BELIEVING, BELONGING, BECOMING

MOUNT OLIVET MOUNT OLIVET

mtolivet.org

ATI





M MPLS CAMPUS

5025 Knox Ave S Minneapolis, MN 55419 612.926.7651

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 Julie Goodman at julieg@mtolivet.org or 612.767.2208.

SUNDAYS

DIAL-IN VIA PHONE 833.775.1238 11am

WATCH THE MPLS WORSHIP SERVICE AT MTOLIVET.ORG

11am (10am beginning 5/28)

HOLY COMMUNION 8:30 & 11:45am (8:30am only beginning 5/28)

NURSERY 9, 10, & 11am (9 & 10am beginning 5/28)

MAY 7

THE SERMON NEW MEMBER SUNDAY Philippians 1:1-6

9, 10, 11am SERMON Pastor Hammersten

9, 10, 11am SERMON Pastor Ruud

11am Baccalaureate Sunday at the West Campus

MAY 14

THE CREED *Mark 9:20-24*

9, 10, 11amSERMON Pastor Cieslik

9, 10, 11am SERMON Pastor MacLean

11am Baccalaureate Sunday at the Mpls Campus

MAY 21

THE BENEDICTION *Numbers* 6:22-27



9, 10, 11am SERMON Pastor Ruud

MAY 28

PENTECOST Acts 2:1-12 John 14:15-17, 25-27

9, 10am SERMON Pastor MacLean

9, 10am SERMON Pastor Kalland

REMINDER!

You can watch worship anytime at mtolivet.org. Past sermons are available and all of the Mpls Campus livestream services are archived on the "Live On Sunday" webpage.

COVER PHOTO CAPTION

The Mount Olivet Cathedral Choir in San Diego for the annual choir trip.

3

Just the Beginning!

I am writing this letter for the May Messenger the day after Easter. And as I think back to the wonderful music, the excited crowds, our beautiful sanctuaries, and the dramatic story of Jesus' resurrection, it occurs to me that it's pretty easy to assume that the main part of the biblical story ends with Easter. But I'd argue that far from Easter being the end, it's really just the beginning.

It's the beginning of the spread of the good news that love is stronger than hate and life is stronger than death. It's the beginning of the message of hope that quickly spreads from Jerusalem to the four corners of the world. And it's the beginning of the mission and ministry of the church, a mission and ministry that stretches from Jesus' first-century disciples to Jesus' 21st-century disciples here at Mount Olivet. What's amazing about all these beginnings is that they were all accomplished through the words, witness, and work of a few dozen people empowered by the Holy Spirit.

Really! By the end of the story of Jesus told in the Gospels, there are about two dozen or so women and men who have followed Jesus through his ministry, who fell away in terror during his crucifixion, who gathered in fear and trembling after his death, who were the first witnesses of the resurrection, and who were then sent to share the good news with everyone they met at Pentecost.

All of which gets me thinking: if God used just a few dozen people to share the message of God's love in Christ so far and wide that over the centuries it literally changed the world, what might God do with and through the more than 15,000 disciples who are members of Mount Olivet?

Think about that for a moment. What might happen if we as individuals and as a congregation devoted ourselves anew to sharing the good news in word and deed? How many lives might be changed? How much love and hope might we share? How much pain and suffering might we alleviate? How many people might we encourage and support? How might we, in short, change the world again?

Sometimes it's hard to imagine God working through ordinary people like us. Maybe you doubt that you're faithful enough, or holy enough, for God to work through. But when you read the Bible even a little bit, you soon realize that God only works through ordinary people with all kinds of faults and flaws, just like you and me. So I'll ask again, what could God accomplish through you? And what could God accomplish through all of us together?

I think May is a perfect time to ask these questions because we tend to think of May as a time of endings. Graduations, proms, retirements, the conclusion of Sunday School and our regular choirs and programs. So many things seem to be ending. But when you stop to think of it, these are less endings than transitions to something new. With graduation comes a new adventure at college or in the work force. The end of a year of Sunday School or Adult Education classes gives way to summer day camps, music and art classes, and Cathedral of the Pines. Summer choirs and new service projects that arise during the summer serve as opportunities to try something new as well. So May seems the perfect time to dream about what God might do with us and through us.

So let's dream of the difference we can make together. Dream of what Mount Olivet might become as we invite friends and neighbors to share the life and fellowship we have found here. Dream of the people we might reach through our outreach ministries. And dream of the difference we can make in Minneapolis and the western suburbs through our own words, witness, and work empowered by the Holy Spirit.

Again, May seems the perfect time for this kind of holy dreaming as we continue our Sunday morning exploration of how the different parts of our worship can prepare us for faithful lives throughout the week and, at the close of the month, celebrate Pentecost, that time when the Holy Spirit equipped those couple dozen disciples to dream big, go out with courage, and realize that what they thought was an ending... is really just the beginning. So may it be with us!

See you in Church,



Nutrition and Mental Health

As the weather is starting to change, it got me thinking about food, gardening, farmers markets and my personal favorite - gigantic juicy watermelons. Remember the old saying, "you are what you eat?" Research suggests there is much truth to this expression.

There have been recent published studies in both children and adults that have found a link between poor quality diet and mental health disorders (depression, anxiety, ADHD/ADD, etc.) We have always been taught that eating

healthy has benefits to our physical health, but it also appears that healthy eating may impact our mental health too.

Health experts report one of the biggest causes of health issues is our society's overconsumption of sugar, saturated fats and highly processed foods. These foods can lead to inflammation throughout the body and brain, which may contribute to or worsen mental health disorders (depression, anxiety, ADHD/ADD, etc.).

Research shows that a diet high in nutrients like vitamins, antioxidants, iron, omega-3's, etc. can boost your mental health, so focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as fish. Dark green leafy vegetables, oats, nuts, seeds, and legumes such as beans and lentils, are also excellent foods for your mental health.

Here are some helpful suggestions to get you on a path to a healthier diet:

- Eat a piece of fruit when you get the craving for something sweet
- Grab a handful of nuts instead of a bag of chips
- Add a side salad to your meals to increase your veggie intake
- Prepare healthy snacks/meals ahead a time for those times you need something quick and easy

NIKKI KNUDSON-DALAL, MA, LMFT, LADC, Licensed Marriage and Family Therapist, and Licensed Alcohol and Drug Counselor, Mount Olivet Counseling Service

MAY HEALTH EVENT

Saturday, May 13, 9-11:30am, Mpls Campus, \$10

The Mount Olivet Mental Health Task Force invites you to join us in welcoming Dr. Henry Emmons as he discusses the topic of *Recovering Wellbeing and How to Sustain a Healthy Mind, Mood and Heart in Chaotic Times.* What can we do to restore resilience and serenity, and to protect ourselves from the many faces of stress? Blending new neuroscience with wisdom traditions, we will explore what it takes to cultivate inner calm, avoid burnout, and protect our brains throughout our lives. Register at mtolivet.org by Thursday, May 11, or by contacting Rachel Sufficool at 612.767.2235 or rsufficool@mtolivet.org.

LIFE & GROWTH

MAR 15 - APR 13 BAPTISMS

Ruth Susan Breckner daughter of Katie and Nicholas Halle Elizabeth Hartung daughter of Mackenzie and Matthew

Liliana Kate Miller daughter of Danielle and Eric Leif Erik Thompson son of Betsy and Dylan

DEATHS

Donna V. Fester 1921 - 2023Gail A. Gabbert 1949 - 2023Shawn P. Halverson 1975 - 2023 Hazel D. Iwen 1927 - 2023Phyllis D. Koosmann 1942 - 2023 **Douglas E. Larson** 1930 - 2023 Robert G. Olson 1931 - 2023 Molly E. Williams 1978 - 2023 Daniel J. Winter 1929 - 2023



DAILY READINGS

FROM PASTOR KALLAND MAY 2023

- 1 Psalm 116:1-2, As Long As I Shall Live
- 2 Colossians 4:5-6, Full Of Grace, Seasoned With Salt
- 3 Micah 6:8, Justice, Mercy, Humility
- 4 Psalm 86:5, Forgiving And Good, Abounding In Love
- 5 1 Peter 5:8, Alert And Sober
- 6 Matthew 6:26, More Valuable
- 7 Psalm 37:5-6, Commit, Trust, Shine Like The Sun
- 8 1 John 1:9, Confess
- 9 Philippians 4:8, Think About These Things
- 10 Psalm 118:24, This Is The Day
- 11 1 Thessalonians 5:11, Encourage One Another
- 12 James 3:18, Sow Peace
- 13 Psalm 139:13-14, Knit You Together
- 14 Luke 24:50-51, Left While Blessing
- 15 James 1:12, Perseveres Under Trial
- 16 Psalm 25:8-9, Instructs, Guides and Teaches
- 17 Proverbs 4:23, Guard Your Heart
- 18 Romans 8:38-39, Nothing Will Separate Us
- 19 Isaiah 55:8, Different Thoughts And Ways
- 20 Psalm 103:13, Compassion
- 21 2 Corinthians 4:18, Seen, Unseen
- 22 1 John 5:13, So That You May Know
- 23 Psalm 119:105, A Lamp And A Light
- 24 Acts 2:1-2, All Together
- 25 Luke 11:13, How Much More
- 26 Psalm 27:1, Your Light And Salvation27 1 Peter 1:3, New Birth Through The
- Resurrection
- 28 2 Timothy 1:7, The Spirit Gives
- 29 Proverbs 15:22, Many Advisers
- 30 Hebrews 13:8, Same Yesterday, Today And Forever
- 31 2 Thessalonians 3:3, The Lord Is Faithful

DEVOTION

"Ants are creatures of little strength, yet they store up their food in the summer." —Proverbs 30:25

When I was a kid, the Disney Channel used to show old classics at night. My favorite was a short animated feature from 1934, *The Grasshopper and the Ants*. It was a musical fable contrasting the industrious ants with the idle grasshopper. In the summer, the ants worked hard gathering in stores for the winter, while



the grasshopper played his fiddle and made merry. The queen admonished the grasshopper, "You'll change your tune when the winter comes and the ground is covered in snow."

With summer tantalizingly close, we at Mount Olivet are fortunate that the good, holy work we are called to as a congregation is so...fun. People of all ages will relax and recharge up at Cathedral of the Pines while hearing the Gospel and experiencing the community of the Holy Spirit. In town, hundreds and hundreds of kids will sing, play games, make art (and messes) while learning of God's love for them and this world at Vacation Bible School and our Summer Day Camps. We'll worship at Lake Harriet and drive our shiny cars around Lake Minnetonka. We'll enjoy the North Shore with our Forever Friends and party in town at the Gala even sooner.

Thanks be to God that the Holy Spirit is working like an ant through all these grasshopperish activities to gather us together and bring us into the kingdom. Amen! – PASTOR DIXON

THANK YOU, CAROL!

With over 33 years of dedicated work at Mount Olivet, Carol Nault, Director of Membership, has shared her decision to retire. Carol was originally hired as the Volunteer Coordinator and moved into the role of Director of Membership several years ago. Carol's warmth and outgoing personality has welcomed so many Mount Olivet members and volunteers into a deeper connection with their faith and Mount Olivet Church. In a letter Carol shared, "There



hasn't been a day that I didn't look forward to going to work. I have enjoyed my time at Mount Olivet immensely and have made several lifelong friendships along the way! I have been truly blessed to have had the opportunity to work at Mount Olivet Lutheran Church." Carol is excited to spend time with family and grandchildren and we wish her the best!

NOT JUST FOR SUNDAYS WHAT WE DO IN WORSHIP IS FOR THE REST OF OUR WEEK

MESSENG.

The spring sermon series is about how the elements of our Sunday worship service prepare us, inspire us, equip, and empower us to live out our faith every day of the week. Therefore, we go into our Monday-through-Saturday lives committed to living our faith by helping others, by making a difference, and by working to make the world a better place through our varied roles. Our faith is not just for Sundays, it is Sundays that prepare us for our week, refresh our spirit, and strengthen our sense of Christian community. We share below the different elements of the service that we will explore over the next few weeks. See you in Church!

SUNDAY, MAY 7 THE SERMON

• God's word is for you right now!

MOUNT OLIVET L

• What does it mean for you today? The sermon is a direct address from God to you. It's when the promises of God get particularized for this moment and for the people who have shown up.

SUNDAY, MAY 14 THE CREED

- Is a declaration of what we believe.
- What does it mean for you today? Sometimes we forget that faith is a communal exercise. We have faith together. We believe for one another. The creed is a reminder that we are a part of a body of believers that transcend time and space. We don't do this alone!

SUNDAY, MAY 21

THE BENEDICTION

- Shares the good words for life in the world.
- What does it mean for you today? It's the last reminder for the week ahead that you leave this place with God and God's blessing. The benediction is the close of worship but it's the beginning of the week's liturgy, the work of God's people in the world.

7

MOUNT OLIVET BOOK DISCUSSIONS: EVENING AND DAYTIME OPTIONS

Come and enjoy a lively discussion of a new book every month. New members are always welcome! Join in for one discussion – or all!

DAYTIME DISCUSSIONS

10-11:30am the second Tuesday of the month; Mpls Campus

EVENING DISCUSSIONS

7-8:30pm the second Wednesday of the month; Mpls Campus MAY: The Invisible Life of Addie LaRue by V.E. Schwab JUNE: The Lincoln Highway by Amor Towles Please be sure to register to receive reminder emails and more.



WANT TO KNOW MORE?

Ask anyone who has taken an Adult Education class recently: our wellprepared pastors share fresh ideas and long-lived theories with wisdom and humor, carving space for wherever one is in their faith journey.

This year in the *Living the Message* monthly series led by Pastors Lose and Ruud, we learned about, questioned, discussed, and digested the concepts of creation, sin, law, covenant, incarnation, atonement (and more!) and how they affect our lives today.

In the three *Word with Your Pastors* series, all of our pastors helped us dive into what prayer is and how to pray (there are many ways!), we looked behind the books of the Bible (asking what books made it in and what didn't–and why!), and this spring we've paused and pondered what it means to be a community of Shalom.

All of these class videos are available at mtolivet.org/education. Watch, learn, and grow in your faith whenever you'd like! And stay tuned for upcoming Adult Education offerings!

- KATIE STEVENSON, Coordinator of Adult Education

DISCERNING CHRISTIAN NATIONALISM WITH REV. ROLF OLSON

Tuesday, May 9, 6:30-7:30pm, Mpls Campus Rehearsal Hall

The prominence and publicity of what is known as "Christian Nationalism" has seen an uptick in recent years. On May 9, we will host Pastor Rolf Olson to understand better what Christian Nationalism is, why it matters, and what dangers it may pose to the Gospel and democracy. This one-session class explores the intersection of faith and civic life. Questions? Contact Pastor Ruud at cruud@mtolivet.org or 612.767.2261. Registration appreciated at mtolivet.org/education. SUMMER MIDWEEKS AT MOCRC

MOUNT OLIVET SUMMER MIDWEEKS Singing the Hymns of Revelation

Spend this summer learning and singing music from the book of Revelation. With seven distinct hymns and frequent outbursts of adoration, the book of Revelation has been likened to a musical. It soars with songs of praise that declare God's majesty, and it repeatedly reminds us of God's promised triumph over sin and death.

Join the Mount Olivet Pastors each Wednesday at the Conference & Retreat Center from June 21 through August 2 as they share some of their favorite hymns inspired by the book of Revelation.

Begin each evening with fellowship and delicious food and end with midweek worship. In between, don't miss the nature talks with Site Naturalist, Dan Kahl, who will be retiring this fall after 23 years of caring for the land, animals, and buildings of the Conference & Retreat Center.

Bus transportation will be available from the West Campus, Mpls Campus, and 7500 York. Please register for buses at least 72 hours in advance. A minimum of 10 people is required from 7500 York/Mpls to provide busing. If we need to cancel the bus, you will be notified 48 hours in advance.

Schedule:

4:30pm Buses Leave West and 7500 York

5pm Bus Leaves Mpls Campus

5:30-6:30pm Dinner Served, 6:30-7pm Nature Talk, 7:15pm Worship, 8pm Bus Departs Cost: Dinner and program \$20. Bus Transportation \$10.

DATE	PASTOR	SCRIPTURE	NATURE CLASS	MENU
JUN 21	Pastor Freeman "To God Be the Glory"	Revelation 1:1-8	Perennials for Color Harmony Through the Seasons	Herb-Crusted Pork Tenderloin with Blackberry Sauce, Whipped Yukon Gold Potatoes, Roasted Asparagus, Tossed Garden Salad, and Vanilla Panna Cotta with Raspberry Sauce
JUN 28	Pastor Hammersten "Holy, Holy, Holy, Lord God Almighty"	Revelation 4:1-11	Creature Feature Night	Roasted Honey Lime Chicken, Roasted Baby Red Potatoes, Sauteed Green Beans, Tossed Garden Salad, and Strawberry Rhubarb Crumble
JUL 5	Pastor Ruud "This is the Feast"	Revelation 5:9-14	Birdscaping: Landscaping for The Birds	BBQ Ribs, Corn on the Cob, Baked Beans, Blueberry Watermelon Feta Salad, and Grilled Peaches with Vanilla Bean Ice Cream
JUL 12	Pastor MacLean "Love Divine, All Loves Excelling"	Revelation 21:1-7	The Eyes Have It: A Deeper Look At Animal Eyes	Wood Fired Chicken Enchiladas, Yellow Rice, Cheesy Black Beans, Tossed Garden Salad, and Vanilla Crème Brule
JUL 19	Pastor Kalland "Let All Mortal Flesh Keep Silence"	Revelation 19:1-8	Biomimicry: Nature Did It First	Balsamic Braised Beef Roast, Creamy Polenta, Glazed Carrots, Tossed Garden Salad, and Bread Pudding with Maple Bourbon Sauce
JUL 26	Pastor Dixon "For All the Saints"	Revelation 7:2-17	The Buzz About Bees	Roasted Salmon with Tuscan Butter Sauce, Wild Rice Pilaf, Grilled Asparagus, Tossed Garden Salad, and Lemon Cheesecake Bars
AUG 2	Pastor Cieslik "Crown Him with Many Crowns"	Revelation 19:11-16	Garden Tour	Roasted Turkey Dinner with Turkey Gravy, Whipped Yukon Gold Potatoes, Sauteed Green Beans, Tossed Garden Salad, and Pumpkin Pie Cheesecake

9

WARNING! SINGING MAY CAUSE EXTREME HAPPINESS!

Singing is one of the best and easiest activities to improve our mood and get us connected to our breathing. In addition to helping with our physical and mental health, singing words of hope and happiness stay with us long after the singing is over. Look below to find something that entices you to join in and discover the joy of singing!... happiness is waiting for YOU!

"I SING BECAUSE I'M HAPPY"

Sunday, May 21, 9 & 10am worship, Mpls Campus If you are in High School, going into 9th grade next fall, a Hi-er Leaguer, or Confirmation teacher, you won't want to miss this morning of singing! We will be singing with Sam Reeves on the keyboard and student instrumentalists. Come to rehearsal on Wednesday, May 17, at 7pm and/or Sunday morning at 8am! Come one, come all - sure to be a tradition maker!

SUMMER CHOIR FOR ALL

Sunday, July 16 **AND** Sunday, August 6

Come join members of the adult choir for these two popup summer choir events. No experience needed! Bring your friends, your neighbor, anyone

who loves to sing! Rehearsal will be on the Thursday before each Sunday at 6pm, and at 8am before each worship service. Attendance on Thursday is optional but encouraged.

GOD'S KIDS SING!

Monday, June 19 through Friday, June 23 For Kindergarten – 6th Grade as of Sep 1, 2023 Do you have a budding artist or performer? The popular God's Kids Sing! Camp is created just for them! Our fantastic music educators create a super fun and meaningful week by incorporating singing, playing instruments, dancing, art projects, gym activities, and Bible classes into every day. High School Counseling opportunities are still available!

SUMMERTIME PLAYERS!

Monday, July 10 through Friday, July 14 For 6th - 9th Grade as of Sep 1, 2023 Not sure what to do with your middle-school child this summer? Here is the answer! Summertime Players is a musicbased day camp specifically designed for middle schoolers. It is action-packed with team games, singing and dancing, and daily field trips. STP is the place to be, and the perfect place to make new friends and hang with the Youth Staff! High School Counseling opportunities are still available!

MUSIKGARTEN

A special class held at the MpIs Campus for children birth to three years of age, and the adults who love them! Here's a testimony for these classes for littles. "It's difficult to put into words how loved we feel and how uplifting our time in class with you is. We always leave our time together with happy hearts. We are so grateful!" Early music education is a powerful tool that can help children exercise their speech, social skills, self-esteem, focus, motor skills, and creativity but the best part of Musikgarten is that it makes all of these things fun!

MAY MINI

May 2 through May 26 Tuesdays, 9:45-10:15am Tuesdays, 6-6:30pm Thursdays, 11-11:30am Fridays, 11-11:30am

SUMMER 1

June 27 through July 27 Tuesdays, 10:15-10:45am Tuesdays, 11-11:30am Tuesdays, 6-6:30pm Thursdays, 11-11:30am

SUMMER 2

August 1 through August 24 Tuesdays, 10:15-10:45am Tuesdays, 11-11:30am Tuesdays, 6-6:30pm Thursdays, 11-11:30am

CHILDREN & FAMILY MINISTRY UPCOMING EVENTS

COP PREVIEW NIGHT

Friday, May 19, through Saturday, May 20, \$60 per camper

Calling all current 2nd and 3rd Graders! Are you heading to Cathedral of the Pines this summer or considering it? We have a great night planned for you! You're invited to an overnight at the Mount Olivet Conference & Retreat Center. Be prepared to swim, play games, meet fellow campers, and get excited about COP this summer! Accommodations



and transportation from the Mpls Campus is included in the cost. Register at mtolivet.org! If you have questions, please contact Katy Michaletz, kmichaletz@mtolivet.org or 612.767.2245.

SUNDAY SCHOOL SERVICE DAY: TOILET PAPER DONATIONS NEEDED!

Sunday, May 14, 9am and 10am services

Our annual spring service day in Sunday School at both campuses is coming up on Sunday, May 14 – supporting Mount Olivet's ministry partner, VEAP. All are welcome



MESSENGER

to bring toilet paper donations to church! Any size or brand is accepted. This is a unique service project where all ages work together to re-package toilet paper for the clients of VEAP. You may drop off toilet paper donations at either campus – please label "for Sunday School" before May 14 and we'll store it. Or, you can bring with you to church on the morning of May 14 for the 9am or 10am services.

PRESCHOOL GRADUATES

A big congratulations to our Mount Olivet Preschool Class of 2023! What a privilege it has been to take part in your early childhood education experience! We look forward to all the wonderful things you'll do in kindergarten and beyond. For information about current preschool opportunities for enrollment or employment, contact Preschool Director, Alyssa Hill at ahill@mtolivet.org or 612.767.2216.



MOUNT OLIVET DAY CAMPS

GRADES 6, 7, & 8 Middle School Mini-Camp: Week 1: June 13 – June 15 Week 2: August 1 – August 3 Week 3: August 22 – August 24 GRADES 6, 7, 8, & 9

Summertime Players! Middle School Music, Movement and More!: July 10 – July 14

Questions? Contact Kristin Olson, Children's Day Camp Coordinator at kolson@mtolivet.org.

HI-LEAGUE SPRING RETREAT

FRIDAY, MAY 5 THROUGH SATURDAY, MAY 6

A fun retreat started in 2021! It is a great time of softball, a nature hike, bonfire devotion and meals together! Contact Julia Jallo at jjallo@mtolivet.org for more information.

JHA LOCKOUT

FRIDAY, MAY 12 THROUGH SATURDAY, MAY 13

A Mount Olivet JHA tradition for many years. This is a super fun event and some of the highlights will be Grandslam, Pizza, Comedy Sportz, Movie, and a Dance! Contact Katie Ridler at kridler@mtolivet.org for more information.



SUMMER AT MOUNT OLIVET & COP!

Each summer at Mount Olivet our students are up to a lot! As a Youth Staff we feel that summer ministry is where deeper connections of faith and community form. Summer brings opportunities through devotions, music, campfires, meditations, conversations, nature walks, softball, and other simple activities that deepen our connections with each other and most importantly our relationship with God. The Youth Staff can't wait to spend time with your students at Cathedral of the Pines Camp and at the Mount Olivet Day Camps!

Summertime Players (STP) is back! STP is a week long camp for 6th-9th graders who love to sing and dance and want to meet new friends. The week is filled with field trips, games, and most importantly, rehearsal time for the performance that takes place at the end of the week. Growing up, I participated in STP, and I can still remember the choreography! My friends and I even use these dances at the camp dances at COP. STP allowed me to meet new friends, try out musical theatre in a welcoming setting, and was such a fun summer activity!

- JULIA JALLO, High School Youth Coordinator, West Campus

The time when I really felt connected at Mount Olivet was during my 9th grade confirmation week at COP. We were at the hootenanny and looking out at beautiful Lake Caribou. My cabinmates and friends were all singing church songs and we were just having the best time. I could really feel the love and faith that was in all these people. I was then encouraged to get involved at church through Cathedral Choir and Hi-League! — ANJA NYMO, Freshman at Edina High School

I've been going to Mount Olivet my whole life and my most favorite part about growing up here is the community that surrounds me. There are so many great people between the West Campus, Mpls Campus, and COP. My favorite memory that showcases the community we have at Mount Olivet was at COP this past summer. During our nightly devotions with the camp staff, we talked about our lives – really getting into deep conversation with people we didn't know too well. We all ended up talking for hours when we realized what time it was and that we needed to go to bed! This really showed me how great the community here at Mount Olivet is and I can't wait to meet more people and make more great connections and memories this summer. — DALEN SMITH, Junior at Chanhassen High School

UPCOMING EVENTS



MOUNT OLIVET SPRING SOCIAL

Sunday, May 21, following Sunday Worship Services from 9:30am-12noon,
Mpls Campus Fellowship Hall and Courtyard, and West Campus Atrium
Please join us as we gather together to celebrate spring! This Sunday we will enjoy each other as we
listen to our choirs singing in the loft, children participate in Sunday School, and wrap up our Sermon
Series: Not Just for Sundays. We are grateful for you and your steadfast generosity and participation
that makes Mount Olivet so special. We have planned something special with treats and beverages from
our kitchen, entertainment in the courtyard at Mpls, and even a surprise or two. This is a Sunday to
celebrate the change of season, be together, and enjoy your Mount Olivet community!

MOTHER'S DAY BRUNCH & WORSHIP

Sunday, May 14, 9:30am Worship, Seatings at 10:30am & 12noon, Mount Olivet Conference & Retreat Center

It's not too late to celebrate Mom with delicious food, beautiful views, and warm hospitality at Mount Olivet Conference & Retreat Center! Start the day with worship, feast on brunch, and while you're there enjoy a dip in the pool, a hike on our trails, a round of gagaball, or a restful sit on one of our outdoor patios. \$28 for adults (13yrs+), \$17 for youth (3-12yrs), and children under 3 are free. Register at mtolivetretreat.org by May 11.

INTRODUCTION TO ROSEMALING CLASS

Wednesday, May 17, 6-8pm, Mpls Campus

Experience the traditional Norwegian art form known as *Rosemaling*. This distinctive style of painting includes a floral motif painted on a wooden object or furniture. In this class you will learn a bit of history on this art form and the basic strokes and supplies needed to create a finished work of art. We will spend class time practicing and perfecting the strokes on paper before moving on to a small wooden object provided. Register at mtolivet.org by Friday, May 12.

SPRING VOLUNTEER DAY/FAMILY DAY AWAY

Saturday, May 20, 9am-3pm, Mount Olivet Conference & Retreat Center

Spring Volunteer Day and Family Day Away are happening simultaneously on Saturday, May 20. Whether you're a family looking for volunteer opportunities, a small group wanting a day away together, or a volunteer day regular, all are welcome. Enjoy a delicious meal, swim in the pool, do a craft, or explore the trails. Register at mtolivet.org.

MOCW HOLIDAY BOUTIQUE & MARKET VENDORS NEEDED!

We would love to have you participate as a vendor at the 2023 MOCW Holiday Boutique, on Saturday, November 4, from 9am-2pm at the Mpls Campus, and/or the MOCW Holiday Market on Saturday, November 11, 9am-2pm, at the West Campus. Vendor application opens June 1 and are accepted through July 15. New this year! All Vendors will pay a \$50 non-refundable fee per event during the application process, and you will be notified of your acceptance no later than August 1. If you have questions about the Mount Olivet Mpls Campus Holiday Boutique, contact Sandy Remes and Maggie Carlson at mtolivetboutique@gmail.com or for the West Campus Holiday Market, contact Deb Kind and Teresa Elsbernd at westholidaymarket@gmail.com.

CONGREGATIONAL CARE UPCOMING EVENTS

MAY HEALTH EVENT

Saturday, May 13, 9-11:30am, Mpls Campus, \$10

The Mount Olivet Mental Health Task Force invites you to join us in welcoming Dr. Henry Emmons as he discusses the topic of *Recovering Wellbeing and How to Sustain a Healthy Mind, Mood and Heart in Chaotic Times.* What can we do to restore resilience and serenity, and to protect ourselves from the many faces of stress? Blending new neuroscience with wisdom traditions, we will explore what it takes to cultivate inner calm, avoid burnout, and protect our brains throughout our lives. Henry Emmons, MD, is a psychiatrist who integrates mind-body and natural therapies, mindfulness and neuroscience into his clinical work. Henry is the author of *The Chemistry of Joy* and *The Chemistry of Calm*, and is co-founder of NaturalMentalHealth.com. He recently created JoyLab.coach, a podcast and program to develop the elements of joy. A light breakfast is included with your registration. Please register at mtolivet.org by Thursday, May 11 or by contacting Rachel Sufficool at 612.767.2235 or rsufficool@mtolivet.org.



MENTAL HEALTH CONNECT PRESENTS: STORIES OF HOPE BREAKFAST

Thursday May 11, 8am-9am, Mpls Campus, \$25

Save the date for this inspiring event presented by Mental Health Connect and the 33 collaborative churches. This is a fundraising event to support the mission of Mental Health Connect, providing community-based resources, support and education to improve access to mental health services and to connect individuals and families with the services they need. Tickets can be purchased through the Mental Health Connect website mhconnect.org or by visiting mtolivet.org. If you have any questions please contact Julie Goodman at 612.767.2208 or julieg@mtolivet.org.

YOUNG IN HEART & FRIENDS

LUNCHEON

Tuesday, May 16, 12noon, Mpls Campus, \$10 per person

Young in Heart and Friends invites you to join us for lunch, fellowship, and a presentation from Mount Olivet's Beekeeper, Michael Nelson. Learn all the B(ee)s through Zs from Michael as he shares the history of Mount Olivet's hives, his training as a beekeeper, care for the bees, comb construction, and the harvesting of honey. We hope you are able to join us for this great event, and be sure to invite a friend! Registration is available through May 12 at mtolivet.org, or by contacting Tricia Asuncion at 612.767.2210 or tasuncion@mtolivet.org.

ICE CREAM SOCIAL

Friday, June 23, 1 pm, Mpls Campus, \$3 per person

Young in Heart and Friends invite you to join us for music, refreshments, and fellowship. This month we will enjoy a performance from God's Kids Sing, a summer music camp program of Kindergarten to 6th graders. First, join us in the youth center for an ice cream social. Bring a friend to share in the experience. Register by June 19 at mtolivet.org, or by contacting Tricia Asuncion at 612.767.2210 or tasuncion@mtolivet.org.

MOUNT OLIVET SERVES

MINNESOTA FOODSHARE MARCH FOOD DRIVE

Mount Olivet helped to fill the food shelves of Community Emergency Service in Minneapolis and Bountiful Basket in Victoria with over 2,000 pounds of food and over \$1,000 in cash donations. Mike Lloyd, CEO of CES wrote, "Our most sincere thank you to all of the people of Mount Olivet who stepped in to help make this food drive such a great success!"

EASTER ANGEL BASKETS

Easter Angel Baskets was started at Mount Olivet almost twenty years ago. Thanks to the leadership of Jessica Gunderson, Sarah Sather, and Sandy Souba at the West campus, Monica Kremer at the Minneapolis campus, along with Jody Barbee, Laurie Hancer, Connie Brekken, Kylie Kremer, Victoria Circle, Richard and Faith Wisland, Geoff Arenson and our phenomenal Mount Olivet Youth Staff (should we name them? – they were all here!) and so many helpful member volunteers! Also, thanks to Jerry's Foods



in Edina and Coopers Foods in Chaska for giving us discounted pricing. We were able to serve 150 families through our ministry partners Love, INC (In The Name of Christ), VEAP (Volunteers Enlisted to Assist People) in Bloomington and CES (Community Emergency Service), our ministry partner of over 50 years. Each family received enough food to prepare 2 or 3 meals for the Easter weekend and stuffed Easter baskets for the children – delivered throughout the city by our member volunteers.

"Our whole family volunteered and dropped off Angel Gifts to two homes this past month. One of the homes was so overwhelmed with gratitude that the mom started crying. They had a 3-year old and it meant the world to them. It was an incredible moment for our whole family to see their joy and appreciation so I just wanted to pass that on to you. THANK YOU for all you do each year." **MONICA L. KREMER**, *Member*



SERVICE OPPORTUNITIES

VOLUNTEER OPPORTUNITIES AT MOUNT OLIVET HOMES

Are you or someone you know interested in enriching your life as well as the lives of the residents at Mount Olivet Home and Careview Home in Minneapolis? Our residents and staff would love to welcome you to the team! A wide variety of opportunities to engage with residents exist for persons ages 15 years old and above. We are looking for assistance with programming like Bingo, Chapel escorts, one-on-one visits with residents, Gift Shop, manicures, sharing your musical talents, and more! Schedules are flexible and adaptable to your availability. For more information or to apply, visit mtolivethomes.org or contact Laurie Hancer, Coordinator of Volunteers, at 612.821.3232 or lhancer@mtolivethomes.org.

SCHOOL SUPPLY DRIVE

We are bringing back our School Supply drive this summer. More details to come in the June Messenger!

WAYS TO GIVE

If you'd like to make a one-time gift or set up a recurring gift to Mount Olivet and its ministries like Confirmation, there are many ways to do so! Thank you for your generosity and support! Give Online: visit mtolivet. org/online-giving Via Your Realm Account: login and click "Giving" Text to Give: text "MTOLIVET" to 73256 Via QR Code: Scan below Contact Us: Tricia Lerohl-Morgan at tricial@mtolivet.org or 612.767.2255.





Thanks Be to God!

We feel such gratitude each time we enter the sanctuary that the Lord led us to at Mount Olivet. We appreciate the inspiring words we hear each Sunday morning as well as the outreach programs, the youth programs, the educational offerings, and so much more.

We met at Mount Olivet after each of our spouses had died and we were subsequently married here. Each of us had served on the Church Council and were aware of the importance of giving monetarily to support



Mount Olivet, as well as the joy of participating in so many of the programs offered. It's amazing to see the number of choices available – something for everyone!

I have been a volunteer cook at Cathedral of the Pines for forty-four years–I can attest to the merit of spending time in that beautiful place! During mealtime in the Lodge, it is wonderful to see all the fun the campers are experiencing, and the Chapel provides time to hear the campers speak out loud to their God. It is nothing short of beautiful.

The Bible study classes are enriching and volunteering at Mount Olivet has its own rewards, including being a great way to meet other members and staff. Peter has had such warm experiences ushering – again providing him opportunity to meet and serve people and become a part of the "body of Christ." He has also had great fun attending Motorheads get-togethers.

As satisfying as all of this is, nothing compares to sitting in church for a Sunday morning service, attending a beautiful Christmas Concert, or kneeling at the Holy Communion rail. And we have the most remarkable pastoral staff one could ever imagine! Thanks be to God! It gives us great joy to help support Mount Olivet and KNOW we can't outgive the Lord!

GWEN AND PETER LUDWIG, longtime members and fans of Mount Olivet



PERIODICALS U.S. POSTAGE **PAID** TWIN CITIES, MN

Mount Olivet Messenger

USPS 365-500 Published monthly by Mount Olivet Lutheran Church 5025 Knox Avenue South Minneapolis, MN 55419-1095

Periodicals postage paid at St. Paul, MN

POSTMASTER

Send address changes to Mount Olivet Messenger 5025 Knox Avenue South Minneapolis, MN 55419-1095

