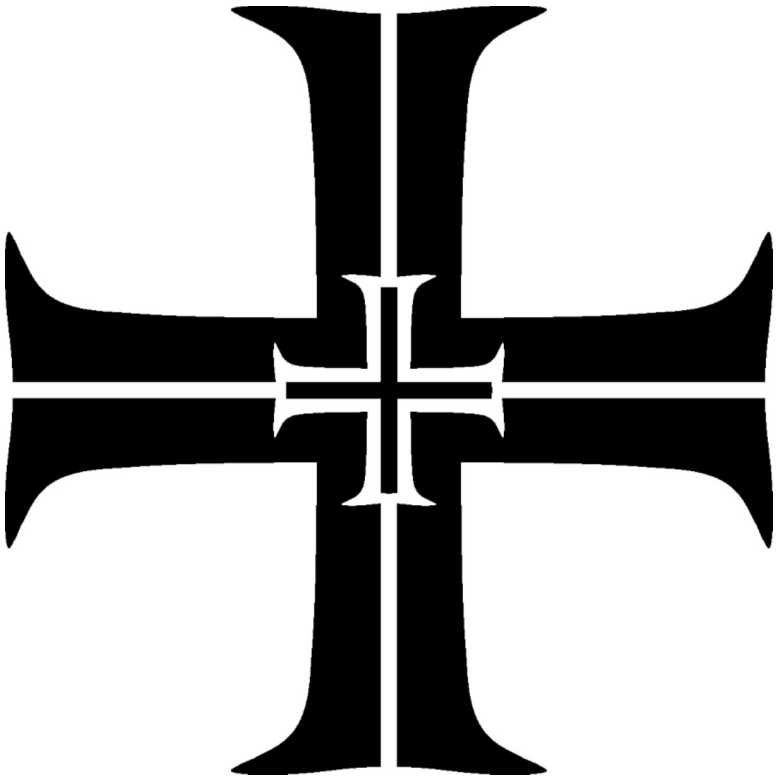
A Celebration of the Life of Mary Olmsted

March 3, 1935 – October 7, 2026



Saturday, November 21, 2026
2:00 pm
St. Paul's Episcopal Church
Duluth, Minnesota

Welcome to worship at St. Paul's Episcopal Church.
Please note: the words printed in **bold** *are*
to be spoken by the entire assembly.

Restrooms are located through the front door to the right,
down the hall on your left.
Accessible restrooms are on the lowest level.
Contact an usher for assistance.

Following the liturgy,
you are cordially invited to a reception in the Olcott Room,
at the end of the hall on this level.

Worship Leaders

Celebrant: The Rev. Maggie Nancarrow
Verger: Kathleen Smith
Lectors: Barbara Olmsted Thorne, Mary-Anne Olmsted-Kohls
Prayer Leader: Stephen L. Olmsted
Organist: Charles Sundquist
Soloist: Tasha Kapp
Ushers: Gary Olson, Bob Silverness
Altar Guild: Lynnea Hultkrantz, Diane Kolquist
Livestream Ministry: Nate French
Honorary Pall Bearers: Benjamin Kohls, Marshall Kohls, Breann Stanzell,
Marty Thorne, Alex Thorne, Jonathan Olmsted and Matthew Olmsted

Prelude *Prayer* L. Boëllmann
Adagio Gerald Near

The Anthem

I am Resurrection and I am Life, says the Lord.
Whoever has faith in me shall have life,
even though he die.
And everyone who has life,
and has committed himself to me in faith,
shall not die for ever.

As for me, I know that my Redeemer lives
and that at the last he will stand upon the earth.
After my awaking, he will raise me up;
and in my body I shall see God.
I myself shall see, and my eyes behold him
who is my friend and not a stranger.

For none of us has life in himself,
and none becomes his own master when he dies.
For if we have life, we are alive in the Lord,
and if we die, we die in the Lord.
So, then, whether we live or die,
we are the Lord's possession.

Happy from now on
are those who die in the Lord!
So it is, says the Spirit,
for they rest from their labors.

Processional Hymn #671 – *Amazing Grace*

Collect of the Day

The Lord be with you. **And also with you.**

Let us pray. O God of grace and glory, we remember before you this day our sister Mary. We thank you for giving her to us, her family and friends, to know and to love as a companion on our earthly pilgrimage. In your boundless compassion, console us who mourn. Give us faith to see in death the gate of eternal life, so that in quiet confidence we may continue our course on earth, until, by your call, we are reunited with those who have gone before; through Jesus Christ our Lord. **Amen.**

First Reading *Acts 9:36-42*

Now in Joppa there was a disciple whose name was Tabitha, which in Greek is Dorcas. She was devoted to good works and acts of charity. At that time she became ill and died. When they had washed her, they laid her in a room upstairs. Since Lydda was near Joppa, the disciples, who heard that Peter was there, sent two men to him with the request, "Please come to us without delay." So Peter got up and went with them, and when he arrived, they took him to the room upstairs. All the widows stood beside him, weeping and showing tunics and other clothing that Dorcas had made while she was with them. Peter put all of them outside, and then he knelt down and prayed. He turned to the body and said, "Tabitha, get up." Then she opened her eyes, and seeing Peter, she sat up. He gave her his hand and helped her up. Then calling the saints and widows, he showed her to be alive. This became known throughout Joppa, and many believed in the Lord.

The Word of the Lord.
Thanks be to God.

Psalm 23 *The psalm will be sung by the soloist.* *God Is My Shepherd – Antonin Dvoràk*

God is my shepherd; I want for nothing.
My rest is in the pleasant meadows; he leadeth me where quiet waters flow.
My fainting soul doth he restore, and guideth me in the ways of peace to glorify his name.
And though in death's dark valley my steps must wander, my spirit shall not fear,
For thou art by me still; Thy rod and staff are with me, and they shall comfort me.

Second Reading *Book of Common Prayer, p. 833*

Lord, make us instruments of your peace.
Where there is hatred, let us sow love;
where there is injury, pardon;
where there is discord, union;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
Grant that we may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.
Amen.

Sequence Hymn – *Nearer, My God, to Thee*



The Holy Gospel *John 10:11-16*

The Holy Gospel of our Lord according to John.
Glory to you, Lord Christ.

"I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away, and the wolf snatches them and scatters them. The hired hand runs away because a hired hand does not care for the sheep. I am the good shepherd. I know my own, and my own know me, just as the Father knows me, and I know the Father. And I lay down my life for the sheep. I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.

The Gospel of the Lord.
Praise to you, Lord Christ.

Remembrance *Stephen Olmsted*

Homily *The Rev. Maggie Nancarrow*

The Prayers of the People

For our sister Mary let us pray to our Lord Jesus Christ who said, "I am Resurrection and I am Life."

Lord, you consoled Martha and Mary in their distress; draw near to us who mourn for Mary and dry the tears of those who weep.

Hear us, Lord.

You wept at the grave of Lazarus, your friend; comfort us in our sorrow.

Hear us, Lord.

You raised the dead to life; give to our sister eternal life.

Hear us, Lord.

You promised paradise to the thief who repented; bring our sister to the joys of heaven.

Hear us, Lord.

Our sister was washed in Baptism and anointed with the Holy Spirit; give her fellowship with all your saints.

Hear us, Lord.

Comfort us in our sorrows at the death of our sister; let our faith be our consolation, and eternal life our hope.

Lord Jesus Christ, we commend to you our sister Mary, who was reborn by water and the Spirit in Holy Baptism. Grant that her death may recall to us your victory over death, and be an occasion for us to renew our trust in your Father's love. Give us, we pray, the faith to follow where you have led the way; and where you live and reign with the Father and the Holy Spirit, to the ages of ages. **Amen.**

The Peace

The peace of Christ be with you always.
And also with you.

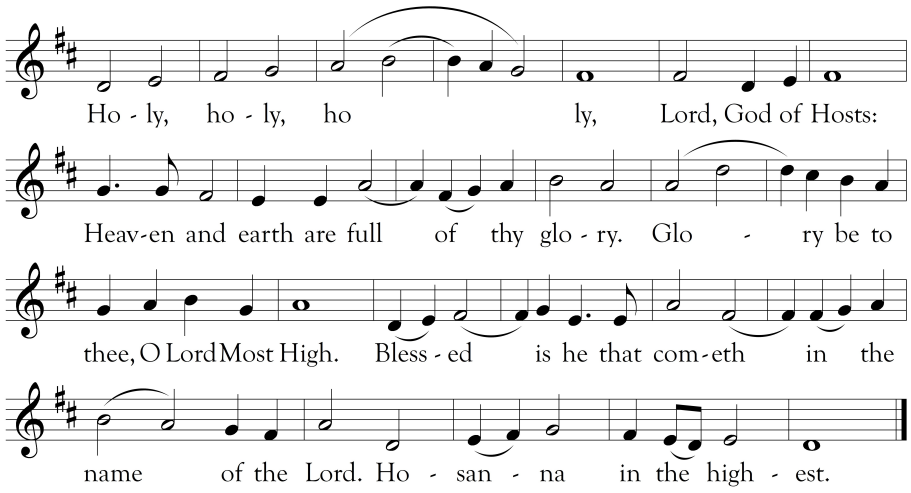
The Eucharistic Prayer

Book of Common Prayer, p. 361

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks ...

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:



Holy and gracious Father: In your infinite love ...

Therefore we proclaim the mystery of faith:

Christ has died.
Christ is risen.
Christ will come again.

We celebrate the memorial of our redemption ...

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done, on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

The Breaking of the Bread and Fraction Anthem

We break this bread to share in the Body of Christ.
We who are many are one body, for we all share in the one bread.

Invitation to the Table

Because we believe that we gather around the Lord's table,
all are welcome and encouraged to receive communion.
The bread is typically received in the hand.
Gluten-free hosts are available; please request this if needed.

Communion

Ave Maria – Franz Schubert

(Sung in Latin)

Ave Maria, gratia plena,	*Hail Mary, full of grace,*
Dominus tecum;	*The Lord is with thee;*
Benedicta tu in mulieribus,	*Blessed art thou amongst women,*
Et benedictus frustus ventris tui, Jesus.	*And blessed is the fruit of thy womb, Jesus.*
Sancta Maria, Mater Dei,	*Holy Mary, Mother of God,*
Ora pro nobis peccatoribus,	*Pray for us sinners,*
Nunc et in hora mortis nostrae.	*Now and at the hour of our death.*

Post Communion Prayer

Let us pray.
Almighty God, we thank you that in your great love you have fed us with the spiritual food and drink of the Body and Blood of your Son Jesus Christ, and have given us a foretaste of your heavenly banquet. Grant that this Sacrament may be to us a comfort in affliction, and a pledge of our inheritance in that kingdom where there is no death, neither sorrow nor crying, but the fullness of joy with all your saints; through Jesus Christ our Savior. Amen.

The Blessing

The Commendation

Give rest, O Christ, to your servant with your saints,
where sorrow and pain are no more, neither sighing, but life everlasting.
You only are immortal, the creator and maker of humankind; and we are mortal, formed of the earth, and to earth shall we return. For so did you ordain when you created me, saying, "You are dust, and to dust you shall return." All of us go down to the dust; yet even at the grave we make our song: Alleluia, alleluia, alleluia.
Give rest, O Christ, to your servant with your saints, where sorrow and pain are no more, neither sighing, but life everlasting.

Into your hands, O merciful Savior, we commend your servant, Mary. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a sinner of your own redeeming. Receive him into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. **Amen.**

The Dismissal

Let us go forth in the name of Christ.
Thanks be to God.

Hymn – *How Great Thou Art*



Postlude *My Faithful Heart Rejoices* Johannes Brahms

“Momisms” (Common Phrases We Heard from Our Mother)

-Give your (spouse, children, grandchildren, great- or cat/dog) a hug and a kiss from me.

-It's time to put the sun to bed.

-I'm fat and sassy.

-Cheer for the good guys.

-You can make room for one more bite.

-Save some room for dessert.

-I'm as snug as a bug on a rug.

-I'll dish up so (name) will come home.

-This is my favorite husband.

-16 Different things.

-I’ll cheerfully choke you.

-Who’s the rotten egg? Or Last one there is the rotten egg.

-Umpteen different reasons.

-Sleep tight. Don't let the bed bugs bite!

-Damination!

-Cinemarisser!

-“Don't wait too long.”

-Eleventy-seven.

-What a bunch of gobbilty gook?

-Itty-bitty

Mary Delores (Arneson) Olmsted



Mary Delores Arneson was born March 3, 1935. After a brief stay at the State Children's Home in Owatonna, Minnesota at age three, Mary started a new life November 13, 1939, when she was adopted by George and Mary Zita (Keenan) Arneson. She remained their only child.

Mary thrived under the Arneson's care, going on to graduate from West High School in Minneapolis. While attending college at the University of Minnesota, Minneapolis, Mary worked two summers at Yellowstone National Park in Montana as a waitress one year and a maid another. She loved to tell stories about the wonderful times she had there.

In 1956, Mary graduated from the U of M with a Bachelor of Science degree in elementary education. She would go on to teach 3rd grade in three school districts—Minneapolis, Glencoe and Hutchinson.

On a trip back from visiting her cousin in Santa Barbara, Mary went home on a greyhound bus in Los Angeles, California, where she met the love of her life and partner Stephen W. Olmsted. It turned out to be a joy ride of 70 years as they were married two years later on June 14, 1958 at the Basilica of St. Mary in Minneapolis. This marriage was blessed with 3 children, Mary-Anne, Barbara and Stephen, who were very precious to her as they were the only blood relation she ever knew.

Mary was the family manager and chauffeur along with being a working mother. Calendars were hung by the phone with pencil or pen marks on dates with times, names and locations of everyone's activities and appointments.

Mary loved animals. Her husband and children added pets of different species to the family, though no birds were allowed. Later in life developing allergies, Mary received shots so she could continue having the family's two cats in the house.

Through the years, Mary lived in five different cities—Minneapolis, St. Louis Park, Hutchinson, Moorhead and Duluth. Other careers she pursued after teaching were retail marketing (Moorhead) and office manager (Duluth) for her husband's psychology practice. She retired from the last position in 2014. Becoming empty-nesters, Mary and Steve became foster parents from 1981-2002. They gave 16 Minnesota teenagers a safe place to live and achieve. The foster parents didn't stop at placement either as they kept in contact with most of the young adults through the years.

Mary was active in many organizations including Alpha Chi Omega Sorority, American Association of American Women (AAUW), Professional Association of Treatment Homes (PATH), Minnesota Foster Care Association and International Foster Care Organization.

Mary had many interests throughout her life including music, theater, dancing, book club and bridge. She enjoyed getting together with her women's and couples bridge clubs. She and her husband belonged to a dance club, also. Mary enjoyed Vikings football games and hosting Superbowl parties. She was an avid Twins baseball fan along with having season tickets to Duluth Superior Dukes and later Duluth Husky baseball. She would go to the games even if her husband couldn't, enjoying the game with those in the seats next to her.

Mary enjoyed traveling with her husband over the years to places like Alaska, Hawaii, Tennessee, and Guam, as well as a couple provinces in Canada and several countries in Europe. She especially liked cruises because she

didn't have to pack and unpack. Together, the couple went on 10 of them, mostly river cruises.

Mary made friends easily, maintaining close ones over her lifetime. No one was ever a stranger when seated next to her, serving her, attending the cash register when she was paying or at various appointments. Mary would strike up a conversation to put everyone at ease wherever she was. She also loved calling people, especially on birthdays and anniversaries. Many family and friends were blessed with cards and letters from Mary with her beautiful, cursive penmanship.

Mary enjoyed spending time with her grandchildren. Efforts were made to attend many of their activities and on vacations with them at the Olmsted Family cabin. Still the teacher at heart, occasions at Grandma Olmsted's could include party favors, games or field trips. Christmas was her favorite time as she didn't just give her grandchildren one gift each—but three or four. She was her grandchildren's second Santa.

Mary moved to Diamond Willow Memory Care in January of 2025 where she passed away on October 7, 2026. Her family is grateful for the compassionate care provided by the staff there and the care givers from Ecumen Hospice.

Mary is survived by her beloved husband, Stephen W. Olmsted; children: Mary-Anne (Dale) Kohls, Litchfield, MN, Barbara (Greg) Thorne, Britt, MN, Stephen L (Linda) Olmsted, Deephaven, MN; Grandchildren, Ben (Rachel) Kohls, Nashville, TN, Marshall Kohls, Moscow, ID; Breann (Dan) Stanzell, Mountain Iron, MN, Marty (Cheyenne) Thorne, Aurora, MN, Alex (Kaitlyn) Thorne, Fisher, MN; Jonathan Olmsted, Deephaven, MN and Matthew Olmsted, Kansas City, MO; and 9 great-grandchildren; several nieces and nephews; a number of former foster children; and other relatives and friends.

Mary is preceded in death by her legal parents George and Mary Zita Arneson; father-in-law and mother-in law Ward and Harriet Olmsted; brother and sister-in Law Craig and Barbara Freeman, and brother and sister-in-law Ward and Anne Olmsted; nephew Mark Freeman; aunts, uncles and cousins on the Arneson/Keenan side.

In lieu of flowers, memorials are preferred to the American Red Cross, Lewy Body Association, St. Paul's Episcopal Church or donor's charity of choice.

The family would like to thank everyone for their expressions of sympathy. No "thank you" notes will be sent. In honor of Mary, take the time to "put the sun to bed" and give your loved ones—critters included– a "hug and a kiss" regularly.