



Olivet Church News

Olivet Christian Church 1991 South Olivet Road Columbia MO 65201



June 4, 2009

olivetchristianchurch@missouri.org

573-442-0336

"Making the Grace of God Real for People"

Fruit or Pecan Pies Needed for BBQ

We will need lots and lots of home-baked pies (fruit or pecan only) on hand to feed the many who come to eat with us. If you don't make pies, you can purchase frozen ones and bake them. You can donate money for pies to be purchased and baked. Average cost per large frozen pie is \$7.00 to \$8.00. We need donation numbers available by Wednesday, June 3. If no one has contacted you by June 2, please contact Sara at 447.4999 or Betty at 474.5490 and leave a message with the number of pies you will donate. Please bring your UN-CUT pies to the church between 8 and 11 am. on BBQ day.

Out & About Twelve people met at Bob Evans restaurant on May 22 to begin discussing what the Out & About group would like to do this year. We had a lot of great ideas and hopefully we will do them all. Everyone is welcome to participate in these activities when they fit your schedule. There were 17 ideas for trips from as close as the Churchill Memorial to Pella, Iowa, to Bethany, West Virginia and many places here in Missouri. We had 15 ideas for programs and fun things to do here in Columbia along with learning experiences. We also discussed going to plays at Arrow Rock, Stephens College, Columbia Entertainment Company and MU. If you have some ideas and were not able to attend the lunch on May 22 give you ideas to Sally Robinson. Thank you all who turned in the surveys. If you haven't turned yours in you still have time. Watch the OCN for upcoming events to be **Out & About**.

Our 52nd Annual Olivet BBQ

In about two weeks we'll be celebrating another successful Olivet BBQ. We will have once again served over 2000 hungry people. Over 150 Olivet workers will go home and collapse on their couches with smiles on their faces knowing that they had contributed greatly to the teamwork that is essential to our annual BBQ.

Whether you scoop applesauce, stir beans, cook chicken or mutton, wash dishes, cut pies, pour drinks, clean tables, play with Olivet's youngest in the nursery or count tickets, your part in this event is of great value. Even if you are unable to be with us on the day of the BBQ, we need you in other ways! Please check this OCN for the schedule of events leading up to Saturday, June 20th. Let Eileen know if you would like to sell tickets at Casey's on WW. Put up BBQ signs at your place of work. See if your family members still have Olivet T-shirts to wear on the day of the BBQ. Talk to friends and neighbors about the BBQ. Wear your BBQ tickets button. If you've been waiting until the BBQ is a bit closer to start selling, it's time. Our pre-event ticket sales are so very important. Keep track of your ticket sales on the form that came with your tickets to make next year a bit easier. If you need more tickets, contact one of us or Ken Bartley.

Most important: Please keep this event in your prayers. It is only by the grace of God that we are able to celebrate, year after year, successful BBQ's.

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

Matt & Angela Pigg
-2588, amampigg@yahoo.com)

(814

BBQ Co-Chairs

Thanks to the Junior High Sunday School Class at Olivet and their teachers, Hazel Schlottach and Barb Moore for presenting the reading "The Holy Spirit Comes at Pentecost" from the NIV and The Message Bibles on Pentecost Sunday. Thanks for a great job well done! **Jan Dean and the WAM Team**

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 & everyone 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 1st place. Take care & truly understand the labels in health food & the natural's isles as these can add further stress to your life. Ask store employees for help in this understanding.
- Our world appears on most days to be spinning out of control. The news/newspapers/TV emphasize 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 your mental wellbeing.
- 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 personnel recommendations is a good massage at least 1 time a 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 scarce for most of us, but spending \$65 for 1 hour of massage is worth giving up a soda/day, eating out for lunch 2 times a 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 of 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 and 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® Wai 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. Epson 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 it's 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 out walking alone. Of course now, I live in a neighborhood where my neighbors are not quite sure if I'm sane or not. Oh, but what the heck! It's amazing how keeping the TV off in the am. 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 minute 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

Don't forget the Relay for Life Event June 12 and 13

From the Pastor

Knowing What Time It Is

In a recent sermon I spoke of our need to look at things with God's priorities in mind in order to gain a different and wiser perspective. I made reference to a folk song I had heard performed earlier this spring, but I didn't have the lyrics for. Well, I finally did my homework, and I'm reprinting below a portion of the lyrics of a witty and satirical song written and performed by two wonderful Wisconsin folksingers, Lou and Peter Berryman.

WHY AM I PAINTING THE LIVING ROOM?

©1984 Lou & Peter Berryman

Holes in the ozone the size of Brazil
 Barges of trash in the chewable breeze
 Pools of industrial wasteland paté
 Sulfur dioxide dissolving the trees
 Pretty soon it will all end with a boom
 Why am I painting the living room?
 I hear the bluebird sing
 Don't let the day go by
 Look at the blossoms blow
 Over the blue blue sky
 All with a wild perfume
 And here I am painting the living room

CHORUS:

Why am I painting the living room?

Ah yes I can see how my tombstone will read

Here lies someone of exceptional worth

Though she did not do a lot for her kind

Or help hold together this crumbling earth

Here lies a woman they're saying of whom

Sure had a good-looking living room

Why am I painting the living room?

There does come a time for painting the living room (or, in my case, the bathrooms) as well as a bunch of other tasks that are not of earthshaking importance, perhaps, but are necessary. The trick to faithful living is not to keep postponing necessary things under the guise of having higher concerns. The trick is knowing when it's time to do what. For some perspective on that "trick," please see Ecclesiastes 3:1-8, which begins, as you recall: "For everything there is a season, and a time for every matter under heaven...."

Wisdom lies in knowing when it's time to do what. So, what is it the right time for in your life?

Dennis

Welcome New Members

Dolores McCray & Fran Grant joined the church during 11:00 worship service on May 31. Dolores comes by transfer of membership from Pleasant Grove United Methodist Church, Hatton, MO. Fran comes by transfer of membership from Newman Center Roman Catholic Church, Columbia, MO.

Family Care Giver Series

Improving Communication With Your Physician

Monday, June 8, 2009 - 6 - 8 pm., 1701 E. Broadway, Broadway Medical Plaza 3

**3rd Floor (large conference room) Cost: FREE
 For more information call 815.3646 or 815.3665**

Boone Hospital & Agency on Aging

CSA Update: The Tigers for Community Agriculture are off and running. The first produce delivery on May 21 was a good start. Because of organizational complications, the first part of the season will be a bit herky jerky but be patient, tomatoes and corn and other good produce are on the way. There will be produce available on Thursday, May 28 and June 4 from 4 to 6. The dates of June 11, 18 and 25, no produce will be available. Produce will be available July 2 on through the summer to late Sept. or Oct.

Martz Farm plans to have pasteurized beef, grass-fed lamb and free range eggs available on dates that the Tigers have produce available.

Watch the OCN, flyers, Newsletters, etc. for more specific announcements. Your patience as this new activity gets started will be greatly appreciated. Fred Martz

News Around the Church



May Booknotes

Summer Suggestions from the Z Section

Here are a few ideas from Olivet's collection, for restless kids just out of school.

Cat's Cradle, String Games (Z-NF-- in non-fiction Children's Section). This book guides you, from defining string games as "designs to weave on your fingers with a loop of string" to pictured directions on how to practice loops and make figures, and soon everyone in the family can be driven to awe, or distraction, with all the neat things that can be done by the clever gamester. This addictive pastime can be quite challenging. And beware, it can be carried out anywhere---the car, the stairs, mealtime, waiting in line.

Books to read just for the fun of it: Fiction set in earlier times includes Faraway Summer by Johanna Hurwitz. Meet Dossi, a Jewish girl sent on a Fresh Air Fund vacation from the city to a Vermont farm. Emily of New Moon by L.M. Montgomery tells Emily's story adjusting to being an orphan and living with relatives in a whole new life. If you like these stories, the library has more by the same authors.

Just So Stories by Rudyard Kipling. These nonsense animal tales have charmed generations of readers. Find out "How the Camel Got His Hump" and meet "the Cat that Walked By Himself." Fun to read aloud!

For younger readers, try Aunt Eater's Mystery Vacation, an I Can Read Book.

Lively verse and illustrations tell about a silly insect contest in The Bugliest Bug.

Music Notes

Just as the school year comes to a close, the Children's Music time will also take a break until August. I have had such fun spending time with the children and have especially enjoyed meeting and getting to know so many new children. Each child brings their smiles, laughter, singing and energy to our time together each week. We praise God with our activities and learn about God's love through the music. It is a special time we have together. I hope all the children have a wonderful summer.

The Adult Choir will sing in worship on Sunday, June 21, during the 10:00 worship service. Beginning June 28, they will take a summer break until the end of August. Please let me know if you are interested in sharing your musical talents during worship while the choir is on break. Blessings, Eileen

Guitar Player Needed for Early Worship

As many of you know, Bob Broz is recovering from recent surgery. Our outdoor worship service meets outdoors during the summer months and Bob has provided guitar accompaniment for our singing. If you or someone you know plays guitar and are interested in providing this service for our worship, please contact Eileen Sharp. 999-7800 or

sharpef@centurytel.net

Thank You to my Olivet Family for the cards, calls and expressions of care and prayers. An special thanks to the Shawl Ministry for the lovely shawl. You could not have known it is shades of Cindy's favorite color. Ila Watts & Family

For the Shawl Ministry.....

Dear Friends at Olivet, Thank you for the beautiful white prayer shawl that Sue brought to me on Mother's Day. As I put the shawl across my shoulders, I could feel the warmth of your caring prayers and your love.

This is a great ministry of your church ladies that brings so much comfort during difficult times. Thank you so very much! In Christian Love, Merle Scott (Sue Swearngin's mother)

Dear Friends, Your gift of \$513.68 to Heifer International provides the foundation for a better future for those in need through increased nutritional and educational measures that will last a lifetime. Together, we can end hunger while caring for the Earth! Sincerely, Jo Luck, President and CEO

Welcome New Baby

Julie and Jerry Wagner welcomed a new baby into their family this past week. Lilah Frances Wagner was born on Friday, May 29th, weighing 7 lbs., 12 oz. Her brother, Tucker, is thrilled with her arrival.



CHURCH WORLD SERVICE

Thank You

for your generous contribution of \$1,114.25. Thanks to caring donors, Church World Service can provide food, water and other necessities to families displaced by war or natural disasters.

Faithfully yours, Rev. John L. McCullough, Ex. Dir. And CEO

Olivet River Retreat

Friday, July 10—Sunday, July 12



The Olivet River Retreat will begin Friday, July 10. We will be going to OZARK OUTDOORS, just west of Cuba. (Their website is www.Ozarkoutdoors.net or the phone number is 1-800-888-0023).



The first official event will be the supper group meal. All the meals will be provided and eaten buffet style at designated times. Each person will be assigned a meal to help prepare and/or clean up. Sunday breakfast will be the last group meal, but food will be available for those who will be staying later. If you have a preference for a meal assignment, please note this on the sign-up sheet in Fellowship Hall.

Campsites, electrical hookup sites for RV's, and rooms have been reserved at OZARK OUTDOORS. You will need to figure your family's rates as listed on the rate sheet. If you are reserving a room, we will let you know how much it will be so you can add it to your rate sheet in order to find your grand total for the weekend. For tent camping, just figure the per person per day rates for camping and food and add it up. RV sites are available at an extra \$12 per night. For rooms, contact Kim Amiot.

Canoe, kayak and raft trips are available by calling OZARK OUTDOORS (1-800-888-0023). Please check the current rate sheet from OZARK OUTDOORS on the table in Fellowship Hall for these prices. The church provides the float inner tubes. The resort has a pool, volleyball courts and horseshoe pits. Onandaga Cave and State Park is right next to the campground and is a wonderful place to visit. See the OZARK OUTDOORS website for tour rates. The boat races and Wayne's Games are only a few of the great experiences you will have on the retreat. Sunday, July 12 will be the highlight of the retreat as we gather for morning worship and celebrate baptisms in the river. **Reservation AND payment are due by Sunday, June 28** to hold your spot for the weekend. One-half of payment will be reimbursed if you must cancel on short notice, provided sufficient funds are available.

OZARK OUTDOORS charges everything per person per night and that is how we are going to charge for the weekend this year. If you are camping/RV site, you will have camping/RV charges per person per night and food charges per person per day. If you are renting a room or cabin, you will have a room fee (to be figured by us) per person per night and a food fee per person per day. We feel this the fairest and easiest way to figure how much the cost will be for the weekend. (A packet including cost & list of suggested items will be available soon on the gray table in Fellowship Hall).

Guests: This a great opportunity to get to know your church family better. There will be plenty of children and youth attending, so don't feel you must bring "guests" in order to have fun.

Pets: No Pets, Please Suggested Items to Bring: Tent, tarp, hammer, water shoes, floats, toys, life vests for small children, flashlight, batteries, games, cards, sleeping bags, air mattress, bathing suits, towels, goggles, sunscreen, bug spray, quarters for showers and lawn chairs.

Directions: From Columbia, take Hwy. 63 south to Hwy. 50, take 50 east to Hwy 19, take 19 south to I-44, take I-44 east (about 5 miles) to Leasburg (exit 214) take Route H south (about 7 miles) , go over Meramec River then turn Left and YOU ARE at OZARK OUTDOORS!. Please stop at store and check in. Questions? Please contact Kim or Ben Amiot at 443-3549, or Rob or Nancy Foss at 814-0911, 2009 Float Trip Chairs.

Dear Friends, The Central Missouri Food Bank deeply appreciates your gift of \$1,000. As you know, these are challenging days but with friends like you, we will keep the food flowing to so many who need it. Warmest Regards, Peggy Kirkpatrick, Executive Director

The Annual Meeting of the Olivet Cemetery Association will be Friday, June 26 at 5 pm. in the Church library
Dorothy Grant



Congratulations Graduates!!

High School

Kaitlyn W. Bradley, daughter of Jeff & Karen, graduates from Rock Bridge High School. She will be a freshman at MU in Fisheries and Wildlife Sciences where she is starting an internship program June 1.

Bailey Chapin, daughter of Wayne & Ann, graduates from Rock Bridge High School. She will be attending the University of Missouri-Columbia in the fall to study Vet Medicine. She has been accepted into the Pre Vet Scholars program.

Austin McCray, son of Steve & Becky, graduates from Rock Bridge High School. He will be attending Moberly Area Community College (MACC) in General studies. Austin was the recipient of the Optimist Club of Columbia Scholarship.

Corrinne Meyer, daughter of Jennifer, graduates from Hickman High School. She was pinned as a Certified Nurses Assistant on May 13.

Michael Moore, son of Bob & Linda, graduates from Hickman High School.

Robert Richardson, son of Mark & Debbie, graduates from Hickman High School.

Audrey Sharp, daughter of Rex & Eileen, graduates from Christian Fellowship High School. She will be attending Westminster College in Fulton to study Photo Journalism and will be playing Volleyball for them.

Amanda Weable, daughter of Tom & Connie, graduates from Hickman High School. She will be attending Moberly Area Community College to study Business/Marketing.

Caitlyn Williams, daughter of Carrie, graduates from Hickman High School. She will be attending the Culinary Arts program with the Art Institute of Kansas City. She plans to graduate with a master's degree in Culinary Arts and aspires to own her own restaurant or catering business.

College

Amanda Broz, daughter of Bob & Karen, graduated from Colorado State University with a PhD in Horticulture and Biochemistry.

Frank Foss, son of Rob and Nancy, will be graduating in August with a dual degree in Computer Engineering/Electrical Engineering from the University of Missouri. He has enlisted with the Army and will be leaving in September for Officer Training School

Melissa Spain, daughter of Jim & Vickie, graduated from University of Missouri-Columbia with a Major in Biochemistry and minor in Rural Sociology.

BBQ Dates

Thursday, June 18

5:00 pm—set up tents

6:30 pm.— wrap silver: clean trays: sort and wash BBQ equipment; set up serving line and drink stations; turn in BBQ tickets & money

Saturday, June 20

Morning—turn in tickets and money; get carryout station ready; cut pies; set up tables and chairs under tent.

Families are asked to bring a covered dish by 11:00 a.m. to share with the BBQ workers.

3:30—7 pm. BBQ time! 7 pm., Clean up time!

Sunday, June 21

9:00 am—Light, carry-in-breakfast —please bring something to share.

10:00 am., Combined Worship

Tuesday, June 24

Evening—Put away all BBQ Equipment

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

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 June 18. Please have your news information to Dee Youngman at deeandlukeyoungman@yahoo.com (as an attachment, if possible) no later than June 11. Thanks.

Sunday Services

(Nursery available during both services)

8:30 am., Early Worship Service

9:30 am., Sunday School for all ages
(Summer break-June 14-July26)

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

Return Service Requested

Olivet Christian Church
1991 S. Olivet Road
Columbia MO 65201

NONPROFIT ORG
 US POSTAGE
 PAID
 PERMIT NO. 84
 COLUMBIA MO