



Love Made Visible
-Worship -Inform -Act

Love Made Visible Challenge 1

April 17, 2020

Love Made Visible Challenge—Celebrating Earth Day #50

Christ is risen. Christ is risen, indeed! How wonderful to proclaim this virtually together last Sunday.

As we enter the Easter season and the new life spring brings, we call on all Mount Olive members to join in **daily** expressions of a **Love Made Visible Challenge** as we care for our precious world: a time of stewardship, of challenge, a time to move forward together.

Each of the next four Fridays you will receive an email with daily suggestions for worship, information, and action. This next month we join with people of faith around the world in committing to **making our love and care for creation visible**. Let's begin today!

Friday, April 17—Food Source Locally

Worship: *God of the harvest, your earth brings forth harvest in due season. Help us, in our eating, to honor the earth, the farmers and our bodies. Amen*

Inform: Food in the U.S. travels an average of 1,300 miles from farm to supermarket.

Almost every state in the U.S. buys 85% of its food from someplace else.

Act: In this time of social distancing and supporting local farms, find a local restaurant that sources food locally as much as possible and order a take-out dinner from them.

Saturday, April 18—Water

Worship: *“Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city.” Revelation 22:14*

Inform: Appliances account for about 20 percent of a typical household’s energy use. Up to 90 percent of the cost of washing clothes comes from heating the water.

Act: Run that load of laundry with cold water. Use hot water only for very dirty clothes, and always use cold water in the rinse cycle.

Sunday, April 19—Do with Your Family

Worship: *“Cry aloud; do not hold back, lift up your voice like a trumpet.” Isaiah 58:1*

Inform: From the BBC: “There are many ethical reasons to use nonviolent strategies. But compelling research by Erica Chenoweth, a political scientist at Harvard University, confirms it is the most powerful way of shaping world politics – by a long way...she has shown it takes around [3.5% of the population actively participating in the protests to ensure serious political change](#). Once around 3.5% of the whole population has begun to participate actively, success appears to be inevitable.”

Act: Plan and make a poster or video answering this question: Why do you stand for climate justice? Take a photo or make a video of you sharing this message. We’ll put together another great Mount Olive montage.

Monday, April 20—Meatless Mondays

Worship: *“Whether you eat or drink, do all of God’s glory.” 1 Cor. 10:31*

Inform: It takes 12 pounds of grain and 2,500 gallons of water to produce one pound of hamburger.

Act: Meatless Monday. Do you have a favorite meatless recipe to share? Reply to this email, and we’ll share it with others. Click here for a favorite: <https://www.greensnchocolate.com/vegetarian-quinoa-burrito-bowls-avocado-cream-sauce/>

Tuesday, April 21—Influence People

Worship: *Holy God, we are thankful for the ways in which our system allows the voices of many people to be heard. Give us the will to use our voices that creation might have abundant life. Amen*

Inform: From our partner Minnesota Interfaith Power and Light: “One way you can help make this Earth Day livestream powerful is to take a photo of yourself answering this question: Why do you stand for climate justice? We’ll be sharing this visual mosaic on the Earth Day livestream and with candidates and decision-makers throughout the year!”

Act: Send the video or photo your family made on Sunday to Mount Olive

at missions@mountolivechurch.org and to Minnesota Interfaith Power and Light at chariss@mnipl.org. Post it on Facebook, Instagram or Twitter with the hashtag #MNEarth Day. We'll make a Mount Olive montage and share it with you.

Wednesday, April 22—World Connectedness

Worship: *The Earth is the Lord's and all that is in it, the world and all who dwell therein. Psalm 24:1*

Inform: From MNIPL: "This moment of pandemic reminds us how deeply connected we are to each other and to the earth. On the 50th anniversary of Earth Day, join us for a virtual gathering of prayer, storytelling, art, and wisdom. We invite you to connect and support one another and to send a powerful message to decision-makers that climate justice is a top priority. [Sign up here.](#)

Act: Two actions: 1) Sign up for and join the Call to Collective Care livestream and join others around the country in prayer. 2) Sign up for next Sunday's family movie (*The Human Element*) here: <https://www.interfaithpowerandlight.org/2020/01/the-human-element/>

Thursday, April 23—Energy

Worship: *Holy God, with the waters of baptism you have claimed us as your children. Give us the commitment, as we heat the water that washes us, to conserve energy and your precious water. Amen.*

Inform: We could cut the cost of heating, cooling, and lighting our homes and workplaces by up to 80% just by using energy efficient technologies. In a world of finite resources, for all to have enough means that those with more than enough will have to change their patterns of acquisition and consumption.

Act: Right now—Set your water heater to 120° F. Take shorter showers. Don't let the water run when you are washing the dishes or even during the 20 seconds that you suds your hands!

Do you want to do more? [Check these resources.](#) This page will be updated and added to weekly.



Love Made Visible

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Love Made Visible Challenge 2

April 24, 2020



Love Made Visible Challenge—Celebrating Earth Day #50 Week 2 of 4

As we celebrate the Easter season and the new life spring brings, we call on all Mount Olive members to participate in **daily** expressions of this **Love Made Visible Challenge** as we care for our precious world: a time of stewardship, of challenge, a time to move forward together. On to Week 2!

Friday, April 24—Food Source Locally

Worship: *God of provision, you gave to your people manna and quail in the wilderness. Open our eyes to the food that is right in front of us, that we may support our neighbors*

and be kind to creation. Amen

Inform: “Local food supports the local economy. The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.” (MSU Extension)

Act: To support local producers, buy local products. For example, look for the Minnesota Grown label. Minnesota Grown is a partnership between the Minnesota Department of Agriculture and producers of specialty crops and livestock in Minnesota. More information is available at www.minnesotagrown.com.

Saturday, April 25—Water

Worship: “*With joy you will draw water from the wells of salvation.*” *Isaiah 12:3*

Inform: Trash and organic pollutants flow through storm drains and into waterways. Organic pollutants encourage algae to grow, which blocks sunlight. Plants can’t grow. Fish and wildlife lose their habitat. When a lot of algae die, they create a dead zone. (Adopt-a-Drain)

Act: (1) Sweep leaves, trash, and other debris off a storm drain and nearby surfaces. Join Minnesotans in Adopt-a-Drain to celebrate Earth Day’s 50th birthday. (2) Capture your efforts in photo(s), video, and/or writing to share with others on Tuesday. More information is available at <https://mnearthday.org/event/minnesotans-invited-to-adopt-a-drain-in-honor-of-50th-earth-day-birthday/>

Sunday, April 26—Do with Your Family

Worship: “*Moreover, it is required of stewards that they be found trustworthy.*” *1 Corinthians 4:2*

Inform: “Environmental photographer James Balog captures the lives of everyday Americans on the front lines of climate change. With . . . compassion and heart, *The Human Element* relates captivating stories from coast-to-coast, inspiring us to reevaluate our relationship with the natural world.” (MNIPL)

Act: Be inspired by the documentary *The Human Element*. It’s available for free online viewing through today, April 26. If you haven’t signed up yet to receive the password, visit this page: <https://www.interfaithpowerandlight.org/2020/01/the-human-element/>

Monday, April 27—Meatless Mondays

Worship: “*The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good.*” *Genesis 1:12*

Inform: Waste from hogs, chicken, and cattle in factory farms puts dangerous levels of nitrates into groundwater.

Act: A few options . . . (1) Visit [this link](#) to see meatless recipes shared by Mount Olive friends in response to last week’s invitation. (2) Keep it going – reply to this week’s email to share your favorite meatless recipe(s). (3) Explore [this web site all about Meatless Mondays](#) and pick a recipe to make.

Tuesday, April 28—Influence People

Worship: *“Then all the assembly replied with a loud voice, “That’s right! As you have said, so it is our duty to do.” Ezra 10:12*

Inform: Jana Larson, director of the Adopt-a-Drain program, said, “Even though many community cleanup events have been canceled, we can still honor Earth Day by taking joint action to protect Minnesota’s lakes and rivers. Adopt-a-Drain invites everyone to participate in a safe way during social distancing.”

Act: Help increase participation in Adopt-a-Drain by posting your experience, through writing, photo(s), and/or video, on social media with the hashtags **#adoptadrain** and **#earthdaybirthday2020**.

Wednesday, April 29—World Connectedness

Worship: *Gracious God, we are thankful for our neighborhood, city, state, and country. Help us to be mindful of the ways in which our political and organizing voice can influence our government to improve our planet. Give us courage and hope. Amen*

Inform: With “the emergence of COVID-19, ... our country has gone from low unemployment and steady growth to a situation in which it is clear that government stimulus will be necessary to ensure that people can put food on the table and pay rent. ... Investments in renewable energy, clean transportation, energy efficiency, and sustainable agriculture can put people back to work once the pandemic is behind us and lead to a greener future.” (MNIPL).

Act: Advocate for a green recovery. Send one or more letters to elected officials encouraging prioritization of programs that both strengthen our economy and address the climate crisis. Template provided here: <https://www.congressweb.com/MIPL/4#/4/>

Thursday, April 30—Energy

Worship: *Loving God, give us wisdom in our homes and hearths, that as we care for our own bodies and households, we also care for the earth. Amen (Creation Care).*

Inform: On average, more than half of energy use in U.S. homes is for heating and air conditioning. (Energy Kids)

Act: Adjust your thermostat setting by two degrees (lower in winter, higher in summer) to lower energy bills by four percent and prevent 500 pounds of carbon dioxide from entering the atmosphere each year. Fully open your shades in the winter to allow the sun to heat your home. In the summer, make use of the shades to block the sun and keep your interior cool.

Do you want to do more? [Check the Additional Resources page.](#)



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Love Made Visible Challenge 3

May 1, 2020

As we celebrate the Easter season, we call on all Mount Olive members to participate in this **Love Made Visible Challenge** as we care for our precious world: a time of stewardship, of challenge, a time to move forward together. On to week 3!

Continue to send photos/videos/recipes during our Love Made Visible Challenge to missions@mountolivechurch.org. **And sign up now** (same link) for next Saturday's (May 9) Care for Mount Olive's Rain and Butterfly Gardens. Bring your own mask/glove/tools. You'll work outside, at a distance from others.

Friday, May 1—Source Food Locally

Worship: *“Almighty God, we thank you for making the earth fruitful, so that it might produce what is needed for life: Bless those who work in the fields; give us seasonable weather; and grant that we may all share the fruits of the earth,*

rejoicing in your goodness; through Jesus Christ our Lord. Amen.” (Book of Common Prayer)

Inform: Twin Cities farmers’ markets—considered “essential” under the governor’s stay-at-home order—are gradually opening, with limited offerings until crops begin to be harvested. The owners of the Minneapolis Farmers’ Market, near downtown, told a reporter they’re increasing spaces between vendors, eliminating samples, and adding sanitizing stations.

Act: Check out the schedule for your favorite farmers’ market, and shop there until it closes in the fall. Try new things. When you shop, follow the latest pandemic rules.

Saturday, May 2—Water

Worship: *“You change deserts into pools of water and dry land into water-springs” (Ps. 107:35, ELW).*

Inform: Municipal water systems in Minnesota and the nation provide tap water that, with some notorious exceptions, is safe and, in most places, has a pleasant or neutral taste. For most Americans, bottled water is OK in a pinch but not as a daily habit.

Act: Do an internet search for “real cost of bottled water.” If you haven’t already, get a stainless steel bottle and fill up at the tap!

Sunday, May 3—Do with Your Family

Worship: *“Triune God, whose will it is that humans live in community, bless family life everywhere and fill all homes with respect, joy, laughter, and prayer. . . .” (ELW, p. 83)*

Inform: One of the exceptions to “stay at home” is that we can go walking, running, or biking, whether out our front door or after driving to a park or trail.

Act: Choose a route that’s either new or one you haven’t taken for a long time. With one or more family members, challenge one another to notice significant or interesting things, maybe in nature, architecture, history, or people. **Take a picture or video** of you and some of your discoveries.

Monday, May 4—Meatless Mondays

Worship: *“Let the vineyards be fruitful, Lord, and fill to the brim our cup of blessing. Gather a harvest from the seeds that were sown, that we may be fed with the bread of life” (ELW 182).*

Inform: Food writer Michael Pollan (*The Omnivore’s Dilemma* and other books) says: “Eat food. Not too much. Mostly plants.” Following that advice is good for our planet and good for our personal and societal health.

Act: Try one of the recipes shared by Mount Olive friends. More recipes have come in since last week. [See the full listing here:](#) Perhaps try the recipe for “Butternut Squash Gratin with Goat Cheese,” from the *Mount Olive Lutheran Church Centennial Cookbook* (2009).

Tuesday, May 5—Influence People

Worship: *But Moses said to God, “Who am I that I should go to Pharaoh, and*

bring the Israelites out of Egypt?” (Exodus 3:11).

Inform: “I’m only one person. What difference could I make?” Nearly all of us have had that feeling. The truth is that as individuals we can make a difference. But we have to *act*.

Act: By phone or email, tell your legislative, congressional, or city council member where you stand on an issue that’s important to you. Give money and/or volunteer for a political campaign. Write a letter to the editor.

Wednesday, May 6—World Connectedness

Worship: *“Gracious God, . . . make us quick to welcome ventures in cooperation among the peoples of the world, so that there may be woven the fabric of a common good too strong to be torn by the evil hands of war. In the time of opportunity, make us to be diligent; and in the time of peril, let not our courage fail; through Jesus Christ of Lord, Amen (ELW, p. 76).*

Inform: Today individuals, groups, and nations are more globally interconnected than ever, whether we’re talking about flows of goods and services, capital, knowledge and technology, people, or taking on the challenge of climate change.

Act: Reflect on ways global connections and the speed of those connections is affecting you and your family. Do you think of yourself as an actor in this global theater or as playing a mostly passive role?

Make protective masks.

Learn four ways Lutheran World Relief is working to fight climate change.

Help Lutheran World Relief get clean water from rainwater cisterns.

Thursday, May 7—Energy

Worship: *“No one after lighting a lamp hides it under a jar, or puts it under a bed, but puts it on a lampstand, so that those who enter may see the light” (Luke 8:16).*

Inform: The Energy Independence and Security Act of 2007, signed by President George W. Bush, didn’t ban the sale of all incandescent bulbs but did require about 25% greater efficiency for bulbs that traditionally used 40–100 watts.

Act: Take an inventory of your indoor and outdoor lighting. Your highest priority should be installing efficient LEDs in fixtures that both require high lumens (a brightness measure) and are on a lot. Choose an LED “color temperature,” in Kelvins, that you prefer (3000K is traditional, 5000K is really white)

Do you want to do more? *Check these resources.*



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Love Made Visible Challenge 4

May 8, 2020

Get your photos in! We would love to see anything you have been doing during our Love Made Visible Challenge. Please send them to missions@mountolivechurch.org. We will be sharing them next week. As we celebrate the Easter season, we call on all Mount Olive members to participate in this **Love Made Visible Challenge** as we care for our precious world: a time of stewardship, of challenge, a time to move forward together. On to our last week!

Friday, May 8—Source Food Locally

Worship: *“Creator God, you made us out of the soil, help us to be advocates for our sibling the soil, that we honor and care for it and all that it yields. Amen”*

Inform: Buying fruits, vegetables and breads from local producers supports our local economy and removes the energy wasted in transporting food products long distances.

Act: Join a Community Supported Agriculture (CSA). By buying a share in a local farm you can get a weekly supply of seasonal vegetables and support the long term sustainability of a local farmer. You can search for a CSA that works for you here: <https://www.localharvest.org/csa/>

Saturday, May 9—Water

Worship: *“God, your voice echoes over the waters. Allow us to appreciate and treasure the resources you have created. Our thirst is only for you, teach us to see your world as you see it. Amen”*

Inform: In the natural world forests, grasslands, and wetlands all hold and slowly release rainwater, filtering it and recharging ground water systems. Our buildings and pavements cause rainwater to run straight to our sewers and into waterways, carrying contaminants and causing flooding downstream.

Act: We can prevent and reverse some of the effects of our building by planning for green space and developing rain gardens that mimic wetlands. Mount Olive has them along the west side of our parking lot. Join us **May 23rd** (note this is a date change) to help keep them going. Sign up at missions@mountolivechurch.org. Learn more about what you can do in your own yard here: [Metro Blooms workshops](#).

Sunday, May 3—Do with Your Family

Worship: *“Be still, and know that I am God!”-Psalm 46:10*

Inform: This is a stressful, busy time for many families on many different levels. Mindfulness meditation can help to lower stress and anxiety during these challenging times.

Act: Find a quiet place in nature, and either close your eyes or focus them on a lake or a tree. Spend 5-10 minutes breathing deeply, trying to focus on just your breathing. When your mind wanders, gently bring your focus back to your breath. Alternatively, you can try this guided meditation recorded by a lake, from your home. [Kindness meditation](#) by Lisa Ruff

Monday, May 11—Meatless Mondays

Worship: *“Blessed are you, O God, maker off all things. Through your goodness you have blessed us with bountiful gifts from the earth. Help us to be good stewards of these gifts. Amen.”*

Inform: Avoiding meat and dairy is one of the most effective ways to reduce your environmental impact, according to the author of a 2018 study in Science magazine. (<https://science.sciencemag.org/content/360/6392/987>) Meat and dairy alternatives are widely available now and much better tasting than they have been in the past.

Act: Experiment with one or both of the following. Try a meat alternative like Beyond Meat, Impossible Burgers or Quorn chicken or make your own veggie burgers. Instead of adding dairy to a recipe, add your own cashew cream. Recipes for both are on page 1 of the [collection of recipes shared by Mount Olive friends](#).

Tuesday, May 12—Influence People

Worship: “*God, open our hearts to stir us to action, strengthen our resolve and empower us to stand in love for creation. Amen.*”

Inform: Inclusive financing for energy efficiency is a mechanism for making energy efficiency more accessible and equitable. You can learn more *here*.

The City of Minneapolis has been working on this issue for over 3 years and is ready to go but needs the support of Xcel energy.

Act: Write a letter to Xcel energy, encouraging them to pursue inclusive financing through the Public Utility Commission and/or legislative action. Send letter to Ben Fowke, CEO, 401 Nicollet Ave., Minneapolis MN 55401

Wednesday, May 13—World Connectedness

Worship: “*All nations will be blessed through him, and they will call him blessed.*”-Psalm 72:17b

Inform: We are interconnected in our energy use as much as we are by our communication networks. Oil flows internationally by tankers, trucks, and pipelines, and the electrical grid ties our homes to every other home in the nation. Addressing climate change and climate justice requires that each of us, as part of the interconnected whole, do our part.

Act: You can reduce your own energy consumption with more efficient lighting and appliances, and simply turning things off when not in use. If you don't already have an online account with Xcel Energy and/or CenterPoint, set one up today. Look at the information they provide to see your month to month use and how it compares to your neighbors. Challenge yourself to reduce your usage by 10% over the next three months and track it.

Thursday, May 14—Energy

Worship: “*Your footprints were unseen.*”-Psalm 77:19

Inform: As stewards of creation, we preserve rather than use up resources. Fortunately, our energy needs can be addressed with renewable sources like wind and solar. Mount Olive's efforts to improve our stewardship with our solar array on the parish house roof has produced 53 Mwh of electricity, saving over 41 tons of CO₂ over the past 2 ½ years and our use of geothermal for heating and cooling has prevented another 160 tons of CO₂ from going up our chimney.

Act: Several of our members have installed solar arrays on their roofs and would be happy to relate their experience. If you would like a tour of Mount Olive's solar or geothermal installations, contact the Properties committee and someone will be happy to walk you through.

Do you want to do more? [Check these resources.](#)



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Love Made Visible Challenge 5

May 15, 2020



Our month of **Love Made Visible Challenge** has ended, but our Climate Justice Challenge must continue!

As we reflect on the last month, we want to share **pictures and videos with you in the link below**, but even more importantly, we want to hear from you.

- How did your **worship** help you to focus on the gift of creation?
- What did you **learn** or what were you reminded of again?
- What **actions** did you take or intensify?

We want to hear your stories to share with and encourage all of us. We want to see even more of your pictures. We want to hear your thoughts on how we can move forward, challenging each other to do more to make climate justice real. Next Friday will be our last Friday Twig, so get us your stories, pictures, reflections, or comments by Wednesday.

Ok--I'll start (Judy)

Worship—The fourth week prayer for the earth reminded me again of my direct connection with our soil. I prayed for farm workers and farmers, especially in this difficult time when workers aren't being allowed to enter the country. I love this verse: "With joy you will draw water from the wells of salvation." (Is 12:3)

Learn—Inclusive financing—certainly something I never knew about before. Green recovery!!!! Love it! Let's do it!

Act—I actually took the time to meditate in nature with Lisa. I tried three wonderful new recipes. I got to send a specific letter to a specific person at Xcel as well as advocate for green recovery. I'm looking for that MN Grown label more. We adopted two storm drains and will clean them for the second time on Sunday—Ellie and Avi. *The Human Element* was hard to watch, but really good and inspiring. Take-out from a nearby restaurant every Friday—yum!

Your turn—Please share with us. Together we will support each other in this work.

And don't forget our Mount Olive Rain/Butterfly Garden Work Day on May 23. More info next week.

[*Our pictures and videos*](#)

[*Our recipes*](#)

[*Our resources*](#)



Love Made Visible

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Love Made Visible Challenge 6

May 22, 2020

Let's take care of our Rain/Butterfly Garden. Time to pick those weeds and crabgrass and spread more mulch.

Tomorrow, Saturday, May 23, 9:30 a.m. Bring your mask, your gloves, and your joyful eyes. We'll spread out and work together.

[Our pictures and videos](#)

[Our recipes](#)

[Our resources](#)