



May
2019

Dear God,
I do not know where you are leading me
I do not even know what my next day,
my next week or my next year will look like.
As I try to keep my hands open,
I trust that you will put your hand in mine
and bring me home.
Thank you God for your love.
Thank you.
Amen.

Henri Nouwen, *With Open Hands*

This simple prayer by Henri Nouwen concludes his book, *With Open Hands*. In his reflections on prayer and the life of faith Henri contrasts the images of a clenched fist and an open hand: the journey of faith is the loosening of clenched fists that seek to possess into hands opened to receive. As he writes: "To pray means to open your hands before God. It means slowly relaxing the tension which squeezes your hands together and accepting your existence with an increasing readiness, not as a possession to defend, but as a gift to receive."

To live in light of God's promises means to open our hands to receive God's abundance. This is why the meal we call the eucharist, where we open our hands to receive the gift of Christ's nurturing and healing presence, is at the very heart of our worship and our life together as a community of faith. For once our hands have been unclenched to receive, they are open to share God's abundant gifts with those whose hands are empty.

Peace,
Pastor Richard

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5 Healthy Habits

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Confirmation Sunday

Sunday, May 19

Graduation Sunday

Sunday, June 2

Congregational Meeting

Sunday, June 2 at 11:00am

....and more

Details Inside

Sunday Worship at Mt. Carmel

Sunday Worship Service

9:30am

Holy Communion is offered at all
Sunday worship services.

Education Hour follows the
church service

Join us for coffee on the patio
immediately following the service.

Mt. Carmel's Journey FORWARD

Do you remember learning in school that a good story includes WHO, WHAT, WHEN, WHERE, WHY and HOW? Mt. Carmel is shaping a new story that will guide the next chapter of our history, and all these elements are finally coming together!

WHO: A Lutheran community, rejoicing in Christ, growing in faith, active in love. (Our Shared Vision)

WHAT & WHEN: Our Strategic Plan (which outlines Strategic Areas of Focus, including specific steps and timelines for implementation)

WHERE: Our Strategy is "Sharing God's unconditional love by partnering with the community to serve the community."

WHY: Celebrating God's grace through worship, learning and service. (Our Shared Mission)

And now we are ready for.....**HOW**.

As we implement our new Strategic Plan and work toward our mission and vision, **HOW will we interact with one another? HOW will we function as an organization?** We can all think of a time when a great plan was thrown off-course because of HOW well (or not well!) people worked together and got along. By paying attention to HOW we do things, we improve the likelihood that we will be able to accomplish our goals and grow our congregation. This is where our Healthy Habits come in.

Our congregation met several times over the past six months with the direction of Turning West, and as part of that process we collectively identified "unhealthy behaviors" that have not served us well in the past.

Mt. Carmel's Journey Forward is a project to develop 5 Healthy Habits for interacting with one another and functioning as a congregation.



Open to Change: At Mt. Carmel, we are willing to respectfully listen, support and advance ideas or actions that align to our shared mission and vision, realizing that change is necessary for growth.

Listen to Understand: At Mt. Carmel, we listen respectfully to all voices to understand with an open heart and an open mind.

Intentional Evaluative Processes: At Mt. Carmel, leadership will use processes that are intentional, defined and collaborative to determine outcomes, and to structure ongoing change.

Accept Decisions Processed Well: At Mt. Carmel, we accept decisions made using intentional, defined and collaborative processes that allow broad input to evaluate and express concerns.

Loving Accountability: At Mt. Carmel, we use Christ as the model of how lovingly to hold each other and ourselves accountable.

Like any other habit, these Healthy Habits will take practice. The more we practice them, the more likely they will become second nature and be engrained in our church culture. We will spend several weeks focusing on each habit, beginning with Open to Change in June.

Join us for the kick-off of **Mt. Carmel's Journey Forward** at the **Adult Forum on Sunday, May 5 (11 a.m.)**

In honor of Cinco de Mayo, we will provide chips, salsa, guacamole and lemon-limeade. You will have the opportunity to hear more about the **5 Healthy Habits** and how they will make a positive difference at Mt. Carmel.



Mt. Carmel Norms Committee

Phil Twomey (Chair)	John Keisler
Karen Almas	Jackie Kinsey
Marilyn Brown	Joan Pedersen
Kevin Dong	Kathy Towle
Glen Priddy (Council President)	
Pastor Richard Rollefson	

COME JOIN OUR



BIBLE ADULT FORUM

Sundays 11:00AM
Quist Hall

A variety of classes and learning opportunities are available in May. Grab some coffee and a snack and join the conversations.

- May 5 – “Mt. Carmel’s Journey Forward”
- May 12 – “Women: The Key to the Resurrection”
- May 19 – 2019/2020 Budget Presentation
- May 26 – To be determined



THE BUS IS COMING!

MAY 18, 2019

Once again this year we are able to bring a bus full of excited, a bit anxious, but happy children from Riverside, CA to CMC to visit their dads. For some children, this is the only time they get to see their dads. After their visit at CMC, the children and their chaperones will come to Mt. Carmel for a party and a chance to relax before the return trip to Riverside. There will be ice cream sundaes and games, but mainly your friendly faces to greet our guests and make them feel welcome. Contact Nancy Priddy at 805-459-9249 with any questions.



BROWN BAG LUNCH

Friday, May 17
12:00 noon, Quist Hall

Bring your brown bag lunch and a friend or two to hear our speaker, our own Norm Smith.

Haven’t been to a Brown Bag Lunch before? This would be a great time to start. No commitment, just great fellowship and lots of interesting speakers.

Contact Nancy Priddy at 805-459-9249 with questions and to RSVP.



MAY YOUTH NEWS

- May 5: Making mugs for seniors during the regular meeting time
- May 12: Regular high school youth group
- May 19: Last regular high school youth group of the year. Confirmation Sunday
- May 26: No meeting—Memorial Day Family Camp
- June 2: Recognition of graduates during church

(Please watch your email for changes and updates to the above schedule.)

RECOGNITION OF GRADUATES!!

If you have a high school senior in your family who hasn’t attended in awhile (or ever) but who would like to be included in our recognition of graduations during the June 2 service, please let Monica know ASAP!



VACATION BIBLE SCHOOL

July 22–26, 9:00am–2:00pm

Are you looking for a week of one-of-a-kind FUN this summer? Then you’ll want to head to Mt. Carmel for games, crafts, songs, skits, and stories about God’s love!

Children preschool to entering 6th grade are invited to join us for VBS. Morning snack is included. Please provide a sack lunch. Register early – space is limited! Sign up forms are available in the narthex and on our website. Cost is \$50 per child. For more info, contact the church office at 805-544-2133, or Ingrid Frokjer at ingrid.frokjer@gmail.com.

Got something you want to celebrate or commemorate?
E-mail the details/pictures to the church office
- info@mtcarmelslo.org - for publication in this newsletter and our weekly “Vistas” announcements!
Deadline for June Summit is May 20

DATE	TIME	ACOLYTES	COFFEE SERVERS	COMMUNION ASSTS	GREETERS
		COORDINATOR	COORDINATOR	COORDINATOR	COORDINATOR
		John Keisler	Carol Harvey	Office	Office
May 5	9:30 AM	Andrew Moersdorf	Carol Harvey	Janis Sexton; Karen Petersen; Maureen Dresp; Cyndi Rollefson	Ro Cannon-Miller
May 12	9:30 AM	Allison Schultze	Sid & Beryl Bennett; Vicky Tway	Betty Johnson; Jenice Twomey; Nancy Priddy; John & Nancy Cook	Betty Johnson
May 19	9:30 AM	Lily Hinds	Carlyn Hinds	Sherri & Makenna Parkinson; Cyndi Rollefson; Nancy Priddy	JoAnn Bennett
May 26	9:30 AM	Andrew Moersdorf	Jack & Roberta Moen	John & Nancy Cook; Mike Dresp; Lisanne Martinelli	Pat Forrest
June 2	9:30 AM	Allison Schultze	Steve & JoAnn Bennett; Jan Uder	Janis Sexton; Diane Mansell; Maureen Dresp	Ro Cannon-Miller
				Please note that we need additional assistants on the days we have communion by intinction.	

*Reminder:

If you are unable to serve, please notify your coordinator and the church office of your substitute as soon as possible.

USHERS

Coordinator-Jess Bathke 805-927-9460 or jnpbath@charter.net

May 5	Steve & JoAnn Bennett	Jess & Pat Bathke	John Sexton
May 12	Norm & Mollie Smith	Dale & Betty Johnson	
May 19	Glen Priddy	Burke & Kathy Towle	Cyndi Rollefson
May 26	Warren Quist; John Merrill	Andy Frokjer	Carol & Donley Winger
June 2	Steve & JoAnn Bennett	Jess & Pat Bathke	John Sexton

Substitute ushers: Bill & Karen Almas, Diane Mansell, John Rebecca Keisler

**IF YOU WOULD LIKE
TO RECOGNIZE
SOMEONE SPECIAL,
CONSIDER SPONSORING
FLOWERS FOR OUR CHANCEL.**
Each bouquet is \$27.50 or \$55.00.
Thank you, Jeanie Schultz
Altar Guild



DATE	Time	LECTORS	SOUND BOARD	POWERPOINT
		COORDINATOR	COORDINATOR	COORDINATOR
		Wayne Lippold	Marshall Pihl	Marshall Pihl
May 5	9:30 AM	Monica Holman	Marshall Pihl	Carol Grosse
May 12	9:30 AM	Nancy Cook	John Perreault	Matthew Moersdorf
May 19	9:30 AM	Steve Bennet	Marshall Pihl	Linda Schultze
May 26	9:30 AM	Carlyn & Lily Hinds	John Perreault	Dave Parkinson
June 2	9:30 AM	Allison & Deanna Schultze	Marshall Pihl	Carol Grosse

ALTAR GUILD

May 5	Vicky Tway
May 12	Maureen Dresp
May 19	Dorothy McCoid
May 26	Pat Forrest
June 2	Mollie Smith
Next Altar Guild Meeting is June 13, 2:00pm	

FRIDAY MORNING OFFICE VOLUNTEERS

May 3	Dorothy McCoid
May 12	Carol Winger
May 19	Maureen Dresp
May 26	Pat Forrest
June 2	Dorothy McCoid



MOUNT CARMEL COUNCIL MEMBERS

President	Glen Priddy
Vice President	TBD
Treasurer	Sherri Parkinson
Secretary	Jenice Twomey
Members at Large	JoAnn Bennett
	Sandy Rowland
	John Merrill
	Matthew Schultze
	Val Lund

CHILDREN'S CHURCH

May 5	Ingrid Frokjer
May 12	Sandy Rowland
May 19	Val Lund
May 26	Diane Mansell
June 2	Ingrid Frokjer



The People's Kitchen

of San Luis Obispo

**Mt. Carmel serves again on April 5th at 11:45 AM
at Prado Day Center.**

Volunteers: Thank You, and be sure to check the
schedule below for what is needed.

Please have your clearly marked items at church by 11:00am,(heated and ready to go)

May PEOPLE'S KITCHEN SIGN-UPS,

Our volunteers on May 3:
Hot Dish (serves 12+)

Dianne Draze
Betty Johnson
Judie Kirkhart
Annette Martin
Laurie Musial
Karen Petersen

Salad (serves 12+)

Nancy Priddy
Nancy Cook
Sheryl Garnsey
Jennifer Remington
Carol Winger

2 Large Cans of Fruit

Maureen Dresp
Ingrid Frokjer

2 Gallons Whole Milk

Claudia Coughran

Looking ahead to June 7: **Hot Dish (serves 12+)**

Salad (serves 12+)

2 Large Cans of Fruit

2 Gallons Whole Milk

Janis Sexton
Kathy Towle
Jean & Jack Senter
Pat Forrest
Cyndi Rollefson
Brown
Jan Uder
Judy & Walt Bremer
Kathy Meyer
Karen Columbo
Jennifer Bobell
Tina Muller
Julie Martin

Please find your own substitutes if you cannot provide this month.

Please email Jan Uder at j.uder@yahoo.com if you have any questions about The People's Kitchen program.

Thanks for all you do!



PRAYING FOR OUR CHURCH COMMUNITY:

May 5—Sharon Haupt; Steve Jobst & Jill Anderson;
Dale & Betty Johnson

May 12—John & Rebecca Keisler; Jerry & Judie Kirkhart;
Jackie, Steve, Sarah, & Jenni Kinsey

May 19—Laura Krueger & Dave Wilcox; Jeannie Ledford;
Suzanne Leedale & Dante Nelson

May 26—Linda Lex; Wayne, Marci, Brandon, & Annaliese Lippold;
Casey, Kelly, Aiden, & Connor Lund

WE REMEMBER IN PRAYER: Jeanie Schultz



May BIRTHDAYS

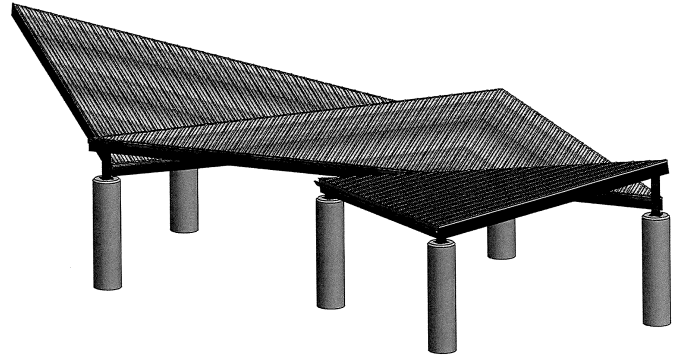
3 Andrew Moersdorf 20 Sarah Kinsey
 6 Maureen Dresp 23 Sue Cummings
 6 Rebecca Keisler 28 Steve Jobst
 9 Mark Twomey
 11 Annie Quist
 13 Carol Winger
 16 John Keisler
 17 Helen Rehm
 18 Jill Anderson



HAPPY ANNIVERSARY

05/02/09 Steve & JoAnn Bennett
 05/16/92 Paul & Rebecca Christiansen
 05/26/97 Dave & Sherri Parkinson
 05/26/84 Sheryl & Tony Huffaker
 05/27/96 John Perreault & Claudia Coughran

MT. CARMEL ENTRY CANOPY



Two Cal Poly students have designed a permanent canopy structure to replace the canvas shades currently covering our entryway. The new structure will be installed in phases during May, and will use the existing posts as a footprint for the new cover. Thank you to Austin Henry and Matt Kesselring for their design and work on this project.

New Address...

Bev Kovall
 211 Bradshaw Dr., Apt 222
 Prescott, AZ 86303

MT. CARMEL BOOK CLUB



Sunday,
May 19 at 6:00 pm
Karen Petersen's home

Black Dove, mama, mi'jo, and me by Ana Castillo is the book for May. A series of smart, poignant essays that are a testament to the necessity, and the power, of becoming the narrator of one's own life. Copies are available in the church office. Please note that we are meeting on the third Sunday this month.

Dave Becker Trio

Sunday, June 9
 First Presbyterian Church, SLO

Got something you want to celebrate or commemorate?

E-mail the details/pictures to the church office

- info@mtcarmelslo.org - for publication in this newsletter and our weekly "Vistas" announcements!

Deadline for June Summit is May 20

Mount Carmel Staff

Rev. Richard Rollefson Interim Pastor
Paul Woodring Organist
Dave Becker Director of Contemporary Music
Tony Bloodworth Custodian
Mary Ann Jakes Parish Administrator

Church Office Hours 9:00am–3:00pm Monday- Friday
 Phone 805-544-2133

Email: info@mtcarmelslo.org www.mtcarmelslo.org

Our pastoral staff is here for you.

In time of crisis, please contact the church office or
 Pastor Richard Rollefson 858-349-8862

Mt. Carmel

LUTHERAN CHURCH

1701 Fredericks St.
San Luis Obispo, CA 93405

Phone: 805-544-2133
Email: info@mtcarmelslo.org

Gather, Grow, Go

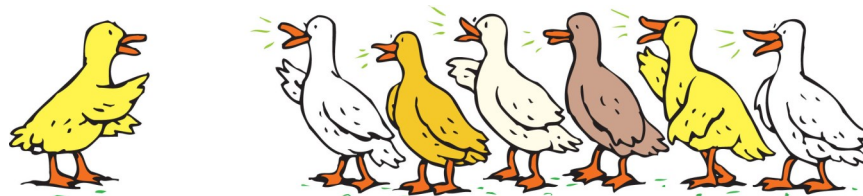
CHECK OUT FACEBOOK!

For updates from
Mt. Carmel, go to
[www.facebook.com/
mtcarmelslo](http://www.facebook.com/mtcarmelslo)

ADDRESS SERVICE REQUESTED



Southwest California Synod/Mt. Carmel
Evangelical Lutheran Church in America
God's work. Our hands.



ANNUAL MEETING

ANNUAL CONGREGATIONAL MEETING
SUNDAY, JUNE 2, 2019

Mark your calendar and attend our Annual Congregational Meeting. The election of officers and council members will be held during the meeting. All members are invited and encouraged to attend. Your voice and your vote is very important! Food will be provided.