

AUGUST 2021

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

If you would like to receive a large print copy of the *Messenger*, please contact Andrea Brown at andrea@mtolivet.org or 612.767.2209.

SUNDAYS

**RADIO BROADCAST ON
WDGY 740AM**

11am

**WATCH THE MPLS
WORSHIP SERVICE AT
MTOLIVET.ORG**

11am

AUGUST 1

**FEEDING OF THE FIVE
THOUSAND**

John 6:1-14

M 9, 10am
SERMON Pastor Hammersten

W 9, 10am
SERMON Pastor Craig Johnson

AUGUST 8

**THE RAISING OF
LAZARUS**

John 11:1-6, 17-27, 38-44

M 9, 10am
SERMON Pastor Ruud

W 9, 10am
SERMON Pastor Freeman

AUGUST 15

**THE ETHIOPIAN
EUNUCH &
COMMUNION SUNDAY**

Acts 8:26-39

M 9, 10am
SERMON Pastor Hammersten

W 9, 10am
SERMON Pastor Dixon

WEDNESDAYS

**IN-PERSON HOLY
COMMUNION**

M W 12noon

The first Wednesday of each month, a short in-person communion service will be offered. No registration required.

AUGUST 22

**PETER AND CORNELIUS
& THE RECEPTION OF
GENTILES**

Acts 10:1-16

M 9, 10am
SERMON Pastor Freeman

W 9, 10am
SERMON Pastor MacLean

AUGUST 29

**PAUL AND SILAS IN
PRISON**

Acts 16:16-34

M 9, 10am
SERMON Pastor Kalland

W 9, 10am
SERMON Pastor Dixon

Endless Possibilities!

And Jesus said, "I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." –Mark 11:24

One of my favorite stories is about a young kindergartener who is coloring furiously when her teacher asks what she's drawing. "It's a picture of God," she replies. After a moment's pause, the teacher says, "You should know, sweetie, that no one really knows what God looks like." After drawing for a few more seconds, the kindergartener, without raising her head from her work, says, "Well, they will in a minute!"

I like that story because it reminds me how easy it is to allow our imagination to be limited by others. You've probably seen this play out in a hundred different scenarios. Someone volunteers a great idea – at work or school or place of volunteering – and before it can even be considered, let alone gain momentum, there's a naysayer who says it just can't be done. And the idea dies a premature death.

That can happen at church, too, as we assume there's only one way to do things or are made anxious by new ideas. Thankfully, that hasn't been the tradition at Mount Olivet. Rather, across our century of ministry, this congregation and its leaders have embraced an entrepreneurial spirit that dreamed big and trusted God. Think, for a moment, of some of the wonderful things that Mount Olivet has accomplished: Cathedral of the Pines, the Mount Olivet Homes, Rolling Acres, a Conference and Retreat Center, the Counseling Service, the Mount Olivet Preschool. Every one of those vital institutions began not just with a good idea, but also with a willing and adventurous congregation that was willing to back that idea.

This coming fall and year, we have a chance to re-ignite that entrepreneurial spirit and let it lead us into a year of dreaming God's dreams for Mount Olivet. Some of that dreaming has already begun, as we're busy planning a fall of opportunities for learning, fellowship, and service that reclaims some of the cherished traditions we had to postpone while also extending some of the new ways of connecting we learned over the last year. Our most recent dreaming also includes reinventing the Mount Olivet Preschool to better meet the needs of young families in our communities, and becoming the home of an art studio that welcomes people of all ages and abilities to Mount Olivet not simply to do art but to be healed and transformed by it.

And this is just the beginning. In fact, during this year's

Stewardship offerings – there are three ways to participate in Stewardship this year! (details on p. 6) – I and the rest of your staff look forward to sharing some of the dreams and plans we've been working on. More than that, we look forward to engaging you in dreaming with us and, together, nurturing the entrepreneurial spirit that has guided this congregation thus far.

This fall we have a chance to gather together, worship together, sing together, learn together, and strengthen each other in the faith through fellowship and service, something we missed for nearly 18 months. So many of us learned over the course of the pandemic that it's easy to take worship and other church gatherings for granted and vowed not to do that again. And so, I look forward to welcoming you back this fall. There is a place here for you. A place for you to get involved. A place to use your gifts. A place to connect with others. A place to dream God's dreams and trust that God can accomplish them.

When we encounter challenges – and if we're really following God's call there will *always* be challenges! – it will be tempting to want to embrace only what's familiar. But that just hasn't been the history of this church. It's in our DNA to discern God's call, to experiment faithfully, to learn from our experience, and to strive always to grow into the congregation God desires and the world needs. In the verse cited above, Jesus tells the disciples that faith is, in essence, believing and acting with confidence that God will accomplish great things through us. In another passage, and after hearing Jesus offer surprising words about heaven, the disciples ask, "Then who can be saved?" And Jesus responds, "With mortals, it is impossible. But with God, all things are possible!" (Mark 10: 27)

Endless possibilities. This is the phrase and theme for our year ahead, as we rekindle a faithful ambition and entrepreneurial spirit to share the good news in word and deed and in ways both familiar and new. All it will take is a willingness to dream big dreams and trust God to accomplish them. I can't wait to see you!



Pastor Lose

DAVID J. LOSE, SENIOR PASTOR



“WE NEVER KNOW THE WORTH OF WATER TILL THE WELL IS DRY”

THOMAS FULLER (1608 - 1661)

Having been silenced for so long, now, more than ever, we understand and appreciate the need for music, worship, and community as a part of our daily lives.

As we prepare for fall, it is thrilling to think about our choirs processing into the sanctuaries, supported by the singing voices of the congregation, and led by the powerful sounds of the organ. It is a weekly sight that we perhaps took for granted but now eagerly await!

On Sunday mornings in our classrooms, we will again hear singing, the playing of instruments, and the most beautiful sound of children’s laughter and expressions of glee. With a new educational model which allows for movement, creativity, and community building, our Sunday School will be bursting with energy in thankfulness for children, Christian education, and the ability to gather again in a learning community.

And certainly, on Wednesday nights we will welcome the sound of controlled chaos, kids moving, in groups, to get to confirmation and choir. The halls will be filled with happy shrieks of greetings, boisterous laughter, high-fives, and hugs of friendship!

Over the past year our well felt dry and we yearned for the fresh water that brings us life. And now with an opportunity to start again, to reimagine, redefine, and revamp, we are beginning to feel the return of the water of God’s nourishing love filling the well once again to overflowing abundance. I am so excited!

BEVERLY CLAFLIN, *Director of Worship & Music*

For more information about these programs, please contact:

Geoff Arenson (Youth 7th-12th grade)

geoffa@mtolivet.org, 612.767.2212

Beverly Clafin (Music-all ages)

beverlyc@mtolivet.org, 612.767.2263

Katy Michaletz (PreK-6th grade)

kmichaletz@mtolivet.org, 612.767.2245

LIFE & GROWTH

JUNE 18 - JULY 15

BAPTISMS

Aspen Cecilia Alm

daughter of Stacey and Phillip

Max Charles Breckner

son of Katie and Nicholas

Elloise Donna Budd

daughter of Lillia and Alex

Molly Michele Ferrara

daughter of Allison and Andrew

Isla Louise Hofmann

daughter of Stephanie and Cailen

Grace Kathryn Holthaus

daughter of Kristin and Dex

Camden Jay Hulstein

son of Anna and Andrew

Amelia Marie Hulstein

daughter of Anna and Andrew

Sophie Kate Mason

daughter of Kate and Reid

Charles Michael McCarthy

son of Christine and Michael

Arthur Howard Moen

son of Katherine and Aaron

Sloane Elizabeth Moran

daughter of Sarah and Tom

Elijah Curtis Winkelmann

son of Heather and Paul

WEDDINGS

Aubrie Bowers & Matthew

Arnold, June 26

DEATHS

Craig M. Aikala

1960 – 2021

Donald Asmussen

1941 – 2021

Richard G. Blenkush

1935 - 2021

Ardis E. Christensen

1924 – 2021

Lora A. Conroy

1964 - 2021

Marilyn M. Gustafson

1927 - 2021

Robert C. Hentges

1940 – 2021

Ruth M. Lawless

1927 – 2021

Dale M. Boline

1926 - 2021

DAILY READINGS

FROM PASTOR KALLAND AUGUST 2021

- 1 2 Thessalonians 3:3, The Lord Is Faithful
- 2 Romans 14:1, Without Quarreling
- 3 Psalm 111:10, The Beginning Of Wisdom
- 4 Philippians 4:12, The Secret Of Being Content
- 5 Mark 16:16, Believe And Baptized
- 6 Proverbs 16:8, A Little Righteousness
- 7 Philemon 1:25, Grace And Spirit
- 8 Revelation 3:21, Sit With Jesus
- 9 Psalm 139:13-14, Wonderfully Made
- 10 Luke 6:22, Because Of The Son Of Man
- 11 Colossians 3:15, The Peace Of Christ
- 12 Psalm 116:1-2, The Lord Hears
- 13 1 Peter 3:13, Do Good
- 14 Romans 1:20, Clearly Seen
- 15 Psalm 119:60, Hasten And Not Delay
- 16 Matthew 6:26, Look At The Birds
- 17 2 Corinthians 4:18, Unseen Is Eternal
- 18 Proverbs 4:23, Guard Your Heart
- 19 Mark 16:15, All The World
- 20 Galatians 3:26-27, Clothe Yourself With Christ
- 21 Psalm 118:24, Rejoice Today
- 22 Zechariah 1:3b, Return
- 23 2 Corinthians 5:7, Live By Faith
- 24 Psalm 119:7, Upright Heart
- 25 Genesis 1:28, Be Fruitful
- 26 James 3:17, Wisdom From Heaven
- 27 Psalm 84:10, Doorkeeper
- 28 1 Corinthians 13:13, The Greatest Of These
- 29 1 Chronicles 29:14, Everything Comes From God
- 30 Psalm 37:23, Delight In God
- 31 Mark 11:25, Forgiveness

DEVOTION

2020 will be remembered by nearly all present day humanity as a lynchpin of life. I commonly hear many of us using phrases such as “During the pandemic I...” or delineating time and events in terms of “pre-pandemic,” “during quarantine,” or “post-vaccination.” It will undoubtedly be a constant marker well into the future.

The summer theme at Cathedral of the Pines is the Apostle Paul’s description of the “Fruit of the Spirit” in his letter to the Galatians. In that letter, he describes the gift of the proclamation of Jesus’ love as the ever-present daily lynchpin of our lives. He testifies it changes us to be more fully immersed in the freedom of faith, hope, and love for our neighbors and ourselves in a dynamic way, and he exhorts, **“For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.” (5:1)**

As we experience the end of summer and enter back into a new year of ministry together, what things will we seek to leave behind? Did the pandemic highlight ways in which we tend to be enslaved in mind, body, or spirit? How are we doing – both as individuals and together as a congregation – at living into the freedom of God’s truth and grace and proclaiming Christ’s love for the whole world?

Remember you are a child of God. Remember you are loved. Remember you are not alone. Let us never turn back from these gifts.

— PASTOR RUUD



UPCOMING EVENTS

AUGUST 4

SUMMER MUSIC WITH FLYING SOLO 6-8:30pm, *Wolfe Park Veteran’s Memorial Amphitheater, 3700 Monterey Drive, St. Louis Park.*

Grab a blanket or chair, and join us for a 50s & 60s Revue tribute concert – Roy Orbison, Patsy Cline, Everly Brothers. All free and filled with amazing talent.

AUGUST 10

MOCW SOCIAL 5-8pm, *Edina Country Club.*

Did you know that all women of Mount Olivet are automatically members of MOCW? So 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 people together. No need to register. Donations are accepted the night of the event.

AUGUST 22

FLYING SOLO MEET & GREET 10am, *Mpls Campus.*

Please join us in the courtyard after the 10am service for coffee and cookies! We are an Adventure, Service and Fellowship group for singles ages 40-60.

17TH MOTORHEADS’ SHOW & BLESSING Service 5pm, Show 6:30pm

Blessing of Motors & Drivers, West Campus. Featuring awesome vehicles, the **Nordic Surf Band**, outdoor blessing service, awards, and FREE raffle drawing. Food will be served outdoors, so bring your own chair. No pre-registration necessary (windshield signs and souvenir dash plaques will be available at the event). Rain or shine!

ENDLESS POSSIBILITIES!

MOUNT OLIVET STEWARDSHIP 2022

THE RETURN OF STEWARDSHIP: NOW WITH THREE WAYS TO GATHER AND GIVE!

You are invited and encouraged to attend a Stewardship event this September. Your pastors and staff are looking forward to seeing you! This year, there are **THREE** Stewardship options from which to choose as we come together and give thanks for all our blessings and offer our support in return:



OPTION #1: TRADITIONAL MEALS

At these meals, you will be **seated** to enjoy your meal (complete with all the usual fixings!) *Nursery (6 weeks to 3-years old) and Childcare (3-10 years old) will be provided.*

Tues 9/14 at Mpls, 6-7pm
Sun 9/19 at West, 12noon-1pm
Tues 9/21 at Mpls, 6-7pm
Fri 9/24 at Mpls, 12noon-1pm
Sun 9/26 at Mpls, 12noon-1pm



OPTION #2: DRIVE-THROUGH

Pick-up your meatball dinner in a convenient and fun way!

Mon 9/13 at Mpls, 4:30-6pm
Mon 9/20 at West, 4:30-6pm



NEW! OPTION #3: OPEN HOUSE

Visit with pastors, staff, and each other; learn about all our ministries upcoming opportunities; and walk around and enjoy the meatball meal at a variety of **food stations** (including turkey sammies for the young and young-at-heart!). Both Open Houses will culminate with a Celebration Gathering in our beautiful sanctuaries. *Nursery (6 weeks to 3-years old) and Childcare (3-10 years old) will be provided.*

Wed 9/15 at Mpls, 5:30pm Start, 6:30 Gathering
Wed 9/22 at West, 5:30pm Start, 6:30 Gathering

AT ALL THREE STEWARDSHIP OPTIONS, YOU WILL HAVE AN OPPORTUNITY TO:

- **RETURN YOUR 2022 PLEDGE CARD** (mailed to you by early September)
- **ENJOY A MEATBALL MEAL IN SOME WAY**
- **BRING DONATIONS:** diapers, underwear of all sizes, canned goods, and handled paper bags. *Donations benefit our community partners: Community Emergency Services (CES); Bountiful Baskets; VEAP: Volunteers Enlisted to Assist People; Simpson Housing; St. Stephen's Human Services; and our Loaves and Fishes Community Meals*

RESERVATIONS REQUIRED FOR ALL OPTIONS: Online at mtolivet.org or by phone at 612.926.7651.

Please join in the celebratory return to church as we all help prepare for Mount Olivet's bright future! It will be so wonderful to see you all and gather again. Watch for your Stewardship mailing with more information in early September!



THE BUZZ AROUND MOUNT OLIVET

Mount Olivet is the home of two active beehives and Michael Nelson, Sous Chef of our kitchen staff and a 9:00am usher, is the official beekeeper! He approached the leadership at Mount Olivet about the concerns facing the bee population and a desire to be part of the solution. He volunteered his time to educate himself and build the beehives. Below is the story in his words.

After a final decision was made to place two beehives on the roof at the Minneapolis campus, I enrolled in a beekeeping class at the University of Minnesota and spent the winter reading everything I could on honeybees and honey. The City of Minneapolis approved the license request, and I began to research the best bees for Mount Olivet.

One of the first things I learned was how many types of manmade beehives exist. I chose the most common hive – the Langstroth – for church. Our beehive system is a series of boxes and frames that stack on top of each other and allow the bee community to expand and produce honey.

The honeybees themselves were purchased from a 4th generation family farm in the southwestern metro. The beehives are located on the roof, behind the steeple overlooking 50th street. Living in the first box is a series of 10 frames where each frame has a honeycomb arranged in the box like a hanging file or a furnace filter in a drawer. The bees use these frames for everything from raising their young to storing their food, aka honey. As the hive grows, I will be able to add another box of 10 frames on top. Once the bees have filled a second box there will be about 70,000 bees in each hive. Eventually, all the boxes added will be frames filled with honey that the bees have put in storage.

The bees arrived in mid-May and are already producing honey. It will be critical to leave enough honey for them to survive the long, cold winter. There is a water source and I check on the bees 2-3 times per week. Even with the bees surviving on the honey over the winter, 60 to 70 percent of the honey will remain for our use. Feel free to ask about the new apiary which is just a fancy name for a bee yard. You can often find me in the kitchen.

MIKE NELSON, *Mount Olivet Beekeeper and Sous Chef*



MOUNT OLIVET LIBRARY

We have put the pandemic-induced “down-time” of our Mpls campus to good use, getting it ready for another century of faithful ministry. Updates to the Lounge and Youth Center make both of those rooms more attractive and suitable for multi-purpose use. And now we’re excited to do the same for the library!

Mount Olivet’s library was established in February 1950 under the passionate leadership of Erwin John and moved to its current location in 1957 with the addition of the administration building. Erwin John was a meteorologist by profession, but also had a passion for learning, reading, and books, and he went on to found the National Church Library Association. There was no initial budget for the church library, but Mrs. John Bosch donated the first books, a “beautiful and fascinating set of eight volumes called The Book of Life.” During the past 71 years, members have added to the library’s inventory through monetary donations and by giving books. Following Erwin John, the library has evolved under the capable leadership of Patti Bross, Jenny McNerney and Chelle Urabe as well as the support of the devoted volunteers.

Throughout the years, the offerings in the library included fiction, non-fiction, reference books, periodicals, record albums, framed artwork, CD’s, and movies. While at one time current, many of the holdings in our collection are now out-of-date or rarely used, and so the time is ripe to update our collection. For this reason, as we remodel the library, we will maintain a smaller collection of the most frequently used books, highlighting in particular our children’s books.

As we start to schedule our regular programming and new offerings this fall, we are excited to expand the use of the library space to include a flexible gathering area for classes, Sunday church school, and other activities throughout the week. We are grateful to the vision of Erwin John, the dedication of his successors, and the legacy of the library as we move into the next 100 years at Mount Olivet.

NANCY NASH, *Senior Director of Operations*

TIME FOR THE NEW TESTAMENT

Last year, the Living the Message series focused on questions people may have been wondering about the Bible, but might have been afraid to ask. This upcoming year, we will continue asking and exploring Bible questions. Pastor Lose, Pastor Ruud, and I would love to have YOU to be a part of this year's series: *Everything You Ever Wanted to Know About the New Testament*. All are welcome — from long-time bible study members to newbies! (And if you'd like, you can catch-up and view all of last year's videos at mtolivet.org/education!)



When Living the Message resumes in October, you will be able to attend the live in-person presentations and/or watch the recorded video. Your choice. Small group discussions will be offered both in-person and online. Or feel free to study and enjoy on your own. Please know this worthwhile study of God's story — our story — is there for you in whatever way works for you!

KATIE STEVENSON, *Coordinator of Faith Formation*, katies@mtolivet.org, 612.767.2232. For more information and to register go to mtolivet.org/education

MAGGIE MENK

"We are fortunate at Mount Olivet to have ministers who are great teachers. Taking a Bible study was interactive and thought provoking and a great way to stay connected."



DAVE KUEHN

"I hadn't opened my Bible for a really long time and hadn't really considered joining a Bible study in the past. The questions that were asked this past year and the lessons I learned opened my eyes to a more relatable way of reading scripture, and, quite frankly, a new understanding that the Bible is much more about my relationship with God than a divine encyclopedia. It was nice to be able to dedicate time and space in my life to learn and grow through this program. Can't wait for next year!"



JOHN AND JOANNA ENGSTROM

"What a joy to be able to be a part of the Mount Olivet Bible study from our home in northern Minnesota! It was so comforting to be connected to our forever church home as we studied God's word. The message of God's unending and unchanging love was abundantly clear during all the videos and gave us strength for the day (and for 2020!). Thank you, Mount Olivet!"



ELSA BEISE

"I wanted to make sure that I stayed connected to Mount Olivet and had a regular way to check-in with and grow my faith. The Living the Message Bible study helped me to do just that!"



Continue to tune in with your Mount Olivet pastors as they discuss the upcoming Sunday biblical story centered on our summer theme of "God Makes a Way!" You are invited to think about and sit with some questions about the story before Sunday worship. Join in discovering how God continues to bring us faith for life through the good word of scripture!

JULY 28

Feeding of the Five Thousand
Scripture: John 6:1-14
Pastor Hammersten & Pastor Lose

AUGUST 4

The Raising of Lazarus
Scripture: John 11:1-6, 17-27, 38-44
Pastor Freeman & Pastor Ruud

AUGUST 11

The Ethiopian Eunuch
Scripture: Acts 8:26-39
Pastor Dixon & Pastor Lose

AUGUST 18

Peter and Cornelius & the Reception of Gentiles
Scripture: Acts 10:1-16
Pastor MacLean & Pastor Ruud

AUGUST 25

Paul and Silas in Prison
Scripture: Acts 16:16-34
Pastor Kalland & Pastor Ruud

UPCOMING EVENTS

WOMEN CHURCH LEADERS' RETREAT

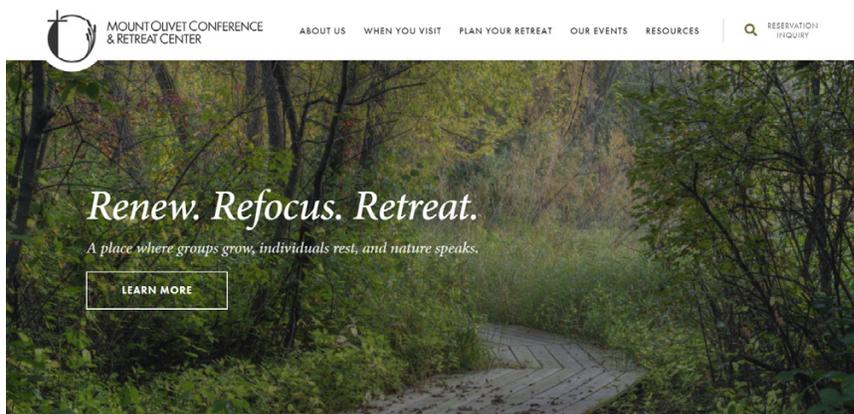
Monday, August 16 through
Wednesday, August 18,
Cost: \$500 (Single), \$450
(Double), \$375 (Dorm).

A retreat for women clergy and women working on staff in churches, led by the Reverend Dr. Karoline Lewis, who will guide participants in discussing the particular opportunities and obstacles faced by women church leaders. This retreat will focus on theological issues and practical strategies to embolden embodied and authentic leadership in the church today. Register at mtolivet.org.

OUTDOOR CONCERT

August 28, 6pm, \$20 for
Dinner & Concert.

Enjoy an old-fashioned country gospel show, featuring Parson Paul (aka Johnny Pineapple) and the Gloryland Express. Take a journey down memory lane with favorites *I Saw the Light*, *I'll Fly Away* and more! Our kitchen will serve slow cooked country style pork ribs for dinner. Sit at one of our picnic tables or bring your own blanket or lawn chair and enjoy live music while soaking in the beauty of the Conference & Retreat Center! Register at mtolivet.org.



Refreshed Spaces

For many, the COVID pandemic carved out space and time for projects that usually get pushed aside due to hectic schedules and full calendars. Homes were organized and to-do lists were crossed off. Here at Mount Olivet Conference & Retreat Center, we stayed busy during the abnormally quiet months of the pandemic by giving our physical and virtual spaces a facelift.

Our operations team stripped decades old red and blue wallpaper from the hallways, stairwells, and library lounge of the Cornell House and lightened up these spaces with neutral paint tones. Fresh coats of paint also brightened the overnight dormitory rooms and dining room, and our meeting room windowsills were sanded, stained, and varnished. If you take a walk outside you will notice freshly painted swings and picnic tables. And if you hike on our five miles of trails, you won't notice any more buckthorn! Many hours were spent clearing this invasive species. Our propane tanks are gone, too, as we converted to natural gas throughout the Conference & Retreat Center. This will result in significant long-term savings.

When you retreat at Mount Olivet Conference & Retreat Center, your experience begins before you step foot on campus. It starts with your first virtual interaction with us. This summer our communications team launched a fresh, updated look to our website, mtolivetretreat.org. Engaging, newly written content and photos highlight the gracious hospitality, beautiful landscapes, and inspiring programs of the Conference & Retreat Center. Our *Retreat Where You Are* initiative, created to support you during the pandemic, is incorporated into the new site and features weekly blog posts as well as other resources like retreat guides and facilitated prayers and meditations. Modeled after the Mount Olivet Lutheran Church website, the new look brings brand consistency to the affiliate ministry of the Conference & Retreat Center and feels familiar for church members navigating the site.

We invite you to visit us soon, whether in person or virtually. Whichever you choose, may you enjoy the beauty and peace found in this place.

Everyday Trauma

“Trauma” is talked about a lot these days, but what does it actually refer to? The meaning of the term has changed over time. Historically, trauma referred to an experience of life-threatening stress like that of a combat veteran, survivor of violent crime or natural disaster. These days it has a broader definition among mental health professionals. We even use the colloquial “little-t trauma” to refer to non-life-threatening, yet still painful traumatic experiences of life.

What it really comes down to is how someone is coping now with a past experience and not the experience itself. Here are some of those problematic ways of dealing with past trauma: reliving an experience in flashbacks or nightmares, intentionally avoiding sounds, sights, or smells reminiscent of the experience, intrusive thoughts or feeling constantly on edge or fearful. You can see that the effects of trauma can be life-interfering even if the initial experience was never life-threatening. Picture it like trying to swim while holding an inflated beach ball underwater. It takes a lot of effort to keep it submerged and eventually you have to take a break. But watch out, because the moment you let up the ball shoots high into the air in an uncontrolled way! That’s how it can feel when our minds are trying desperately to protect us from a past trauma. The good thing is it doesn’t have to. We at the counseling service can help you find a way to resolve the pain of your past so that it doesn’t continue to take so much of your emotional energy. We can help you let the beach ball rise to the surface and gently float away.

SARA WATNE, MA, LPCC, Mount Olivet Counseling Service



Marriage Preparation Workshop

Saturday, 9/18, 9:30am-3:30pm, West Campus, \$150 per couple with lunch included plus \$35 scoring fee for the Prepare Inventory. As part of planning for your life together, we invite you to participate in a very important, practical, and relevant marriage preparation workshop. This fun and engaging four hour workshop, along with the completion of the Prepare Questionnaire and talking through the results with a Pastor or Prepare facilitator, is designed to enrich your relationship as a married couple; focusing on important topics like positive communication skills, healthy conflict resolution, financial management, and spirituality. Facilitated by Shannon Himango, MA, LMFT, Director of Mount Olivet Counseling Service, and Meg Steeves, Graduate Practicum Student Counselor.

For more information, to schedule an appointment or register for a group, please contact Molly Pach at mpach@mtolivetcounseling.org or 612.927.7335, ext. 10.

SUPPORT GROUPS:

THE FIRST YEARS WITHOUT THEM

Wednesdays, 9/8 through 11/3, 3-4:30pm, Mount Olivet Counseling Service, 1804 W 50th St, Mpls, \$90 for members, \$180 for non-members

Come find healing in the first years following the death of a loved one. Sara Watne, MA, LPCC leads this group which utilizes contemplative practices, poetry, film clips and discussion to encourage participants along their path of mourning and reconciliation.

HEALING THROUGH DIVORCE

Thursdays, 9/9 through 11/18, 6:30-8pm, 5000 Logan Ave S, Mpls, Cost: \$100 for members, \$200 for non-members.

Cultivate a stronger connection to yourself and others on your journey of healing and recovery from divorce. Sherri Dunham, MA, LPCC guides this group, where you will be guided to explore and discover deeper meaning, purpose, and strength buried within your painful experiences, helping you to embrace compassion, hope, and trust in yourself and your life.

PASTORAL CARE OPPORTUNITIES



OUTREACH PROGRAMS

If you would like to receive a friendly phone call from a volunteer or know of someone who would like to receive a call 1-2 times a month, **or** if you or someone you know is feeling lonely and would enjoy a one on one friendship, become a recipient of our Caregiver Ministry of Friendship program. A volunteer would be matched up with a parishioner and visit 1-2 times a month. Share in conversation, an activity or a cup of coffee. Please contact Julie Goodman at julieg@mtolivet.org or call 612.767.2208 and become a part of Caregivers- A Ministry of Friendship or Link Callers/ Friends Connect ministries.

CAREGIVER FRIENDS-A MINISTRY OF FRIENDSHIP

Enjoy some time together with a parishioner who may be feeling lonely and in need of a friend. One to one friendship to converse, read, enjoy an activity, or a cup of coffee. Meet 1-2 times a month for social interaction and friendship.

If interested in volunteering for either of these ministries, please contact Julie Goodman at julieg@mtolivet.org or call 612.767.2208.



LINK CALLERS/FRIENDS CONNECT

Connect with a parishioner who is feeling lonely and would appreciate a friendly phone call. Call 1-2 times a month checking in and enjoying a conversation over the phone.

NEW BABY

If you've welcomed a new baby or child to your family, please contact the Pastoral Care Team. We would be happy to deliver a meal to your family. Please contact Julie Goodman at julieg@mtolivet.org or call 612.767.2208.

FALL PROGRAMING YOUTH MINISTRY

Scan the QR Codes below to register for fall programing. For more information about these offerings, please contact Geoff Arenson (Youth 7th-12th grade) geoffa@mtolivet.org, 612.767.2212, Angie St.Dennis (Confirmation) angelas@mtolivet.org, 612.767.2244, or Beverly Clafin (Music-all ages) beverlyc@mtolivet.org, 612.767.2263.



7TH GRADE CONFIRMATION

REGISTER FOR CONFIRMATION

This year we will be offering Confirmation Sundays 8:45-9:45am at the Mpls Campus or Wednesdays 7-8:15pm at the Mpls and West Campuses.



8TH GRADE CONFIRMATION

REGISTER FOR CONFIRMATION

This year we will be offering Confirmation Sundays 8:45-9:45am at the Mpls Campus or Wednesdays 7-8:15pm at the Mpls and West Campuses.



CHANCEL CHOIR

REGISTER FOR CHANCEL CHOIR

Calling all 7th and 8th Graders! We would love for you to join us for choir on Wednesday evenings. Choir is a great way to be involved at church!



CATHEDRAL CHOIR

REGISTER FOR CATHEDRAL CHOIR

Calling all Hi-Leaguers! Join us for choir every Wednesday Night and Sunday Morning! Choir is a great way to be involved at church! Cathedral Choir helps our faith grow!

EXCITING NEWS

A leadership development and community service group for Mount Olivet 11th & 12th grade students. This group will have a focus on serving the Minneapolis & Victoria communities while learning the fundamentals of leadership. This group will be mentored by Mount Olivet youth staff, pastors, and successful leaders in the congregation and will work together to plan our Mount Olivet Truth Talk event that happens each spring. Registration for this group will happen in the fall, if interested please contact Julia Jallo at jjallo@mtolivet.org for more information.



ADOPT-A-GRANDPARENT

Adopt-a-Grandparent (AGP) is a junior high service project for 7th and 8th Grade Confirmation students. Every other Monday we meet at Mount Olivet Home in Minneapolis and participate with the residents in intergenerational activities. Activities include bingo, pet night, crafts, a special Thanksgiving service and so much more! Through these activities, the residents at the home and the junior high students form friendships and a chance to enjoy one another's company. If you want to get involved in this fun service project, please contact Anna Herd 612.767.2279 or aherd@mtolivet.org. Registration coming soon!



SUNDAY SERVE

Sunday Serve is a unique program for our Confirmation students at both campuses. This program works to teach students about their community by participating in different service projects for various organizations around the Twin Cities. One Sunday a month we come together, worship at a church service, share in a meal, and learn about the populations around us that are facing stressors we may not be personally familiar with. Events we have done in the past include making tie blankets for Cornerstone MN, packing MATTERboxes for the MATTER organization, and shopping for Christmas presents for one of the families in Pastor Scott's ministry. It is going to be an awesome fall and we look forward to all the projects we have planned! Registration information coming soon. For more information, please contact Anna Herd 612.767.2279 or aherd@mtolivet.org.



CIRCLE OF FRIENDS

Circle of Friends is a weekly social-based program that partners teenagers with disabilities and Hi-Leaguers without disabilities. We do lots of fun activities both at the church and outside in the community, and each event is always such a blast! As a group, we strive to create an inclusive environment and foster a safe space where everyone can feel welcome and loved. The special relationships formed in COF go beyond our Monday nights together. Our time spent together gives us countless opportunities to learn from one another, which not only helps us grow as a group, but also as individuals. If you are excited about this fun service project, please contact Annie Boline 612.767.2211 or aboline@mtolivet.org.



MO UNITED

MO United involves Mount Olivet West Hi-Leaguers and Mount Olivet Rolling Acres residents. At MO United we build new relationships through various activities and conversation! We meet every Tuesday beginning in October from 6-7pm. We will have two eight-week sessions throughout the year - fall and spring. Event locations will vary each week, but will mainly take place at either the Rolling Acres gym or at the West Campus. Volunteers may choose to take part in one or both sessions, however, regular attendance during those sessions is required. We would love for you to get involved in this program! Please contact Julia Jallo at 952.767.1502 or jjallo@mtolivet.org for more information.



Mount Olivet Nursery School Through the Years

Around 1969 when his own children reached Nursery School age, Pastor Paul Youngdahl proposed beginning a school for three- and four-year-old children at Mount Olivet. Barbara Halvorson was hired as the first director of the new nursery school, and soon she opened the doors for 20 three-year-old, and 20 four-year-old children and a large play area. To prepare, she spent the summer at garage sales, in toy stores and bookstores purchasing supplies. She hired the original head teachers, Patti Glassing and Arlene Joern, along with Pat Smith and Ruth Baker as assistants. School was in session from 9am to 11:15am three mornings a week. In 1971-72 the tuition for half day sessions was \$22.00/month. What Barbara most appreciated about her years as director of the Nursery School was watching it grow from an idea into a school that had long waiting lists, enough that in 1974 classes were added in the afternoon.



Starting in 1976, I had the privilege of following in Barbara's footsteps as the director. All of the teachers agreed it was the perfect job for mothers of school age children. Over the course of its 50+ years, the school has had four directors, 13 head teachers and 24 assistants. Rickie Carlson, one of our wonderful assistant teachers, asked, when she was hired if she could go home between the morning and afternoon sessions to throw in a load of laundry or to do some other chore. Evidently I replied, "Sure you can, but you won't want to." After a couple of weeks, she decided it was more fun to bring her lunch and eat with the rest of us. In 1977, the Church Council approved new wooden playground equipment which was added to the courtyard.



In 1976, Julie Berglund was hired to teach the three-year-old classes. In 1980, she became the next director and stayed for fourteen more years. She remembers finger painting with chocolate pudding and putting celery in colored water so that it would turn color. During one Christmas program when she was playing the piano, something happened to get all of the teachers giggling. Julie's recent comment was, "that's what keeps you alive."

Linda Healy also started as a teacher, but stayed on for another twenty-five years as director until the school was forced to close on March 16, 2020, due to the COVID-19 pandemic. She and the teachers that worked with her have continued to get together monthly because they are friends. Like previous groups of teachers, they formed a close bond. Linda said, "This was the happiest, safest place I ever worked. Our children didn't need to know about bad things." She talked about the community of families, many of whom joined Mount Olivet as a result of experiences like chatting while waiting at the door to pick up their children, and parents gathering once a month for coffee. During her time, an à la carte schedule was introduced so the children could come 3, 4 or 5 days for morning or afternoon sessions. Also, with the addition of a commercial refrigerator, they were able to offer "lunch bunch time" so that parents could extend the morning session or drop them off early for the afternoon session.

In a brochure published for parents during one of the early years, these five commitments were outlined:

1. *Our main purpose is to recognize and love your child as an individual.*
2. *We will provide a social experience, with a Christian influence, where each child can develop at their own ability.*
3. *We will provide opportunities for your child to explore and question, and share their ideas with their peers.*
4. *We will provide a place where each child can learn control of their emotions and to act independently.*
5. *We will provide a place where your child will find it easier to let mother go, and to relate to other adults.*

The Mount Olivet Preschool will reopen in the fall with a new director, Alyssa Hill, and offer a full day preschool year-round with the same love, dedication, and concern for children. For more information contact ahill@mtolivet.org.

NANCY YOUNGDAHL, *Mount Olivet Member and Former Preschool Director*



SUNDAY MORNINGS

SUNDAY SCHOOL REGISTRATION IS OPEN!

This fall, our kids will get to be a part of a music and arts based Sunday morning experience that involves Bible study taught by our pastors, singing as a choir, participating in worship services, playing percussion instruments, art, small group discussions, games, and more! All activities that help us discover new church friendships, create community, and develop our faith! Both campuses will offer sessions on Sundays at 9 and 10am for children ages 3 through 6th graders. All children participating in Sunday School will be ready to sing in our children's choirs if they desire. We invite all of our children into this rich and rewarding experience! Register at mtolivet.org.

Questions contact Katy Michaletz, Director of Children & Family Ministry, at kmichaletz@mtolivet.org, 612.767.2245 or Beverly Clafin, Director of Worship & Music at beverlyc@mtolivet.org, 612.767.2263.

SUNDAY SCHOOL VOLUNTEERS NEEDED!

Join the Children & Family Ministry team this fall by helping with Sunday School! We provide all the materials and you provide your love of Jesus and kids! Opportunities are available at both campuses during the 9 and 10am services to teach a class, team teach, sub, or help in the Educational Ministry Lounge (EML). If you are interested, please contact Amy Porthan, Coordinator of Children's Faith Formation at 612.767.2285 or amyp@mtolivet.org

NURSERY & NURSERY HELP

Nursery care will resume at both campuses during Sunday worship beginning on Rally Sunday, September 12. Families with children 6 weeks to 3 years are welcome in the nursery any time it's helpful for your family on a Sunday morning. No registration needed. Please feel free to check in with our Nursery Coordinator, Sam Balzer, at sbalzer@mtolivet.org, for additional information. *If are interested in working in the Nursery, please reach out to Sam Balzer about our part-time positions. To work in the Nursery applicants must be 16 years old and complete training prior to beginning work.*



PHOTO CAPTION

Kids enjoying our Mount Olivet Day Camps at the Mpls Campus!



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LUTHERAN CHURCH**

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