

AUGUST 2023

BELIEVING, BELONGING, BECOMING

MOUNT OLIVET MESSENGER



mtolivet.org



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 Julie Goodman at julieg@mtolivet.org or 612.767.2208.

SUNDAYS

DIAL-IN VIA PHONE
833.775.1238
10am

**WATCH THE MPLS
WORSHIP SERVICE AT
MTOLIVET.ORG**
9, 10am

HOLY COMMUNION
8:30am only

**NURSERY (NOW FOR
AGES 6 WEEKS TO
AGE 6!)**
9, 10am

AUGUST 6

**SINGING OUR
FAITH: GREAT IS THY
FAITHFULNESS**
Lamentations 3:21-23

M 9, 10am
SERMON Pastor Ruud
MUSIC Pop-Up Summer
Choir
W 9, 10am
SERMON Pastor Hammersten
MUSIC Amanda Jenkins,
soprano

AUGUST 13

**SINGING OUR FAITH:
JOYFUL, JOYFUL WE
ADORE THEE**
Psalms 66:1-4

M 9, 10am
SERMON Pastor MacLean
MUSIC Evan Shallcross, violin
W 9, 10am
SERMON Pastor Cieslik
MUSIC Dana Donnay, oboe

AUGUST 20

COMMUNION SUNDAY
**SINGING OUR FAITH:
BEAUTIFUL SAVIOR**
Hebrews 1:1-4

M 9, 10am
SERMON Pastor Hammersten
MUSIC Jesse Nummelin, cello
W 9, 10am
SERMON Pastor Freeman
MUSIC Jordan Buchholtz,
piano

**No Holy Communion at
8:30am*

AUGUST 27

**SINGING OUR FAITH:
COME THOU FOUNT OF
EVERY BLESSING**
Titus 3:3-8

M 9, 10am
SERMON Pastor MacLean
MUSIC Julie Johnson, flute
W 9, 10am
SERMON Pastor Dixon
MUSIC Diane Loudon, cello

WEDNESDAYS

**MIDWEEK SUMMER WORSHIP AT THE MOUNT OLIVET
CONFERENCE & RETREAT CENTER**

Looking for a way to worship on Wednesday evenings this summer? Come to the Conference & Retreat Center each week in the evening through August 2. More information is available on page 11.

COVER IMAGE

Kids participating in Mount Olivet Summer Day Camps

Summer Stewardship FAQ

With a few weeks remaining until we jump back into fall activities, I thought I'd share a few of the many questions I've been asked over the years about stewardship. I'll first share the question as usually stated and then, in parentheses, offer what I think is the "question beneath the question." I hope this aids your reflections about what you will do with the blessings God has given you, as we all have a part to play to live into God's dreams for Mount Olivet.

What is stewardship? (*Isn't it just a churchy word for fundraising?*)

Stewardship is pretty much what it sounds like: being a steward, manager, or caretaker of another's property. Fundraising is asking someone to donate their money to a cause. Stewardship stresses that what we have is not our own, but rather that everything we have – our time, relationships, talents, and money – are resources entrusted to us by God to manage and care for in a way that honors God's intentions. In the fall, we give particular attention to our financial stewardship as that helps us plan a responsible budget.

So we believe *everything* we have is a gift from God? (*Didn't I earn what I have?*)

Yes! We believe all of what we have is a gift. We certainly contribute through our education, hard work, and more – and that matters! – but even our ability to gain education and work productively are, when you think about it, gifts, something that sinks in when you have a health-crisis or lose your employment or endure other hardships.

We're pretty blessed at Mount Olivet. We've got great music and worship, wonderful youth programs, outreach to all ages, and a fantastic staff. How important is my giving? (*Do you really need my money?*)

Mount Olivet is a strong church because for generations its members have given generously to support our mission. Now it's our turn. When people decide the church doesn't need their gift, or assume that other members will cover the church's needs, the church's mission suffers. We're a community, which means we all have a part to play to keep this church strong. Currently, we are able to fund about 80% of our budget from our offering. The rest comes from memorials, gifts, estates, and other sources that could otherwise be used for new or expanded programs, more outreach, and to help ensure a strong future.

Does the Bible really say we're supposed to give 10% of what we earn to the church? (*That sounds crazy!*)

The Bible does mention "tithing" – giving one tenth of what you have back to God – and for some Christians, that's an important goal. Personally, I think a more accessible biblical term is "first fruits." We are invited to make our giving – to church as well as to other charitable organizations – a priority, treating it like we do paying our rent/mortgage, saving for retirement/education, planning vacations/recreation, etc. When you give a little from what's left over after paying for everything else that matters, anything you give can seem like a challenge. But when you start with what you'd like to give and set that aside first, it's remarkable how easy and fun it is to give.

Wait, did you just say "fun"? (*Again, sounds a little crazy.*)

It's not just me. Numerous psychological studies have demonstrated that generous people are reliably happier than those who aren't generous and that the only thing you can do with money that makes a lasting difference in your happiness is to give it away. (Check out Michael Norton's Ted Talk on "How to Buy Happiness.") Giving creates happiness because it a) reminds us how blessed we are, b) allows us to make a meaningful difference in the lives of others, and c) invites us to be more mindful in how we spend our money and feel better about it.

I'm still not sure where to start. (*Really, how much should I give?*)

I think the key word is "start"! If you've never given, start now! And if you are contributing, start with what you're giving currently and compare that to other priorities. How does your gift to church compare with what you spend on coffee, or entertainment, or vacation? Does that amount reflect how much you value Mount Olivet? Can you increase your weekly giving? A \$10/wk increase is less than two trips to Starbucks a week, but if everyone who is currently giving did that, we would be able to close the gap between our offering and the rest of our expenses and grow our mission and ministry significantly!



Pastor Lose

DAVID J. LOSE, SENIOR PASTOR

SCHOOL SUPPLY DRIVE

Donations accepted through August 20

There are only a few weeks left in the School Supply Drive!

At the West Campus we have committed to donating to the Love INC School Supply Drive, where students get to shop for their own supplies. The items below are their most needed items.

- 400- Plastic Pocket folders with no brads – any color
- 100- 24 packs of Mechanical pencils



At the Mpls Campus we are supporting three elementary schools: Anishinabe Academy (A MPS Community School focusing on Native American language and culture), Lucy Craft Laney (A MPS Community School serving PK-5th grade students in North Minneapolis), and Cityview (A MPS Community School as well as a Turnaround Arts School, and want to contribute equally to all schools with a variety of supplies. Suggestions listed below. Please consider contributing to making our goals!

- | | |
|--|----------------------------|
| • #2 pencils | • Spiral notebooks |
| • Glue sticks | • Crayons |
| • Child-size scissors | • Markers |
| • Headphones | • Colored pencils |
| • Dry-erase markers | • Sharpeners |
| • Individual dry-erase boards | • Water bottles |
| • Erasers | • All-purpose glue bottles |
| • Pens (black or blue) | • Sturdy backpacks |
| • Plastic folders with no brads (Mpls) | |

VOLUNTEER AT THE MOUNT OLIVET ROLLING ACRES SUMMER CARNIVAL

Monday, August 14, 4-7pm, 7150 Rolling Acres Rd, Victoria, MN 55331

Volunteer to be a vital part of MORA's unique programming to enhance the lives of people with mental and physical disabilities.

If you like games, meeting new people, and outdoor fun, come volunteer at MORA's annual Summer Carnival held for our clients at our Victoria office! Lead booths for games like "Duck Pond," "Lawn bowling," and Bingo! If you or your group would like to create or bring a new game, we would love to talk with you more. This is an amazing time of not only fun, but of community as well, and a perfect opportunity to do as an individual or with your family, work, or church circle group!

If you are interested in volunteering, please contact Sarah Hennes at 612.322.2638 or sahennes@mtolivet-mora.org.

LIFE & GROWTH

JUN 15 - JUL 13 BAPTISMS

Brooklyn Mae Brinker
daughter of Jenna and Derek

Hazel Dorothy David
daughter of Kathrine and Garen

Carver Knox Evans
son of Jadie and David

Marlow Faye Ramlet
daughter of Avery and Garrett

William Henry Sayre
son of Margaret and David

Millie Behrit Wadzinski
daughter of Lauren and Patrick

WEDDINGS

Lindsay Ebeling & Zachary Munro, June 17

Amanda Juelson & Kent Roers, June 23

DEATHS

Arlene L. Anderson
1943 – 2023

Donald R. Gillies
1939 – 2023

Thomas C. Kraus
1940 – 2023

Mark W. Sheffert
1947 – 2023



DAILY READINGS

FROM PASTOR KALLAND AUGUST 2023

- 1 1 Corinthians 15:22, All Will Be Made Alive
- 2 Psalm 16:1, In You I Take Refuge
- 3 Matthew 7:13-14, Narrow Gate
- 4 Ephesians 1:7, Riches Of God's Grace
- 5 Psalm 120:2, Save Me, Lord
- 6 Isaiah 40:8, The Word Of God Endures Forever
- 7 Mark 8:36, What Good Is It?
- 8 Psalm 24:1, The Earth Is The Lords
- 9 1 John 3:1, Children Of God
- 10 2 Corinthians 5:21, In Him
- 11 Proverbs 17:17, A Time Of Adversity
- 12 Matthew 12:36, Give An Account
- 13 1 Corinthians 15:3-4, Christ Died For Our Sins
- 14 Psalm 16:11, The Path Of Life
- 15 Luke 12:15, All Kinds Of Greed
- 16 John 13:20, Acceptance
- 17 Proverbs 23:24, Righteous And Wise Child
- 18 Hebrews 13:1-2, Keep On Loving One Another
- 19 Ephesians 5:2, Walk In The Way Of Love
- 20 Proverbs 19:8, Get Wisdom
- 21 Mark 9:23, All Things Are Possible
- 22 Matthew 10:29-31, The Hairs On Your Head Are Numbered
- 23 Psalm 90:12, Number Our Days
- 24 James 1:27, Look After Orphans And Widows
- 25 1 Peter 2:24, By His Wounds We Are Healed
- 26 Proverbs 16:32, Patient Person
- 27 1 Peter 3:10-11, Turn From Evil And Do Good
- 28 Isaiah 40:28, The Lord Is An Everlasting God
- 29 Psalm 31:24, Be Strong, Take Heart
- 30 Romans 12:2, Be Transformed
- 31 Romans 5:7-8, Christ Died For Us

DEVOTION

For me, the month of August is such a mixed bag. On the one hand, I feel all kinds of internal pressure to suck the last bit of summer out of summer. On the other, I start longing for return to routine that comes with the start of school and another program year. I find myself simultaneously wanting things to hurry up and to slow down, all while being frustrated that I can do nothing to make either happen.

The book of Ecclesiastes is not one we often read in worship. It belongs to the wisdom tradition of the Old Testament. Its author is referred to as the teacher and he or she is frustrated by their own inability to find meaning in work, or learning, or in the excesses of life. So they encourage their hearer to slow down, to be present and find joy in what is in front of them.

You might be familiar with the first verse of chapter 3: "For everything there is a season, and a time for every matter under heaven."

It's a hard thing for me. But this month I'll be trying to see what is in front of me as a timely gift. There will be time with family, time with families at camp, time for worship, time for rest, time to love.

— PASTOR CIESLIK



VOLUNTEER AT CHURCH

Do we need your help in keeping a congregation like Mount Olivet running? Of course. But even more, volunteering at Mount Olivet offers you a way to be woven more deeply into the fabric of this congregation, grow in your faith, and form lasting relationships. Let us help you match your gifts, skills, and experiences with one of the many volunteer opportunities at church. Please consider connecting with our Coordinator of Service and Volunteers, Laurie Hancer, at 612.767.2267 or lhancer@mtolivet.org, to get you started!

SUNDAY MORNING VOLUNTEERS NEEDED

USHERS: Volunteer at worship services by welcoming guests, passing out bulletins, assisting in collecting offering and seating in the sanctuary.

ALTAR GUILD: Volunteer to assist, prepare, and maintain the worship spaces for special services or seasons and assist in preparing Holy Communion. This team is led by a church staff member and training is provided.

PARKING LOT ATTENDANTS: Volunteer to help those attending services and/or special events find parking quickly and easily. This team is volunteer led and training is provided.

SUNDAY SCHOOL: Volunteer in our music and arts-based Sunday School program! Volunteers support the directors in a variety of ways – including assisting with activities, supervision, and attendance. Training is provided, and the time commitment is flexible.

You Are **MOUNT OLIVET**

ALL INVITED!

All members of Mount Olivet are invited to come together at a Stewardship meal as we celebrate and recommit to supporting the ministries of Mount Olivet. You are a part of Mount Olivet and every gift matters!

Watch for your Stewardship mailing for more information about these meals and how to pledge and give. Thank you!

RESERVATIONS REQUIRED FOR BOTH TRADITIONAL MEALS AND DRIVE-THROUGHS:

Online at mtolivet.org, at church, or by phone at 612.926.7651.



STEWARDSHIP 2024 TRADITIONAL MEALS

At these meals, you will be seated to enjoy your meal complete with all the usual offerings as you hear from Pastor Lose and more.

Tuesday, 9/12, 6pm, Mpls Campus
Wednesday, 9/13, 6pm, Mpls Campus
Thursday, 9/21, 6pm, Mpls Campus
Friday, 9/22, 12noon, Mpls Campus
Sunday, 9/24, 12noon, West Campus
Monday, 9/25, 6pm, Mpls Campus

Nursery (6 weeks to 3 years old) and Childcare (3-10 years old) will be provided, please register.



STEWARDSHIP 2024 DRIVE-THROUGHS

Be greeted by your pastors and staff as you drive-through and pick up your meal(s) in your car. Convenient and fun!

Monday, 9/11, 4:30-6pm, Mpls Campus
Monday, 9/18, 4:30-6pm, West Campus
Wednesday, 9/20, 4:30-6pm, Mpls Campus



We Are MOUNT OLIVET

AT ANY OF THE STEWARDSHIP MEAL OPTIONS, YOU WILL BE ABLE TO:

- **RETURN YOUR 2024 PLEDGE CARD** (or be inspired to set up scheduled giving for 2024!)
- **ENJOY A MEATBALL MEAL IN SOME WAY**
- **BRING DONATIONS:** This year, we are asking you to bring toothpaste and toothbrushes. Donations benefit our community partners: Community Emergency Services (CES); Bountiful Baskets; VEAP: Volunteers Enlisted to Assist People; Simpson Housing; Agate Housing and Services; and LOVE Inc. Handled paper bags are also always needed for our weekly Community Meals. Thank you!



HOW TO PLEDGE

If you are a current pledger, you will receive a mailing with a 2024 pledge card to complete and return. You can also pledge online via your Realm account or use this QR code. Thank you!



Scheduled Givers: Please update your scheduled giving to match your 2024 pledge as it does not automatically happen. It is a second step. Thank you!

SET UP GIVING

If you'd like to make a one-time gift or set up a scheduled gift to Mount Olivet and its ministries, there are many ways to do so. Thank you for your generosity and support!

GIVE ONLINE: visit onrealm.org/mtolivet/give/nor

VIA YOUR REALM ACCOUNT: login and click "Giving"

TEXT TO GIVE: text "MT OLIVET" to 73256

CONTACT US: We are here to help! Contact Tricia Lerohl-Morgan at 612.767.2255 or tricial@mtolivet.org

VIA QR CODE:



SUNDAY SCHOOL REGISTRATION IS OPEN!



Join us this fall in Sunday School! We'll incorporate music, Bible stories, crafts, games and activities as we build community and make new friends. Sunday School is offered at both campuses during the 9am and 10am worship hours throughout the program year (Rally Sunday to Memorial Day). Sunday School is taught by professional music educators and dedicated volunteers.

Register at mtolivet.org!

Questions? Interested in volunteering? Feel free to reach out to Amy Porthan at 612.767.2285 or amyp@mtolivet.org.

YOU'RE INVITED TO THE MOUNT OLIVET PRESCHOOL OPEN HOUSE!

Thursday, August 24, 5:30-7pm

Come take a tour of the Mount Olivet Preschool, meet the staff, and learn about the programming options we offer to children and families. We'd love to partner with you for your child's early education experience and hope to see you there! Please contact Alyssa Hill, Preschool Director, with any questions about programming or enrollment options at ahill@mtolivet.org or 612.767.2216.



A GREAT SUMMER AND A LOOK TO THE FALL!

We are just approaching the final fun and meaningful days of our Cathedral of the Pines 2023 season! Camp has been so fun and a place our High School students love to give back to each year through counseling and workstaffing. We had an amazing kick-off to the summer with our Hi-League Summer Starter weeks with over 200 youth participating. Summer Starter gives the Camp Staff and High School Volunteers a time to pause for meaningful conversation, have fun together, and prepare for all of the camper weeks!

As fall approaches, we are getting pumped for all of our fun Mount Olivet youth programming and can't wait to kick-off the school year with all of you! If you have questions about Mount Olivet's High School youth ministry program, please contact a member of the youth staff. Look for a Confirmation and Junior High Alive highlight in the September Messenger. — **THE YOUTH STAFF**

FEATURED FALL HIGHLIGHTS!

- Cathedral Choir kicks off on Wednesday, August 30
- Hi-League kicks off on Sunday, September 10
- MO United training kicks off on Tuesday, September 12
- Our 2023 Confirmation Class will be confirmed on Sunday, September 17
- Circle of Friends training kicks off on Monday, September 18
- The 14th Consecutive season of the Mount Olivet Pumpkin Patch benefiting our Cathedral Choir will be back and opens on Friday, October 13



Living the Message: *God Reimagined: The Biblical Foundation of Luther's Reformation* Word with Your Pastors 2023-2024

First Tuesday evening of the month beginning in October and via videos.

In 1998, just ahead of the new millennium, Life Magazine published a list of the 100 most important and influential people of the previous 1000 years. Martin Luther was third, coming just behind Thomas Edison and Christopher Columbus, because of the way his reforms, teaching, preaching, and translations so dramatically altered the worlds of religion, politics, and culture. Interestingly, very few people realize before he became (in)famous, before he was the leader of the Reformation, and before he changed the world forever... Martin Luther was a Bible scholar and teacher. And every single element of his reform movement stemmed from his deep engagement with Scripture. This year in our Living the Message class, join Pastors Ruud and Lose as together you delve into the passages and stories of Scripture that most shaped Luther's theology and life. We're going to have a great time!

This year we are trying something a bit different for the Word with Your Pastors classes. For the fall series, Pastor Ruud will be teaching all four classes at Mpls on Wednesday mornings and Pastor Dixon will be teaching all four classes at West on Thursday mornings. Then they will swap locations for the spring classes. (The Mpls classes will be available via video.) The winter series will be taught by four different pastors, and the same class will be offered at both campuses. Hopefully this will be the best of both worlds as you will get a chance to dive deep into a topic with one pastor and also get to learn from many of our pastors with their unique styles and knowledge. Hope you will join us!

FOR HEAVEN'S SAKE, GIVE IT A REST! GOD'S RADICAL SABBATH COMMAND

Taught by Pastor Ruud

Fall 2023 at Mpls and via videos, Spring 2024 at West

COSTLY WITNESS, COSTLY GRACE, FREE IN CHRIST: THE LIFE AND LEGACY OF DIETRICH BONHOEFFER

Taught by Pastor Cieslik, Pastor Dixon, Pastor Lose, and Pastor Ruud

Winter 2023 at both campuses and via videos

THE RISE AND FALL OF THE AMERICAN CHRISTIAN EMPIRE?

Taught by Pastor Dixon

Fall 2023 at West; Spring 2024 at Mpls and via videos

More information and registration available at mtolivet.org, or by contacting Katie Stevenson at katies@mtolivet.org or 612.767.2232.

MOUNT OLIVET BOOK DISCUSSION

DAYTIME DISCUSSIONS: 10-11:30am the second Tuesday of the month

EVENING DISCUSSIONS: 7-8:30pm the second Wednesday of the month

Both held in the Mpls Campus Library

AUGUST 8/9: *The Last Flight* by Julie Clark

SEPTEMBER 12/13: *Lessons in Chemistry* by Bonnie Garmus

OCTOBER 10/11: *Our Missing Hearts* by Celeste Ng

Register online at mtolivet.org/education or

by contacting Katie Stevenson at katies@mtolivet.org or 612.767.2232.



MIDWEEK WORSHIP SERVICE

Wednesday, August 2

Join us for the last Midweek Summer Worship Service on August 2, at the Conference & Retreat Center.

Pastor Cieslik will lead worship focusing on the hymn "Crown Him with Many Crowns"

with reading from Revelation 19:11-16. Special Music will be provided by Director of the Mount Olivet School of Music & the Arts, Luke Randall.

Dan Kahl, the Conference & Retreat Center Naturalist will take us on a Garden Tour, and our kitchen staff will be cooking up a Thanksgiving inspired meal complete with Pumpkin Pie Cheesecake.

For more information and to register visit mtolivetretreat.org!

FALL VOLUNTEER DAY

**Saturday, October 28,
9am-3pm**

Save the date for our Fall Volunteer day! We will prepare the grounds for the winter season to come and have time to relax once the work is done.

FREE OUTDOOR CONCERT

**Saturday, August 26, 1-4pm Family Activities, 4-6pm Concessions ,
5-6pm Free Concert, Conference & Retreat Center**

Join us for an afternoon of fun followed by our final outdoor concert of the summer! Arrive any time after 1pm to hike, swim, play gagaball, or enjoy the Natural Playscape. From 4-6pm, our kitchen will serve wood-fired pizzas, walking tacos, caramel corn, and root beer floats followed by a concert from Louis and Dan and the Invisible Band at 5pm. Sit at one of our picnic tables or bring your own blanket/lawn chair, and enjoy live music while surrounded by the beauty of the Conference & Retreat Center. All are welcome.

ABOUT LOUIS & DAN AND THE INVISIBLE BAND

Like the great songwriting duos of yesteryear, Louis & Dan bring comedy and smarts to music for today's families. Best friends, neighbors, and college professors (Louis teaches musicology at St. Olaf College, Dan teaches philosophy at Carleton College), they go together like Tacos and Tuesdays. Louis & Dan blend unique musical talents and clever word play to create deeply authentic and entertaining music. Their whimsical perspectives carry a dash of nostalgia, resulting in music that speaks to curious kids and discerning grown-ups alike. With their one-of-a-kind Invisible Band backing them up, Louis & Dan's inimitable style of humor, seriousness, and musical sophistication delivers songs you'll be humming all day. Even though the event is free, pre-registration is encouraged at mtolivetretreat.org.

STARGAZING WITH MIKE LYNCH

Friday, September 22, 7:30pm and

Saturday September 23, 7:30pm, Conference & Retreat Center

Register now for one of two dates for Stargazing! Make the stars your old friends with Mike Lynch, retired WCCO meteorologist and astronomer extraordinaire. Take a look through giant telescopes aimed at Jupiter, Saturn, star clusters, galaxies, and more. Live video telescopes will also be available.

Snacks and bottled water are included. Some outdoor chairs will be provided, but feel free to bring your own lawn chairs/blankets. This event is held with limited light so guests should be self-reliant.

Cost is \$15 per person which includes program, snacks, and bottled water. Children 3 and under are free. Max cost per family is \$50. Choose Friday, September 22, or Saturday, September 23, when registering at mtolivetretreat.org.



Exercise and Mental Health

We've all heard and been told by medical professionals that exercise is good for us. Exercise is said to benefit us by keeping us physically healthy and can possibly help us to prevent diseases. However, research also shows that people who exercise regularly not only have better physical health, but they also have better mental health and lower rates of mental illness.

Research has shown people who exercise regularly tend to be happier, are more satisfied with their lives, less stressed, and experience less mental health struggles than people who do not exercise regularly. When you exercise, your brain releases chemicals called endorphins. Endorphins are chemicals/hormones that are produced in the brain that help improve mood and decrease pain and stress within the body. Endorphins are basically the body's natural pain killers and mood elevators. Research shows endorphins can be increased in the brain by eating, being social, getting a massage, exercise, etc. Increasing endorphins in the brain has shown to ease symptoms of depression and anxiety, decrease the feeling of being stressed, and increase feelings of self-confidence, which leads to better self-esteem.

A good example of increasing endorphins in the brain through exercise is a "runners high." A "runners high" is that good, almost euphoric feeling after an intense run, often described by a runner. You do not need to be a runner to increase your endorphins and feel good, even exercises like walking, dancing, hiking, tennis, swimming, etc. can all increase endorphins in the brain.

One great thing about exercise is that it can be done alone or with others. So, next time you're feeling stressed I encourage you to take a walk or call a friend for a game of pickleball and see if you feel better afterwards.

NIKKI KNUDSON-DALAL, MA, LMFT, LADC, Mount Olivet Counseling Service

WE'RE HERE TO HELP

The Mount Olivet Counseling Service is a team of trauma-informed mental health professionals who support individuals, couples, families, and children ages 10 and up to work through the many struggles and challenges that life presents. We provide traditional talk-therapy, mindfulness-based therapy, and medication management.

We know that life can be hard, scary, painful, confusing, messy, and so many other words that don't feel good. The truth is, we all need help from time to time. Life is filled with goodness but also with loss, trauma, illness, and ruptured relationships. Not one of us will ever be untouched by life's painful experiences. When you come to us for support, you can rest assured that you are not alone and there is nothing wrong with you. Now is the time to ask for help.

All are welcome at Mount Olivet Counseling Service. We want you to feel more peace and belonging within yourself, your relationships, and your community. We are here to support you where you're at by providing spiritually and culturally sensitive care. To schedule an appointment or gain more information about Mount Olivet Counseling Service, please contact Molly Pach at 612.927.7335 ext. 110, or by email at mpach@mtolivetcounseling.org



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? A wide variety of opportunities to engage with residents exist for persons ages 15 years old through adult. This is a rewarding opportunity for high school students to complete their school or church service hours, gain hours of worthwhile interactions for college application, and for adults who are eager to share their time and talents. We are looking for assistance with programming like Bingo, Chapel escorts, 1:1 visits with residents, Gift Shop, manicures, sharing your musical talents, and more!

Our residents and staff would love to welcome you to the team! Schedules are flexible and adaptable to your availability.

For more information or to apply, please contact:

Laurie Hancer, Coordinator of Volunteers 612.821.3232 or lhancer@mtolivethomes.org or visit their website at mtolivethomes.org



Volunteer at Grace Hospice

Grace Hospice deeply values our partnership with Mount Olivet and is grateful for congregants' generous time and support. We cannot meet our mission to provide exceptional and faith-filled care to patients and families without the invaluable efforts of our dedicated volunteer team. Grace is blessed to have volunteers who fulfill many essential functions, including:

- **Bereavement Calls & Cards** (virtual: calling families after the passing of their loved ones and writing bereavement cards)
- **Caregiver Respite** (giving primary caregivers much-needed breaks to attend to self-care and daily living activities)
- **Companionship** (simply being present and offering compassion and love)
- **Legacy Work** (helping patients reflect on and share their life stories)
- **Quality Check-Ins** (virtual: connecting with patients or families to ensure expectations are met)
- **Pet Visits** (providing patients with furry companionship)
- **Spiritual Support** (helping patients experience comfort and connection through their faith)
- **Vigil** (sitting bedside with patients as they transition to End-of-Life)

The Grace Volunteer Team comprises a diverse group of people ranging from college students to retirees. The skillset requirement for volunteers is simple - adults with compassionate hearts are encouraged to apply! At this time, we are especially interested in recruiting volunteers with furry companions as the demand far exceeds our supply. Pets often provide a level of connection that humans cannot, and patients light up in magical ways in the company of an animal. Due to the shortage of therapy-certified pets, we now invite volunteers with obedient and socialized dogs and cats to visit our patients.

All volunteers must complete a three-hour orientation, provide proof of COVID vaccination (if volunteering bedside), and undergo a background investigation. We offer volunteers considerable flexibility in scheduling and ask that they commit to a minimum of 2-4 hours monthly.

We welcome applications, referrals and questions! Please contact Denise Egan, Volunteer Coordinator at denise.egan@gracecaring.org or 612.409.5393. Thank you in advance for your ongoing support! To learn more about Grace Hospice, visit gracecaring.org.

A SUMMER FULL OF MUSIC & ARTS

GOD'S KIDS SING!

It was a great week for the creative arts camp, God's Kids Sing! How fun to hear and see 90 kids singing, playing instruments, and creating art projects, all while learning the Fruits of the Spirit!



SUMMERTIME PLAYERS!

Our 6th through 9th graders had a blast putting on a show in just one week at Summertime Players! Camp: Middle School Music, Movement, and More!



REGISTER FOR YOUTH CHOIRS!

Visit mtolivet.org to register for youth choirs!

CHANCEL CHOIR (7TH & 8TH GRADE) will start at both campuses on Wednesday, September 27.
CATHEDRAL CHOIR (9TH-12TH GRADE) will start at both campuses on Wednesday, August 30.

REGISTER FOR PRIVATE MUSIC LESSONS & ART CLASSES WITH MOSOMA

The Mount Olivet School of Music & the Arts is excited for another year of programming! We will have monthly art classes beginning in September. Look for more details about these art classes in the September Messenger. MOSOMA also offers private music lessons for vocal and instrumentalists. If you are interested in joining one of the Mount Olivet School of Music & the Arts private music lessons, please contact Director of the Mount Olivet School of Music & the Arts, Luke Randall at 612.767.2262 or mosoma@mtolivet.org for more information.



UPCOMING AT MOUNT OLIVET



YOUNG IN HEART & FRIENDS

Tuesday, August 15, 12pm, Mpls Campus, \$8 per person

Young in Heart & Friends invites you to join us for a Minnesota Get Together of hot dish and fellowship. Come and taste five top hot dish recipes and see how they stack against the Minnesota top five. We will share the history of each hot dish and so much more! Bring a friend to share in the experience. Register by August 11 at mtolivet.org or by contacting Tricia Asuncion at tasuncion@mtolivet.org or 612.767.2210.



MOCW SOCIAL

Tuesday, August 15, 5-7:30pm, Edina Country Club

The MOCW board is hosting a fun social to bring people together. Grab your fellow circle members, non-member friends, or come as you are to enjoy a happy hour, hors d'oeuvres, and fellowship! No need to register. Donations are accepted the night of the event. Hope to see you there!



FLYING SOLO

Flying Solo is an adventure, service, and fellowship group for singles ages 40-60! Please register at mtolivet.org if you plan to attend.

COFFEE IN THE COURTYARD

Sunday, August 20, following the 10am service, Mpls Campus

Join us for some coffee and sweet treats following the service.

BOAT CRUISE ON LAKE MINNETONKA

Sunday, September 10, 1:10-4pm, Al & Alma's, \$70

Our "Best of Flying Solo" year kicks off with a boat cruise on Lake Minnetonka! Join us at Al and Alma's for an afternoon of food and fun! Space is limited to 40 guests. Register at mtolivet.org by Thursday, August 31.

If you have questions, please contact Pastor Freeman at rffreeman@mtolivet.org.



19TH MOTORHEADS' SHOW & BLESSING SERVICE

Sunday, August 20, 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 (bring your own chair). There is no charge for spectators or exhibitors, but donations are encouraged and appreciated! No preregistration necessary (windshield signs and souvenir dash plaques will be available at the event). Rain or shine!

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PROGRAMS

PRE-K THROUGH 12TH GRADE

NOW REGISTERING!

AT MTOLIVET.ORG