



## Pastoral Ponderings from Pastor Paul

Hello, Mount Olive! I know that we've met before and we're slightly acquainted, but let me take the opportunity to share with you a bit about myself. I'm your new pastor, and I'm thrilled to be pastor at Mount Olive and to lead this chapter of mission and ministry in this place. As a pastor, I've served in a bunch of locations; Iowa, Oregon, Texas, and Ohio. The churches I've served have been large and small, historic and brand new, with schools, and preschools, and one without a school. In all those different parishes, as well as here at Mount Olive, it has always been about Jesus.

Jesus calls us and invites us to something special ... to follow Him. Jesus' words "Follow me" are a call to an adventure. Those who have walked with Jesus for a season or two know that being one of His disciples isn't always easy. In fact, it's actually rather difficult ... difficult if we trust more in ourselves. The call to discipleship is the call to trust in the Lord for all things, and that means that God is in control of every aspects of our lives.

Keep in mind that Jesus has specifically chosen you to live this life as a disciple. In John 15 our Lord says, "You did not choose me, but I chose you and appointed you that you should go and bear fruit and your fruit should abide, so that whatever you ask the Father in my name, he may give it to you." (John 15:16) Jesus chose you! And He chose you to bear fruit for the Gospel. This happens when we hear God's Word and we act upon it. God's Word comforts us and assures of His promises, but it also calls us to action. We are called by Jesus to "Go therefore and make

disciples of all nations ..." (Matthew 28:18) We are called by our Lord to tell everyone we know about Jesus and the hope we have in Him. That's an incredible calling and Jesus chose you to do just that.

What Jesus has called us to do can also be rather intimidating. Many of us don't feel worthy to speak of the Good News of Jesus, but remember, Jesus chose you. He chose you to be a member of His family. He chose you to bear witness to His name. He chose you to tell your story of faith in Christ. And telling your story isn't intimidating at all because you know it better than anyone else.

So, tell your story of faith; the difference Jesus has made in your life; the times you've known that the Lord is with you; how Jesus helped you through a troubling time and how He helped you through a joyous season. This is your story; the story of faith Jesus chose you to tell. And people will hear it and the Holy Spirit will work through your witness.

We are in mission and ministry together at Mount Olive. Each one of us is someone Jesus chose to be His own, chose to follow Him, chose to bear witness to His name with a story of faith to share and tell. We have a sending God and we are a telling people. As we being this new chapter of mission and ministry together we do so following Jesus ... together.



In His Service,  
Pastor Paul Frerichs

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## Worship Info

### July 5

"Real Change is an Inside Job"  
*Matt. 11:25-30*

### July 12

#### Sermon Series: Kingdom Stories

"The Indiscriminate Farmer"  
*Matt. 13:1-9, 18-23*

### July 19

"Living in the Meantime"  
*Matt. 13:24-30, 36-43*

### July 26

"You are the Treasure"  
*Matt. 13:44-52*



### FUNERAL

### Nancy Burns

Called to Glory on  
June 15, 2026.

Service was June 22, 2026.

## Sundays at Mount Olive

Communion will be at BOTH worship services EVERY Sunday

8:00 AM | TRADITIONAL WORSHIP SERVICE

9:00-10:00 AM | FELLOWSHIP | Cana Hall

10:00 AM | CONTEMPORARY WORSHIP SERVICE

## Wednesdays at Mount Olive

6:00 AM | EARLY AM BIBLE STUDY (*online*) | “The Life and Ministry of John” by Beth Moore | Contact: Paulette Lenz ([mp.lenz@gmail.com](mailto:mp.lenz@gmail.com))

9:00 AM | EXPLORATION AND DISCOVERY BIBLE STUDY | We will take a break for the summer, returning September 2 | Contact: Jim Rootes ([farmalldork@gmail.com](mailto:farmalldork@gmail.com))

5:15—6:00 PM | MIDWEEK MEALS | Cana Hall | June 10: 5:00-5:45 PM for Vision Assembly Meeting; NO midweek meals July 29 | Contact: Ann Maik (763.370.2248)

**Worship Help Needed:** We are looking for volunteers who would be interested in helping during our worship services each Sunday. Opportunities include serving on the Altar Guild by setting up communion and changing out the paraments, as well as serving as ushers. If you would like to help support our worship ministry in these important ways, we would love to have you involved. If you are interested or have questions, please contact Jesse Jett ([jjj5978@comast.net](mailto:jjj5978@comast.net)).



**AV Volunteers Needed:** Do you enjoy technology or want to learn a new way to serve during worship? We are looking for volunteers to help with our Audio/Visual Team during services. Training is provided, and each role helps support worship both in-person and online.

**Cameras Operator:** Operate three cameras using a joystick-style controller for the online worship stream on Facebook & YouTube. Follow the worship service layout by selecting camera shots and presentation feeds in the preview window, then transition them to the live broadcast output at the appropriate times during the service.

**Slides in MediaShout:** Manage worship presentation software by advancing slides, videos, lyrics, and liturgy elements in sync with the service order. Follow along with the worship layout and use keyboard controls to keep the presentation flowing smoothly throughout the service.

**Sound Board Operator:** Monitor and adjust audio levels for microphones, instruments, and media sources using the digital sound board. Mute and unmute channels as needed, balance sound levels for both in-person and online worship, and check wireless microphone battery levels before and during services.

If you are interested in serving or would like more info, please contact Randy Palmer at [randyp@mtolive-anoka.org](mailto:randyp@mtolive-anoka.org)

# WOMEN OF MOUNT OLIVE

## Your Mites at Work:

### REACHING GOD'S CHILDREN IN HAITI TRINITY HOPE, HAITI | \$61,782

Trinity HOPE is helping children in Haiti by providing nourishment for the body and soul. They partner with Christian schools in the country to provide a healthy meal for children while they are at school. This grant will be used to reach around 425 students at a rural school in Paul et Isabel, Haiti. Prayers of thanks are said over the food and hymns of praise can be heard throughout the school day. Also, providing lunch has allowed students to stay engaged in school and retain what they are learning. Trinity HOPE has seen regular attendance, students' national test scores, and grade level advancement all increase significantly when schools are a part of their program. Students' basic needs are being met while hearing about God's love for them.

Trinity HOPE partners with Lutheran schools throughout the country by supporting Lutheran pastors and teachers and by making sure these schools have what they need to share the Gospel and ensure each child receives a hot meal while at school. They also provide opportunities for over 400 native Haitians to be gainfully employed. With 36 program directors employed by the ministry, over 350 cooks employed by the schools, and food purchased from local vendors throughout the country, Trinity HOPE's feeding program contributes to the Haitian economy and helps break through cycles of generational poverty.



## YOUNG ADULT



At each child's baptism we make a commitment as a church family to provide support for a life lived in relationship with AND for Jesus Christ. That support continues beyond high school graduation as our young adults pursue the Lord's plans for their lives.

The LIFE @ A CrossRoads ministry offers encouragement of God's delight in them and our prayer support via written reminders. Each month during the year, 7-8 of our young adults are personally prayed for and a card is sent to let them know. Please sign one or more of the cards on the first or second Sunday each month. You don't need to know them personally to pray for them or sign their card. The more signatures and messages the better.

Please keep the following young adults in prayer this month and stop to sign a card for each of them on Sunday, July 12. You can also print off their names and post it where you see it often and pray for them daily.

Ovedia Johnson  
Ava Oblinger

Jacob Chesser  
Trevor Hyatt

Annabelle Johnson  
Olivia King Von Mende

Abigail Burns  
Anja Western



**Don't  
Miss  
Out**

**SUMMER  
SERVICES**

**SUNDAYS**  
**8:00 AM & 10:00 AM**

**SUMMER MIDWEEK  
MEALS**  
**Wednesdays**  
**5:00-5:45PM**  
**No Meals: July 29**

**ANOKA  
Riverfest**  
*& Craft Fair*

**SATURDAY, JULY 11**  
**9:00 AM—5:00 PM**  
**Downtown Anoka**

**BE A FRIENDLY FACE FOR  
MOUNT OLIVE:  
SIGN UP AT THE WELCOME  
DESK TO HELP AT THE  
RIVERFEST BOOTH!**

**We are taking donations for our  
Riverfest giveaways:**

- ▶ Individual bags of chips/popcorn
- ▶ Granola Bars
- ▶ Powder drink mix packets
- ▶ Candy (non-meltable)
- ▶ Amazon gift cards (to purchase giveaways)

**Please leave donations at the  
Welcome Desk.**

**RALLY SUNDAY**  
**AT MOUNT OLIVE**  
(Christian Education Sunday)

**SUNDAY, SEPTEMBER 13**

**Combined Worship Service at 9:30am**  
**Potluck to follow at 11am**



**NOTE: Education Hour, Bible Studies and  
Sunday School starts Sunday, September 20**



ONE NATION UNDER GOD



1776 \* **250** \* 2026  
YEARS OF

*Blessings*

# Senior Fun Time **POTLUCK**

**JULY 8, 2026**  
11:30 • CANA HALL

Let's Celebrate 250 Years  
of God's Blessings!



Questions? Contact  
Jane (612.709.4318)



Please see the sign up in the Welcome Center

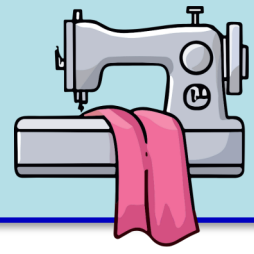


## SUMMER QUILTERS

Quilters will meet  
July 7, 14, 21, 28  
(12:30-3:00 PM)

We are taking donations of  
new or gently used, clean  
fabrics (1/2 yard or larger).

Questions? Contact  
Bernice 763.227.1548  
or Erna 612.910.9568



MOUNT OLIVE LUTHERAN PRESENTS

# WORSHIP NIGHT

by Campfire  
*with S'mores*

Wednesday, July 15  
6:00 - 7:00 PM

JOIN US FOR  
CONTEMPORARY WORSHIP  
& INSPIRING MESSAGES  
AROUND THE CAMPFIRE

SUNDAY

# Altar Guild

SETUP COMMUNION & CHANGE PARAMENTS

**VOLUNTEERS WANTED**

# USHERS

Volunteers Wanted

SIGN UP AT THE WELCOME DESK

INSTALLATION OF  
*Pastor Paul Frerichs*



*Thank you to all for your gifts, cards, prayers, and support as we begin our season of service to the Lord at Mount Olive. You have helped us feel very welcome in your midst and look forward to many years of service together as we live as children of God. Thank you so much!*

*Thank you* ♥

*~ Pastor Paul and Debbie Frerichs*

# Rainforest Falls VBS 2026

## WOW, GOD!



