

Volume LIV  
Number 7

July 2016



MOUNT OLIVE LUTHERAN CHURCH

7301 North 28 Avenue Omaha, Nebraska, 68112 402-455-8700 www.mountoliveomaha.com

Messenger

# Vacation Bible School

Barnyard Round-Up  
Jesus Gathers Us Together

July 18-22, Monday - Friday  
6:00 - 8:00 P.M.

We're excited about Mount Olive's Vacation Bible School to be held July 18 - 22. This year's program is *Barnyard Round-Up: Jesus Gathers Us Together*.

Kids ages four through the sixth grade will have a fun time at Barnyard Round-Up. Kids can come early for "bales of fun" games, followed by green pasture Bible stories, "udderly" cool crafts, and "bountiful blessing" snacks. They will learn about how Jesus graciously gathers us together to be with Him and His abundant provision and saving protection, now and forever.

There is no cost to participate, so invite your friends, family, neighbors, classmates, teammates and playmates. Registration forms are available in the church bulletin, call the church office at 402-455-8700, or register online at [www.mountoliveomaha.com](http://www.mountoliveomaha.com). VBS 2016 will be "farm-astic!" - Jody Wells-Padron



“Early Christians used the Greek word *hodos* or ‘the way,’ to describe the literal and figurative paths their lives followed. . . . *Hodos* could also refer to a way of life.” In the book of Acts, we find Christians referring to their whole life in Christ as “the Way.” So says Peter Marty in a recent article published in the *Christian Century*.

Jesus told his followers in John’s Gospel, “**I am the way.**” However, many Christians assume Jesus must have said, “I am the answer,” which he never said. What a contrast in those two statements. The former invites adventure and openness to all of the uncertainties that go with a journey into an unknown future. The latter suggests a predetermined arrangement—a relationship that involves little risk.

In previous centuries, travelers were those interested in unfamiliar settings and wild encounters that enlarged one’s perspective. They were active; in search of adventure and experience. Tourists are more passive. They expect interesting things to happen to them, but they are only sightseeing. They are spectators.

“*Travel* comes from the same word as *travel*, meaning trouble, work, or even torment. A traveler takes risks, plunges into diverse cultures, and seeks to learn local customs. . . . Travelers eat whatever food is placed before them. They aim to learn as much of the language as possible. Shopping for souvenirs plays no role in their ventures.”

“A tourist is a pleasure seeker who passes through different exotic experiences only to

return to a comfortable bed at night. Insulated from the noise, the smells, and the local people, a tourist’s circle is complete once back home unpacking mementos and sharing photos.”

Are you as a member of Mount Olive a traveler Christian or a tourist one? If you are a traveler, you want to immerse your life in Christ and refocus your values. You want to “breathe the language of faith and know the way of Christ, even if travail may be part of the bargain.”

If you are a tourist, you are much more passive. You are happy to drop in when you are in the mood. You watch and consume, taking part in what pleases you and ignoring the rest.

Which spiritual road or path are you on? Jesus invites us to follow him. That is the language of a traveler, a pilgrim, a disciple. Jesus even says, “**Follow me and I will make you fishers of men.**” That is quite different that being a tourist who is not that invested in anything but self and momentary pleasure.

I invite you to join me in being people of “The Way.” We daily follow the one who is “**the Way, the Truth, and the Life.**” We are travelers through this weary land. Our eyes remain fixed on him who has gone this way before us, dying our death, rising victoriously and now waiting to welcome us into our heavenly home at the end of our earthly journey.

—Rev. Roland A. Jank, Jr

## VBS Mission Project

**“And those who are far off shall come and help to build the temple of the LORD.” (Zech. 6:15)**

Each year we pick a worthy cause that our VBS will help. This year we have chosen *Tin Roofs for Africa*. Have you ever been in a building that didn't have a roof? If it was sunny outside, you might get a sunburn. If it was raining, you would get wet. Many children in Africa have this experience every week when they go to church. The good news is that these families come to their roofless churches anyway, because they are so eager to worship

their Lord and Savior, Jesus Christ. Sometimes there are so many people at church that they have to sit in the aisles and stand at the windows!

You — along with others from all over the country — can help provide roofs for Lutheran churches through the *Tin Roofs for Africa* project. When you do, you'll show the love and mercy of Christ to people in countries like Kenya, Togo and Madagascar. You are welcome to make a monetary donation. Simply put your donation in an envelope and mark, “VBS Missions.” Place in the collection plate. Your prayers are equally as important, so please remember this mission in prayer.

## VBS Food List

Can you help? These items can be brought at any time and placed in the kitchen. If perishable, please place in the left refrigerator.

**Please mark your donations as VBS.** Any money donation can be put in the collection plate marked VBS 2016.

- Ranch dressing, (1) large bottle
- Golden Grahams cereal, (1) reg. size box
- Gold fish crackers, (2) packages
- Chocolate frosting, (2) containers
- Black licorice braid, (3) packages
- Cupcakes, (6) dozen, 3 vanilla - 3 chocolate, needed for Tuesday lesson
- Black beans, (1) can
- Frozen corn, (1) package
- Black olives, pitted, (1) can

- Mild Salsa, (1) bottle
- Mini marshmallows, (1) bag
- Cran-Raisins, (1) package
- Sunflower Seeds, (1) package
- Chocolate chips, (1) large package
- Pretzel sticks, (1) bag
- White sandwich bread, (6) loaves
- Strawberry jam, (1) Large jar
- Sun Butter (a spread made from sunflower seeds), (1) large jar, NO peanut butter please
- 200 paper plates
- 300 napkins



(Continued on page 10)

# Mark Your Calendars

Saturday, October 15, 2016, from 9:00 A.M. to 2:00 P.M., Mission U: Equipping to Share Everyday Evangelism will be at Pacific Hills Lutheran Church, 1110 S. 90th Street. Lunch will be provided. A free-will offering will be collected to cover lunch and expenses.

## Project Hope

**Purpose Statement:** *We exist to provide food and clothing to people in need.*

**Values Statement:** *In response to God's grace, we minister to people in need with a spirit of hope, love, encouragement, compassion, respect, and teamwork.*

Urgent Needs:

- Canned Meat (SPAM, Vienna Sausage, etc.)
- Cream Corn
- Dish Soap
- Canned Pineapple
- Microwave Popcorn
- Cereal

Project Hope is always looking for volunteers! If you would like to lend a helping hand, feel free to contact them about when and where they can best utilize your time and talents.

Example Volunteer Duties:

- Greeting clients and verifying identification information
- Inputting client information into a database (specialized training would be provided)
- Guiding clients through the choice pantry
- Loading groceries into clients' vehicles
- Unloading the food truck
- Stocking shelves
- Sorting through and organizing clothing

Want to know even more? Go to [www.projecthopeomaha.org](http://www.projecthopeomaha.org)

## OUR MISSIONARIES ABROAD

Mt. Olive is helping to support two missionaries and their families who live abroad. We remember them periodically in our public prayer. We ask that you continue to support them financially with your regular gifts. Information about their work is shared on the north hall bulletin board and in our Sunday worship. May it serve as an encouragement for your continued interest and support. For the year 2016 our missionaries abroad are:

---

### Julie Lutz

Box 803  
Mt. Hagen,  
Western Highlands  
Province  
Papua New Guinea  
[lutz.travel@gmail.com](mailto:lutz.travel@gmail.com)

---

### Rev. David & Mrs. Barbara Bush

1333 S. Kirkwood Rd.  
Attn: Amy Schaefer  
St. Louis, MO 63122  
[david.bush@lcmsintl.org](mailto:david.bush@lcmsintl.org)

## Behind the Scenes: Counters

Have you ever wondered what happens to your offerings after worship? How about those giving statements you receive every quarter? Most of us probably don't give these things much thought.

However, accurate counting of your offerings, assuring they go where you intended, and reporting them back to you and your church are vital functions that take place behind the scenes at Mount Olive.

After every service, our Counters count the offerings in three ways.

- For the bank deposit, the offerings must be totaled by checks, bills, and coins.
- For the Treasurer, offerings are totaled by the various accounts to which offerings are contributed. (This tells the Treasurer what offerings should be retained for various congregational uses and what offerings should be forwarded to the various missions we support.)
- For givers, the offerings are totaled by giver, by various ministries each giver has designated, and by check or cash. This breakdown is used to generate your quarterly statements.

Each of these three totals must agree! Then and only then can the offerings be taken to the bank for deposit.

We require that our Counters count in pairs. That way they can check each other. In this case, two heads are definitely better than one.

What does it take to be a Counter? Well, Counters must be of good character, good at arithmetic, able to use a calculator,

*(Continued on page 10)*

### Hidden Members

*St. Paul likens the church to a body in 1 Corinthians 12. He says we are all members of one body.*

*The body has many different parts—hands, feet, ears, eyes, and so forth. Ears are for hearing, not seeing. Eyes are for seeing, not walking. Each member of the body has a different capability, so each member has a different job.*

*St. Paul very tactfully describes some body members that do the body's very necessary "dirty work". He says that in covering or hiding these members, we actually give them greater respect and honor.*

*This is the second in a series of articles about "hidden" members at Mt. Olive. Most of the time, you won't see them in front of the congregation. They don't serve to be thanked or publicly recognized. They serve because they love Jesus, and they love their neighbors here at Mt. Olive.*

*Thank God for them and the work they do!*

*Board of Stewardship*



Thank You

Thank you to **Lorraine Irwin, Nancy Jacobson, Sharon McDonald, and Barb Stacy** for helping with the May Messenger.

Thank you to **Lorraine Irwin** and **Barb Stacy** for taking the finished newsletter to the downtown post office.

A special thank you to **Rich Wismont** who takes care of all of the church's recyclables.

Thank you to **Rosalie Soodsma** for weekly lending a hand in the church office.

- **Teresa Kuti**

POBLO

We continue to assemble a few bags of groceries for our POBLO work with families who are in need. Items that can be used are: sugar, salt, tea, rice, flour, cooking oil, dried beans, jam, sugar-free peanut-butter, cookies, juice. Please no canned vegetables or macaroni and cheese. A receptacle for such foodstuffs is in the north hallway.

Mt. Olive Prayer  
Chain

If you have a prayer request, please call **Kristi Townsend** at 402-457-9611 or by email at [townsend.kristi@gmail.com](mailto:townsend.kristi@gmail.com)

Thank You

Thank you to **Gary Jacobson** for sealing the cracks in the concrete on the west side of the church.  
-**Ron Hurt**  
Church Properties

Save the Date

Martin Luther Birthday Party, Sunday, November 13, 2016, 2:00 - 7:00 P.M., German American Society, 3717 S. 120 St. Put this on your calendar now.

Thank You

Thank you for the prayers and support this last six months. It warmed my heart to see so many of you at the benefit. I am truly blessed to be a part of this wonderful family in Christ.

**-Carol Childers**

Thank you

I wish to thank everyone for your prayers and good thoughts during my recent stay in the hospital due to my fall. Special thanks to **Pastor Jank** for his visits and prayers.

**-Irene Yeck**

Omission

Apologies for inadvertently leaving **Peggy Posey** out of the choir thank you's in the June Messenger.

Senior Assist

The Senior Companion Program needs adult volunteers to assist homebound elderly by providing companionship and transportation services to local medical appointments, grocery store, pharmacy and social events (mileage reimbursed). This free service to seniors helps them to stay in their homes longer. There are many clients in the Mount Olive area. If you would like more information, please call Beth Paleogos, Senior Companion Program Coordinator for the Eastern Nebraska Office on Aging, at 402-561-2217.



## In Ministry With God's People

We remember in prayer

...**Carol Childers, Annette Hurt, Arnie Jacobson, Rod and Karen Lorang, Mike McGrath, Jeff Misiolek, Dawn Payne, Don Weihe, Pearl Wiley, and Janet Zulfer.**

...our Vacation Bible School July 18-22.

...the recruitment of Sunday School teachers for this fall's staff.

...our need to grow into a more zealous, committed and sharing congregation.





In our Lord's parable of the vineyard workers, the vineyard owner says to those who worked the longest, "Or do you begrudge my generosity" (Matthew 20:15)? It's an unfortunate translation. It's not wrong, but it doesn't give us the full picture. What the vineyard owner actually says is this: "Or is your eye evil because I am good?" Earlier in Matthew's Gospel, Jesus said, "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness" (Matthew 6:21-23).

This statement comes right in the middle of our Lord's teaching about giving. He said, "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money" (Matthew 6:19-24).

Having an evil eye does not let in the light. Having an evil eye means that we are so focused on what we don't have, that we are unable to rejoice in what God has given. An evil eye makes us distressed when we see others

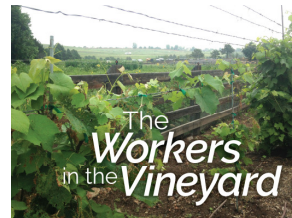
prosper. It makes us rejoice when others suffer. An evil eye makes us so love ourselves and our money, that we don't want to share with

others; we don't want to give of what we have because we are so focused on keeping what we have and getting what we don't.

Whereas a good eye is an eye that lets the light in so that our lives are filled with it. This light shines upon all that we have and reveals that it comes from our Father's divine goodness and mercy. A good eye lets in the light, unencumbered by the darkness, so that we have a good will, a benevolent disposition, and a genuine happiness to see others prosper and the desire to be part of it.

Jesus came to give you a good eye and to take away the darkness that fills your life. Christ our Lord, through His death and resurrection, has forgiven your sin, removed your evil eye and given you new eyes that let in His light and truth. "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich" (2 Corinthians 8:9).

The reality is that you have all that you need and more. You have the love of God in Christ Jesus. You have the forgiveness of sins and life everlasting. You have house and home, all that you need for this body and life. So, lay up for yourselves treasures in heaven, where moth and rust do not destroy. And you will see that your hearts will follow, just as Jesus promised.





# Health Benefits of Water-Based Exercise

Swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running, can decrease the risk of chronic illnesses. This can also lead to improved health for people with diabetes and heart disease. Swimmers have about half the risk of death compared with inactive people. People report enjoying water-based exercise more than exercising on land. They can also exercise longer in water than on land without increased effort or joint or muscle pain.

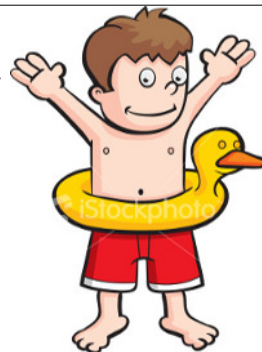
## **Water-Based Exercise and Chronic Illness**

Water-based exercise can help people with chronic diseases. For people with arthritis, it improves use of affected joints without worsening symptoms. People with rheumatoid arthritis have more health improvements after participating in hydrotherapy than with other activities. Water-based exercise also improves the use of affected joints and decreases pain from osteoarthritis.

## **Water-Based Exercise and Mental Health**

Water-based exercise improves mental health. Swimming can improve mood in both men and women. For people with fibromyalgia, it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood. Water-based exercise can improve the health of mothers and their unborn children and has a positive effect on the mothers' mental health. Parents of children with

developmental disabilities find that recreational activities, such as swimming, improve family connections.



## **Water-Based Exercise and Older Adults**

Water-based exercise can benefit older adults by improving the quality of life and decreasing disability. It also improves or maintains the bone health of post-menopausal women.

## **A Good Choice**

Exercising in water offers many physical and mental health benefits and is a good choice for people who want to be more active. When in the water, remember to protect yourself and others from illness and injury by practicing healthy and safe swimming behaviors.



*(Continued from page 5)*

and reliable. We prefer that our Counters be members for a few years and trusted by fellow members.

Thank God for these faithful servants: **Rosemary Block, Amber Brown, Carol Childers, Ray Hogan, Becky Hurt, Dawn Payne, Judy Rath, and Jerry Zulfer.** Oh, yes, and you can thank them personally, too.

*(Continued from page 3)*

- Lunch size plastic bags (60) bags
- Homemade (or close to) cookies for the last day of VBS for the program

