

The mission of Mount Olympus Presbyterian Church is to invite people to experience Jesus Christ and become his passionate followers.



MOUNT OLYMPUS
PRESBYTERIAN CHURCH

Volume LXI Issue II

November 2025



**COMMITMENT
OF
GIVING SUNDAY
WILL BE
NOVEMBER 16**

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1 Thessalonians 5:16-18

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

One day, a man was driving home from his retirement party after 40 years of a successful career in corporate business. As he drove home, he had the despairing realization that he would never again update his resume. That really made him sad because he loved updating his resume. It was a record of all of his accomplishments right there in front of him on paper. Everything that he had done and achieved and accomplished—it was right before him. And no one would ever ask to see that again.

When he got home, he decided to pull out a yellow tablet of paper and make a list of all the blessings God had given him in his life. Not his achievements, God's blessings in his life. He was amazed by the length of the list. It was such a spiritual experience for him to make this list that he turned it into an annual practice. Every Thanksgiving, he'd pull out this yellow tablet, and he'd start over. Every year, the list grew longer and longer.

As the years progressed, this man went through all the losses of life that anybody at this stage goes through. He found himself at church a lot, attending the funerals of his friends. Then his wife. He had a bout with cancer. He had to sell the big house and move into the condo.

But despite continuing to lose more and more of the things that used to be in his life, every year he would still make this long list of thanksgivings. And every year the list continued to grow longer and longer, not because more wonderful things were happening to him, but because he was getting better and better at paying attention to the goodness of the everyday grace—the daily bread—that he had been given.

Cicero believed that gratitude was not only the highest virtue, but also the parent of all the other virtues. Martin Luther referred to it as the basic Christian attitude. It's because it means that you're paying attention to the goodness and the grace of God in your life.

Gratitude has nothing at all to do with the circumstances of your life. We all know people whose lives have actually been pretty battered by reality, and still, they

are the most joyful, grateful people you know. It's extraordinary. And we all know people who have what seems to be relatively easy lives, and they're some of the grumpiest people you know. It's not about the circumstances. It's about paying attention to the blessings and grace in your life.

I know that when I catch myself complaining, it is a red alert that my soul needs some time with God, because I haven't been paying attention. Usually, it's because I'm too busy or I am out of sync with life. Gratitude is always a byproduct of a vibrant life with God.

I hope you take time to practice gratitude, especially this month. It's one of the things I love about the holiday of Thanksgiving: it's not so commercialized, or filled with junk, but it's about family and friends and slowing down and making a mess in the kitchen and being grateful for the abundance of creation and the lives we get to share.

May it be so in each of our lives as we continue the long tradition of nurturing a culture of gratitude for God's abundance at Mount Olympus Presbyterian Church.

Together in Christ,



Pastor Chris



The church office will be closed on November 27 and 28 for Thanksgiving.



NOVEMBER SERMONS

<u>DATE</u>	<u>SERMON TITLE</u>	<u>SCRIPTURE REFERENCES</u>
11/2	<i>Zacchaeus Sunday</i>	Luke 19:1–10
11/9	<i>The Stones Will Cry Out</i>	Luke 20:27-38
11/16	<i>Signs of the Times</i>	Luke 21:5–19
11/23	<i>The Crucified King</i>	Luke 23:33–43

NEW SERMON SERIES - THE COMING LIGHT

11/30	<i>Hope in the Darkness</i>	Matthew 24:36-44
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ADULT DISCIPLESHIP

Adult Discipleship classes at MOPC take place at 9:45 a.m. every Sunday.



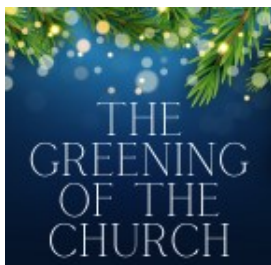
LOVING AND CARING FOR GOD'S CREATION: This class looks at how we can be caretakers of God's creation. We examine our changing climate, discuss the many beautiful and fascinating aspects of God's creation, explore what creation reveals about God, and consider how we should respond as Christians. This class meets in Room 501.

SERMON ON THE MOUNT: We continue our series on one of the most well-known, yet challenging and, sometimes, perplexing passages in the New Testament--the Sermon on the Mount. Join us for an exploration of Jesus' teachings on ethics in daily life and living as a citizen of the Kingdom of God. This class meets in Room 502.





Joyous Journey is a monthly gathering of parents and allies as we walk the journey of life with our LGBTQ+ loved ones. We spend time learning and discussing how to care for and support the LGBTQ+ community and each other. Content includes educational videos, affirming Christian books, and fellowship. Please join us the first Sunday of every month in Room 507 at 9:45 a.m.



GREENING OF THE CHURCH

Come and celebrate the joy of Advent! Join us for the Greening of the Church on Saturday, November 29. We will be decorating the church for the advent season from 1 p.m. to 4:30 p.m. with pizza and drinks to follow.



ONE MINUTE EMAIL UPDATE

Give us one minute and we'll keep you in the loop!

Are you signed up for our weekly One Minute Email Update? It's a great way to stay up to date on what's going on each week at MOPC. If you'd like to receive these emails, please contact the church office at 801-277-2674 or email sbarnish@mtopres.org and we'll add you to our One Minute Email list.



Did you know that you can access all of the sermons preached at MOPC on our website? We archive all of the sermons under the About Us tab at mountolympuschurch.com. You can listen to or download the audio of each sermon and as well as access a written. Videos of recent sermons are also available on our Facebook page. So even if you miss a Sunday, you never have to miss a sermon!



When I was a kid, one of my favorite movies was Hallmark's 1987 version of *The Secret Garden*. This adaptation of Frances Hodgson Burnett's classic story was dark, mysterious, and moody—utterly captivating to my ten-year-old imagination. I can still quote much of it from memory.

In one scene, Mary, the young protagonist who has suffered great loss but is also quite spoiled and self-centered, speaks with Ben Weatherstaff, the gardener. As they marvel at the garden's transformation from a sad, overgrown place into a beautiful retreat, Ben wisely observes, "Where you tend a rose, a thistle cannot grow."

That line has stayed with me. It's a simple truth with deep spiritual meaning. Scripture often uses the imagery of gardens and growth to describe the condition of our hearts. Proverbs 4:23 reminds us, "*Keep your heart with all vigilance, for from it flow the springs of life.*" What we choose to dwell on—what we "tend"—will either nurture beauty or allow weeds to take over.

In today's world, especially with the constant stream of bad news and social media noise, it's easy for "thistles" of fear, anger, or despair to take root. While it's important to stay engaged and compassionate, we must also make space to tend the "roses"—the good and grace-filled things God is doing all around us. Philippians 4:8 encourages us to think on "*whatever is true, noble, right, pure, lovely, admirable... excellent or praiseworthy.*"

There is still much good in our world! I recently read about an organization that has rescued over 250 million pounds of food from being wasted, redirecting it to people in need. Or the local story of a church that gave its entire building to another congregation—not even of their own denomination! These glimpses of generosity and redemption remind us that God is still at work, quietly cultivating hope.

As the holiday season approaches, I invite you to tend the roses in your own life through the practice of gratitude. Maybe that means limiting time online, noticing small kindnesses, or—like our family—filling a "Marvelous Things of 2025" jar with blessings big and small. However you do it, gratitude is one of the best ways to tend the garden of your heart—because where gratitude grows, thistles cannot.

Grace and peace,

Nikki
Zyp

Nikki

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11 am AA
2 8:30 & 11 am Worship 9:45 am Adult Discipleship 9:45 am Joyous Journey 7 pm Gratitude Concert	3 12:30 pm Staff 7 pm AA	4 6:30 am Men's Bible 9:30 am PW 7 pm Worship Team 7 pm AA	5 7 pm Mt O Youth 7 pm Mt O 45	6 7 am Men's Bible 9:30 am Wm's Bible 6:30 pm Wm's Bible 7 pm Stephen Min	7 7 pm Rescue Mission 7 pm AA	8 10 am Utah Food Bank 11 am AA
9 8:30 & 11 am Worship 9:45 am Discipleship for All Ages 7 pm Contemplative Worship	10 12:30 pm Staff 7 pm AA	11 6:30 am Men's Bible 6 pm Finance 7 pm Deacons 7 pm AA	12 7 pm Mt O Youth 7 pm Mt O 45	13 7 am Men's Bible 9:30 am Wm's Bible 12 pm Adult Fellowship Lunch 6:30 pm Wm's Bible	14 9 am Sandwich Making 4:30 pm St. Vincent's 7 pm AA	15 11 am AA
16 8:30 & 11 am Worship 9:45 am Discipleship for All Ages	17 12:30 pm Staff 7 pm AA	18 6:30 am Men's Bible 7 pm Session 7 pm AA	19 2 pm Chronic Conditions 7 pm Mt O Youth 7 pm Mt O 45	20 7 am Men's Bible 9:30 am Wm's Bible 6:30 pm Wm's Bible 7 pm Stephen Min	21 7 pm AA	22 11 am AA
23 8:30 & 11 am Worship 9:45 am Discipleship for All Ages	24 12:30 pm Staff 7 pm Personnel 7 pm AA	25 6:30 am Men's Bible 7 pm Facilities 7 pm Adult Min 7 pm AA	26	27 Office Closed	28 Office Closed 7 pm AA	29 11 am AA 1 pm Greening of the church
30 8:30 & 11 am Worship 9:45 am Adult Discipleship 7 pm Art Fellowship	 NOVEMBER Birthdays and Events					



UTAH
FOOD
BANK

Our MOPC volunteer date is Saturday, November 8, from 10 a.m. to noon at 3150 S 900 W at the Utah Food Bank. Remember, children over the age of six are welcome to help with a parent. It's always fun when children are there! Come work with us and others to help those less fortunate. Be thankful and give some time. Remember, no open-toed shoes for your safety. See you then!



Every 2nd Friday of the month, volunteers from MOPC help serve our community by giving their time to assist St. Vincent de Paul in providing food to those in need. On these Fridays, at 9 a.m., we gather in the MOPC kitchen to prepare sandwiches to be delivered. Then, at 4:30 p.m., MOPC volunteers by serving meals at the St. Vincent de Paul Dining Hall. The next opportunity to help will be November 14.

ADULT FELLOWSHIP LUNCHEON



Are you ready to travel? Here we go – to Peru and Machu Picchu with Lonnie and Jill Baskett. We can hardly wait for this armchair adventure, high in the Andes. Come along, bring a friend, and your favorite dish to share for fun, food, fellowship, and a fascinating trip to Peru. See you there, Thursday, November 13 at noon in the gym. Up, up, and away we go!!

ART



ART FELLOWSHIP

All are welcome to join us for an Art Fellowship time on Sunday, November 30, from 7 to 8:30 p.m. Bring a project you are working on or pick up a project provided. Come and join us as we fellowship and create! Call Bonnie (801-864-4287) or Deb (801-582-2262) for more information.

PRESBYTERIAN WOMEN (PW)



November with pumpkins, pilgrims, & dried corn upon the doors,
And we all have prayers of thanksgiving galore!

Our monthly meeting will be on Tuesday, November 4, at 9:30 a.m. in the gym for light refreshments and the meeting at 10 a.m. Our program this month will be a presentation by Carol Day and Emily Lower titled "Walking with our Native American Sisters." The hostesses for November are Marilyn Marshall and Emily Piper. Come join us, all ye Presbyterian Women of

MOPC. We welcome you to be a "doer" with us!

If you have a chance, read Carol's article in the latest Horizon's Magazine regarding the Synod of the Rocky Mountains Spring Gathering in Ignacio, CO.

The Zoom meetings of the Matthew 25 Book Club, "The Four Vision Quests of Jesus," are underway. It is held each Wednesday from 7 p.m. to 8:30 p.m. Contact Ami Nashiravan at aninordland@gmail.com to register for these sessions.

You should have received your Peace and Justice Calendar for the month of November from Mardi Lessey, which gives events and their websites.

We have added an additional \$50 to our PW Annual Mission to the PW in the Synod, bringing the total to \$100 and a total of \$450, including PW churchwide and PW in the congregation. Our contributions enable us to help be "doers".

-Pauline Forster



MOPC CHRONIC CONDITIONS SUPPORT GROUP

If you or a loved one is affected by a chronic condition, we invite you to check out our support group. We meet on the 3rd Wednesday of the month via Zoom to talk, pray, and encourage one another. Our next meeting is Wednesday, November 19, at 2 p.m. Please text or call Janet Nelson at 801-560-9044 for the Zoom link or more info.

Family Ministry

At the beginning of October, the Children's and Youth Ministry hosted a two-night Family Retreat at Bear Lake. With 20 families in attendance, we played, talked, ate yummy food, prayed, studied, and worshiped together! It was a wonderful weekend in which we grew closer to each other and closer to God. A special thank you to Heather Allen for leading worship, and to Megan and Dan Shelly for planning and preparing all of our yummy meals! And thank you to the families who participated. Let's do it again in 2026!

-Jen Christensen, Director of Family Ministry





Ministry Staff

Pastor	Chris Pritchett
Pastoral Associate	Nikki Zyp
Pastor Emeritus	Jeff Silliman
Executive Administrator	Sheila Barnish
Administrative Assistant	Sarah Brozek
Director of Family Ministry	Jen Christensen
Treasurer	Roberta Bolton
Director of Childcare	Maddie Woodruff

Contact Information

Office Hours:
Mon-Thurs 9 a.m.-5 p.m.; Fri. 9 a.m.-1 p.m.
Phone: (801) 277-2674
Fax: (801) 277-2059
Pastor: cpritchett@mtopres.org
Pastoral Associate: nzyp@mtopres.org
Exec. Administrator: sbarnish@mtopres.org
Newsletter Items: sbrozek@mtopres.org

Mount Olympus Presbyterian Church
3280 East 3900 South
Salt Lake City, UT 84124

Website: www.mountolympuschurch.com
Visit us on Facebook: www.facebook.com/mountolympuspresbyterian

Elders Serving on Session

Class of 2025

Amy Beckler
Shauna Huston
Kaye Freeman
Armand Van Hien

Class of 2026

Carol Day
Megan Judkins
Edward Owens
Mark Templeman

Class of 2027

Dana Baird
Bob Bolton
Brad Hayden
Rick Spratling
Tammy Stevenson

OUR MINISTRY OF CARE

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Chris Chytraus, Thea Hayden, Julie Holtrop, Jan Ingerson, Karen Jackson,
Marilyn Marshall, Debora Owens, Tamara Pluth, Becky Sowards,
Jim Sowards, John Terrion, Anne Gerrie van Hien

Stephen Ministers

Eric Brozek, Bethany Jones, Mike Magill, Kristina O'Neal*, Susan Parker,
Danielle Vaughns, Jim Wight, Kathy Wight, Lauri Winge*

*Stephen Ministry Leadership Team