

OCTOBER-NOVEMBER NEWSLETTER



PASTOR'S LETTER

Dear Mt. Olivet family of faith,

It is with an abundance of gratitude that I sit down to write this newsletter article. And that feels very appropriate as we move into the fall and especially looking toward the 30 Days of Thanks that we always celebrate at Mt. Olivet. Gratitude is more than just a feeling. In many ways it is also a spiritual discipline and something that we can cultivate in our lives. According to AI, there are numerous benefits for practicing gratitude and gratitude can impact not just our spiritual health but also our mental and physical health. Some of the benefits include:

- Gratitude fosters positive emotions, leading to increased happiness and life satisfaction.
- Gratitude helps regulate stress hormones, reducing anxiety and promoting relaxation.
- Gratitude shifts focus from negative to positive experiences, improving overall mood and resilience.
- Practicing gratitude cultivates an optimistic outlook on life, making it easier to cope with challenges.
- Studies have shown that gratitude can lower blood pressure and reduce the risk of cardiovascular disease.
- Gratitude promotes relaxation and reduces stress, leading to better quality sleep.
- Gratitude can boost the immune system, making individuals less susceptible to illness.
- Gratitude can help manage chronic pain by promoting positive emotions and reducing stress.
- Gratitude fosters empathy, compassion, and appreciation for others, leading to stronger and more fulfilling relationships.
- Gratitude promotes a positive mindset and reduces procrastination, leading to increased productivity.
- Recognizing and appreciating the good in life boosts self-esteem and confidence

That's quite the list, isn't it! And who among us does not want those things in our lives?

That AI generated list leaves out the spiritual side of gratitude but it is important. If we recognize that everything we have truly comes from not our own effort or hard work but from the gracious and loving hand of God, then we cannot help but be grateful. In the Bible, God's people show their gratefulness for the generosity and provision of God through things like worship, praise, thanksgiving, and giving to others (caring for their neighbor) as a way of serving and honoring God. This fall, especially during the 30 Days of Thanks that Mt. Olivet traditionally observes during the month of November, I would like to encourage you to join in this Biblical spirit of thankfulness for God's blessings by being intentional about practicing gratitude. If you are thinking that you don't know how to practice gratitude, do not fear! You can start as simply as writing down 3 things each day that you are thankful for. Or, you can use the 30 Day Gratitude Challenge that is included in this newsletter for different activities that you can do to grow a spirit of thankfulness for God's abundant blessings.

I would love to see all of us at Mt. Olivet grow deeper in faith by practicing gratitude in some form or another. In addition to the recourse of the 30 Day Gratitude Challenge found in this newsletter, I will also be doing a special 3 week sermon series in November on Gratitude and Generosity.

So please join me in November in making the 30 days of gratitude that we observe at Mt. Olivet more than just a time to donate to the Food Pantry. Not that that piece is bad, we certainly want to do that, but I hope we also want to grow closer to God. Working together, being mindful of all that God has given us, and giving back to others are great ways that we can do just that. God loves you my dear friends and nothing will ever change that. Living in that love is a gift to yourself, to others, and to God. I look forward in sharing in worship, service, and thanksgiving with you this season.

In Christ,

Pastor Kimberly

REFORMATION PARTY

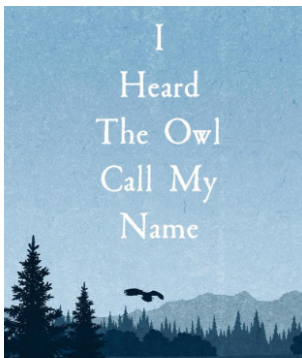


Mt. Olivet's annual Reformation Day party will be Sunday, Oct. 26 at 5pm at LaPoste. Bring a German themed dish to share and come enjoy an evening of good food and fellowship. Drinks will be available for purchase. Hope to see you there.

YOU'RE INVITED!

Our partner in ministry, Immanuel Lutheran Church in Ogden is celebrating the abundance of God and sharing their blessings by hosting a free ham dinner on Sunday, Nov. 2 from 11:30am-1:00pm. This celebration is made possible by grant funds from Thrivent and United Lutheran Seminary. The folks at Immanuel would love to have some Mt. Olivet friends join them for this celebration.

WOMEN OF THE WORD



The Women of the Word book group is reading *I Heard The Owl Call My Name* during the month of October and will meet Thursday, Oct. 30 at 7pm to discuss the book. Copies of the book are available in the fellowship hall for you to borrow if you are interested in participating.

TEXT MESSAGE REMINDERS

We have begun using a service called Breeze Church Management to send occasional text message reminders for important Mt. Olivet announcements. If you would like to be included in these messages, please be sure that the office has your cell phone number. This will primarily be used for time sensitive or significant announcements that affect the whole congregation like weather related closures or service changes.



WELCOME EMMA!

We are pleased to share that the church secretary position has been filled and we welcome Emma Phomvisay as our new secretary! Emma graduated from Roosevelt High School and Central Academy in 2022. Amid struggles with her health she has continued working at her church, First Baptist Church of Ames, as Music Intern where she leads worship, assists the choir and facilitates music with the Sunday School Classes! She is the granddaughter of Sally Radke and loves living in Perry with her mom. Mindy and two brothers, Elijah and Ethan. Emma enjoys making music with others and is very involved in the Fellowship of American Baptist Musicians. She loves to read and paint watercolor with her Grandma. We are glad to welcome Emma to Mt. Olivet!



STUFF THE ALTAR DURING OUR 30 DAYS OF THANKS

Mt. Olivet will be stuffing the altar for the Perry Food Pantry during the month of November. Please bring food and hygiene items to help our neighbors in need. The Perry Food Pantry is in particular need of what they call misc. items which are items that help round out a meal with the staples that people get from the pantry. Some ideas of misc. items are cake mixes, frosting, spices, pancake mix, pasta salad kits, jelly, syrup, crackers, ketchup, mustard, BBQ sauce, salad dressing, drink mixes, jello, and pudding. The Food Pantry also is in need of plastic grocery bags. Recycle yours by putting those in the food pantry cart in the fellowship hall.



THANK YOU

Thank you to all those who helped with yard mowing this summer, especially Denny Clark, Randy Reuter, Rusty Burgett, Ned Menke, Doug Stetzel, and Tyler Huntington.

Thank you so much for the cake and celebration of my college graduation. I appreciate all the support and love throughout the years. I'm very thankful to call this church home and be surrounded by amazing people. Thank you again!

-Molly Lutmer

FIRST COMMUNION

Congratulations to Ryan Lamm, Noah Burgett, and Nate Gregory on receiving your First Communion on Sunday, Sept. 7. Thank you to Darlene Lyons and Harley Weyer for helping them learn about communion and bake bread for the special day!



SLEEP SPACE UPDATE

We continue to offer our Sleep Space ministry to help any Perry community member in need. Since the closing of the Tyson Pork Plant, there has been fewer people needing beds and bedding, but this ministry continues to be important for those who do need those items. We still regularly receive referrals from the Dallas County Health Navigators and also the Perry Schools. To date, we have given out 12 mattresses and frames with all needed bedding, and bedding only items to community members. The majority of beds have gone to children or low-income seniors. Mt. Olivet Sleep Space has been supported by Dallas County Foundation and Prairie Meadows grants this year which multiplies our resources and allows us to serve more people in need. Those who receive items from Sleep Space are very thankful. Kids' eyes just light up when they pick out their new bedding. Thank you Mt. Olivet members for supporting this ministry. If you would like to help more directly with it, please let Pastor Kimberly know.



OCTOBER 5TH ORDINATION ANNIVERSARY CELEBRATION



Thank you for the wonderful ordination anniversary celebration on 10/5. A special thank you to council for the lovely brunch and to the members of the joint choir for their rich and beautiful music.

-Pastor Kimberly

WORSHIP LEADERS - OCTOBER

October 5: Reuter
October 12: Menke
October 19: VanKirk
October 26: Lamm

FELLOWSHIP - OCTOBER

October 5: Reuter
October 12: Menke
October 19: VanKirk
October 26: Lamm

WORSHIP LEADERS - NOVEMBER

November 2: Sackett
November 9: Golay
November 16: Weyer/Lyons
November 23: Hardy
November 30: Hayes/Higbee

FELLOWSHIP - NOVEMBER

November 2: Norman
November 9: Menke
November 16:
November 23:
November 30:

MT. OLIVET LUTHERAN 2025 CHURCH COUNCIL

Officers: President Martha Stetzel, Vice President Randy Reuter, Secretary Carol VanKirk

Committee Leaders:

Worship and Altar Guild: Randy Reuter

Property: Denny Clark

Social Concerns: Kendra Norman

Faith Formation and Technology: Craig Lamm

Evangelism and Stewardship: Carol VanKirk

30 DAYS OF THANKS GRATITUDE CHALLENGE

1. Say 'thank you' to someone when they least expect it.
2. Send a quick text or short note to a family member letting them know how thankful you are for them.
3. Think of two challenges you're grateful for and what positive things you learned from them.
4. What foods are you most thankful for? If you can, donate whatever it is to the food pantry.
5. What is the last positive experience you had at a business? Write a kind review or send the company a thank you.
6. Call a friend and catch up.
7. Attend worship and give your offering as a thanksgiving for God's blessings.
8. Do something kind for yourself.
9. Volunteer to do something you wouldn't normally do.
10. Give someone a hug.
11. Think of three memories you are thankful for. If it involves someone else, send them the memory and a word of thanks via text or a short note.
12. Spend some time taking care of yourself. Take a bath, stretch, nap. Do what your body or soul needs most.
13. Do a random act of kindness.
14. Treat someone to lunch or do a favor for someone without them having to ask.
15. Tell someone you love them.
16. Donate things that you don't use any more to people in need.
17. Take a thankful pause today. Stop for a moment to recognize your blessings.
18. Share positivity with others.
19. Compliment a stranger.
20. Make a "Good" List. List all the good qualities you have and thank God for creating you in such a special way.
21. Pay it forward.
22. Take a moment to thank your body for all the ways it carries you through life. If you can, do something that makes your body stronger or healthier.
23. Get out in nature.
24. Send a note to someone via mail telling them why you are thankful to have them in your life.
25. Write a gratitude list. List the things, people, and characteristics you are grateful for.
26. Help a neighbor out.
27. Have a no complaining day. This one is hard, but commit to not complaining for an entire 24 hours.
28. Think of a job that someone you love regularly does, and simply do it for them today.
29. Think of some things you normally take for granted and say a special prayer of thanksgiving for them.
30. Challenge yourself to start noticing what you're grateful for more often and spreading gratitude outside of this challenge.