

For the last two-thousand years, Lent has been a time of reflection and Bible study. Continuing in that tradition, each week Peace is pairing a reading from the Gospel of Mark with a reading from Brené Brown's, *Daring Greatly*, a #1 *New York Times* bestseller. Researcher, speaker and author Brené Brown studies the topics of vulnerability, shame, worthiness and courage, and her message has become a cultural phenomenon in the United States and around the world. Many congregations have experienced healing and empowerment while studying her book alongside scripture. Her message sheds a contemporary light on the walk Jesus takes to the cross and the life He calls us to live. This combined Bible and book study is meant for people in all stages of life, to share stories and discuss with one another the experiences that bring meaning to our lives as Christians during this time of Lent and beyond. Here is an excerpt of Brown's writing:

"Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly...In a world where "never enough" dominates and feeling afraid has become second nature, vulnerability is subversive, uncomfortable, and even a little dangerous sometimes. Without question, putting ourselves out there invites a far greater risk of being criticized or feeling hurt. But when we shut ourselves off from vulnerability, we distance ourselves from the experiences that bring purpose and meaning to our lives, and that nothing is as dangerous, uncomfortable or hurtful as standing on the outside looking in and wondering what it would be like if we had the courage to step into the arena."

Small Groups

Consider joining a small group! *Daring Greatly* books are available for \$15 each Sunday morning (at the information desk) or Wednesday night (in the office) until February 10. Feel free to also stop by the church during weekly office hours.

Wednesday Evenings

February 17, 24 March 2, 9, 16, 23

Schedule
5:15-6:15 Dinner
6:30-7:00 Worship —
interactive and contemplative
study of the Gospel of Mark
7:00-7:45 Small groups
7:45-8:45 Choir and Bells
Rehearsal

Sunday Mornings

February 14, 21, 28 March 6, 13, 20

The pastors will use *Daring Greatly* readings as a lens to interpret and enliven the readings from the Gospel of Mark.

COUNCIL COLUMN

Notes from the January 12 meeting:

The Building Use Task Force joined council and their mission was clarified: to determine how the building could be used or rented to further the mission of Peace. The 2016 Budget was approved. Because of lack of volunteers Families Moving Forward has been placed on hold for 2016. The Parish Nurse hours have been increased from 12-14 hours/week. For continuing education, Pastor Kjell is joining a Macedonian Ministry cohort focusing on spirituality, leadership and renewal; part of the three year commitment is a peaching field study in the Holy Land. Committee Reports were accepted. The council adjourned with the Lord's Prayer. Full, approved minutes can be found in the meeting minute binder in the church office.

Respectfully submitted, Dave Forsberg

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 15th of the month prior to publication.

Lead Pastor Life Long Faith Formation Director of Volunteer Ministries Parish Nurse Communications Specialist Minister of Music Choir Director

Rev. Kjell Ferris Rev. Emily Meyer Judy Lubben Sondra Weinzierl Laura Castle Steve Peters Greg Barnes

Connect-the-Dots™: What's happened so far?

Why connect faith & science at church? What can we learn about the environment from the creation stories in Genesis? Peace Lutheran members of all ages gathered to answer questions like these during *Step 1* of Connect-the-DotsTM. Each team built a sculpture as a reminder that God made everything, God calls us to care for creation and Jesus shows us to care for our neighbors.

How are people a part of earth's shared systems of land, water, air, and living things? Science tells us how these systems continually connect. As children of God working towards environmental stewardship, people of Peace explored how and where these systems and connections are at work in our church building and daily lives. For *Step 2*, groups of Peace members searched the church looking for energy and water savings and also areas that need attention.

How can we care for creation through our choices in energy and water use? Step 3 of Connect-the-DotsTM focused on earth's changing climate. It was cold outside during this particular Sunday morning, but candles and hopeful discussions and activities kept members of Peace warm in the fellowship hall.

What does vocation mean for us as Christians? How can we use our gifts and strengths to meet the needs of the world? Engineering is one way to address needs and solve problems. Together the group on this Wednesday night used gifts like creativity, risk-taking, math skills, listening, leadership and humor to try out an engineering design challenge for *Step 4*.

For Steps 5 and 6 of Connect-the-DotsTM, youth from Peace Lutheran are being asked to lead this congregation in changes that nurture God's creation. They are exploring projects that keep pollution out of nature, save money on the electric bill and teach people about creation care. The project stories from Peace, as well as the other 10 churches piloting this project, will be captured on video and shared with the Minneapolis Area Synod.





PARISH NURSE NEWS

February is Heart Month and most of us are very aware of the importance of regular exercise, normal blood pressure, reducing saturated fat intake and managing our stress—but there is a new study indicating that our intake of sugar also plays an important role in heart disease.

Drinking sugar-sweetened beverages every day was associated with an increase in a particular type of body fat that may affect diabetes and heart disease risk, according to new research in the American Heart Association's journal, *Circulation*.

Data showed that among middle-aged adults, there was a direct correlation between greater sweetened beverage consumption and increased visceral fat. Visceral fat affects how our hormones function and is thought to play a larger role in insulin resistance, which may boost Type 2 diabetes and heart disease risk.

"Our message to consumers is to follow the current dietary guidelines and to be mindful of how much sugar-sweetened beverages they drink. To policy makers, this study adds another piece of evidence to the growing body of research suggesting sugar-sweetened beverages may be harmful to our health." (AHA) The current recommendation is to limit our intake of added sugar (from sweetened beverages, juices or sweets) to 10% of our calorie intake per day.

Maybe buying flowers for your "sweetheart" this month for Valentine's Day is a better choice than chocolates!

To your health, Sondra

Save the Date Peace Health Fair

Sunday, March 6 10:00AM

The Health Ministry is excited to offer a Health Fair again this year, following our 9:00 a.m. service. Our own Dr.
Dan Anderson, an infectious disease specialist will be one of our speakers! We invite you to attend and to ask friends, family, and neighbors to join you.



Planning Meeting Update

Saturday, January 23, many people from Peace gathered for seven hours of hard and important work. As a group, the story of the shared holy history of Peace Lutheran was told. The vulnerabilities that face Peace Lutheran both internally and externally were discussed and as the history was identified, the different periods or eras were easily named—except our current. The group came up with words like discovery, exploration, reinvent, disorientation, germination; but none of these words fully worked for the whole group—because we're on the road with Jesus and we believe the promise, but we don't know exactly what is going to happen. Towards the end of the day, experiments were brainstormed that focused on the top three priorities from the CAT survey. Here is what the group came up with:

Priority 1: Deepen our Connection to God and one another through stronger Worship Services. **Experiment 1**: Congregational/staff worship planning team will begin to meet in February to prepare and implement worship during the season of Pentecost.

Priority 2: Develop/implement a strategy to reach new people & incorporate them into the life of the church community.

Experiment 2: Empower and encourage Peace members to invite a total of 100 people to Peace worship/events and follow up with all of them.

Priority 3: Make changes to attract families with children and youth to our church. **Experiment 3:** Revitalize Peaceful Nights through clarity of all age programing and involve youth in assisting in worship.

HOT SHEET

FEBRUARY

What's hot and happenin' at Peace?



Ash Wednesday Worship

Wednesday, February 10, 6:30PM

Ash Wednesday marks the beginning of Lent, a worship service with the imposition of ashes and a chance to freely confess our imperfections, knowing that the end of Lent is marked by the Easter celebration! This evening worship is a meaningful way to mark the beginning of your Lenten journey.

Planning Meeting for Spring Rummage & Bake Sale

Sunday, March 13, 10:00AM

Join the Social Action Committee in the Fireside Room for a planning meeting. This year's Rummage Sale Days are April 28-30. We look forward to hearing your thoughts while enjoying coffee and a bagel!

March Blood Drive

Thanks to those who donated blood at January's drive. Please put March 30th on your calendars for our next drive! The Social Action team would like to encourage youth to become involved. Starting at age 16, you can donate with a parent's permission/signature, and once you are 17 or older you can donate for the rest of your life, pending you meet the physical (height/weight) criteria and other regulations. Contact Pam Jette with questions: 612.986.5898 or pamjette@hotmail.com.

Building Use Task Force

Council has formed a Building Use Task Force including: Mike Mostrom, Valerie Sorenson, David Forsberg and Pastor Kjell. They have been asked by council to investigate, compare and bring recommendations concerning how we could better or more fully use the space in our building with consideration to both increased mission and additional income. You can pass along your ideas to anyone on the task force. The group will report back at the March council meeting.

A Note from Ilene...

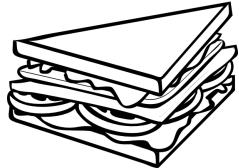
"Thanks to everyone who made my 90th birthday so memorable!"

Sandwich Making Extravaganza!

Sunday, February 21, 10:00AM

As a church we will make over 1,000 sandwiches to donate to Allan Law, known as the "Sandwich Man", who drives throughout the Twin Cities serving people in urgent need in homeless shelters and on the streets. Making as many as 50 stops a night, he distributes donated sandwiches to those in need—and relies on volunteers to provide these sandwiches. Allan says, "I don't have to do it, I could quit right now, but I never will quit, ever, as long as I'm alive."

Let's do what we can to help him with this important ministry!



Collaborate & Celebrate Worship

February 28 | 6:00-8:00PM | Augsburg College Chapel

All 10 churches that are participating in the Connect-the-DotsTM program will gather for worship, share project videos, participate in activities and celebrate together the ways in which they will continue to be stewards of God's creation. All ages are invited!







Mark your calendars for Day Camp at Peace! June 13-17, 2016

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