



# Olivet Church News

Olivet Christian Church 1991 South Olivet Road Columbia MO 65201



April 23, 2009

olivetchristianchurch@missouri.org

573-442-0336

***"Making the Grace of God Real for People"***

## **East Columbia Project Information Web Site [www.EastColumbiaEIS.com](http://www.EastColumbiaEIS.com)**

The Draft Environmental Impact Statement (Draft EIS) for the East Columbia EIS has been approved by MoDOT and the Federal Highway Administration (FHWA). The Draft EIS will be available for public review and comment from April 3, 2009 to May 18, 2009 in electronic format by going to: [http://www.modot.mo.gov/central/major\\_projects/EastColumbiaDraftEIS.htm](http://www.modot.mo.gov/central/major_projects/EastColumbiaDraftEIS.htm)

The Draft EIS is a detailed document that evaluates if and how proposed roadway improvements in the area between Interstate 70 south to New Haven Road, and U.S. Highway 63 east to State Highway Z, could impact the natural and man-made environment. The Draft EIS also identifies formal project goals and sets the stage to seek funding for design and construction of the recommended improvements. A public hearing for persons to review and comment on a Draft Environmental Impact Statement (EIS) that describes how the Missouri Department of Transportation (MoDOT), City of Columbia and Boone County could improve transportation in the rapidly growing area in East Columbia will be held April 30, 2009. An open-house public hearing is part of the review period that opens on April 3 and closes May 18, 2009.

***The open-house public hearing will be held from 4 to 7 p.m. at the Elk's Lodge, 4747 E. Elk Park Dr. at Highway WW.***

**June 9, 2009 REGISTER NOW**

**Capital Plaza Hotel 415 E. McCarty Street Jefferson City, MO**

**Please join us at the Missouri Poverty Summit on June 9, 2009 at the Capital Plaza Hotel in Jefferson City, MO to learn more about ways of *Investing in People: Bringing the Community Together to End Poverty*. The summit will begin at 10:00 a.m., with registration beginning at 9:00 a.m. For more information, please contact Brenda Stegeman at (573) 634-2969**

**Sponsored by Missourians to End Poverty**

To Register go to - <http://www.communityaction.org/2009%20Poverty%20Summit.aspx>

***Don't forget the Program Planning Retreat Saturday, April 25 at church.***

***Light breakfast at 8:30 a.m., work begins at 9:00.***

## Olivet Health News

We have looked at the effects of stress on our lives, the types of stress we all encounter and touched briefly on ways we can reduce the stress we all face. I would like to offer some helpful hints to keep each & every one of us healthier as stress is a given and will continue to be as long as we breathe. When you begin feeling a tad more stressed than usual there are some natural techniques that can help us restore calm in our lives. No it's not a pipe dream! Try some of the following:

\* Avoid stimulants such as caffeine as well as herbs like guarana, Chinese ephedra and ma huang all of which you will find sold as "tonics" or "energizers". These force our bodies to produce adrenalin which most of us have an overabundance of in the 1<sup>st</sup> place. Take care & truly understand the labels in health food & the natural's isles as these can add further stress to your life. Ask their employees for help in this understanding.

\* Our world appears on most days to be spinning out of control. The news/newspapers/TV emphasizes the doom & gloom of daily life. For myself personally there are days I just don't even turn it on. Instead visit with a neighbor, listen to some soothing music or better yet take a walk around the block or up the road. After several days of a news fast you will be surprised as to how little you have really missed out on as well as the healthy change in you mental well-being.

\* Research has proven time & time again that 30 minutes of moderate exercise daily such as walking briskly will help you sleep better, stay healthy & experience less stress. Move this is the perfect time of year to even do physical activity such as push mowing the yard. It is also recommended that this be combined with meditation, yoga or tai chi.

\* One of my own personal recommendations is a good massage at least 1X month & if at all possible twice a month. This has been a life saver for my physical health for several years now. It is amazing what stress I feel I've left on the massage table after each visit. Times are tough & money is a scarce for most of us but spending \$65 for 1 hour of massage is worth giving up a soda/day, "eating out" for lunch 2X week or giving up that alcoholic beverage you pour when you walk in the door every day. I gave up my expensive haircuts at a salon. And I bet you never noticed the difference!

\* Listen to the sounds in your life. Does your head bang daily to heavy metal or rock music, both of which are stimulants? Dennis will tell you that country music puts him to sleep but only after it has raised his B/P with the tang & twang and chewing tobacco drips! Love you Dennis- God and I will convert you someday. Surround yourself with the soothing sounds of a water fountain, a fan whirling overhead or purring softly in your office. There is so much music on the market now with nature sounds & inexpensive at Target®/Wal Mart®.

\*Also try an herbal bath after a stressful day & if you are fortunate enough to have a hot tub or large soaking bath use it. Epsom salt baths work best after massages. Light some candles, turn down the lights, turn on some soothing music and sip on some herbal tea or even a glass of wine.

\*Work on some relaxation techniques while at work and even at home. When things begin to become stressful close your eyes, take several slow, deep breathes in through your nose and out through your mouth. Try this several times and then meet that stressor head on. Are you aware that most of us hold our breathe when faced with a stressful situation? Several times throughout the day remind yourself to breathe and feel that warm relaxation worm its way into your soul.

\* Because we are Christians and a body of faith we all need to spend more time daily with our loving Father who is far more aware of the burdens we shoulder than even we are. Spend some time each day in His Word; talk with Him as you would a friend. I find that easier when I'm walking alone, of course now I live in a neighborhood where my neighbors are not quiet sure if I'm sane or not. Oh, but what the heck? It's amazing how keeping the TV off in the a.m. I can get at least 20+ minutes in while sipping my cup of coffee or tea. A hard reality for me to accept is that only God can change situations and people. I can beat myself into the ground trying to make sense of it all and trying to force change but then I'm not God! Most of the stresses we face in life can only be handled by God and we have to trust Him to do so. Just call out His name and feel the peace of His presence.

Give yourself a few breaks and realize God created this world for us to enjoy, laugh with, play in, treasure as He does and Love with a heart a minuet size of His very own! Stop each and every day to feel his loving grace and peace! He created it for us because of His love for us!!

Serving you in Christ, Karen D Bradley, RNC-Olivet Parish Nurse

## From the Pastor

### Sustainable Living

*Update: Community Supported Agriculture Project*

Some of you have been asking about the CSA project. What is printed below I have taken from Andrew Vanengelenhoven's comments on the Chasing Sustaining Farming blog. You can find that at: <http://chasing-sustainable-farming.blogspot.com/> Andrew writes: "While our project has received much publicity and many think it a worthwhile endeavor, we hit our first big hurdle....well, more like a wall....The [university's] hiring freeze eliminated the way we had planned to hire 1-2 full time students to help with the CSA. With no income from the CSA, and still needing to make rent, our help had to find other employment. We began the struggle for life, started to fall behind our planting schedule.... and had to pare back our goals. But, we have pulled together as a group and have plants growing in three hoop houses. We have work days scheduled for both this weekend and next weekend....and much additional planting will take place over the next 10 days.

We have benefited from the counsel of Dr. Garton, Lisa Wimmenauer, Tim Reinbott, and others. With their help we have made several changes.

1. We are becoming a student group. The name will be Students for Community Agriculture.
2. Once club status is granted on April 28, we can receive a waiver from the hiring freeze, and hire if we still want/need to do so.
3. We will probably not operate a CSA model this year.
  - a. We CAN sell crops we grow at Olivet; the "How" is still under discussion
  - b. Members of Olivet Church can work in the fields with us students, If there is interest on their part....pending a couple of legal issues.
  - c. Donations of food to the Food Bank are still permissible and encouraged.

We sincerely appreciate the support we have received as we "slogged" through a number of unanticipated issues. More later, Andrew

### Sustainable Living Committee Meets

You will remember that there is good bit of emphasis in our Future Story on learning and teaching sustainable ways of living, e.g., food production and preservation, energy and water use, building practices, and living from a spirituality that grounds us in God's good creation. Most of these areas of concern don't fit into an existing committee's range of expertise or responsibility. So, acting on a recommendation from Board Chair Dennis Bettenhausen, the Church Board authorized the appointment of a new program committee, which is called the Sustainable Living Committee. That group met for the first time April 20<sup>th</sup> to re-read the Future Story together and see what program priorities emerge. It was an energetic and wide-ranging conversation....the first of many, I imagine. The committee will move quickly to develop its priorities and chart its course.

Committee members present were: Dennis Bettenhausen, Allen and Gracie Frost, Carol Fulkerson, Fred Martz, Ben Moore, Richard Moore, Ariel Morrison, and Matt Pigg. We will be hearing more from this group, and I look forward to their contributions to our church's ability to live out our future story. The next Sustainable Living Committee meeting is 7:00 p.m., May 11.

*Dennis*

### ***Don't forget the Program Planning Retreat***

***Saturday, April 25 at church.***

***Light breakfast at 8:30 a.m., work begins at 9:00***

*Dennis*

### Orientation for Newcomers

Dennis Swearngin is leading an Orientation for Newcomers to Olivet Christian Church. There will be discussions about the history, tradition and practice of the Christian Church (Disciples of Christ) and then go on to re-view the 135 year history of this congregation, examining our current program and look to the future through the eyes of Olivet's "future story." All interested adults are welcome to participate, even those who are well-established at Olivet and want a review. These orientation sessions will be held during the Sunday School hour, 9:30—10:30 am., and will meet in the sanctuary. *Dennis*

**April Booknotes****News Around the Church****What's New in the Library's Multimedia Selections**

You are probably aware of the Video Cart in the hall just outside the library. You'll want to check and see some new Family Videos and DVDs...offering humor, sports, drama, and some biblically based stories for your free home entertainment. Titles are arranged alphabetically.

Newly donated DVD titles include **The Cutting Edge**, **Chasing the Dream** (an ice hockey setting), **Toon Factory Casper and Friends**, **The Muppets Take Manhattan**, **A Prairie Home Companion** (the movie starring Kevin Kline and Meryl Streep), and **Pit Pony**. The last one tells about Willy, a teenager in a coal miner family who enjoys school, loves horses, and would rather be anywhere than in a coal mine. But, circumstances put both him and a working pony down in the mine.

More about other multimedia available in the next Booknotes.

**Music Notes**

Our Good Friday service was well accepted by all who attended. Both the music and scripture successfully told the story and set the mood for the evening. I knew we had done a good job when my son Jered, and a few of the other youth present, told me that some of the songs we sang were "scary" and that they really didn't like how they made them feel. I told him that was exactly what was supposed to happen. We were not singing to entertain that evening, but to make people think about the crucifixion and the death of Jesus. Joyfully, we were then reminded of God's most awesome gift, the resurrection of Christ, on Easter Sunday morning. I hope all who were frightened on Friday were then made joyful on Sunday simply by participating in the Easter services!

I am consistently reminded of how blessed we are to have so many wonderful children and adults who love music and are willing to be involved in music at Olivet. Just yesterday, I received an adorable note from a young child requesting the opportunity to sing a solo. I hope to be able to grant that wish! I am thrilled to know that a child feels comfortable enough to even ask. This congregation has always been accepting of all levels of musical expertise. With Arts Sunday quickly approaching, I hope that many will grasp the opportunity to share their talents with the people of Olivet during worship on May 3. Simply fill out an Art's Sunday form, which are found in your bulletins, and return it to Amy, Jan Dean or me. Blessings, Eileen

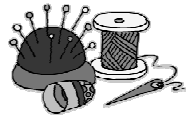
**Another Craft Day Scheduled**

**On July 18th from 10:00 am—2:00 pm.**

All money earned from the sale of crafts goes into the Building Fund. **COME AND JOIN US! ALL ARE WELCOME!**

If you have questions, call Amy at

H: 474.5614, or amycookcrafts @yahoo.com

**Trip to Heifer Ranch Coming Up!**

It is time to book our trip to Heifer Ranch in Arkansas before they fill up. The minimum sized group they accept is 15 children from currently 6th grade to adults. You can visit the website at [www.heifer.org](http://www.heifer.org). Please email me back at [equmedinc@aol.com](mailto:equmedinc@aol.com) to let me know if you and your child are interested in going so I can make reservations as soon as possible. Thanks, Nancy Foss

**Thank you** to the anonymous person who gave us the brand new 2009 dollar coins inside plastic Easter eggs. Adam and Jered Sharp

**Congratulations** to Margaret Klug who has been nominated for Columbia Voluntary Action Center's Hero Award in recognition of her faithful volunteer service in our community.

## News Around the Church

### The 52<sup>nd</sup> Annual Olivet BBQ

The 52<sup>nd</sup> Annual Olivet BBQ is less than two months away! All are invited to participate in this Olivet community event that serves over 2,000 people. Committee lists have been updated and will soon be distributed electronically to all church family members who have email. Hard copies will be made for those who don't have email. When you receive a committee list make sure you can find your name on one (or more) committees. If you do not find your name please contact Eileen as soon as possible.

Our BBQ is an extraordinary time of church fellowship and community service. Please plan on participating in as many ways as possible!

Rex and Eileen Sharp 999-7800  
(sharpef@centurytel.net)

Matt and Angela Pigg



Dear Members of Olivet Christian Church,

On behalf of the Voluntary Action Center, thank you so much for your donation of \$1000.00 to VAC to assist our many clients. Your generous contribution will be an immense help to many Boone County families. We are excited and pleased to work with you in helping those in need. Your dedication and commitment certainly represent the **Faith In Service to Humanity** to those in need in Boone County!

We deeply appreciate the support and we look forward to continuing working with Olivet Christian Church throughout 2009. We are pleased to join you in helping others.

Gratefully, Cindy Mustard, Executive Director

### LYHF and ChiRho May Program Food—Fun—Fellowship

#### LYHF Group

**May 3rd** will meet at church at 4:00 pm and travel to the Martz Farm. At the farm you will enjoy a wagon ride, "nature treasure hunt", field/yard games, and FOOD.

Bring a bag of chips for the wiener roast, additional food supplied. You will not want to miss Donna's famous chocolate Schotch-a-roos!

#### LYHF and Chi Rho

**May 17<sup>th</sup>** will meet at church from 5:30 to 7:00 pm. We are privileged to have a special guest speaker, direct from Italy. Keller Ryan (Kim Ryan's son), a Hickman Jr., spent his Spring break in Italy. He will share photos and stories from his recent trip focusing on three cities - *Ostia*, an ancient port city; *Rome* - crossroads of the ancient world and birthplace of the Roman Catholic faith; and *Florence* - the birthplace of the Renaissance outpouring of famous poets, authors, painters, and sculptors.

Please bring an "Italian" snack to share. This is the last evening meeting for both LYHF and ChiRho for this school year.

Edie Pigg

### VBS

We are beginning to plan our 2009 VBS at Olivet. VBS is scheduled for July 26 – 30. This year we would like to make you lives as busy parents easier during this week. We will be offering a family dinner each night before VBS. I know that during that week my family does not eat very well. Since we are filling our children's souls with goodness why not their bodies too. We thought if you come and eat dinner with your child(ren) before VBS maybe you would like to stay have your souls filled too. Would you be interested an adult VBS study and if so what would you like to study? Parenting issues? Balancing God, Family, Work? Or maybe stay with the same theme the children will be studying? ETC. If this is something you think you would and like and you have some ideas on what to study please email or call me at 814-2588 or [amapigg@yahoo.com](mailto:amapigg@yahoo.com).



## **ARTS SUNDAY ANNOUNCEMENT**

Please mark Sunday, May 3, on your calendars as Arts Sunday at Olivet. This is a day we have set aside to recognize Art as a means of communicating with God in worship! Start getting your items together to display during our annual celebration of the arts.



In order to accommodate all of the participants, we are asking for just one item per person so pick something that has the greatest significance to you. Please let Eileen Sharp know if you will be participating and what talent you will be sharing by Sunday, April 26th.



Larry Brown will share his "artistic" message.

Also, contact Eileen if you have questions. [sharpef@centurytel.net](mailto:sharpef@centurytel.net) or 874-9467.

**Thank you for sharing your wonderful talents, Worship Arts Ministry**

### **Outreach Needs Bud Vases**

If you have milk glass and/or clear glass bud vases taking up space in one of your cabinets, the Outreach Committee will be glad to take them off your hands. Please leave them in the church kitchen. Thanks.



### **Welcome New Members**

Jerry and Julie Wagner and their young son, Tucker, came forward in 11 O'clock Worship April 19th so that Julie and Jerry could place their church membership in Olivet. Jerry comes by transfer of membership from Community United Methodist Church in Columbia, and Julie by transfer from First Christian Church (Disciples of Christ) in Quincy, IL, where she grew up. Julie is the daughter of Dennis Swearngin's first cousin, Connie Graf, and she and her husband Dave, were in worship that morning, as was Jerry's father, George Wagner. Julie and Jerry are expecting their second child in June.

### **Up Coming Dates to Remember**

- \*\*\* Sunday, May 10—Mother's Day and Church World Service 'Blankets of Love'
- \*\*\* BBQ will be held Saturday, June 20
- \*\*\* River Retreat will be Friday, July 10—Sunday, July 12
- \*\*\* VBS July 26-30 Contact Angela Pigg

### **Pastor's Class**

In Early Easter Worship, all 8 of this year's Pastor's Class students proclaimed the good news of resurrection with a dramatic presentation of Luke's Easter Story, and they served as deacons during the Communion Service.

This year's Pastor's Class members are:

Jordan Baggs, Jennifer Reid's daughter and Marjorie Audsley's granddaughter

Lexy Barry, Teresa and Ro's daughter

Farley Burke, older daughter of Joan and Todd

Maddie, Lily, and Sarah Grant, Fran and David's daughters and Dorothy and James Earl Grant's granddaughters

Andrew Huhman, Lori Human's older son and Wayne and Jo Behymer's grandson

Jordan, Lexy and Sydney all plan to confess their faith and be baptized on the congregation's River Campout in July.

Farley confessed her faith and was baptized last fall.

Andrew, Maddie, Sarah and Lily were all baptized earlier in life and were confirmed into church membership by confessing their faith on Easter morning.

Congratulations to these fine young people and their families.

**Staff**

**Dennis Swearngin, Senior Minister**

Home: (573) 443-1797  
 olivet1@centurytel.net voice mailbox: 202

**Janis McCray, Office Manager**

Home: (573) 474-6407  
 olivet2@centurytel.net voice mailbox: 201

**Eileen Sharp, Music Director**

sharpef@centurytel.net voice mailbox: 206  
 Cell: 573.999.7800 Home: 573-874-9467

**Amy Cook, Musician Home:**

(573) 474-5614 Cell: 319-491-2680  
 amycrafts@yahoo.com

**Karen Bradley, Parish Nurse**

Olivet: (573) 442-0336 Pasma60@aol.com

**Dennis Bettenhausen Board Chair Person**

Home: 442.4002 dbettenhausen@centurytel.net

**Sally Robinson, Pastoral Care** Cell: 819.5043  
 chaplainsal@yahoo.com

**Kim Gage Ryan, Interim Minister for Christian Education** Phone: 489-2729 kkgryan@juno.com

**Olivet Church News Basic Information**

The Olivet Church News (OCN) is a publication of the Olivet Christian Church, a congregation of the Christian Church (Disciples of Christ). Our newsletter is published twice monthly on Thursdays. Our next OCN will be mailed May 21. Please have your news information to Dee Youngman at deeandlukeyoungman@yahoo.com (as an attachment, if possible) no later than May 7. Thanks.

**Sunday Services**

(Nursery available during both services)

8:30 am., Early Worship Service

9:30 am., Sunday School for all ages

11:00 am., Morning Worship/Children's Service K-3

Olivet is located 4 miles east of Hwy 63 S on WW

Office: 573.442.0336 Fax 573.817.5716

**Olivet Youth Groups**



LYHF, grades 9-12

CHI-RHO, grades 6-8

YOYO's, grades 2-5

**March 2009**

**Abbreviated Monthly Financial Statement**

**Identified Giving**

March 1.....	\$ 4,814.42
March 2 .....	\$ 2,350.00
March 8.....	\$ 3,151.90
March 15.....	\$ 6,086.51
March 17.....	\$ 1,610.00
March 22 .....	\$ 3,469.95
March 29 .....	\$ 3,017.05
Total.....	\$ 24,499.83
Monthly need .....	\$ 21,951.92

**Building Fund**

Pledges.....	\$ 1,940.50
Bible Baptist .....	\$ 1,000.00
Crafts.....	\$ 39.00
Total .....	\$ 2,979.50

**Thanks for your support!**

**Return Service Requested**

**Olivet Christian Church  
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