



Olivet Church News

Olivet Christian Church 1991 South Olivet Road Columbia MO 65201



May 7, 2009

olivetchristianchurch@missouri.org

573-442-0336

“Making the Grace of God Real for People”

Fruit or Pecan Pies Needed for BBQ

The 2009 BBQ will be held on Saturday, June 20. 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 yourself. If you are unable to bake, you can donate money for pies to be purchased and baked for you. Average cost per large frozen pie is \$7.00 to \$8.00. Please be certain your pie is completely cooked, as partially raw pies must be discarded. Please be expecting one of the generous folks who agreed to be our “pie solicitors” to give you a call in the next few weeks asking for the number of pies you care to donate. We need to have these numbers available by Wednesday, June 3 in order to plan for any additional pies that will need to be purchased and baked on BBQ day. If no one has contacted you by June 2, please contact Sara at 447.4999 or Betty at 474.5490, leaving the number of pies you care to donate. Please leave a message.

Our pies will be cut at the church to offer a more uniform piece size. Please bring your UN-CUT pies to the church between 8 and 11 am. on BBQ day, so the pie cutting committee can cut and put onto plates. If those time don't work for you, pies are welcome later in the day also. Please label your pie to make it easier to sort. It is important that you mark any “sugar free” pies you are donating, as these have to be separated. Thank you so much in advance for your kind assistance in allowing us to offer home-baked pies from our church members at the BBQ. If you have any questions, call Betty Glenn at 474.5490 or Sara Grimes at 447.4999.

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 and 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

****No Sunday School**

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

52nd Annual Olivet Bar-B-Q Six Weeks Away!

The BBQ this year is on Saturday, June 20. We plan to serve over 2000 people between 3:30 and 7:00. The Bartley's and their committee members have distributed tickets to all Olivet people and we hope everyone has started selling their tickets. If you did not receive a packet or need additional tickets, please contact Ken Bartley at 817-1558. Each year, we experience tremendous support of this event from our surrounding communities. Most of our ticket sales are made prior to the day of the BBQ. So, wear those BBQ buttons, sell lots of tickets and let's promote our 52nd annual BBQ. Remember, proceeds from our BBQ benefit Cedar Creek Therapeutic Riding Center, The Shelter, Olivet Youth Mission Trip and the Olivet Building Fund. If you have any questions or concerns, please contact us. Rex and Eileen Sharp (874-9467 or sharpef@centurytel.net) Matt and Angela Pigg **BBQ Co-Chairs**

Olivet Health News

It's hard to believe that we are already well into April and the months keep ticking rapidly onward. This is that time of year when the calendar fills way too fast and more and more demands are placed upon us. Besides that the weather is beckoning us outdoors for the fun of yard and garden work or the drudgery of additional responsibilities. Many of us find this a time of year with increased stress in our lives and I want to take the opportunity to explore this with you.

Life is full of stress and is impossible to avoid. We may feel stress with a job interview. Many are feeling stress because of our current economic situation. Will we have a job? Will our hours be cut? What do you mean they are cutting my benefits? Our children/youth are stressed right now with MAP testing, finals, AP exams, papers due. Will I graduate? Will I be able to find a job and be able to afford living on my own? How am I going to pay for all the essentials my child needs for college life? Most of these are *short-term stressors* that are a normal part of life. *Long-term (chronic) stress* is caused by stressful situations or events that last over a long period of time. These might include problems on the job with co-workers or a boss; conflicts with family members; the breakup of a relationship or a divorce after years of marriage; care giving for family members with chronic illnesses. Over a period of time these chronic stressors can lead to severe health issues.

The stresses that we experience in life are not all doom and gloom; many can involve positive growth and maturity. A new job, marriage, a new home, moving to a new city, a new & exciting relationship and a new baby are all considered good stressors but never the less they are stressors just the same.

Besides causing changes in our bodies, it can also affect our emotions. Some **common symptoms of stress** include:

- a fast heartbeat
- a headache
- a stiff neck and/or tight shoulders (*this is my trigger point of stress, thank God for massage therapists*)
- back pain
- fast breathing
- sweating and sweaty palms
- an upset stomach, nausea or diarrhea

Over time these **chronic stressors can affect:**

* Immune system. Constant stress can make us more likely to get sick and more often. If we have chronic illness such as MS, Crohn's, etc. stress makes our symptoms worse.

* Heart. We are all aware that stress is linked to chronic blood pressure; abnormal heartbeats (arrhythmias); blood clots as well as hardening of the arteries (atherosclerosis). And we all know it is also linked to coronary heart disease, heart attacks and heart failure.

* Muscles. Constant tension from stress can contribute to neck, shoulder, and low back pain. It can also worsen the symptoms of rheumatoid arthritis.

* Stomach. Stress can worsen or even lead to *gastroesophageal reflux disease (GERD)*, *peptic ulcers*, *irritable bowel syndrome*, or *ulcerative colitis*.

* Reproductive organs. Stress has been linked to low fertility, erection problems, painful periods and problems complicating pregnancy.

* Lungs. *Asthma*, *chronic obstructive pulmonary disease (COPD)* can become worse with increased stress.

* Skin. Skin issues such as *psoriasis* and *acne* are made worse by stress.

Next issue we will continue the affects of stress on our emotional well-being as well as the management of stress in our lives.

For my yoke is easy and my burden is light." Matthew 11:30

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

Please sign up for Relay for Life

From the Pastor

SUCCESSSES TO CELEBRATE, PLANNING TO DO

On Saturday morning, April 25th, 30 Olivet program committee leaders, church board members and Mission Family conveners met in fellowship hall for a day of looking to the future. We began by reading our Future Story out loud in our various voices. Our story speaks of how Olivet will be in 10 years, and we need to know how the story sounds now, a year after we wrote it. And we need to determine what the story is calling us to do now.

As you know, our Christian Education Design Team has been working for months. This team was charged with designing a comprehensive program of religious education and spiritual development for children, youth and adults. With professional assistance from Kim Ryan, the team has done just that. The design is presented in large grids posted on foam board, and those are on display in fellowship hall right now. Please look at them carefully, if you have not already done so.

Now it's time for those working in the program areas of worship, outreach, membership and evangelism, property and finance to think and plan just as carefully how Olivet will live into our Future Story in each of these key areas of church life. That's what April 25th was about. You can see the preliminary program plan in each area. They are currently posted in fellowship hall in the form of sticky notes on butcher paper. I encourage you to take what Board Chair Dennis Bettenhausen calls a "gallery walk:" walk around and read the plans on those sticky notes. Try to see the vision of our church and it's ministries as our program leaders are seeing it. Our church leaders did a good day's work that Saturday. The next step is for program committees to meet individually to extend and improve their plans. Then committee chairs will meet with board members to combine and harmonize the various plans.

Another important thing happened on that Saturday: we recognized the good and significant things that are happening already in many of the areas of ministry addressed in our Future Story. Every church needs to notice, name and celebrate those successes along the way, so I share with you now the successes we listed on April 25th:

- using the Annual BBQ as an occasion for introducing the larger community to Olivet's programs and ministries—we did that last year and will do more this year
- although the details of just how the Community Supported Agriculture partnership will work are still emerging, we will make an important beginning this summer
- our Christian Education Committee has been leading the way into the future by continuing to refine the rotational Sunday School model, using storytelling and drama as teaching and learning tools, and remodeling

classrooms and the nursery

- our Worship Arts Ministry team has been enriching our worship services with new elements of music, drama and visual arts, including what our children want to share
- the enhanced music program in Sunday School is a hit with everyone
- our still new Shawl Ministry has produced dozens of handmade shawls and shared many of them with people, including Michelle Obama, whom we lift up in prayer
- our Pro-reconciliation/Anti-racism group is planning to make a difference in how we see the world and live with our neighbors
- our Membership Committee has formed a new partnership with Mission Family Mentors to extend warm welcomes and helpful assistance to newcomers to Olivet

Our Future Story is a living story that renews our sense of mission and purpose by what it calls out of us now and what it challenges us to do for the sake of the future. This story comes off the page and becomes ministry as we live it together. God is blessing us in these days, and we give thanks.

Dennis

CSA Update: Talking about breaking news. Developments are happening a mile-a-minute regarding the Olivet CSA. So here is a brief update.

- The students are now organized officially. Their name is Tigers for Community Agriculture. They will be doing business under this name.
- They have a blog. The address is chasing-sustainable-farming.blogspot.com It is an http address. Do take a look at it. Olivet is named in it. You will be impressed.
- Distribution of produce will begin probably in two or three weeks. For instance they have lettuce about ready to go. I think the plan is to sell produce on a weekly basis (you will come at a scheduled time and get produce and pay each week). You will be asked to sign a waiver, one time only, that removes the Tigers from certain liabilities. There will be a provision for sending some produce to the needy. This is not completely worked out yet.
- The way has been worked out for Olivet members to go to Bradford Farm to perform some volunteer labor. If you are interested, I will give you the contact information.
- We need your feedback for the day and time of the week to pick up produce. The students prefer Thursdays in the evening. Tuesdays are an alternative. Let me know what you desire and I will keep a tally. Then we will make a decision.

Fred Martz

News Around the Church



May Booknotes

The last Booknotes reviewed several newly donated DVDs for a family movie night at home. These are housed on the Video Cart in the hallway just outside the library and are for checkout just like a book.

There are more multimedia selections inside the library! Just in front of the children's section is a smaller cart with our musical CDs. These are mostly religious groups. They include lively songs for toddlers, favorite Sunday School action songs, Christian pop for youth (with more available in the Youth Room). We even have some mellow Mozart and meditation and relaxation music for stressed out adults. Several in a "relax with nature" series have just been donated. A newly donated CD is Kanakuk K-Life Songs recorded live at the Summer Kamp in Branson, Missouri. This is the group sponsor for Kaitlyn Bradley's recent Rowanda mission trip.

These all can be checked out to listen to on the road or at home.

Shelves under these CDs hold videos and DVDs for younger children. These include Veggie Tales and other Bible stories for elementary ages, and learning activities for toddlers. We are constantly adding items as they are donated. Some new titles for us are Cinderella III, Gumby, Care Bears, Christian the Lion, and Pied Piper of Hamblin.

Remember also the BIG RED BOOK CART in the Sunday School Wing (the hallway to the Music Room). Those books and DVDs are also continually changed. And kids, teachers, or parents are welcome to check out right at the cart!

Music Notes

Art Sunday

Arts Sunday was a glorious celebration on May 3. Many thanks to all who contributed to the worship service in such a wide variety of ways. Arts Sunday seems to be well received by all so plan on having another Arts Sunday the first Sunday of May, 2010.

It's hard to believe, but summer is just around the corner. The Adult Choir will take a break during July and August and Olivet people, young and old, present music during the regular anthem time.

A sign-up sheet has been posted in the music room. You can also email me if you're interested in providing music during the summertime. If you would like some assistance in preparing your music, please let me know.

Musical Blessings, *Eileen*

Children's Music



Up Coming Dates to Remember

- *** May 22 Over 55 Lunch with Sally Robinson
- *** Saturday, June 20 BBQ
- *** River Retreat Friday, July 10—Sunday, July 12
- *** July 18 Craft Day
- *** July 19—July 25 LYHF Mission Trip
- *** July 26-30 Vacation Bible School
- *** August 16 Ice Cream Social

News Around the Church

Thank You

Dear Ladies of the Olivet Christian Church,

Aunt LuAnna presented me with a beautiful warm prayer shawl this week. How comforting it is to wrap up in it and feel the prayers and good wishes from all of you wrapped around my shoulders! What a wonderful ministry you have chosen. Thank you all for giving me this gift from your hearts! In Him, Lynn Shively

Thank You

Thank you from the family of Katherine Williamson (AKA the Burkes) for all the prayers, well wishes, cards, calls and wonderful support during Katherine's illness and death.

Thank You, Todd, Joan, Farley and Fiona

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 your 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 and 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 like and you have some ideas on what to study please email me at amapigg@yahoo.com. or call me at 814-2588.

Thanks for your input. Angela Pigg

Congratulations!

Pauli Landhuis received a Lifetime Achievement Award in Branson, MO from the Missouri Dietetic Association. She was nominated by the Central Missouri District Dietetic Association for significant service and leadership over time in national, state, and district activities. The award is given only to those who have had significant impact on dietetics practice over at least a fifteen year period. The award can be made to one state member annually.

Pauli had a great time on the day of the awards luncheon and everybody there helped her celebrate her birthday along with the award.

Congratulations!

Bob Moore and Robin Shaon were married April 25th in a service at Shelter Garden



Congratulations!

Congratulations to Kaitlyn Bradley on her selection for an American Fisheries Society Hutton Junior Fishery Biologist Internship. She will be working around the state this summer.

Attention Graduates

Information is needed if you are graduating this year from college or high school. We will need your name, school/college and the kind of degree. High school graduates should include parents' names, college you will be attending if any, and your major if you have selected one.

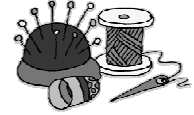
Graduates will be recognized in the May 21 OCN and May 31st bulletin. Please send this information to the church office by May 15. Thank you and congratulations! Jo Behymer



JOIN SALLY ROBINSON FOR LUNCH

All church members who are 55 years and older please join Sally Robinson for lunch on Friday, May 22 at 11:30 a.m. Bob Evans. Please let Sally know if you plan to attend so she can make sure we have enough seats. Sally will try to reserve the north room. We will have a time to fellowship and look at what this group would like to do in the future at Olivet Christian Church. Come with ideas for trips, work projects or places to go eat. Give Sally a call (819-5043) if you plan to attend.

Another Craft Day



Scheduled

On July 18th from 10:00am—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

It's Your Vision!

Columbia Awareness Days presented by Freedom Scientific on May 12, 2009 9:00 a.m. to 4:00 p.m. Discover the benefits of low vision video magnifiers, screen magnification software, products that read your books, bills, and mail. There will be a complimentary lunch. The event will be held at Lenoir Woods in Columbia MO. Seating is limited so call 1-800-336-5658 for your reservation. *Sally Robinson*

Volunteer Opportunity

This year, two events will be combined in order for all to participate in the 25th Anniversary of the Show-Me State Games. The dates are July 17-19, 24-26 and July 31-August 2. If you have a group of 12 or more who would like to volunteer, your church logo will be imprinted on the back of your volunteer t-shirts at no cost. If you have questions, please contact Jean Hough, Volunteer Coordinator, Show Me State Games/Missouri Senior Games at 573.884.2946

If you are interested in this opportunity, forms will be in the Olivet Fellowship Hall with the listing of sports and their volunteer opportunities on the back of each form. Please feel free to make copies of the form. You can also download a copy of the form from and other information at www.smsg.org.

LYHF and Chi Rho May Program

Food—Fun—Fellowship

LYHF and Chi Rho

May 17th 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 Chi Rho for this school year.

Edie Pigg

Workshops for Home Food Preservers

Freezing & Drying Workshops June 4 , 9:30 am—noon or 6:00—8:30 pm.

Water Bath Canning Workshops June 10, 9:30am.—noon or 6:00—8:30 pm.

Pressure Canning Workshops June 24 9:30 am.—noon or 6:00—8:30 pm.

Workshop Location: Boone County University of Missouri Extension Center 1012 N. Hwy UU, Columbia MO

Registration Fee: \$10/person/workshop or \$25 for all 3 workshops. A second family member may attend for \$5/workshop, **Registration Materials are available at church and you may contact Vera Massey @ 445.9792 or masseyv@missouri.edu**

Sponsored by Missourians to End Poverty

June 9, 2009 Register Now

Capital Plaza Hotel 415 E. McCarty St.

Jefferson City, MO

For information, contact Brenda Stegeman at 573.634.2969

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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 14. 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

Financial Report

Revenue/Other Support.....\$ 25,430.53

Year-To-Date Total.....\$ 70,616.81

Expenditures:

Salaries/Benefits.....\$ 11,401.08

Payroll Taxes.....\$ 630.85

General/ Administration.....\$ 3,263.57

Supplies\$ 1,471.48

Community Services.....\$ 1,700.00

Total Expenditures.....\$ 18,466.98

Year-To-Date.....\$ 54,260.32

Building Fund Report

Building Fund Income.....\$ 4,523.15

Year-To-Date.....\$ 9,444.30

Thank you for your support!

February 2009 Financial Report

Revenue/Other Support.....\$ 21,226.56

Year-To-Date Total.....\$ 45,186.28

Expenditures:

Salaries/Benefits.....\$ 10,918.56

Payroll Taxes.....\$ 630.85

General/ Administration.....\$ 3,944.17

Supplies\$ 951.60

Community Services.....\$ 1,740.00

Total Expenditures.....\$ 18,185.18

Year-To-Date.....\$ 35,793.34

Building Fund Report

Building Fund Income.....\$ 2,036.75

Year-To-Date.....\$ 4,921.15

Thank you for your support!

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