

JANUARY 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
11am

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

HOLY COMMUNION
8:30 & 11:45am

NURSERY
9, 10, & 11am

JANUARY 1

NEW CREATION
2 Corinthians 5:16-21

M 10am
SERMON Pastor Freeman
W 10am
SERMON Pastor Cieslik

*Holy Communion offered at
9:30am only*

JANUARY 8

**SEARCHING FOR MORE
EPIPHANY**
Matthew 2:1-12

M 9, 10, 11am
SERMON Pastor Lose
W 9, 10, 11am
SERMON Pastor Dixon

JANUARY 15

SEARCHING FOR TRUTH
John 18:33-38

M 9, 10, 11am
SERMON Pastor MacLean
W 9, 10, 11am
SERMON Pastor Kalland

JANUARY 22

SEARCHING FOR HOPE
Jeremiah 29:4-7, 11

M 9, 10, 11am
SERMON Pastor Lose
W 9, 10, 11am
SERMON Pastor Dixon

CENTENNIAL CELEBRATION

Mpls Campus Fellowship Hall,
West Campus Atrium
Join us in-between worship
services for refreshments
and treats as we celebrate
together.

JANUARY 29

SEARCHING FOR JOY
Luke 15:1-10

M 9, 10, 11am
SERMON Pastor Ruud
W 9, 10, 11am
SERMON Pastor MacLean

HOLY COMMUNION

First Wednesday of the month

M 12noon

**SUNDAY SCHOOL WILL RESUME WEEKLY CLASSES ON
1/8 AT BOTH CAMPUSES.**

FRONT COVER PHOTO

Western Tatra Mountains in Poland

Searching For More...

If we're willing to be honest, most of us will admit that we often experience a certain longing, a restlessness, a deep if often unnamed desire for more. Even if we can't always name what we want more of, that restless desire is still there. January is a month when many of us feel this longing most acutely. Perhaps it's the promise of a new year and with it a sense of a clean slate, a fresh start, another chance to get it right. And so we make our resolutions, articulate new goals, and launch into the year with optimism. Needless to say, that optimism rarely survives to the end of the month. But the longing persists, and sometimes it emerges at surprising times.

A few years after winning the 2011 Super Bowl, for instance, Aaron Rodgers recalled his surprise at the dominant emotion he felt while driving out of the stadium of his greatest victory: "We just accomplished the most amazing goal in football, but I'm sitting here with this semi-empty feeling. I had just accomplished everything I wanted to do when I was a kid, but I had this moment where I said to myself, 'Is this it? Is there more to life than this?'"

I've heard similar stories from other great achievers, whether in sports, entertainment, business, or politics: they'd spent years chasing a particular goal and, upon achieving it, didn't find it nearly as satisfying as they'd hoped. It's not that the goal wasn't worth striving for – winning a Super Bowl is a pretty big deal! – but just that it didn't bring the sense of fulfillment they'd imagined. It's as if to be human is to be restless, always searching, seeking, and longing for something more.

St. Augustine of Hippo, a fourth-century North-African bishop, believed that longing can only be fully met in our relationships with God and each other and that much of our discontent is caused by seeking fulfillment in other ways. Two of his statements on this matter have always grabbed my attention. "Lord God," he once wrote, "you have created us for yourself and our hearts are restless until they rest in you." He also said, "God gave us people to love and things to use, and most of human misery is caused by confusing the two."

This winter, we are going to explore our restless hearts and some of the deep longing we share through a sermon series entitled, "Searching for More." For seven weeks, we'll name one thing each Sunday we believe we all want and choose a biblical story to help us in this quest. The adventure starts on January 8, when we celebrate Epiphany and meet up with the original seekers, the magi who followed the star to find and worship the baby Jesus. Later in the month, we'll explore our desire to find truth in a world dominated by competing claims about reality; hope even as the daily news can feel overwhelming, and joy amid the challenges we all experience. We'll continue in February as we explore together our search for peace, rest, and meaning.

Two things upfront that may help get the most out of this series. First, this restlessness we experience isn't bad. In fact, it may be what ties us to each other and God. But it can also be exploited by those seeking to sell us goods or ideas with the (empty) promise that they will bring the fulfillment we seek. Second, even the accomplishments and acquisitions that don't bring ultimate fulfillment can be important and useful and worthy of celebration. (Again, think about winning the Super Bowl!) But we will value them more fully if we don't expect them to meet all our needs but rather seek ultimate contentment through the relationships we have with the people around us and with God. (Augustine's insight about people and things.)

I'm excited about this upcoming series, because I think it will help us link the faith we practice on Sundays to the lives – longings, dreams, hopes and all – we live Monday through Saturday. I won't promise that by its end we'll have all the answers we want or experience ultimate contentment, but I will promise that we'll name some of the things we all experience but don't always talk about, explore our faith to see how it can help us lead more satisfying and meaningful lives, and make this quest together. Because, well, that's what it means to be the Church – to live this life, with all its ups and downs, together!



Pastor Lose

DAVID J. LOSE, SENIOR PASTOR

JOIN US!

SUNDAY MORNING DONATION DRIVES

Sunday, January 15, 8:30-11am, Mpls & West Campuses

Drop-off will be in the parking lot on your way in to church. Donations collected at the Mpls Campus will go to Community Emergency Services (CES) and Simpson Housing. Their high-need items are sheet sets and blankets size Twin XL, bath towel sets, and non-perishable food items. West Campus donations will go to Love INC. and Bountiful Baskets. High-need items are sheet sets in Twin, Full and Queen, bath towel sets, and non-perishable food items. Thank you for helping us support our community partners in this meaningful way.

YOUNG IN HEART & FRIENDS

Tuesday, January 17, 12pm, Mpls Campus, \$10

Young in Heart and Friends invite you to join us for lunch, fellowship, and a presentation from the University of Minnesota Raptor Center. The following raptors will be showcased: an owl, hawk, falcon, and bald eagle. The presenter will share information on what makes each bird unique. This is a wonderful opportunity to see these majestic birds live and up close. This presentation will be 60 minutes in length. Hope you can join us and bring a friend. Register by January 13, at mtolivet.org, or by contacting Tricia Asuncion at 612.767.2210 or tasuncion@mtolivet.org.

FLYING SOLO CURLING

Saturday, January 21, 3-6pm, Frogtown Curling Club, \$45

Join us for a curling clinic, where you will learn the rules and sportsmanship of curling. There is a brief classroom style instruction to learn the terminology, basic strategy, and general information, followed by on-ice instruction on the form and techniques of throwing stones and sweeping. The remaining time is yours to scrimmage or practice. Instructors will remain on the ice for tips and advice. Register at mtolivet.org by January 16.

BEGINNER WATERCOLOR CLASS

Tuesday, January 17, 6pm, Mpls Campus, \$40

Paint a beautiful watercolor painting in this 2-hour class. Step-by-step instructions will be provided as we work together in this class. Techniques will include wet on wet, and wet on dry. This is a great no fear way to learn to paint in watercolors even if you have no experience. All supplies are provided. Please register at mtolivet.org by Thursday, January 12.

MOCW LADIES' NIGHT

Tuesday, February 28, 5:30pm, West Campus, \$15

Join us for MOCW Ladies' Night at the West Campus featuring Meta Herrick Carlson, a pastor at Bethlehem Lutheran Church and author of "Ordinary Blessings." MOCW is excited to bring back Ladies' Night as we can join together for a time of celebration, fellowship, and conversation! Dinner is included with your registration. Register at mtolivet.org by February 19.

LIFE & GROWTH

OCT 22 - DEC 13

BAPTISMS

Claire Ellen Biedenfeld
daughter of Molly and Mark
Emma Marie Biedenfeld
daughter of Molly and Mark
Blake Eleanor Bohline
daughter of Emily and Jonathan
Katherine Claire Britton Fredd
daughter of Jessica and Brian
Mylo Boyd Hector
son of Casandra and Xander
Miles Christopher Knapp
son of Michelle and Preston
Jack Patrick Lund
son of Madeline and Michael
Shay Lou Peterson
daughter of Kendall and Ryan
Vaughn Bastian Renninger
son of Crystal and Todd
Remy Mitchell Rosario
son of Jamie and Dominick
Samuel Douglas Stafford
son of Breanne and Michael

WEDDINGS

Claire Weber & Bradley Zwagerman, October 22
Greta Fure & Charles Werdin, November 19

DEATHS

Richard W. Connell
1938 – 2022
Diane J. Gunderson
1945 – 2022
Arlen Holter
1946 – 2022
James L. Kruger
1930 - 2022
Susan F. Nelsen
1939 – 2022
Robert L. Prosser
1922 – 2022
Arlene J. Stanek
1927 – 2022
James F. Schluck
1940 - 2022



DAILY READINGS

FROM PASTOR KALLAND
JANUARY 2023

- 1 Psalm 20:4, Desire Of Your Heart
- 2 Joshua 1:8, Meditate Day And Night
- 3 1 Thessalonians 4:16-17, With The Lord Forever
- 4 Proverbs 11:3, Integrity vs Duplicity
- 5 James 1:3, Produces Perseverance
- 6 1 Kings 2:3, Observe
- 7 Romans 13:8, Fulfilled The Law
- 8 1 John 4:12, Love One Another
- 9 Psalm 19:1-2, The Heavens Declare
- 10 Romans 14:11, "As Surely As I Live"
- 11 Psalm 90:2, Everlasting To Everlasting
- 12 1 Corinthians 1:10, Agree
- 13 Psalm 23:4, Thou Art With Me
- 14 Philemon 1:25, With Your Spirit
- 15 Psalm 90:4, A Thousand Years
- 16 John 4:24, Spirit Of Truth
- 17 1 Corinthians 29:11, Exalted
- 18 Genesis 5:22-23, Fruits Of The Spirit
- 19 Proverbs 22:4, Humility
- 20 Matthew 5:15-16, Let Your Light Shine
- 21 Psalm 119:93, Preserved My Life
- 22 Romans 12:12, Persevere In Prayer
- 23 Genesis 1:1-2, In The Beginning
- 24 John 15:12, Love
- 25 Romans 15:15, Endurance And Encouragement
- 26 Psalm 119:60, Not Delay
- 27 1 Thessalonians 5:21-22, Hold Fast To What Is Good
- 28 Romans 12:10, Honor One Another
- 29 Psalm 121:7-8, Now And Forevermore
- 30 Ephesians 3:16-17, Grounded In Love
- 31 Jeremiah 29:11, Plans For You

DEVOTION

It's a new year. Full of potential and promise. It's a fascinating phenomenon. Each year, the calendar changes, the year rolls over and for many people it feels there are endless possibilities for change.

This year, I'm going to start eating better. This year I'm going to drink less. This year I'm going to make more money. This year I'm going to send thank you notes! This year I'm going to exercise.

You know what I'm talking about right? And it's not just New Year's resolutions either; there's this sense that pervades the culture that with the coming of the new year change is in the air. A feeling that everyone seems to carry with them that finally, things will be different in my life, my health, in the world, in your family.

It happens every year. But by mid-January the wheels have come off our New Year's resolutions, we likely find ourselves in winter ruts and nothing is different.

Maybe it's because we're looking at the wrong numbers. Maybe instead of focusing on how each new year is filled with possibility we should be recognizing the gift of each new day. This is one of the incredible gifts of baptism.

In Luther's Small Catechism he wrote this about baptism:

"It signifies that the old person in us with all sins and evil desires is to be drowned and die through daily sorrow for sin and through repentance, and on the other hand, that daily a new person is to come forth and rise up to live before God in righteousness and purity forever."

Today is a new day, filled with possibility and promise because today you have been once again declared God's beloved. Not because of your resolve or resumé but because you belong to God each and every day. — PASTOR CIESLIK



WHAT IS EPIPHANY?

Epiphany names both a day and a season. The day itself falls on January the 6, is considered the day the magi reached Bethlehem and worshiped the baby Jesus, and is often called the festival of light - both because of the star the magi followed and because Jesus comes to us as the light of the world. The season of Epiphany runs from January 6th to Ash Wednesday and mirrors Advent. During the four weeks of Advent, we light more candles as the days grow shorter and darker, but across the nearly two-month season of Epiphany there is a little more light each day, symbolizing how the light of Christ and joy of Christmas continues to grow and spread.

While the day of Epiphany plays a fairly minor role in the calendar of most of Protestant churches in Europe and North America, in Roman Catholic and Orthodox churches – especially in Latin America, Greece, and Russia – Epiphany is a very big deal. Known variously as Twelfth Night, the Feast of the Epiphany, and El Dia de los Tres Reyes (Three Kings Day), January 6, instead of December 25, is the day that many Christians across the world will give each other presents in honor of the gifts of gold, frankincense, and myrrh the magi brought the baby Jesus.

WOMEN'S WEEKEND: RESTING AS RESISTANCE

Friday, January 27 through Sunday, January 29, Conference & Retreat Center

Drawing from the provocative book *Rest is Resistance* by the “Nap Bishop” aka Tricia Hersey, we will explore together the necessity of rest for our personal and communal well-being. We will learn new ways to set healthy boundaries, ways to slow down when our to-do lists seem never-ending, and ways to rest in God’s embrace in the midst of life’s ups and downs. If you’re exhausted, weary, or discouraged, you will have opportunities to be renewed by spending time walking in the woods, relaxing in the whirlpool, scheduling a massage (extra cost), or taking a much-needed nap.

Led by Pastor Hammersten, Pastor Freeman, and Conference & Retreat Center Director Rev. Theresa Latini.

The weekend will begin with dinner on Friday and culminate with brunch on Sunday. Arrive on Friday afternoon and enjoy the pool, whirlpool, sauna, and beautiful lounges and grounds at the Conference & Retreat Center. Register at mtolivet.org for single occupancy, double occupancy (roommate required), dorm occupancy, or as a commuter. The commuter rate includes meals and all presentations, Friday evening through Sunday brunch. Visit mtolivet.org/events to register.



DAY LENTEN JOURNEY

Tuesday, February 21, 9:30am-3pm, Mount Olivet Conference & Retreat Center

Sign up now to spend a day at the Conference & Retreat Center for our annual Day Lenten Journey. This retreat provides space to gather with familiar and new friends and enter the season of Lent together through worship, learning, conversation, and connection with creation. More information about this year’s theme can be found at mtolivetretreat.org/events

Cost is \$20 for lunch and program. Bus transportation is available for \$10 from West (8:30am), 7500 York (8:30am) and Mpls Campus (9am). To register for the bus, choose your bus stop location (West, 7500 York or Mpls Campus) in the Additional Items section of this registration. Register online at your earliest convenience and at least 48 hours in advance.

GROWING THROUGH GRIEF

Saturday, March 25, 9am-4pm, Mount Olivet Conference & Retreat Center

In the wake of a well-attended and deeply meaningful grief retreat last fall, we have scheduled another for early 2023. Whether you are grieving the death of a loved one, severed relationships, the loss of dreams, or more, this retreat will provide an opportunity for you to grow and heal. Experientially focused, it will include options for processing grief through music, art, movement, prayer, meditation, and time in nature. In addition, participants can meet briefly with a counselor, spiritual director, or pastor for support and consultation throughout the day. Registration opens February 1.

BEHIND THE BOOK(S): A HISTORY OF HOW OUR BIBLE CAME TO BE

In this winter's session of Word with the Pastors we'll take a look "behind" the scriptures to examine and discuss what, when, and who it was that determined the Bible to become...well... the Bible. For instance, what and who determined which books made it in? Which writings, if any, were left out, and why? We'll also take a tour of different English translations. Why are there so many? What's the difference? And we'll examine key historical moments including the importance of Martin Luther and the Reformation in telling the great story of the book.

JANUARY 18/19:

What's In? with Pastor Lose
How did we end up with the books contained in our Bible?

JANUARY 25/26:

What's Out? with Pastor Cieslik
Why did some books not make it into our Bible?

FEBRUARY 1/2:

A Translation Tour with Pastor Ruud
What's the difference between different translations and how do I choose one that's right for me?

FEBRUARY 8/9:

Gutenberg and the Reformation with Pastor Dixon
What impact did the printing press have on Luther's reforms? (Hint: The Reformation probably wouldn't have happened without it!)

This four-week class runs 10:30-11:30am Wednesdays at Mpls and Thursdays at West or via emailed videos. The videos will be filmed live during the Mpls class sessions and emailed out 7-10 days later.



God con Carne: *Incarnation*

It's Christmas early (or is it late?) during February's Living the Message session as we look more deeply at the doctrine of the Incarnation, the confession that in the birth of Jesus God became human. For most of us, the nostalgia and beauty of the Christmas season is so powerful and so important that it might be hard to believe that Christians disagreed – and, quite honestly, fought about – just what Christmas and the birth of Jesus means for about two and a half centuries.

But that's exactly what happened. The biblical witness describing Jesus as "Emmanuel" and "Son of God" proved so controversial and complicated that church leaders argued, fought, were exiled, held councils, and eventually – over a period a little longer than the entire history of the United States! – agreed on a formula to confess that in Jesus, God became fully human.

We call the outcome of all that work the doctrine of the Incarnation, a word that means, literally, "in the flesh." Because that's what we believe happened in the birth of Jesus: that God became human, took on our lot and our life, and experienced all that we experience. As one early Church leader by the name of Athanasius wrote, in Jesus "God became what we are so that we might become what he is." (Athanasius was one of the chief architects of what we now celebrate at Christmas and, by the way, he was exiled five times for it. Five!)

Join us in February as we understand more deeply the once-scandalous, still a little controversial, and absolutely life-changing doctrine of the Incarnation. Come and learn, how what we celebrate at Christmas can shape, guide, and enliven our lives every day of the year!

PASTOR LOSE

JANUARY 3: East of Eden: *Covenant, Law & Community* (Held at Mpls in 207)

FEBRUARY 7: God con Carne: *Incarnation* (Held at Mpls in 207)

MARCH 7: Love Wins: *Atonement* (Held at West in the Rehearsal Hall)

These classes are part of the "Living the Message" series taught by Pastors Lose and Ruud the first Tuesday of each month through May (6:30-7:30pm), or via monthly emailed videos. All are welcome at any time.

PARENTS SHARE



Wednesdays, January 11 through March 1, 9:30-11am, Mpls Campus

Parents Share is a gathering of parents who bring their current parenting issues and gather the wisdom and experience of all of the parents who attend. Marilyn Sharpe, Mount Olivet member and certified parent educator, facilitates the group. There are three 8-week sessions throughout the school year, limited nursery is provided at no cost. Contact Sam Balzer for nursery information at sbalzer@mtolivet.org.

OPEN GYM IS BACK!

Saturdays, January 21, February 11, & March 25, 9-11am, Mpls Campus Gym

Come run, jump, and play with your kids! Designated for families with kids ages 1 to 6, we'll have a variety of activities available for you and your child to enjoy together. This is a great way to burn a little energy with family and friends on a Saturday morning! Wear tennis shoes, bring a water bottle – and we'll provide the fun! Contact Nursery Coordinator, Sam Balzer at Sbalzer@mtolivet.org with questions.



FAMILY DAY AWAY!



Saturday, January 21, 10am-3pm, Conference & Retreat Center

Join us for winter fun for the whole family! All ages will enjoy a change of scenery as you visit the Mount Olivet Conference & Retreat Center for a hike around the grounds or snow shoeing, outdoor games (BYOS - bring your own sleds!), Winter Sun Catcher crafts (materials provided), and swimming in the pool! Meals are available for purchase during online registration. We'll have hot cocoa complimentary for all! Register at mtolivet.org.



SUMMER 2023 REGISTRATION OPENS ON MONDAY, JANUARY 16!

We'll have 8 weeks of day camps available based at the Minneapolis Campus, and NEW for this summer, day camps based at the West Campus AND mini-camps (2-3 days) for middle schoolers! The full summer calendar, week to week theme details, and more information are available on pages 10 and 11. We can't wait for another summer of fun with your child(ren)!

Please invite friends and indicate your interest by registering early! This helps in preparation and planning especially for new camps at West and for Junior High Mini- Camp programming.

If you have any questions about Summer Camps, please contact Kristin Olson, Children's Camp Coordinator at kolson@mtolivet.org or 612.767.2246.



CATHEDRAL OF THE PINES

MEMBER REGISTRATION OPENS JANUARY 16!

Cathedral of the Pines, a youth camp located in Lutsen, MN, combines some of the best ingredients for a positive summer experience... laughter, prayer, education, and recreation. The mission of Cathedral of the Pines Camp is to serve children and young people by enhancing their spiritual and emotional development. The summer camping experience in the natural beauty of northern Minnesota helps the campers grow in their relationship with God, and more fully into relationships with each other. Individuals of all ages gather on the shores of Caribou Lake for an atmosphere of friendship, fine facilities, and good food. Trained, caring counselors bring the good news of God and loving volunteers prepare meals. A typical camp day includes Bible class, swimming, paddleboats, nature hikes, sports fundamentals, arts and crafts, large and small group games, and, of course, delicious food! Each day at Cathedral of the Pines begins and ends in the chapel overlooking beautiful Caribou Lake. Please contact Camp Coordinator, Kris Ericksen, for more information at krise@mtolivet.org or 612.767.2207.



YOUTH CAMPING SESSIONS

Member registration for 2023 youth camping sessions will begin on Monday, January 16. Eligibility determined by grade as of Sept 1, 2023. Members are encouraged to register for youth camping periods as soon as possible, as sessions fill up. Non-member registration will open on Wednesday, February 1. Any non-member registrations received prior to February 1 will be cancelled and refunded. All registrations will be online through Campbrain. There is a Cathedral of the Pines Sponsorship Fund for Mount Olivet members who need financial assistance.

GRADES 3, 4, & 5

Week 1: Sunday, July 9 – Thursday, July 13

Week 2: Saturday, August 5 – Wednesday, August 9

GRADES 5, 6, & 7

Week 1: Friday, July 21 – Wednesday, July 26

GRADES 6, 7, & 8

Week 1: Sunday, June 25 – Friday, June 30

Week 2: Wednesday, July 5 – Sunday, July 9

Week 3: Wednesday, July 26 – Monday, July 31

9TH GRADE CONFIRMATION CAMP (MOUNT OLIVET MEMBERS ONLY)

Week 1: Sunday, July 16 – Friday, July 21

Week 2: Monday, July 31 – Saturday, August 5

GRADES 11, 12, & GRADUATES

Summer Starter: Sunday, June 18 – Thursday, June 22

GRADE 10

10th Grade Starter: Thursday, June 22 – Sunday, June 25

GRADES 10, 11, & 12

Hi-League Retreat: Wednesday, August 9 – Sunday, August 13

ADULT & FAMILY CAMPING SESSIONS

REGISTRATION PROCEDURE FOR FAMILY CAMPING LOTTERIES (MOUNT OLIVET MEMBERS ONLY)

Registrations for the Opening Weekend, Family Work Week, COP for All, and Family Camp lotteries begins on Monday, January 16, will be accepted online through Campbrain, and must be received by February 1, 2023. All lottery results will be communicated by email on February 9.

FAMILY CAMPING (MOUNT OLIVET MEMBERS ONLY) OPENING WEEKEND

Friday, May 26 – Monday, May 29

FAMILY WORK WEEK

Wednesday, June 14 – Sunday, June 18

COP FOR ALL:

Thursday, July 13 – Sunday, July 16

FAMILY CAMP

Thursday, August 17 – Sunday, August 20

REGISTRATION PROCEDURE FOR HI-ER LEAGUE WEEKEND

Registration for the Hi-er League Weekend opens Monday, January 16 and will be accepted online, first-come, first-serve via Campbrain through May 15, 2023.

ADULT CAMPING

HI-ER LEAGUE WEEKEND

Thursday, June 1 – Sunday, June 4

MOUNT OLIVET DAY CAMPS

REGISTRATION OPENS JANUARY 16!

We're ready for another great summer at Mount Olivet! Each week will have themed activities including crafts, movement games, music, service learning and FUN! Join us for one week or the whole summer! Each Day Camp is \$250/session, which includes snacks, a t-shirt, activities and field trips. The camp day runs from 8:30am-4:30pm with extended day care available from 7:30am to 5:30pm at no additional cost.

Questions? Please contact Kristin Olson, Children's Camp Coordinator, at kolson@mtolivet.org or 612.767.2246.

SPLASH INTO SUMMER!

JUNE 12-16, MPLS

K-6TH GRADE

On your mark, get set, SWIM! To kick off summer 2023 we will be spending the week visiting three different pools in the Twin Cities as well as going across the street to enjoy the Lynnhurst wading pool. We'll get wet and wild with water games and water balloons, paint with watercolors, and much more.



NATURE CAMP

JULY 10-14, MPLS

K-6TH GRADE

This week we'll head to the beautiful Mount Olivet Conference & Retreat Center each day to develop a greater understanding and appreciation for our beautiful planet. We'll use the amazing nature playscape, go on daily hikes, do lots of swimming, and enjoy being outdoors.

GOD'S KIDS SING!

JUNE 19-23, MPLS

K-6TH GRADE

God's Kids Sing! is a blend of singing, playing instruments, physical education activities, dancing, mindfulness, and all kinds of art projects! Classes are taught by professional educators with the help of an engaging group of high school counselors who love our GKS campers! Come and be a part of the 2023 GKS, we'd love to see you there!

GOING WILD

JUNE 26-30, MPLS

K-6TH GRADE

We are going to have a roaring good time visiting a variety of different animals when day camp goes wild! We will head to the Minnesota Zoo, explore the amazing Fawn-Doe-Rosa nature park and visit a local Nature Center to learn more about the animals that share our neighborhoods. We will also get up close and personal with some large birds of prey when the Raptor Center comes to visit.



VACATION BIBLE SCHOOL

JUNE 26-29, MPLS &

JULY 10-13, WEST

PRE K-2ND GRADE

Come down to the farm for some barnyard mayhem and learn about God's devotion in Farm Fresh Faith Vacation Bible School at Mount Olivet! With Psalm 36:5 as our theme verse, we will learn that God – like a good farmer – cares for us with faithfulness that can reach the skies!

**Please note: VBS Camp is from 8:30-11:30am, Monday through Thursday at each campus. Cost is \$55.*



SUPER STEM SUMMER

JULY 17-21

K-6TH GRADE

We might not have superpowers but our super brains are capable of changing the world! During Super STEM Summer we will do a variety of science projects, learn about the power of electricity at the Bakken Museum, and have a fun day at the St. Louis Park Aquatic Center.

LET'S GET COOKING

**JULY 24-28, MPLS &
JULY 17-21, WEST
K-6TH GRADE**

Back by popular demand, this day camp will be exploring new and delicious recipes during cooking week. We will learn about international foods at the Midtown Global Market, visit the baking lab at the Mill City Museum, and blow off some steam and make a splash at Elm Creek Park playground and swimming pond.

IMAGINATION CREATION

**JULY 31-AUG 4, MPLS &
JULY 24-28, WEST
K-6TH GRADE**

Let your imagination run wild through art projects, storytelling, and the return of our "Cardboard Creations Lab." This week we will travel to the Crayola Experience, watch a performance at a local theater and get outdoors at the Oak Hill Park and Splash pad.

UNDER THE SEA

**AUGUST 7-11, MPLS
K-6TH GRADE**

There is an amazing world under the waves. This week we will learn about our oceans and the animals that live in them, visit some sea creatures at SeaQuest, splash around like dolphins at Cascade Bay, and enjoy the Chutes and Ladders at Hyland Lake Park Reserve.

GAMES GALORE

**AUGUST 21-25, MPLS
K-6TH GRADE**

We're ending our 2023 themed weeks with non-stop fun! There will be lots of group games, Minute-To-Win-It and Gaga-Ball. We'll head offsite to have a fantastic time at Grand Slam, swim at Grove Cove Aquatic Park and go bowling at a local bowling alley.



DROP-IN-DAYS

**AUGUST 28-31, MPLS
K-6TH GRADE**

The end of summer can be a stressful time for parents to secure childcare. We're here for you Monday, August 28, through Thursday, August 31. Register by day based on your needs and we will provide a full schedule of fun activities at Mount Olivet. Drop-in days are charged at \$50 per day per child.

MIDDLE SCHOOL OFFERINGS!

SUMMERTIME PLAYERS!

**JULY 10-14, MPLS
6TH-9TH GRADE**

Summertime Players is a music-based day camp specifically designed for middle schoolers. This one-week camp is action-packed with team games, singing and dancing to pop and musical theatre songs, and daily field trips. STP! is the perfect place to make new friends and bond with the Youth and Music staff at MO!

MINI CAMPS

**DATES BELOW
6-8TH GRADE**

Cost is \$150 per Mini Camp

JUNE 13-15: Join us as we visit three different pools around the Twin Cities.

AUGUST 1-3: Let your creativity shine and get inspired at an art museum, watching a play and doing a variety of art projects.

AUGUST 22-24: Make the most out of the end of summer; we'll go swimming, visit Grand Slam, and go bowling.

UPCOMING EVENTS YOUTH MINISTRY

To register for these events or learn more about these offerings, please contact Geoff Arenson geoffa@mtolivet.org, 612.767.2212; Angie St. Dennis angelas@mtolivet.org, 612.767.2244; Anna Herd aherd@mtolivet.org, 612.767.2279; Macey Oliver moliver@mtolivet.org, 612.767.2237; or Julia Jallo jjallo@mtolivet.org, 952.767.1502.



INSTAGRAM

Follow @mtolivet_youth for fun pictures, event promos, devos written by the youth staff and our youth, and a goofy little instagram show- Keeping Up With The Youth Staff.



JHA ICE SKATING

1/16, 12-2:30pm. Bring out your inner Elsa by joining Anna and Katie for an afternoon of ice skating! We will be going to Centennial Lakes.



HI-LEAGUE

1/8: Podcast Project with Pastor Cieslik, Mpls Campus
1/15: No Hi-League
1/22: Sharegroups, Mpls Campus Fellowship Hall
1/30: Brunch & Trivia after Choir (Mpls: 10:30-11:30am, West 9:45-10:45am)



HIGH SCHOOL CONFIRMATION

This class is for high schoolers who would like to get Confirmed! Classes are held on Sunday mornings, beginning 1/8. Register by emailing Angie St. Dennis at angelas@mtolivet.org.



HIGH SCHOOL SHAREGROUPS

1/22, 7-8:30pm, Mpls, 6:30-9pm, from West. We will have a large group message, small group time, and a snack! Transportation available from West.



CONFIRMATION

REMINDER!
No Confirmation on Sunday January 1. Happy New Year!



7TH GRADE RETREATS

WEST CAMPUS DROP OFF Friday, 1/6-Saturday, 1/7 from 4:45pm-10:30am.
MPLS CAMPUS DROP OFF Friday, 2/3 - Saturday, 2/4 from 4:45pm-10:30am

Join us for a 7th Grade Retreat at the Mount Olivet Conference & Retreat Center. Choose a weekend from the dates listed above, regardless of home campus. We hope to see you there!



CONFIRMATION AT MOUNT OLIVET

The Confirmation program helps middle school and high school aged kids learn more about the Bible and their faith while forming important relationships with their peers, pastors, youth staff, and mentors. Along the way, students not only learn about their faith, but make it their own. Confirmation includes weekly meetings guided by pastors, youth staff, and Confirmation mentors, as well as several retreat and camping experiences. If you have questions about the confirmation program at Mount Olivet, please visit our website at mtolivet.org/confirmation or contact Angie St. Dennis, Confirmation Coordinator, at angelas@mtolivet.org or 612.767.2244.

Why I did High School Confirmation!



Hello everyone! My name is Sam Taylor and I am a sophomore at the University of Minnesota. I had the opportunity to go through High School Confirmation and it was an amazing experience. I had a couple friends who had already been confirmed and they encouraged me to join Mount Olivet through the High School Confirmation program. It was one of the best decisions and experiences I have ever had in my life. The process was very welcoming, and I felt part of the church right away. It is also a great entryway into other activities such as Cathedral Choir, Hi-League, and much more. Thank you Mount Olivet! — **SAM TAYLOR**



I joined High School Confirmation to be closer to the Church. My friends that go here really wanted me to be a part of the community since the beginning of last school year, so I joined Hi-League and Cathedral Choir. I felt like as close as I was to everyone around me, I wasn't as connected as I hoped. Confirmation changed that for me. Confirmation class is one of the times I felt closest to God. Something I used to struggle with was talking about my faith to others, which Confirmation helped with a lot. After Confirmation, I signed up for camp, and met the best people in my life. Some of these people are my best friends, and if it wasn't for Confirmation, I wouldn't have met them.

— **RUBY PETRUSEK**



Hi, my name is Lilly Allen and I am a senior at Shakopee High School. I started coming to Mount Olivet as a freshman because my family just switched churches. One of my best friends let me tag along with her on Wednesdays and Sundays at choir, go to different Hi-Leagues with her, and Circle of Friends. The more time I spent at Mount Olivet, the more I fell in love with this community. At my previous church I had two out of the three years of confirmation I needed done, by the time I started going to Mount Olivet my grade was already confirmed. Luckily, I was able to do a couple of weeks of High School Confirmation and ended up getting confirmed at the end of January. By being able to get confirmed through this process, I have been able to make lifelong friendships, create memories I will never forget at places like COP, and better my faith in general. I am very grateful that I had this opportunity because I do not know who I would be if I wasn't a part of the Mount Olivet community.

— **LILY ALLEN**

The Pursuit of Perfectionism

In her book, *The Gifts of Imperfection*, researcher and author Brené Brown, Ph.D, says, “Perfectionism is a self-destructive and addictive belief system that fuels this primary thought: If I look perfect and do everything perfectly, I can avoid or minimize the painful feelings of blame, judgement, and shame.” This pursuit of perfection can have devastating effects on our mental health.

Perfectionism is a creative, defensive coping strategy born out of necessity to fulfill the need to feel safe and loved. This pattern usually begins in childhood, is to some extent inherited, and lives on into adulthood. Left unchecked, this perfectionism breeds anxiety, depression, addiction, and it hurts relationships. Perfectionism ends up doing the opposite of what we hope for, leaving us with more shame and still a dearth of love and acceptance.

According to Brené, the antidote to perfectionism is vulnerability and self-compassion, both of which require acceptance. In counseling, we don’t attempt to fix or remove these patterns. The work of healing is to become increasingly aware and accepting of our unworkable belief systems, or coping mechanisms, and then to bring compassion to our suffering; we cultivate more workable strategies to finally feel the love and acceptance we’ve been seeking all along. This year, commit to giving yourself and others the gift of acceptance; your mind, body, and spirit will thank you.

SHERRI HERMAN, MA, LPCC, Director of the Mount Olivet Counseling Service



Thank you Dr. Ferris

We would like to extend our deepest gratitude to Dr. Fredrick “Fritz” Ferris who has served many clients of Mount Olivet Counseling Service for nearly 25 years. Dr. Ferris retired from his dedicated work at the counseling service on December 31, 2022.

Dr. Ferris, who was trained in internal medicine at the University of Minnesota Medical School and maintained a practice in St. Paul since 1977, developed an early love and appreciation for mental health and dedicated much of his career to supporting the emotional well-being of his patients. Dr. Ferris has been a member of Mount Olivet Lutheran Church since 1972 and has served on the church council.

We are grateful to Dr. Ferris’s meaningful work within Mount Olivet and surrounding communities and wish him a most enjoyable and relaxing retirement.

MARRIAGE PREPARATION WORKSHOP

Saturday, January 28,
9:30am-3:30pm, via Zoom,
\$150, plus \$35 scoring fee
for the Prepare Inventory,
Mount Olivet Counseling
Service

As part of planning for your life together, we invite you to participate in a very important, practical and relevant marriage preparation workshop. This fun and engaging six-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. You will have ample time to discuss the topics and materials together as a couple as well as with the other participants. These are all areas we hope will be helpful to you as you mark this momentous occasion, and begin your married life together!

Register at mtolivet.org/events by January 16.

Please contact Molly Pach with any questions at mpach@mtolivetcounseling.org or 612.927.7335 ext. 110.



THANK YOU!

Last September, members were asked to consider seven steps as you made your pledge and/or giving plan for 2023. One of the steps included reflecting on our collective blessings through the impact of countless Mount Olivet ministries.

Here are examples of three of these blessings that your gifts help support. Thanks to all for your generosity!

(And it's never too late to give or pledge for 2023!)

PREACH AND TEACH THE WORD

The weekly Gospel Unplugged video helps share God's word with a wider audience while also offering opportunity to reflect on the upcoming Sunday's scripture—embedding the stories more fully into our world today. Here, Pastor Dixon and Pastor Ruud enjoy a lively conversation about the angel visiting Joseph, while Emmet Kowler, our new Coordinator of Video Production, makes them look real good.



REACH OUT TO THE COMMUNITY IN LOVE

Gifts galore were gathered for the annual Christmas for All! Donated gifts went to our ministry partners (Love INC., Redeemer Lutheran Church, and Southside Family Nurturing Center). The call to share is made to all Mount Olivet members, young and young at heart. The joy of giving is alive and well!

BUILD RELATIONSHIPS

Working together to give back is a priceless way to build lifelong friendships while also having fun along the way—and Joy Circle knows this well as they make and sell lefse for the annual MOCW Holiday Boutique. Money raised supports Mount Olivet ministries and **BONUS: Nummy lefse!**



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 the ones shown here, there are many ways to do so! Thank you for your generosity and support!

Give Online: visit mtolivet.org/online-giving or scan the QR Code to the right.

Via Your Realm Account: login and click "Giving"

Text to Give: text "MTOLIVET" to 73256

Contact Us: Tricia Lerohl-Morgan at tricial@mtolivet.org or 612.767.2255.



YOUR 2023 PLEDGE

If you have not yet made a 2023 pledge and would like to, it's not too late! Scan this QR code and pledge today!





MOUNT OLIVET
LUTHERAN CHURCH

5025 KNOX AVENUE SOUTH • MINNEAPOLIS, MN 55419-1095

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

SUMMER CAMPS

MOUNT OLIVET DAY CAMPS AND CATHEDRAL OF THE PINES CAMP!

**REGISTRATION OPENS
MONDAY, JANUARY 16**