



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 19, Issue 8

April 2015



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Rummage & Bake Sale

Wednesday, April 29 (For Peace Members)

Thursday, April 30 – Saturday, May 2

Spring is here! Set aside those lightly used items you no longer need and drop them off at the church Saturday, April 25 through Tuesday, April 28. Please don't bring: adult clothes, Christmas items, electronics/computers, mattresses or hide-a-way sofas. Pick-up slips for large items will be at the information desk at church.

Many volunteers make the sale a success every year and this year will be the same. "I love the rummage sale — the fun of working with other volunteers; watching people search for a bargain," said Gail Anderson, "and it always falls on my birthday, so every year I celebrate my birthday at the rummage sale. It's great!" When asked what she liked about the sale, Diane Reitan said, "I was a teacher so I love helping people find developmentally appropriate toys. And everything is always organized so neatly." Volunteering is a great way to have fun, get to know people, and help raise money for great community causes like IOCP, TreeHouse, and other local nonprofit organizations.

Sign up on the board in the gathering space and let us know when you can help. Look there for flyers with more information. Have questions? Talk with Deb Weir, Evonne Carlson, Carolyn Stark or Pam Jette.



HOLY WEEK WORSHIP

Palm Sunday

March 29 at 9:00 AM

Maundy Thursday

April 2 at 7:00 PM

Good Friday

April 3 at 7:00 PM

Easter Sunday

April 5 at 9:00 and 10:45 AM

A continental breakfast will be served from 9:45–10:45 AM Easter morning.



Earth Day Worship

Sunday, April 19 at 9:00 AM

Join Hans Peterson, of the band Dakota Road, as we celebrate Earth Day and the abundance of God's creation. Hans was commissioned by Luther College to write a liturgy that lifts up the good gifts God gives us in the natural world around us. We will use the liturgy for our worship. Hans is also a gifted story tell and he will lead a forum after worship where he will share stories and music.

COUNCIL COLUMN

Notes from the March 10 meeting:

As of the end of February, Peace had a 2015 surplus of \$1,000 vs. a budgeted deficit of \$8,000 due to higher than budgeted giving (\$3,000) and lower than budgeted expenditures (\$5,000). The lower than anticipated spending was primarily due to timing of facility repairs and insurance premiums.

Council discussed our goals and our vision as well as how to best communicate these things to our congregation and beyond.

The Call Committee has exciting news to report! They have received a slate of names from the Minneapolis Synod, and the committee will be meeting on Sunday, March 15, to discuss the candidates and to work out an interview schedule.

The Property Committee is prioritizing improvements and updates to our facility and parking lot.

The Evangelism Committee is updating publicity protocol and policy, and is also going to create some "Welcome Baskets" for new neighbors.

The Health Fair will be on Sunday, March 15.

Full, approved meeting minutes can be found in the meeting minute binder in the church office.

*Respectfully submitted,
Joni Sutton, secretary*

Peace Notes

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Peace Notes is a monthly newsletter for members and friends of Peace Lutheran Church of Plymouth. The deadline for submissions is the fifteenth of the month prior to publication.

Senior Pastor	Kjell Ferris
Interim Youth & Family	Sue Megrund
Director of Music	Benj Cramer
Organist	Steve Peters
Volunteer Ministries	Judy Lubben
Parish Nurse	Sondra Weinzierl
Office Administrator	Anita Anderson
Newsletter Layout	Donna Daubendiek

Youth



Luther Park Camp Sunday, April 19

Joel Legred from Luther Park in Danbury, Wisconsin, will be our guest. He will have a video presentation and will answer our questions about camp. Registration information will be available for those students who wish to attend camp this summer.



Day Camp at Peace June 15-18

Children ages 3 years old to 5th grade are invited to attend. Registration information will be available in May.



Family Camp Weekend Retreat August 14-16

Mark your calendar for this event. All are welcome.



CONFIRMATION RETREAT

Friday, April 17 at 7:00 PM – Saturday, April 18 at 9:00 AM

The annual tradition for our Confirmation class is coming up! We will meet here at church for an overnight lock-in, make our stoles, talk more about Confirmation and enjoy being together. Bring a sleeping bag, pillow, air mattress and any personal items. If you cannot make it, please let Sue know so we can give you supplies to make your stole.



CONFIRMATION DAY

Sunday, May 3 at 9:00 AM

We will celebrate a milestone in the lives of our young people together as a congregation. Our 8th graders will affirm their baptism during the morning worship service. Our young people being confirmed are:

- + Olivia Akhigbe
- + Alyssa Brolin
- + Brandon Brolin
- + Brenna Kylo
- + Annika Peterson
- + Madison Stoffel
- + Sydney Soczynski

PARISH NURSE NEWS

+ Depression and Anxiety

HOW'S YOUR EMOTIONAL HEALTH?

We can't separate our emotional or mental health from our overall health. Yet, many people still feel uncomfortable talking about depression, anxiety, bipolar disorder or other emotional issues. Our brain is part of our body just like our heart, pancreas and other organs; and just as physical and chemical changes can occur in these other organs, those changes can occur in the brain. Depression and anxiety might seem like opposites, but they often go together. More than half of the people diagnosed with depression also have anxiety.

Depression can make you feel helpless, hopeless, sad, unmotivated, or irritable. It can rob your life of joy and fun. Anxiety can cause heart pounding, shortness of breath, an overall feeling of fear, or panic attacks during certain situations.

"When you're in the grip of depression and anxiety, it can feel like the misery will never end, that you'll never recover," says Dean F. MacKinnon, MD, an associate professor at the Johns Hopkins Hospital in Baltimore. "But people do recover. You just need to find the right treatment."

This month's Health Ministry bulletin board will focus on mental illness. Stop and look at the signs, symptoms, and how you can help yourself or others cope with emotional health issues.

A great website is www.nami.org.

To your health!

Sondra, parish nurse

PEACE HEALTH FAIR



OFFICIAL ACTS



Patricia M. Thorsen

January 19, 1926 – March 10, 2015

Jesus said to him, "I am the way, the truth and the life. No one comes to the Father except through me."

– JOHN 14:6

TreeHouse and Rachel Kurtz



CALL COMMITTEE UPDATE

Interviews for the part-time Associate Pastor of Life Long Faith Formation will begin the second week of April. It is possible that the committee will have a candidate to recommend to Council by the May meeting. After Council approval, they will call a congregational meeting to vote on calling our candidate.

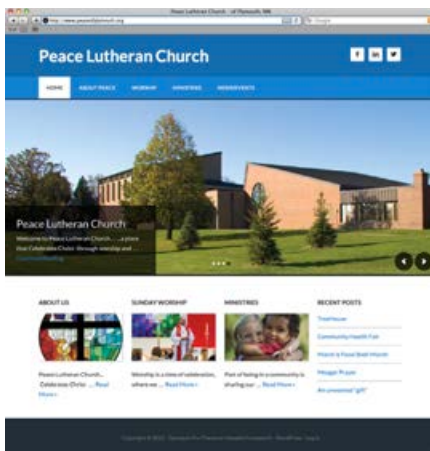


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peaceofplymouth.org

Have you checked out Peace's new website? The site shares the congregation mission and goals, as well as giving current calendar information and upcoming events.



facebook 101

Sunday, April 12 at 10:15 AM

Our website is one of many ways that we can share all of the great things that are happening at Peace. We can all stay connected on Facebook, Twitter and other social media sites. Learn more and try them out by coming to a "Facebook 101" forum.

APRIL hot sheet

What's hot and happenin' at Peace!

Sundays of Easter



Easter Sunday

Sunday, April 5

The Resurrection of Jesus
and the Women at the Tomb
MATTHEW 28:1-10



Second Sunday of Easter

Sunday, April 12

The Great Commission
MATTHEW 28:16-20

Third Sunday of Easter & Earth Day Worship

Sunday, April 19

Peter's Vision
ACTS 10:1-17, 34-35

Fourth Sunday of Easter

Sunday, April 26

Paul's Mission
ACTS 13:1-3; 14:8-18

PEACE-FULL NIGHTS SCHEDULE

Wednesdays, April 8, 15, 22 and 29

5:15-6:30
6:00-6:45
6:00-7:30
6:30-7:30
6:45-7:45
7:45-8:45

Buffet Dinner
High School Handbells
Confirmation
Adult Bible Study
Celebration Singers
Adult Handbells
Senior Choir

Fellowship Hall
Music Room
St. Barnabas
Fireside Room
Sanctuary
Music Room
Sanctuary



FAITHFULLY FIT OFFERS FITNESS, FUN AND FELLOWSHIP!

Tuesdays in April from 10:00-11:00 AM

Peace members come together for aerobic, balance and strength exercises. Included is a devotion, a "health education minute" and wrapped up with prayer. We are up to a group of 12-14 members this spring. One of our participants said, "I didn't realize how out of shape I was and how much this is helping me!"

All are welcome to join us! The Health Ministry bulletin board will have all the dates that we meet. This group is led by Sondra, our parish nurse. For more information call 763-478-1027.



OWLS Lunch & Guest Speaker

Tuesday, April 7 at Noon

Jim Klobuchar has been to Nepal numerous times. Come to Peace and we will learn about his experiences. A light lunch will be served, followed by Jim's talk. Please sign up on the bulletin board to attend.



BLOOD PRESSURE CHECK

**Sunday, April 12
from 8:30-8:45 AM and
10:00-10:30 AM**

Meet in the church office
with Sondra.

April 2015

Calendar of Peace Lutheran Church of Plymouth

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> The Qué Tal Language Program meets at Peace school days from 2:20 to 3:40 p.m. TreeHouse meets at Peace on Tuesdays and Thursdays from 5 to 9 p.m. </div>			1 Holy Week 6:30 p Handbell 7:00 p Choirs Dress Rehearsal	2 Maundy Thursday First Communion 7:00 p Worship	3 Good Friday <i>Office Closed</i> 7:00 p Worship	4 9:00 a Yoga Devotion Class
5 Easter Sunday 9:00 a Worship 9:45 to 10:45 Continental Breakfast 10:45 a Worship	6 8:00 a ROMEO (meets at Perkins) 5:30 p Yoga Devotion Class	7 10 a Faithfully Fit Noon OWLS Lunch and Speaker 12:30 p Staff mtg. 6:00 p Executive Committee meeting 7:00 p All-Church Committee Night	8 10 a Caring by Serving Peace-Full Night #26 (See the full schedule on the Hot Sheet)	9 9 am Quilting	10 2:30 p Girl Scout Troop #14192	11 9:00 a Yoga Devotion Class
12 Second Sunday of Easter 9:00 a Worship 10:15 a S. School Blood Pressure Chk	13 5:30 p Yoga Devotion Class 6:00 p Girl Scout Troop #15036	14 10 a Faithfully Fit 12:30 p Staff mtg. 12:30 p Circle Meet- ing Anne Weir 7:00 p Congregation Council meeting	15 Newsletter Deadline 8 am Women's Breakfast Club Peace-Full Night #27 (See the full schedule on the Hot Sheet)	16 7 pm Knitting Club	<div> 17 Confirmation Retreat Begins 7:00 p.m. Friday Ends 9:00 a.m. Saturday </div>	
19 Earth Sunday Third Sunday of Easter 9:00 a Worship 10:15 a S. School And Adult Forum	20 5:30 p Yoga Devotion Class	21 10 a Faithfully Fit 12:30 p Staff mtg.	22 Peace-Full Night #28 (See the full schedule on the Hot Sheet)	23	24 2:30 p Girl Scout Troop #14192	25 11 am Sampson Memorial Service Rummage Sale Drop-Off begins
26 Fourth Sunday of Easter 9:00 a Worship 10:15 a S. School Sale Set up begins	27 Rummage Sale Set up 6:30 p Girl Scout Troop #14513	28 Rummage Sale Set up 9 am Quilting 12:30 p Staff mtg.	29 Peace-Full Night #29 5 to 8 pm Rummage Sale/Bake Sale Pre-Sale Members Only	30 Rummage Sale And Bake Sale 8 am to 6 pm	May 1 Rummage Sale And Bake Sale 8 am to 6 pm	May 2 Rummage Sale And Bake Sale 8 am to 12 noon Noon Clean-Up
<div>Rummage Sale Drop-Off Continues</div>						



Sunday Worship

April 5 — Easter Sunday
 9:00 am Worship with Holy Communion
 10:45 am Worship with Holy Communion
 Combined Choir and Handbell Choir

April 19 — Third Sunday of Easter
Earth Day with Hans Peterson
 9:00 am Celebration Service
 Worship with Holy Communion

April 12 — Second Sunday of Easter
 9:00 am Worship
 High School Handbell Choir
 Confirmation HandChime Choir

April 26 — Fourth Sunday of Easter
 9:00 am Worship
 Senior Choir