



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 22, Issue 9 | September 2017

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Activities

>ROMEO BREAKFAST

Monday, Sept. 11; @ 8a; Perkins

>BREWING FAITH

Monday, Sept. 4 @ 4:45p
Rock Elm Tavern

>QUILTING

Thursdays, Sept. 14 & 28 @ 9a

>WOMEN'S BREAKFAST

Wednesday, Sept. 20 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, Sept. 21 @ 7p; Panera

>YOGADEVOTION

Mondays @ 5:30p

>PEACEFULL NIGHTS

Wednesdays @ 5:30p

>BUNDLES OF LOVE

Starts again on Sept. 28 @ 3p

SAVE THE DATE:

Welcome Sunday:
Sept. 10

Reformation Day 5K:
Sept. 29th



Fall Worship Series: 500 Years of Reforming

Five hundred years ago, when Martin Luther nailed his ninety-five theses to the church door, his goal was not to just make changes to be different. He wanted to reform the practices of the Catholic church that were keeping people from being closer to God. Luther wanted the Bible and worship services to be accessible to the people, so he translated old Latin, Greek, and Hebrew texts into German, the people's language. Luther thought that music was a God-given art form, allowing people to experience God's love.

All these years later, it is exciting to be alive and worshipping God! This fall, we celebrate with Christians around the globe as we commemorate the 500th Anniversary of the Reformation. We are always in a process of reforming; we are always being made new. Remember and Rejoice: Renewed by Floods of Grace, the fall liturgy, will use words from Martin Luther's writings and songs from a long line of reformers. Peace's worship will reflect the cycle of reformation through words and music. We will lift up the saints that have gone before us by remembering the past, and we look to the future, listening to what reforms God has in store.

Wednesday Night Schedule

5:30– Dinner

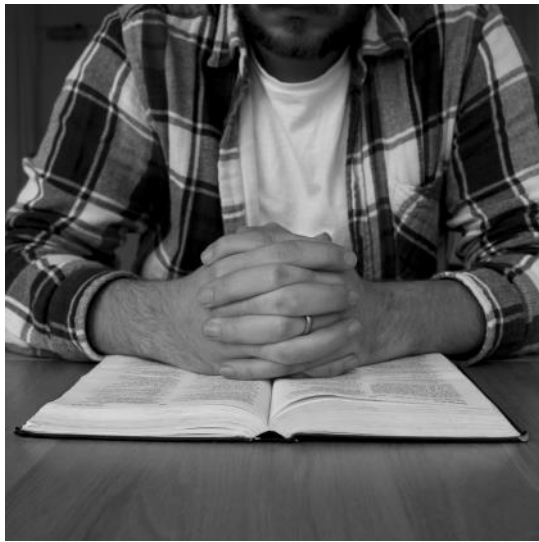
6:00– Clean up, Children's music

6:15– Parenting Group, Bible Study, Confirmation

6:30– Youth Bells, Elementary Music,
Preschoolers in Nursery

7:00– Elem. Activities, Youth Group, Beginning Bells

7:45– Adult Bells, Adult Choir



Psalm-a-Day

Join Peace in reading a psalm-a-day. Connect to an ancient tradition of daily Psalm reading and to each other. On Welcome Sunday, Sept. 10, we will read Psalm 1 in worship. On Monday read Psalm 2, Wednesday read Psalm 3 and so on, until we read all 150 Psalms by February. On Welcome Sunday there will be bookmarks, reminding which Psalm to read each day.

Stefanie Fiser Kleven becomes the Minister of Music

“The only thing constant in life is change.”

Eric and I got married in May, and moved across town into his house. So it has been a summer of change for me personally!

Peace has seen a lot of change, including that I am serving as the Minister of Music. In addition to conducting the Adult Choir, I am contributing more to worship planning, music festival and pageant planning, and expanding the children’s music ministry program. It is exciting to feel that I am listening to God’s call as I get to do all of these activities that I enjoy immensely.

Confirmation Mission Trip

August 31, the confirmation students spent a day serving in Minneapolis. They took public transit and learned about food with the Augsburg University Campus Kitchen program. Did you know that about 50% of produce in America is thrown away? Campus Kitchen repurposes food with minor blemishes to feed hungry people.

The students ate lunch at Jambo, an African-fusion cafe before using NiceRide, biking to Central Lutheran Church. Learning how Central Lutheran works with people experiencing homelessness, the students helped by sorting donations. The bus ride home gave them the chance to reflect on what they experienced and give thanks for a day spent together and meeting new people.

Dominican Republic Mission Trip

Did you know that 1 in 5 people in the DR live on less than \$2/day? Did you know that 1 out of every 2 children in the DR live on less than \$2/day? Rural poverty is a issue facing many people there. In partnership with Lord of Life Maple Grove, Peace is making a difference and lending a hand by creating stable housing in a rural community. The mission dates are Oct. 20-28.



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	Rev. Kjell Ferris
Communication Specialist	Marta Johnson
Parish Nurse	Sondra Weinzierl
Office Specialist	Chris Bacon
Minister of Music	Stefanie Fiser Kleven
Childcare Specialists	Brianna Brolin & Olivia Akhigbe

Second Sunday Treats

For Second Sunday Treats, groups serve treats after worship on the second Sunday of the month. Free-will donations cover the expenses. Serve one Second Sunday! Sign up for a month on the bulletin board near the info desk, or contact Joni Sutton at: jeni.sutton@icloud.com. The Evangelism/Communications committee will host on Sept. 10, Welcome Sunday.



PARISH NURSE NEWS

Improve Your Health: Volunteer!!!

It's true! UnitedHealth Group commissioned a study of over 3,000 adults and found that:

- 76 percent of people who volunteered in the last twelve months said that volunteering made them feel healthier
- 94 percent of people who volunteered in the last twelve months said that volunteering improved their mood
- 78 percent of them said that volunteering lowered their stress levels
- 96 percent reported that volunteering enriched their sense of purpose in life
- 80 percent of them feel like they have control over their health

About a quarter of them reported that their volunteer work has helped them manage a chronic illness by keeping them active and taking their minds off of their own problems. And researchers

at Exeter Medical School found that adults who volunteer have a 20% lower risk of death, lower levels of depression and a greater degree of life satisfaction.

1 Peter 4: 10-11 states "God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another." I guess God knows that volunteering is healthy for us too!

As we begin another church year of programming and see opportunities to serve at Peace (there are lots!) talk to any of the staff about how you might volunteer. It doesn't have to be long-term or time consuming. All ages welcome! Not only will you be helping your church, you'll be doing your health a huge favor too!

To your health,

Sondra

Seniors Living Well Series begins September 21st.



The West Suburban Parish Nurses are sponsoring a five-part Lunch and Learn Series. The first session is at **Messiah United Methodist Church** on Thursday, **September 21 from 11am to 1 p.m.** beginning with a light lunch for only \$5/person. The topic is **Upright and Balanced: A wellness approach to fall prevention.**

Sondra has registration forms or you can pick one up on the health ministry bulletin board. Invite your friends and neighbors. (The second session will be held at Peace, but please plan to attend all locations.)

CANOE THE MISSISSIPPI

Sunday, October 22 from 1:00pm-4:00pm
North Regional Park

You are invited to travel down the Mississippi River through Minneapolis. Over 100 people from Minneapolis synod churches will travel the river in 10-person Voyageur canoes guided by experts from Wilderness Inquiry. The cost is \$10/person. Simply email the church office to register and drop off a check made out to Peace Lutheran.

Instructions, gear, prayer, and

introductions will start promptly at 1:00. Our guides and guests will share with us faith and science connections to the river before, during, and after the experience.



Pack a water bottle, river questions, and a way to capture the story to share with your congregation! Together we are raising awareness about our shared water resources. This project is made possible by Hennepin County Green Partners and the Minneapolis Area Synod ELCA EcoFaith Network.



Peace Lutheran Church
3695 County Road 101 N
Plymouth, MN 55446-2907
Peaceofplymouth.org

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Welcome!

At Peace , people of all ages — children, teens and adults—are a very important part of the faith community. 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, Bundles of Love 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.

Small for our members, big for our community.