaletz, 612.767.2245, [kmichaletz@mtolivet.org](mailto:kmichaletz@mtolivet.org)



### Musikgarten (Birth-3 yrs with caregiver)

*M, Tu, W, F, Sa 9/16 - 12/14 Times Varies by Day, **M** Room 393.* These weekly classes are for children birth to three years of age and their parents/cargivers. Together you'll sing, chant, move, dance, listen, and play simple instruments, all activities that bridge the natural connection between music and movement and nurture musical expression. Your child will have the opportunity to sing, dance, and play simple instruments such as rhythm sticks, jingles, shakers and drums. Our licensed Musikgarten teachers will help your child develop listening skills, focused attention, imagination, creativity, and self-expression. Cost is \$108. For questions, please contact Colleen Roess at 612.767.2258, [colleenr@mtolivet.org](mailto:colleenr@mtolivet.org)

### Screenagers (10-65yrs)

*M 9/30 6:30-8:30pm **M** Fellowship Hall **W** Gronseth Fellowship Hall.* Much like Mount Olivet's Truth Talks last spring, which focused on living loved and living online, the Screenagers documentary offers an opportunity to hear about the benefits and challenges of living in this digital age, and to discuss how to manage our devices so we can live whole, healthy lives. We invite families of children ages 10+ to see and hear the perspectives of kids, parents, and professionals that will spark positive family conversations and help kids further develop skills and strategies for how they engage with technology. Cost is \$5 (\$10 max for families). ☑

# VOLUNTEER THIS FALL

We would love to have your support as a volunteer this fall! Opportunities await in Sunday School and Choir Sunday School, Youth Choirs, and Confirmation at the Minneapolis and West Campuses. Join us in this meaningful way to support our youth, serve our church – and have fun!

## CONTACTS:

- M** **W** Sunday School & Choir Sunday School: Katy Michaletz, 612.767.2245 or [kmichaletz@mtolivet.org](mailto:kmichaletz@mtolivet.org)
- M** **W** Youth & Children's Choirs: Beverly Clafin, 612.767.2263 or [beverlyc@mtolivet.org](mailto:beverlyc@mtolivet.org)
- M** Confirmation: Angie St. Dennis, 612.767.2244 or [angelas@mtolivet.org](mailto:angelas@mtolivet.org)

## FALL CFM PROGRAM REGISTRATION IS OPEN!

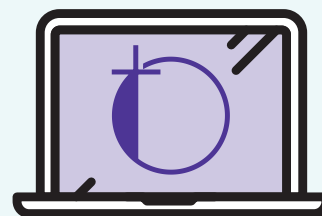
Opportunities at **M** **W** See the schedule  
online at [mtolivet.org](http://mtolivet.org).

- Choir Sunday School (3yrs- 6th Gr):  
Cherub Sunday School (3yrs-5yrs)  
Alleluia Sunday School (K-1st Gr)  
Hosanna Sunday School (2nd-3rd Gr)  
Chapel Sunday School (4th-6th Gr)
- Sunday School - 3yrs - 6th Grade
- Children's Weekday Choir (3yrs-5yrs):  
Cherub Choir (3yrs-5yrs) - Mpls Only



# REALM

## Have you created an account yet?



In September of 2018, we transitioned to a new membership login experience called *Realm*. This login experience allows you to do many things such as access the online directory, find groups to join or communicate with the people in the groups you are already a part of, schedule giving, and register for events.

With 2019, over halfway through, Mount Olivet wants to highlight a few of the different areas that we think will allow you to use this tool better.

**ONLINE REGISTRATION.** Realm features a calendar of events to show you what's happening at Mount Olivet and allows you to register for certain events right there! While you are logged in you are able to easily find events you and your family are interested in attending with just a few clicks. **REMINDER:** Realm is not supported on the browser Internet Explorer, but should work with other main browsers such as Chrome, Firefox, and Safari.

**SCHEDULED GIVING.** When we moved to Realm, we were unable to transfer your payment information. If you have not already done so we are asking that you set up new scheduled giving payments through your Realm account.

**USING THE ONLINE DIRECTORY.** Realm offers an online directory of Realm account holders. In order for you to share your contact information online with members of our congregation, you must create a Realm account. If you have a Realm account and want to share your contact information, please update your privacy settings. When logged into your Realm account please click on your name and select Manage Privacy from the dropdown menu.

**UPLOADING A PHOTO.** The pastors at Mount Olivet want to get to know you, and the best way to do that is to upload your photo! Accessing your "My Profile" page by clicking on the arrow next to your name. Then click on the big circle on the blue banner with your name and upload a profile picture.

**QUESTIONS:** 612.926.7651 [communications@mtolivet.org](mailto:communications@mtolivet.org).



# MOUNT OLIVET LUTHERAN CHURCH STEWARDSHIP 2020

All Mount Olivet members are invited and encouraged to attend a Stewardship dinner where you will receive your **2020 PLEDGE CARD.**

Then, on **GRATITUDE SUNDAY, SEPTEMBER 29,** return your completed pledge during worship – with joy and thanks to God for all your blessings!

## STEWARDSHIP DINNER DATES

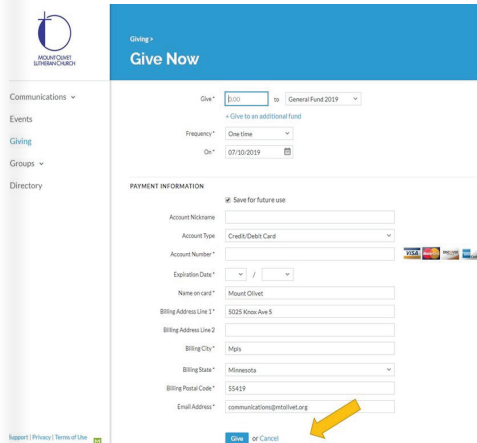
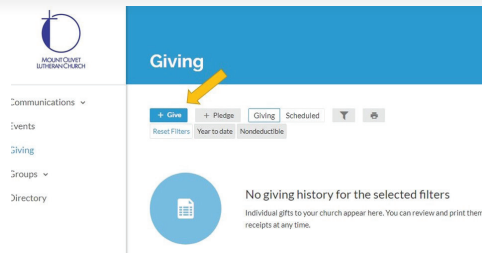
Mon 9/9	6pm	Mpls
Tue 9/10	6pm	Mpls
Wed 9/11	6pm	Mpls
Thurs 9/12	6pm	Mpls
Fri 9/13	<b>11:30am</b>	Mpls
Mon 9/16	6pm	Mpls
Tue 9/17	6pm	<b>West</b>
Wed 9/18	6pm	<b>West</b>
Thu 9/19	6pm	Mpls

**RESERVATIONS REQUIRED:  
MTOLIVET.ORG, 612.926.7651,  
RETURN POSTCARD, OR AT CHURCH**

Nursery for 6wks-3yrs provided September 16 & 18.  
Activities for 4-12yrs will be provided by the Children & Family Ministry team during each meal except September 13.  
A Holy Communion service will follow the meal on September 9, 10, 13, 16, 17.

## Attention Online Givers:

If you have historically fulfilled your yearly pledge with online scheduled gifts using a credit/debit card or banking/savings account, but have not yet set up your 2019 giving in Realm, please do so today via [mtolivet.org](http://mtolivet.org). Thank you for your continued support of Mount Olivet and its ministries!



To set up online scheduled giving in Realm:

- Go to [mtolivet.org](http://mtolivet.org). Then, under GIVING, go to the ONLINE GIVING tab where you will be able to login or create your Realm account. You will also find more information about scheduled giving on that page.
- Once in Realm, go to the Giving tab. Click the blue "+Give" button and put in your Giving Details (amount, General Fund 2019, frequency, and start date) and your Payment Information.
- When all information is entered, hit the blue "Give" button at the bottom of the page.

If you prefer the Mount Olivet finance office to set up/update your scheduled giving, please request an authorization form for you to complete and return. Questions? Need a Form? Deanne Nelson 612.767.2280, [deannen@mtolivet.org](mailto:deannen@mtolivet.org) or Tricia Lerohl-Morgan 612.767.2255, [tricial@mtolivet.org](mailto:tricial@mtolivet.org). **Thank you!**



## Essential Legal Planning for Aging Families Featuring Mary Frances Price, Attorney at Law

W 9/18 3:30-4:30pm, Mount Olivet Day Services, 5601 Lyndale Avenue South, Minneapolis. Do you have aging loved ones? Have you thought about how you can help if someone you love has memory loss or another medical condition requiring assistance? What legal documents are required if you want to help someone with managing their affairs? How do people afford to pay for assisted living? This session will answer each of these questions and more as we discuss thoughtful, practical and essential planning for all families with aging loved ones.

Topics will include essential legal documents, Medicare, Medicaid and Veterans Benefits as well as a review of important legal documents for families supporting aging loved ones. The presenter, Mary Frances Price, is an Elder Law Attorney and Mount Olivet Lutheran Church member with years of experience working with families to understand effective elder planning. Please RSVP to Ginny Cullen at 612.861.3305 or [Ginnyc@mtolivetdayservices.org](mailto:Ginnyc@mtolivetdayservices.org) by 9/16.

## Don Wamsley, Facilities Operations Manager, Minneapolis Campus Retires

After nearly 23 years of service, Don Wamsley will be retiring in August. Don has been a faithful and dedicated employee at the church, always committed to helping Mount Olivet succeed in its mission. In his position, Don both oversaw a team of colleagues as well as took direction from others, with unflappable and unfailingly grace.

He shared with Mount Olivet: "I am proud of the many accomplishments our team had these last twenty years. I guess at the top, I would put the roles our team played in the two major construction projects. We were able to ask important questions and make daily decisions that affected the projects in a positive manner."

Don and his wife, Joyce, look forward to traveling, spending time with grandchildren, and accomplishing some personal goals.



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MOUNT OLIVET  
LUTHERAN CHURCH  
STEWARDSHIP 2020

**Stewardship Dinners  
begin September 9!  
Register at [mtolivet.org](http://mtolivet.org)**

 **MTOLIVET.ORG** MPLS 612.926.7651 • WEST 952.767.1500