



Peace Lutheran Church
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Peaceofplymouth.org

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Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 22, Issue 7 | July 2017

Welcome!

At Peace Lutheran Church, people of all ages — children, teens and adults—are a very important part of the faith community. At Peace you'll see children in worship, teens serving and families exploring their faith together in Jesus Christ.

Ministries for all ages help people grow in faith, connect in the community and share their strengths by serving others.

At Peace, there is a place for you!



Adults:

- Men's & Women's Breakfast groups, Brewing Faith, Hope Circle
- YogaDevotion, Faithfully Fit & Health Forums
- Knitting, Quilting and Needlepoint groups
- Adult Choir, Celebration Singers & Adult Bells
- Serving, Community Garden & Peace Retreat

Children & Youth:

- Sunday School & Nursery
- Confirmation & Youth Group
- Children's Musical Ensemble & Youth Handbells
- Summer Youth Trip & Children's Day Camp
- Intergenerational Bible Buddies

SUNDAY MORNING

9:00-10:00am—Worship

10:00-11:00am—Fellowship for All Ages



Peace is social!

Find us on Facebook, Twitter and Instagram to stay connected.
Please like and share our postings to spread the word about all Peace has to offer!

www.peaceofplymouth.org | 763.478.9406 | peace@peaceofplymouth.org

Hamel Parade

Sunday, July 9

10:00am—Float Decorating
1:30pm—Walk in the parade

Peace on Parade!

Peace will have a float in the Hamel Days Parade! After worship, gather to decorate the float then walk in the parade. Be sure to wear your Peace t-shirt (or pick up one from us before the parade) and wear comfortable shoes. The group will be handing out candy and church flyers to the crowd. Please sign up at the Welcome Desk.

It will be a lot of fun!



Great Conversation at Cottage Meetings

After four cottage meetings some common themes are developing: people value the welcoming family feel of Peace Lutheran and Peace's focus on caring for neighbors near and far. The meetings begin with a devotion, next an update about Peace and outline of the proposed ministry plan, followed by lots of feedback and conversation—together is how God's call for Peace is discerned.

The feedback from the Cottage Meetings will be incorporated into the Ministry Plan, and the plan will be shared in the August PeaceNotes and at a forum on **Sunday, August 6 at 10:00am.**

Still One Cottage Meeting Left to Attend

Your voice is important! The final Cottage Meeting is on Thursday, July 6 at 7:00pm at the home of Dan and Holly Anderson. To sign up and get directions, email or call the office at peace@peaceofplymouth.org or 763.478.9406.



2017 Peace Lutheran
DAY CAMP
Monsters Beware



Thanks for a wonderful week!



NEW COMMITTEE NIGHT PLANNING SESSION

We are excited to get on the calendar three key **planning sessions** for the 2017-2018 program year. These large group sessions will replace the regularly scheduled Committee Nights.
Tuesday, July 11 @ 6:00pm – planning for September-December
Tuesday, October 3 @ 7:00pm – planning for January-May
Tuesday, January 2 @ 7:00pm – planning for June-August
At these meetings we will discuss our committee plans, schedule events, and partner on activities for greater impact within the congregation. Please bring your ideas and calendar plans so we can be in good communication with each other, and plan out a fantastic year at Peace!



Guests Musicians: Sunday, July 9 at 9:00am

Lutheran Night at
the Minnesota Twins

Tuesday, August 8 at
7:10pm vs. Milwaukee

Tickets \$15

Invite friends & family!



Peace Notes

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Peace Notes is a monthly newsletter for members and friends of Peace Lutheran Church of Plymouth. Deadline for submissions is the second Monday of the month prior to publication.

Lead Pastor
Communications Specialist
Parish Nurse
Office Specialist
Minister of Music
Choir Director
Childcare Specialists

Rev. Kjell Ferris
Sue Jacob
Sondra Weinzierl
Chris Bacon
Steve Peters
Stefanie Fiser
Brianna Brolin, Olivia Akhigbe

Dear Sisters and Brothers in Christ,
I was humbled on June 4th to receive your profound blessing and your gracious sending - in worship and through your many cards and gifts. Thank you, to every member of Peace for your well-wishes and support as I jump into the semi-unknown. I enjoyed working with all of you greatly and will always be glad for my time with you. I hope to see many of you as the Spirit brings us together in different venues and adventures (i.e., this summer for the Youth Mission Trip in Akeley!). Thank you, so much, for your kindness to me throughout our ministry together. Blessings to Peace as you step into God's New Life!! Thank you, thank you, thank you!!!
Peace, Pastor Emily



PARISH NURSE NEWS

Tick season is here!

As someone who has had Lyme Disease, I try to increase awareness of tick-borne illnesses. Minnesota is one of the top states for tick-borne illness. About 30 years ago, I was bitten by a deer tick. At that time, few doctors in Minnesota knew about Lyme disease so I was mistakenly diagnosed as having multiple sclerosis for two years. When I was finally diagnosed and treated for Lyme disease, I had several neurological complications. With treatment and time, I was fortunate to recover, but I realize that any of us is vulnerable to these bites. Most ticks don't carry disease, but here are the most common tick-borne illnesses in our state:

- Human Anaplasmosis (HA)
- Babesiosis
- Lyme Disease (correct pronunciation is "Lyme" not "Lymes")
- Rocky Mountain Spotted Fever (RMSF)
- Ehrlichiosis
- Powassan (POW) Virus
- Southern Tick-Associated Rash Illness (STARI)
- Tularemia



The most common symptoms of tick-related illnesses are:

- Fever/chills/aches and pains: Tickborne disease symptoms include headache, fatigue, and muscle aches. With Lyme disease, there may be joint pain. The severity, time of onset and presentation of these symptoms can vary greatly.
- Rash: In Lyme Disease and STARI, the rash appears in about 70% of people and has been characterized as a "bull's-eye" rash. In tularemia, a skin ulcer appears at the bite.

Although easily treated with antibiotics, these diseases can be difficult for physicians to diagnose. But early recognition and treatment of the infection decreases the risk of serious complications. So, see your doctor immediately if you have been bitten by a tick and experience any of the symptoms described here. While there is not a definitive blood test for many of these illnesses, health care providers should recognize signs and symptoms. If your provider doesn't seem aware, seek out a specialist in infectious disease if you have concerns.

Prevention is always the first line of defense for tick bites.

- Wear a repellent with DEET.
 - When in the woods or long grass, wear long pants tucked into shoes, long sleeves and light clothing so you can more easily spot a tick. Wear a hat with your hair tucked in
 - Examine your body after being in the woods immediately afterwards and 3 days later.
 - Remember that ticks can be incredibly small. Some are the size of a pepper grain... and yet can carry serious illnesses.
 - If you see a tick, remove it very carefully (trying to remove the entire tick) and save it.
- For more information on tick-borne illnesses, "google" Minnesota Department of Health and put "tick-borne illness" in the search box.

To your health and a safe summer! Sondra

Want to do something good for your health? Sign up for yoga! Due to popular demand, we've added a yoga class on **Mondays July 17, 24 and August 7, 14, 21, 28**. Cost is \$48. Registration forms are online and on the Health bulletin board. Make checks out to Peace and drop off at church office.



A new ministry is coming to Peace and it needs men, women and youth to make clothing and bedding for infants and families at hospitals in the Twin Cities. It starts on **Thursday, July 27 from 3:00-5:00pm** in the Activity Room. Led by Phyliss Bopp.

Men's Activities
ROMEO BREAKFAST
Monday, July 10
8:00am at Perkins
BREWING FAITH
Monday, July 10
4:45pm at Rock Elm Tavern

Women's Activities
QUILTING
Thursdays, July 13 & 27
9:00am at Peace
WOMEN'S BREAKFAST
Wednesday, July 19
8:00am at Panera
KNITTING & NEEDLEPOINT
Thursday, July 20
7:00pm at Panera