

OCTOBER 2026

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

SUNDAYS

DIAL-IN VIA PHONE
833.775.1238

11am

**WATCH THE MPLS
WORSHIP SERVICE AT
MTOLIVET.ORG**
9, 10, 11am

HOLY COMMUNION
8:30 & 11:45am

NURSERY
9, 10, 11am

OCTOBER 4

**ISRAEL DEMANDS A
KING**

1 Samuel 8:4-20

M 9, 10, & 11am
SERMON Pastor Grangaard
MUSIC Alleluia, Cathedral,
& Sanctuary Choirs

W 9, 10, & 11am
SERMON Pastor Cieslik
MUSIC Alleluia, Cathedral,
& Drop-In Sanctuary
Choirs

OCTOBER 11

**SAUL CHOSEN TO BE
KING**

1 Samuel 9:1-2, 15-17, 10:1a
Mental Health Sunday

M 9, 10, & 11am
SERMON Pastor Hammersten
MUSIC Hosanna, Cathedral,
& Sanctuary Choirs &
Amanda Jenkins,
soprano

W 9, 10, & 11am
SERMON Pastor Freeman
MUSIC Hosanna, Cathedral,
& Sanctuary Choirs

OCTOBER 18

**THE FAITHFULNESS OF
RUTH**

Ruth 1:1-17

M 9, 10, & 11am
SERMON Pastor Olson
MUSIC Handbell Choir

W 9, 10, & 11am
SERMON Pastor Kalland
MUSIC Tony Potts, baritone

OCTOBER 25

DAVID AND GOLIATH

1 Samuel 17:1-11, 41-49
Reformation Sunday

M 9, 10, & 11am
SERMON Pastor Lose
MUSIC Cathedral, Sanctuary,
& Chancel Choirs

W 9, 10, & 11am
SERMON Pastor Dixon
MUSIC Cathedral, Sanctuary,
& Chancel Choirs

MENTAL HEALTH SUNDAY

SUNDAY, OCTOBER 11

World Mental Health Day is October 10, and we'll be observing it during our worship services on Sunday, October 11. Staff from the Mount Oliver Counseling Center, along with members from the Mental Health Task Force and Mental Health Connect will be here to share educational information and resources. It is important to take good care of mental health. Tables will be up in the Lower Narthex at the Mpls Campus and in the Atrium at the West Campus.

The Mount Olivet Parish

When most of us hear the word “parish,” we assume it is a synonym for “congregation.” And, indeed, it’s often used that way, particularly in Roman Catholic circles. But originally, “parish” was a geographic term. In Ireland, for instance, a parish is a subdivision of a country, similar to a township. It became connected to congregational life because, historically, there was generally one church in each parish. That church was responsible for the civic and spiritual well-being of *all* the people who lived in that district, whether they were technically members of that congregation or not.

I have found it helpful to reclaim this word to understand Mount Olivet’s history, present, and future. Historically, Mount Olivet has been responsive to the members of its parish through, among other things, establishing our Affiliate Ministries. While one-third of those at the Mount Olivet Home/Careview Home are members of our congregation, for instance, two-thirds are not. We care for all the elders of our parish, not just our members. More recently, we moved our preschool from being part-time and seasonal to a full-time, 12-month/year program because that’s what the parents in our parish – whether members or not – most need. Summer Day Camps similarly arose from our present concern to offer safe and trusted childcare and enrichment for the children of our larger parish during the summer.

This sense of “parish” also undergirds our plans for the future of the 1700 Chapel. Given the level of isolation and polarization that is evident today, we want to provide a place where community members – that is, the people of our parish – can gather and get to know each other, get to know their community, and get to know where they can volunteer and make a difference. Two updates along those lines. First, we received permission from the City of Minneapolis to bring down the existing chapel because of the critical level of moisture in several supporting walls and construct a new building that would re-use as many of the materials of the existing chapel as possible. Second, we have shifted from wanting to operate a brewery and coffee roastery to instead focusing on sponsoring a community center that would offer a variety of food and beverage items from local vendors. This will mitigate risk, save money, allow us to devote more space to community use and, rather than compete with local coffee roasteries and breweries, provide an opportunity to promote them, once again strengthening our parish.

Two other notes on how “parish” can shape our imagination. First, remembering that God places us into community to care for each other, we can move out of the “transactional” model of interaction that dominates our culture to a more relational one. That is, when we give our time, talents, and money to Mount Olivet, it’s not simply a transactional “fee for services,” but rather our good faith effort to contribute to, and take care of, our parish. We realize that God has made us responsible for the well-being of our neighbors. Which can feel like a lot, until we realize that our neighbors also take responsibility for caring for us.

Second, on Sunday mornings in October and November we will be reading stories about the monarchy, the kings and queens of Israel. Interestingly, God’s vision of what makes a good monarch is precisely the commitment to taking care of their parish – in this sense, kingdom – like a shepherd cares for its flock. In the very first reading in this series on October 4, Israel asks God for a king. In response, God warns Israel that, all too often, kings lose sight of the call to care for all the people and instead enrich themselves or only serve their friends and family. That commitment to care for the whole people – the whole parish! – has served as the biblical and Christian standard by which to evaluate rulers ever since.

So what do you hope for our parish, understood not simply as our congregation but also, and even more, the communities we serve? And in what ways would you like to see Mount Olivet honor our history and live into a faith-filled future by serving our parish? Finally, what can you contribute to help us live into God’s dream for our parish? What gifts, experience, wisdom, contributions can you offer to allow Mount Olivet to continue to be a trusted member of this parish?

It’s an exciting time to be at Mount Olivet. I am incredibly grateful for the opportunity to serve here, to work with an amazing and dedicated staff, and to be surrounded by such wonderful members who are committed both to their church and our parish. Thank you. Even more, thank God *for* you.

See you in Church!



Pastor Lose

DAVID J. LOSE, SENIOR PASTOR

HERITAGE COMMITTEE UPDATE

In February of 2018, in preparation for the anniversary of Mount Olivet's one hundred years, a celebration was scheduled to take place throughout the year of 2020. Pastor Lose recruited an Anniversary Celebration Committee to plan many events during that year. To prepare, a few of the committee members visited the Mount Olivet archive collection (then located across the street from the church in the upstairs and basement of a duplex on the corner of 50th Street and James Avenue). Through the years a number of different archive committees had collected, sorted and organized materials they considered relevant. They did a great job and we are thankful for their dedicated work.

In looking through what was there, it seemed obvious that an update was needed, including computer storage and a new way of organizing the materials. It has been slow and painstaking work to develop relevant categories, find a workable computer program, and start sorting through boxes and boxes of collected materials. It has also been fun, due to dependable staff support and a fabulous group of volunteers from both the Mpls and West Campuses who spend their Thursday mornings finding treasures that we plan to share with you. In the next year, different members of our volunteer group will be writing occasional *Messenger* articles about what they have been working on, including tidbits from our rich past. We look forward to the day when we can do an easy search to find a name, a date, or historical context for anyone who might want or need it.

We started this project before the COVID pandemic, which of course slowed us down for a while. Before that we went through many shelves of musty, dusty boxes in the duplex basement finding both trash and treasures. Eventually everything stored in the duplex was moved to a wonderful space on the second floor of the Minneapolis church building. Recently five fireproof safes have been moved to our space from a toy storage closet in a downstairs preschool classroom, not exactly convenient for us or the preschool staff. We'll fill these files with what we consider most important, things like church council agendas and minutes, financial documents, anniversary celebrations, historical moments, and membership yearbooks that go all the way back to our beginning.

Our work continues. We have countless movie reels, tapes, video cassettes, albums and pictures, and occasions that are being carefully sorted but are not yet entered into our filing system. And we need to find a way to access and process all of the publications, programs, and sermons that are now stored in church and personal computers instead of on paper as they were for so many years. We are still collecting interesting articles, documents and pictures that have been tucked away in a closet or a drawer for many years, so please share them with us if you find something valuable. You can drop them off in the Heritage (our new name for our archives) mailbox in the Mpls Campus church office.

A plea from the Heritage Committee: *please date everything!*

NANCY YOUNGDAHL, *Heritage Committee Member*

NEW MEMBER OPPORTUNITIES

Mount Olivet offers a tremendous number of worship services, fellowship groups, service opportunities, educational programs, and events. Exploring the possibility of joining Mount Olivet is as easy as contacting Katie Lose, our Coordinator of Engagement & Special Events. She can answer your questions and help you explore how Mount Olivet can enrich your faith. Attend an informative new member luncheon and find out what it means to be a member of this amazing congregation! You'll meet the pastors, staff, members of the Board of Life and Growth, and connect with other people who are joining Mount Olivet. The upcoming new member luncheon dates are:

**Sunday, October 25,
12noon-1:30pm, Mpls Campus**
**Sunday, November 1,
12noon-1:30pm, West Campus**
**Sunday, November 8,
12noon-1:30pm, Mpls Campus**

New Member Sunday
Sunday, November 22
New members will be recognized during worship.

To learn more or to register for a luncheon, please contact Katie Lose at 612.767.2287 or kllose@mtolivet.org.



LIFE & GROWTH

AUG 15 - SEP 16

BAPTISMS

Axel Ole Mong

son of Samantha and Harry

Margot Jean Montonye

daughter of Hannah and Jason

Lachlan Jack O'Connor Moody

son of Justin and Mitchell

Christopher Atlas Peltola

son of Alexandra and Eric

Reid Stephen Peterson

son of Gretchen and Dylan

Berit Harper Ptaschinski

daughter of Halle and Nick

Olive Laine Rys

daughter of Alexa and Joseph

Annabelle Kate Smith

daughter of Molly and Logan

Nico Daniel Yahn

son of Lily and Zac

WEDDINGS

Kayla O'Keefe & Brady Arnett

Gabrielle Herman &

Christopher Roehl

Sophia Rey & Henry Westlind

Alexis Hoedeman & Parker

Reno

DEATHS

Linda J. Fjosne

Judith E. Fuller

Julie A. Goodman

Ruth M. Helland

Bryan P. Johnson

Kristin E. Welbaum

Marsha L. Wilson

IN MEMORIAM: JULIE A. GOODMAN

Our dear friend and colleague at Mount Olivet Church, Julie Goodman, Director of Congregational Care, entered the joy of heaven on August 24, after her courageous fight against leukemia.

Julie was confirmed at Mount Olivet, sang in the Cathedral Choir, and worked on the staff at Cathedral of the Pines Camp. During high school, she worked at the reception desk, and after her children started school, she returned to the reception desk before moving into Congregational Care, eventually becoming the Director of the department. Julie always led with compassion and kindness, was always a steadying presence, and made everyone she encountered feel special. For these and so many other reasons, she leaves an imprint on so many that will last forever.

Our thoughts, prayers, and love surround her husband, Tony, and daughters, Amanda, Chloe, and Kendell, who were the joy of her life. Please keep their family, the Congregational Care team, and one another in prayer.

May the promise of the resurrection grant us all a measure of Christ's peace, that peace which surpasses all understanding, and guard and keep our hearts now and in the days ahead.



JULIE A. GOODMAN

May 19, 1963-August 24, 2026

DEVOTION

"My sheep hear my voice...and they follow me...No one will snatch them out of my hand." —John 10:27-28

We use the word "faith" all the time. It is the cornerstone of our Christian identity. But what is it?

It's not a virtue. It doesn't arise from our will or character. It is not a reflection of our inner goodness. It's also not a skill. Faith isn't something you can practice and improve, like piano or Spanish. So, what is it?

It's a gift. And like all gifts, it comes from someone else. Faith is a gift from God.

Consider the flying baby. When we see a father toss his child into the air, that child is invariably laughing. The flying baby is having the time of its life! They are experiencing joy! This is because...their parent has never dropped them. If the baby thinks there is a good chance they'll fall, their experience will be totally different — tears, screaming, clinging to their parents' shirt.

The flying baby doesn't choose between those two experiences. Joy is a gift from their parents. The parents, who always catch, define that relationship and determine that experience. And that joy, that trust, is a perfect synonym for our faith.

God will always catch you. Nothing could knock you from your heavenly Father's hands. So you are free to enJOY this ride, and trust completely that your good, loving, reliable God will never let you fall.

— PASTOR DIXON



Love IN ACTION

THANK YOU FOR YOUR GENEROSITY

As we reflect on our 2027 stewardship theme, *Love in Action*, we give thanks for the many members who have already submitted a 2027 pledge and established their giving plans for the year ahead. Your generosity is a powerful expression of faith and a tangible way God's love is shared through Mount Olivet.

Every day, *Love in Action* comes to life through worship, music, faith formation, youth and children's ministries, care for those in need, service opportunities, community partnerships, and so much more. These ministries strengthen faith, build relationships, serve neighbors, and share the hope of Christ with people of all ages.

In this issue of the *Messenger*, you'll find just a few of the many ways Mount Olivet continues to make a difference in the lives of our congregation and community. None of this happens without the faithful support of people like you. Whether you are making your first pledge, continuing a long-standing commitment, or increasing your giving, every gift helps us do more, reach further, and love more boldly in Christ's name.

Thank you to everyone who has already made a commitment for 2027!





WHAT DOES MOUNT OLIVET MEAN TO YOU?

If you have not yet submitted your 2027 pledge or established a giving plan for the coming year, there is still time. Every member matters. Every gift matters. Commitments of every size help us faithfully plan for ministry and continue sharing God's love through Mount Olivet.

As you prayerfully consider your response, we invite you to reflect on these questions:

- How has Mount Olivet helped strengthen your faith, supported you through a challenging season, or enriched your life and the lives of those you love?
- What ministries of Mount Olivet have made a difference for you, your family, or our community, and what value do those ministries hold in your life?
- Find yourself in the Average Monthly Giving Chart below. Does your giving reflect how you value your church and its impact?
- If Mount Olivet has blessed you in meaningful ways, would you consider helping make those same experiences possible for others through your financial support?

Love in Action is something we do together. Thank you for being part of what God is accomplishing through Mount Olivet, and thank you for making your 2027 pledge and giving plan today.

2026 AVERAGE MONTHLY GIVING CHART

The chart below lists the average monthly gift given to the General Fund, Christmas, and/or Easter in 2026 and how many households (above 25 years of age) gave that amount.

AVERAGE MONTHLY GIFT	NUMBER OF HOUSEHOLDS	% OF TOTAL
\$0	5,334	63.48%
\$0.01-\$50	1,399	16.65%
\$50.01-\$150	788	9.38%
\$150.01-\$300	430	5.12%
\$300.01-\$500	216	2.57%
\$500.01-\$1,000	153	1.82%
\$1,000.01-\$2,500	65	.77%
\$2,500.01 and Above	18	.21%
TOTAL GIVING	8,403	100%

MAKE YOUR 2027 PLEDGE AND SET UP SCHEDULED GIVING!

Visit mtolivet.org/stewardship or scan the QR code to make your 2027 pledge and/or set up recurring gifts to fulfill your pledge.



STILL HAVE QUESTIONS?

Visit our Giving FAQ page at mtolivet.org/givingfaq or scan the QR Code for more information.



Questions? Contact Tricia Lerohl-Morgan, Coordinator of Financial Records, at tricial@mtolivet.org or 612.767.2255.

LIVING THE MESSAGE: WHAT DID JESUS DO?

OCTOBER LIVING THE MESSAGE

Jesus Makes a Splash: Exorcisms, Sermons, and Weddings, Oh My!

Mark 1:21-28, Matthew 5:1-2, Luke 4:16-30, John 2:1-11

Tuesday, October 6, 6:30-7:30pm, Mpls Campus Room 207

Each of the four Evangelists tells the story of Jesus in a distinct way. That is particularly true of their depiction of the start of Jesus' public ministry, as each begins with a very different story. Why? Because first things matter. And as you dive into the stories each Evangelist tells, you get a sense of how each one understands Jesus – his mission and message. Join us for a tour through the opening stories of the four Gospels and be introduced to the one who all four Evangelists acknowledge as our Lord and Savior. — **PASTOR LOSE**

NOVEMBER LIVING THE MESSAGE

Jesus Reveals Who We Are: On Swords and Divided Families

Matthew 10:34-36

Tuesday, November 10, 6:30-7:30pm, West Campus Rehearsal Hall

I have many times jokingly (or maybe not?) proposed a series for either our Wednesday/Thursday morning classes or the *Living the Message* program entitled something like, "Your Pastors' Least Favorite Bible Passages." This one might make my list. The idea that Jesus brings not peace, but a sword, is so easily and so often misunderstood and misapplied. We see this especially in Christian spaces that want to curate a "warrior Jesus" image. What are we as Lutherans supposed to do with this passage? What does it tell us about the reality of life in this world as Christian disciples? A sword is a challenge, symbolically speaking. It is the opposite of an olive branch or a white flag. As we think about Matthew 10 together, we'll consider what and whom Jesus challenges, and why his message is so challenging. Hint: as is almost always the case with Jesus, the answer might surprise you. A surface reading of Matthew 10 certainly forces us to question some of our dominant conceptions of Jesus as a peacemaker, a cheek-turner, or a meek lamb. But as we re-read it together, we'll find he's even harder to pigeonhole than we might expect. — **PASTOR DIXON**

GOD WITH US: A LEVITICUS STORY

What does it mean to begin again and live well with God and one another? Explore these questions through the surprising beauty of Leviticus. Picking up in the wilderness after Exodus, this class reveals a God who dwells among God's people and calls us into holy, renewed lives. Join us for a deeper look at this rich and meaningful story.

MPLS: Wednesdays, 10:30-11:30am in Room 207, **WEST:**

Thursdays, 10:30-11:30am in the Rehearsal Hall, **ONLINE:** via weekly videos sent out one week after the Mpls class dates.

OCTOBER 21/22: *Sacrifice: How to Worship God* with Pastor Olson

OCTOBER 28/29: *Manual: How to be a Priest* with Pastor Grangaard

NOVEMBER 4/5: *Ritual: How to Live Together* with Pastor Olson

NOVEMBER 11/12: *Code: How to be Holy* with Pastor Grangaard

MOUNT OLIVET BOOK DISCUSSIONS

DAYTIME: 10-11:30am the 2nd Tuesday of each month

EVENING: 7-8:30pm the 2nd Wednesday of the month

Both held in the Mpls Campus Library

New members are always welcome. The only requirement is that one loves to read!

UPCOMING BOOKS:

OCTOBER 13/14: *The Color of Water: A Black Man's Tribute to His White Mother* by James McBride

NOVEMBER 10/11: *The Book Club for Troublesome Women* by Marie Boatwick

DECEMBER 8/9: *Theo of Golden* by Allen Levi

Register for all classes at mtolivet.org/education or by contacting Katie Stevenson, Coordinator of Adult Education, at katies@mtolivet.org or 612.767.2232.



HOLY BAPTISM AT MOUNT OLIVET

We believe that God's grace is for all. Because baptism is a gift of God's grace and a promise of God's love, membership at Mount Olivet is not a requirement for baptism. We welcome families from all backgrounds who are seeking to celebrate this meaningful milestone and surround their child or loved one with the love and support of a faith community.

Baptisms are usually scheduled on Sundays during the final worship service. This provides an opportunity for the congregation to celebrate alongside each family and to welcome those being baptized into the larger community of faith. Available baptismal dates vary based on the worship schedule. Families may also request a baptism outside of regular worship. Availability for baptisms outside of congregational worship is determined based on the family's and officiating pastor's schedules. Most often, baptisms outside of worship are scheduled just after worship has concluded for the day.

Prior to baptism, families are invited to attend a short informational gathering. Baptism classes are offered monthly on the third Sunday of the month and provide a meaningful opportunity to prepare for this special day. During the class, families review the baptismal promises, learn more about the meaning and significance of baptism, spend time with one of our Mount Olivet Pastors, and meet other families preparing for baptism. Current class options and additional information can be found online at mtolivet.org.

Families may also choose to celebrate with friends and loved ones following the baptism. Baptism receptions can be arranged at both the Minneapolis and West Campuses. Room rental and catering options are available for families interested in hosting guests following a baptismal service, making it easy to continue the celebration together.

Baptism is a joyful reminder that God's love surrounds us from the very beginning and throughout every season of life. We are grateful to celebrate these special moments with families and to be part of their faith journey.

So far in 2026, we have celebrated **125 baptisms—and counting!** We look forward to continuing to welcome individuals and families into this beautiful celebration of faith, love, and God's grace.

For more information or to schedule a baptism, please contact Katy Michaletz, Director of Children & Family Ministry, at kmichaletz@mtolivet.org or 612.767.2245.



IT'S MORE THAN JUST A PUMPKIN PATCH

ANNA HERD, *Coordinator of Middle School, Mpls Campus*

The Mount Olivet Pumpkin Patch first opened in 2010. Geoff Arenson said Kristi Youngdahl came to a staff meeting in May of 2010 with a VHS promo video about a company called Pumpkins USA. Everyone thought this was kind of a silly idea but went for it because she was so excited. The first year of the Pumpkin Patch was my freshman year of Cathedral Choir. I remember Kristi came running into the old choir room yelling: "I say pumpkin, you say patch!" to introduce the new fundraiser. A few weekends later, we were outside unloading pumpkins onto the grassy area on the corner of James and 50th Street. We were fundraising for our choir trip to Dallas, Texas, in 2011. And thus, the Mount Olivet Pumpkin Patch was born!

The Pumpkin Patch has only gotten bigger and better! We moved across the street to the 1700 building in 2015. Today, we order 6,000 pumpkins per season. That's about 70,000 pounds of pumpkins! We have won first place in sales for Pumpkin Patch fundraisers in the state of Minnesota four years in a row, AND we rank in the top 10% of Pumpkin Patches in all of the United States! It is no secret that we love the Mount Olivet Pumpkin Patch and are proud of how far we've come. It's one of the best parts of our ministry in the fall because of the connections we make with one another and the community.

We love getting to work alongside our high school students, getting to hear about their lives in a new year at school, and spending extra time together. The Pumpkin Patch not only spreads joy to us, but to our neighbors as well. We get to connect with so many people from the area looking for a fun fall activity right here in Minneapolis. We bring pumpkins to the Mount Olivet Home for Adopt-a-Grandparent, and Rolling Acres for Mount Olivet United...Day Services always stops by... and we even bring pumpkins all the way up to Cathedral of the Pines Camp during Fall Camp. Mount Olivet Preschool comes for a visit where we teach them about the different kinds of pumpkins we have and we do an event with the Children & Family Ministry Department called Party at the Patch! We love connecting with returning customers and meeting people who have never visited before. The Mount Olivet Pumpkin Patch is more than just a fundraiser, it's a place that brings us all together.

Last year we started a new tradition, a Hi-League hootenanny bonfire to end the Pumpkin Patch season. 146 students showed up! We ate s'mores, sang songs, and did devotions to close down the Patch. We hope you visit us and make your own memories in the Patch this year!

The Pumpkin Patch is open October 12 through October 29, weekdays 4-6pm and weekends 10am-5pm.



THE LANGUAGE OF CURIOSITY

SARA WATNE, LPCC, *Therapist at Mount Olivet Counseling Center*

Recently, I was talking with one of my 13-year-old twin boys about a basketball move we were watching in a video. He said, “Oh, that’s tough!” and I assumed he meant challenging—a difficult feat. Later, when he used the same word while we were looking at sneakers, I realized that “tough” had acquired another meaning in his vocabulary: impressive. That was likely what he meant about the basketball move all along. And I’ve since learned it’s even spelled differently when used in this way, too: “tuff” instead of “tough.”



Conversations like this can leave us wondering whether we and the young people in our lives are even speaking the same language. Technology can expose even more generational differences. How often do we come upon a young person using their phone, watch, tablet, or laptop and they seem so absorbed that we just let them be, maybe even bringing our own phone up to our faces to scroll social media or check our email? But for their sake and our own, I want to challenge us to respond with curiosity rather than retreat. When we dwell on how different technology was “back in our day,” we can unintentionally create distance. We may leave young people to find their own way through unfamiliar problems and, without meaning to, send the message that they are strange to us, that their struggles are foreign, or that we are unapproachable—exactly the opposite of what most of us want for them.

What can we do instead? We can become curious about the words they use, the technology they engage with, and the issues they raise. We can ask questions like, “What do you like about this platform/game/app?” “Do you ever have a hard time putting your phone down, even when you want to?” We can listen and encourage them to speak further, even if what they’re sharing isn’t immediately connecting by asking, “Can you tell me more about that?” We can admit when we do not understand. If we allow our confusion to make us retreat into the comfort of “Oh well, I just don’t understand,” the connection between us can become strained.

We can also share about times when we ourselves are challenged by something like technology. For instance, you could say, “I know I sit and look at my phone longer than I expected to sometimes.” And if they indicate it’s an issue for them, then we can approach it together, offering our own understanding of how things like technology can even be designed to keep us engaged, and wonder together how we can approach whatever problems we are facing.

When I first began seeing teenage clients in therapy, I worried that I would not understand their language, style, or media. I was a long way from adolescence and did not yet have teenagers of my own. The therapist who mentored me told me I did not need to know everything; I simply needed to stay curious.

Today, I have no qualms about asking my teenage clients directly what they mean when they use a word that is new to me. I also am open to being taught about the latest ways my young clients are using technology in their personal communication, their learning environments, and their recreation. Most seem to appreciate that I am making an effort to draw closer to their lives—lives that are each as unique as my middle-aged one.

That is the heart of it: each of us is a unique creation. Generational differences may create distance, but curiosity can help us cross it. When we draw near young people (or anyone who is different from us) with humility and genuine interest, we show them that they are not strange to us, that their lives matter, and that they can come to us — even when we do not speak exactly the same language.

Learn more about the Mount Olivet Counseling Center and its services at mtolivet.org/counseling or call 612.927.7335.

40 YEARS OF CARING, CONNECTING, AND BREAKING THE STIGMA

For 40 years, the Mental Health Task Force has been helping Mount Olivet create a community where mental health is part of the conversation and where no one has to face challenges alone.

It all began in 1987, when Pastor Tim Fuzzey and member Joanna Kuehn recognized an important need within the church: to create greater understanding and awareness around mental health and to make sure people and families affected by mental health challenges felt welcomed, supported, and included in the life of the congregation.

Four decades later, their vision continues to make a difference.

The mission of the Mental Health Task Force remains much the same today: *to encourage and provide education that raises awareness and reduces the stigma associated with mental health issues through collaboration within the congregation and the greater faith community.* The task force also supports ministries that empower people and families impacted by mental health issues to participate fully in the Mount Olivet congregation and the greater community.

In the past 40 years, countless conversations have been started, questions have been answered, resources have been shared, and lives have been touched. At its heart, the work of the Mental Health Task Force is about reminding people that mental health matters, and that seeking support, asking questions, and caring for one another are important parts of living in community.



A COMMUNITY OF MANY PERSPECTIVES

Today, the Mental Health Task Force is made up of **10–15 people with varied backgrounds, experiences, and interests.** The group brings together mental health professionals, lay people, and individuals with personal experience as consumers of mental health services. Each person brings a unique perspective, helping the task force better understand the many ways mental health can affect individuals, families, and communities.

The group meets monthly to plan and carry out educational events, opportunities for conversation, and resources for the Mount Olivet community and beyond. Their work is rooted in compassion, understanding, and the belief that the church can be an important place of welcome and support for people navigating mental health challenges.

While much has changed since the task force began, one thing remains constant: **the importance of caring for the whole person.**

CELEBRATING MENTAL HEALTH SUNDAY

As we celebrate this incredible 40-year milestone, Mount Olivet will recognize **Mental Health Sunday on October 11.** Members and guests are invited to stop by the Mental Health Task Force table at either campus to learn more about the task force, explore helpful resources, and discover ways to support mental health in our congregation and community. Whether mental health has touched your own life, the life of someone you love, or the life of a friend or neighbor, there is value in learning more and continuing the conversation.

The Mental Health Task Force continues to remind us of something simple but powerful: *we are not meant to do life alone.*

With Mount Olivet's support, the Task Force looks forward to providing compassion, education, connection, and care for generations to come. **Your mental health is important. Make it a priority!**

ESTATE PLANNING WORKSHOPS: A GIFT OF CARE FOR THOSE YOU LOVE

October is National Estate Planning Awareness Month—a meaningful time to reflect on how we can faithfully plan for the future. Estate planning is more than a legal responsibility; it's an act of love and stewardship, aligning our resources with our values and care for others.

The Mount Olivet Development Department invites you to join us for a complimentary Estate Planning Workshop where you'll learn practical information about wills, trusts, beneficiary designations, charitable giving, and other important planning considerations. Our presenters will share helpful guidance and answer common questions in a clear and accessible way.

These workshops are designed to help you:

- Protect and provide for your loved ones
- Ensure your wishes are clearly documented
- Understand key estate planning tools
- Explore charitable giving options that reflect your values and support ministries you care about most

Whether you have an estate plan in place or are just beginning, planning for the future is one of the most meaningful gifts you can give to the people and places you value. These workshops will provide valuable insights to help you make informed decisions for yourself, your loved ones, and ministries you wish to support.

Tuesday, October 13, 6-7:30pm, West Campus (Refreshments at 5:45pm)

Wednesday, October 14, 10-11:30am, Mpls Campus (Refreshments at 9:45am)

Questions? Please contact Jennifer Bastian at jbastian@mtolivet.org or 612.767.2252.

Space is limited, so early registration is encouraged.

FEATURED PRESENTERS:

Jason Watt, JD, CPA, Charitable Strategist with DAFgiving360 and Mount Olivet member

Joe Sullivan, Foundation Gift Planner, ELCA

Kimberly Gray, Estate planning attorney, Vision Partner and Mount Olivet member

Pastor Lose, Senior Pastor

**OCTOBER 13
WEST CAMPUS**



**OCTOBER 14
MPLS CAMPUS**



LUTEFISK VOLUNTEERS

This year, Mount Olivet is hosting its 96th Annual Lutfisk Dinner, sponsored by MOCW! Each year, this dinner hosts more than 1,400 people. What makes this dinner so special is the many hands that help put the meal together — and we need your help! If you are interested in volunteering, please contact Heather Goudy, Lutfisk Chair and MOCW President, at heathergoudy@hotmail.com with the times and job you'd like to help with.

LUTEFISK VOLUNTEERS AVAILABLE SHIFTS

MONDAY, NOVEMBER 30: 12noon Scooping Cookie Dough

TUESDAY, DECEMBER 1: 12noon Rolling Meatballs & Scooping Cookie Dough

WEDNESDAY, DECEMBER 2: 12noon Rolling Meatballs

THURSDAY, DECEMBER 3: 9am Making Rutabagas

FRIDAY, DECEMBER 4: 9am Table Setting and Lefse Rolling, 1pm Cooking Lutfisk, 2:30-5pm, 5-7pm, or 2:30-7pm Server/Busser, Buffet Servers, Plate Scrapers, and Coffee/Water Attendants

JOIN US AT THE 96TH MOUNT OLIVET

Lutfisk Dinner!

All-You-Can-Eat Buffet



Fri, Dec 4, 2026 | Mpls Campus

UPCOMING AT MOUNT OLIVET

MORE INFORMATION & REGISTRATION AT MTOLIVET.ORG

CAREGIVER SUPPORT GROUP

Thursdays, October 1 and October 15, 10:30-11:30am, Mpls Campus

The caregiving experience can be many things at once: rewarding, challenging, enlightening, and overwhelming. Led by Sarah Strasen, LICSW, this group offers connection, resources, and encouragement for anyone currently in a caregiving role.

BRUNCH WITH US!

Sunday, October 4, between services, Mpls & West Campuses

Your church wants to celebrate our members being a part of our community of faith, volunteering their time, participating in programming, and steadfast generosity; therefore, Sunday brunch is on us! Join us after worship for food and fellowship. Brunch items include egg sandwiches from our amazing kitchen and crepes from La Belle Crepe. No registration necessary. Hope to see you there!

WEST CAMPUS DROP-IN CHOIR

Sunday, October 4, 10-11:30am, West Campus

Come sing with the West Campus Sanctuary Choir! No long-term commitment, just a chance to make music, meet new people, and help lead worship. Whether you're a seasoned singer or simply love to sing, we'd be delighted to have you. Just show up, rehearse, and sing!

FLYING SOLO: HAPPY HOUR AT NICOS

Sunday, October 4, 4-6pm, Nico's Tacos + Agave Bar

Join us for an informal happy hour at Nico's to meet new people, connect with old friends, and enjoy great conversation! The cost is whatever you order off the menu. Come and hang out with your Flying Solo Friends in a relaxed setting! We look forward to seeing you!

STARGAZING

Friday, October 9, 6-10pm, Mount Olivet Conference & Retreat Center

Come out for a Fall night of wonder under the stars with retired meteorologist Mike Lynch. Concessions available for purchase from 6-7pm before free program and viewing.

FRIENDS FOREVER AUTUMN BRUNCH

Sunday, October 11, 12:30-2pm, Oak Ridge Country Club, \$40

Join other 60+ aged Mount Olivet members for brunch and fellowship. We'll enjoy delicious warm caramel rolls, eggs, bacon, sausage, hashbrowns, and fresh fruit!

FIKA MUSIC SERIES: THE MUSIC OF GEORGE GERSHWIN

Sunday, October 11, 2-3pm, Mpls Campus

Celebrate the genius of George Gershwin in a program that bridges the worlds of the concert hall and Broadway. Featuring the virtuosic four-hand piano version of Rhapsody in Blue and a selection of Gershwin's most cherished songs for voice and piano, this concert captures the spirit of the American Jazz Age.

ALZHEIMER'S DISEASE: WHAT IT IS AND WHAT CAN BE DONE

Tuesday, October 13, 9:30 Exhibitors available, 10-11:30am Presentation, Mpls Campus

Presented by Joseph Gaugler, PhD, Robert L. Kane Endowed, Chair in Long-Term Care and Aging and a Professor at the University of Minnesota. We invite you to join Dr. Gaugler for an insightful and encouraging presentation on Alzheimer's disease. Together, you'll learn the facts about what it is and how it differs from normal aging, explore the warning signs, gain a better understanding of the disease and its progression, and learn about current strategies, available treatments, and resources to help navigate the journey with confidence and compassion. Exhibitors and light refreshments available.

ESTATE PLANNING WORKSHOPS

Tuesday, October 13, 5:45-7:30pm, West Campus OR Wednesday, October 14, 9:45-11:30am, Mpls Campus

Take the next step toward peace of mind for yourself and the people you love. Whether you're creating your first estate plan or looking for practical guidance to refresh an existing one, these sessions are designed for everyone.



CAREER & CALLING KICK-OFF

Tuesday, October 13, 5:30-7:30pm, Mpls Campus

Senior Recruiter with the State of Minnesota, Cyndi Camarillo and CEO of Dream Lab, Cherie Anderson, will be our guest speakers and lead us through an informative, fast-paced, and practical workshop to prepare yourself for the dreaded “Tell me about yourself,” question in an interview.

YOUNG IN HEART & FRIENDS

Tuesday, October 20, 12noon-1:30pm, Mpls Campus, \$10

Could your best years still be ahead of you? Don't miss this inspiring keynote with Hall of Fame Speaker and renowned happiness expert, Tom Guetzke, as he presents: *Happiness Has No Expiration Date: The 5 Happy Habits for Living Your Best Years*. Register by October 16.

FALL VOLUNTEER DAY

Saturday, October 24, 9-3pm, Mount Olivet Conference & Retreat Center

Spend a beautiful fall day at Mount Olivet Conference & Retreat Center and help us prepare the grounds for the winter season. Enjoy a delicious meal from our kitchen, have a swim in the pool, or explore the trails. Thank you for helping us care for this part of creation!

PARTY AT THE PATCH

Saturday, October 24, 10am-12noon, 1700 Parking Lot

It's a party and you're invited! Join us at the Pumpkin Patch for a morning of fun – treats, a bounce house, and more!

COOK FOR KIDS AT MINNEAPOLIS CRISIS NURSERY

Tuesday, October 27, 4-6pm, Minneapolis Crisis Nursery

Contact Laurie Hancer at lhancer@mtolivet.org if you'd like to help prepare and serve dinner at Minneapolis Crisis Nursery.

ART CLASS: NO FEAR OIL PAINTING - FALL COLORS

Tuesday, October 27, 6-8pm, Mpls Campus, \$45

Have you ever wanted to experience the joy of painting with oils but been afraid to try? In this class, you will create a beautiful fall-themed painting on an 8 x 10 inch canvas following step-by-step instructions all while learning about the paints and other tools needed to create an oil painting.

MOUNT OLIVET PLAY DAY!

Friday, October 30, 9am-3pm, West Campus, \$50

Join us for a Halloween themed day of fun! Bring your friends, enjoy crafts, games, and make the most of your day off of school!

THANKSGIVING FOOD DRIVE

Sunday, November 1, 8:30-11am, Mpls & West Campuses

Support our ministry partners in their hunger relief initiatives by bringing non-perishable food items or monetary donations to either campus. Donations will benefit CES at the Mpls Campus and Bountiful Basket at the West Campus.

FLYING SOLO AT DEL SUR EMPANADAS

Sunday, November 1, 1-2:30pm, Del Sur Empanadas, \$15

Join Flying Solo at Del Sur Empanadas for authentic Argentinian food, culture, and fun! After our meal, we'll enjoy drinks at Base Camp Coffee and Provisions, just down the block. Registration fee includes 2 empanadas, a soft drink, and a cookie.

MARRIAGE PREPARATION WORKSHOP

Saturday, November 7, 9:30am-3:30pm, Mpls Campus, \$150, plus \$35 scoring fee for the Prepare Inventory, lunch included.

This fun and engaging 6-hour workshop, along with completing 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.

MOCW HOLIDAY BOUTIQUE & MOCW HOLIDAY MARKET

Saturday, November 7, 9am-2pm, Mpls Campus OR Saturday, November 14, 9am-2pm, West Campus

Join us for the MOCW Holiday Boutique and Holiday Market featuring fine art, crafts, pottery, jewelry, home decor, culinary gifts, “Dala House” kids-only shopping, and more! Thanksgiving Butter Braid will also be available for purchase at these events!

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CATHEDRAL CHOIR PUMPKIN PATCH OCTOBER 12-29

**HOURS:
WEEKDAYS 4-6PM
WEEKENDS 10AM-5PM**