



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

RETURN SERVICE REQUESTED

NON-PROFIT
ORG.
U.S. POSTAGE
PAID

WAYZATA, MN
PERMIT NO. 86



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 22, Issue 1 | January 2017

Beacon Interfaith Housing

Affordable Family Housing in Plymouth

Peace Lutheran has a long-time commitment to collaborating with other faith communities to end homelessness through our work with Beacon's *Families Moving Forward* program. Recently, Beacon has teamed up with Interfaith Outreach and local churches on a project to continue that work by creating affordable housing in Plymouth. Beacon has a great track record of developing and operating 16 apartment buildings—homes to nearly 500 households, many of whom were homeless. Peace seeks to get educated about housing and homelessness while engaging in the meaningful work as part of this community partnership.



Welcome!

At Peace Lutheran Church, people of all ages — children, teens and adults—are a very important part of our faith community. We love to 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 in serving others. Sundays and Wednesdays are filled with opportunities for all ages to grow in their faith together as an intergenerational community.

At Peace, there is a place for you!



Adults:

- Men's & Women's Breakfast groups; Faith & Hope Circles
- YogaDevotion, Faithfully Fit & Health Forums
- Knitting, Quilting and Needlepoint groups
- Adult Choir, Women's Choir & Adult Handbells
- Serving & Community Garden

Children & Youth:

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

SUNDAY MORNING

9:00-10:00am — Worship

10:00-11:00am — Sunday School, Bible Studies & Forums
(programs for all ages)

WEDNESDAY EVENING

5:30-6:00pm — Dinner (all ages)

6:00-7:30pm — PeaceFull Nights (programs for all ages)

7:00-7:45pm — Celebration Singers Rehearsal

7:45-8:45pm — Adult Choir Rehearsal

7:45-8:45pm — Adult Bell Choir Rehearsal

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

Epiphany Worship Theme: Sunday, January 8 — February 19

"Revelation of Hospitality"—during Epiphany, Peace will read stories from the Gospel of St. Luke that show us Jesus' ministry of hospitality. And, we will exercise our hospitality. Additionally, Marty Haugen's *Now the Feast and Celebration* will enliven worship throughout the season.

e-piph-a-ny /noun/

- festival celebrating the revelation of God in human form and the visit of the Magi
- sudden insight into the essential meaning of something
- season in the church year between Epiphany and Ash Wednesday

Thank you for celebrating Christmas at Peace!





53 Quilts!

Thank you to the dedicated quilters who make quilts to provide warmth for families in need. Over the years Peace has donated many beautiful quilts to the Marie Sandvik Center in Minneapolis for distribution. Recently they completed 53 quilts to donate. If you would like to help, join the Quilters at Peace the 2nd & 4th Thursdays of the month at 9:00am. All skill levels are welcome.

Men's Bible Study:

Monday, January 9th at 4:45pm at Rock Elm Tavern.



The 2017 classes will begin in January. The deadline for Monday classes (which begin January 9) is January 1st! The deadline for Saturday classes (which begin January 21) is January 15th. Stop and pick up a registration form at the Health Ministry bulletin board.

Peace Notes

3695 County Road 101 N. Plymouth, MN 55446
763.478.9406
peace@peaceofplymouth.org
www.peaceofplymouth.org

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

Lead Pastor	Rev. Kjell Ferris
Life Long Faith Formation Pastor	Rev. Emily Meyer
Director of Volunteer Ministries	Judy Lubben
Communications Specialist	Sue Jacob
Parish Nurse	Sondra Weinzierl
Minister of Music	Steve Peters
Choir Director	Stefanie Fiser
Childcare Specialist for Nursery	Samantha Bartelt

CONNECT THE DROPS

Connect the Drops is a program of the Minneapolis Synod that connects faith, science and youth leadership. Intergenerational groups will explore the intersections of faith and science with Bible study, engineering design challenges and conversation about vocation. Our faith in action will create a project that connects our strengths with community needs to positively impact water.

Sundays: January 8 and February 5 at 10am

Wednesdays: January 11, 18, 25 and February 5 at 6:30

Wednesday, February 22 at 6:00—8:00 pm: Celebration Worship featuring musician Hans Peterson, speaker Sharron Day and other activities

You're Invited!

Peace is hosting the next Connect the Drops training for clergy, youth directors and lay leaders from around the synod on

Thursday, January 5th, 8:00am-Noon.

Training is for people who:

- want to lead a Drops activity at Peace;
- are a parent, grandparent or lifelong learner who wants to experience STEM (Science, Technology, Engineering, Math);
- or a member of Peace working to better understand Creation Care.

If you have questions about "Connect the Drops" ask Pastor Emily.

THIS IS GOING TO BE FUN!



Invitation & Welcome!

The Evangelism and Communications Team has been busy in 2016 with "100 Invitations," the Hamel Days Parade, creating t-shirts and handing out Welcome Baskets. A major function of this team is to help get the word out about all of the exciting things taking place at Peace...to invite and welcome! Along with the Communications Specialist, Sue Jacob, the team helps Peace groups with publicity.

Looking for assistance? Fill out the [Communications Request Form](#) on the Peace website. Go to News/Events and then click on "Other Resources." Next, click on "Forms," and there you will find the Communications Request Form. After filling it out, give it to Sue Jacob. Sue and the team will work to bring attention to the event, in the community, as well as, in our own congregation. The earlier you submit your request, the more time we have to thoroughly promote the event, and reach new people.



PARISH NURSE NEWS

Screen Time and Your Health

On January 15th, "Screenagers" will be shown after worship, followed by conversation. While the focus on this documentary is the danger of too much screen time for youth, the reality is that adult brains can also be damaged by excessive time watching TV or using cell phones and computers.

There is growing evidence using these devices within an hour of bedtime can impair your ability to get to sleep and your ability to get a good night's sleep. Not only does the light from these devices impair the production of melatonin (a chemical that helps us sleep) but the stress of reading or answering e-mails before bed can produce cortisol which increases heart rate and blood pressure, making it hard for your body to calm down.

According to "Psychology Today," another consequence of screen time is the restructuring of the matter that makes up your brain. (The brain consists of grey matter, the heavy bit that makes up the folds, and white matter, which transmits messages between neurons.) Too much screen usage seems to result in grey matter shrinkage, problems with white matter's ability to communicate, a lot more cravings, and general poorer cognitive performance.

The more screen time we have, the more we are sitting. This impacts our cardiovascular health, our weight, our socialization and our fitness. How much screen time is too much? Researchers recommend no more than two hours a day! The average adult in the US is spending more than 9 hours a day using some type of electronic device. For many of us reducing that to two hours a day seems impossible!

But...each of us can work at reducing our current amount of screen time per day. And each minute and hour we do that, replacing screen time with exercise, social interaction, or other non-screen activity will help. Plan to come to Peace on January 15 to learn more about this important health topic!

To your health, Sondra

"SEEING GOD"

A FORUM: JANUARY 22, 10AM

THIS FORUM WILL LOOK AT THE LANGUAGE AND IMAGERY THAT HELPS US TO UNDERSTAND AND IMAGINE GOD, AND GOD'S WORK IN OUR LIVES. USING AN ELCA RESOURCE, THE GROUP WILL DISCUSS HOW MASCULINE AND FEMININE WORDS SHAPE OUR UNDERSTANDINGS OF GOD AND HOW WORDS CAN BE HOSPITALITY. PARTICULAR ATTENTION WILL BE PAID TO THE *PRAAYER JESUS TAUGHT US*.



SCREEN AGERS
Sunday, January 15
10:00am-12noon
Free community event!

A special screening of this timely, award-winning film. Recommended for parents of children of ALL AGES as well as students in the 4th grade and older. Includes one-hour film followed by breakout discussions. Bring a friend!

Proudly sponsored by the
Greenwood Elementary PTA
screenagersmovie.com

Faithfully Fit

Exercise is one of the top things we can do to stay healthy as we age. Faithfully Fit uses chair exercises to help seniors improve strength, flexibility and balance. This free class features a health minute, a devotion, chair exercise and fellowship. Meets select Tuesdays at 10:00am at Peace. Led by Sondra, the Parish Nurse.



Peace is getting social!

Find us on Facebook, Twitter, Instagram and LinkedIn to stay connected.