



Peace Lutheran Church  
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Peaceofplymouth.org

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# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 22, Issue 3 | March 2017

## Cultural Conversations for Lent

Lenten small groups will use the IDI (Intercultural Developmental Inventory) for conversations on cultural awareness. Register at the Welcome Desk or at [peaceofplymouth.org](http://peaceofplymouth.org)—Cost \$20/IDI.

### Lent 2017: Cultural Conversations

Lent is the time between Ash Wednesday and Easter Sunday. In Lent many Christians add a spiritual practice to draw themselves to God. *Cultural Conversations* is Peace's next step in doing what is at the core of Christianity—living in God's love and loving our neighbors of all cultures. The story of the Good Samaritan (Luke 10: 25-42) is one example. Samaritans were a different culture from the Jews. When Jesus made the Samaritan the hero of the story, the people are forced to notice, think and talk about culture. When we read the Bible, Jesus is challenging our understanding of culture and inviting us into conversations. This Lent, make the IDI your spiritual practice.

## Welcome!

At Peace Lutheran Church, people of all ages — children, teens and adults—are a very important part of the 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, Celebration Singers & Adult Bells
- 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
- Intergenerational Bible Buddies

## SUNDAY MORNING

**9:00-10:00am** — Worship

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

## WEDNESDAY EVENING

**5:30-6:30pm** — Dinner (all ages)

**6:30-7:00pm** — Lenten Worship (all ages)

**7:00-8:00pm** — Small Groups (all ages)

**8:00-8:45pm** — Adult Choir and Bell Choir Rehearsal

### What is the IDI?

The Intercultural Development Inventory (IDI) is a tool that raises awareness about culture by giving feedback on where people are located on the continuum. The focus of the IDI is development: empowering groups to increase their intercultural competence. Wednesday small groups will talk about their experiences with other cultures and learn how to more effectively engage the cultures around us.

### How Do I Take the IDI?

Sign up to take the IDI on the website at [www.peaceofplymouth.org](http://www.peaceofplymouth.org) or at the Welcome Desk. There is a \$20 fee, scholarship are available. Upon registration you will receive an email with a link to the inventory.



Wednesday  
March 1  
6:30pm Worship

### SUNDAY LENT STUDY

**"Relating to People of Other Religions:  
What Every Christian Needs to Know"**

**March 12—April 2 at 10:00am**

Books \$13, sign up at the Welcome Desk by March 5. Books can be picked up Wednesday, March 8. Please read prior to meeting so we can discuss:

March 12—Chapters 1-2

March 19—Chapter 3

March 26—Chapters 4-6

April 2—Chapters 7-9

### WEDNESDAY NIGHTS (March 8—April 5)

5:30pm - Dinner

6:30pm - Worship—Prayer Around the Cross

7:00pm - Small Groups & Children's Choir

8:00pm - Adult Choir & Bells



## Women's Retreat



The Peace Health Ministry sponsored a Women's Retreat at Peace on January 28th. The women who attended shared in discussions about how to declutter our spiritual thinking and how our memory is a gift from God that can help us reflect on the beautiful and difficult times in our lives and how those events affected us.



We practiced mindfulness, led by Pastor Emily and had a beautiful communion service. One of the facilitators shared that she was inspired by the depth of sharing that went on in her small group... noting that the opportunity to tell our stories can lead to increased self-awareness and spiritual growth.

### 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 second Monday of the month prior to publication.

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

## COUNCIL CORNER

The Peace Church Council held their annual retreat on Saturday, February 4 which was a great day of discussion and strategy centered on the future of Peace. While the future is always unpredictable, we can help guide what Peace provides to our members, the community surrounding us and the impact we can have on the future of our young people.

Council looks to continue the 3 CAT priorities that have provided a foundation for the past year. In an effort to expand on those, Council along with all committees intend to focus on the following strategies in 2017:

1. engage on a path of more social action with our neighbors and community
2. provide an approach in faith that will be more welcoming to the diverse community around us
3. connect our faith conversations to the issues of the day

We will consider all opportunities in these areas that may come our way and continue to brainstorm ideas around these ideas throughout the year. As always, if members have suggestions please feel free to reach out to anyone on council.

### SANDWICH MAKING:

Together we made over **1,000** sandwiches for those in need!



## HEALTH FAIR

**Sunday, March 5 at 10am**



Ruth Bachman, International speaker

A mountain climber, writer, author, educator, inspiring presenter and woman of faith, Ruth is also a cancer survivor. Diagnosed with soft tissue sarcoma several years ago, Ruth's right hand and lower arm had to be amputated. She powerfully tells her story of diagnosis, treatment and, most importantly her courageous journey in the face of enormous change. Each of us faces challenge and change in our lives... illness, depression, job loss, financial problems and stress. Ruth has a compelling message you won't want to miss. The public is invited, so please invite your friends and neighbors. The nursery will be open and activities for children 3rd grade and younger will be available. Brunch will follow (free will offering).



## PARISH NURSE NEWS

### Death and Dying: How to Help Those Who Grieve—Part 2

Last month, we discussed what to say and what not to say to someone who has lost a loved one. This month we'll review important information about the grief process to help us be more compassionate and helpful.

Many of us learned the "stages of grief" many years ago. At that time, the stages seemed to fit into neat little compartments...you went through a stage and then entered the next stage. But grief research shows grieving is a process that is not at all "neat" or predictable. We can seem to be healing and moving forward...and then find ourselves right back at the beginning stages of grief. Often, an anniversary date (a birthday, anniversary) or holiday or a song, smell, sight will evoke the deepest grief again. This is why we need supportive loved ones around us who will remind us to be "gentle" with ourselves and allow us to grieve in our own way with no judgment or advice.

- Often, when a friend loses a loved one, we are tempted to ask "How can I help?" But, in fact, it's very difficult for people to identify what they need. You might try saying: "I'd like to bring a meal...what would be a good time for me to do that?" Be sure to ask about food allergies/intolerances and try to bring something other than lasagna! (I once heard of a widow who had 5 lasagnas in her refrigerator and she didn't even like lasagna!) There are other creative ways to give help (cutting their lawn; shoveling snow; giving rides, etc.)
- Send cards often...maybe every few weeks for several months. After the funeral is over and everyone has gone back to their normal routine is usually the hardest times. Don't disengage with the grieving person. A phone call where you "listen" is also helpful. Mention the West Suburban Grief Coalition as one place for support. Don't force or push...but sharing the information and offering to go with the person to a couple of meetings is a good way to help.

Earl Grollman writes: "Grief is not a disorder, a disease or sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

*To your health, Sondra*

### SECOND SUNDAYS—a new Peace tradition

Following in the footsteps of Jesus, Peace is practicing hospitality by serving treats and coffee after services on the second Sunday of the month. Groups can volunteer to host by bringing tasty treats (fruit, cookies, muffins, veggies, rolls, etc.) and brewing fair trade coffee. The Communications Committee is hosting the first one on March 12<sup>th</sup>. If your group (Music ensemble, Quilters, Bible study group, etc.) would be interested in volunteering for "Second Sundays," contact Joni Sutton at [jeni.sutton@icloud.com](mailto:jeni.sutton@icloud.com) Let's get to know each other better and enjoy some conversation!

## Thank you!

We've been blessed by all the love and support we've received from Peace members through Mandi's illness and after her passing!

Thanks to Pastor Kjell for all his visits to her, to the congregation for all your words of encouragement, and to everyone who helped with her memorial service and luncheon! It was truly a beautiful way to say our farewells to Mandi!

**David & Carol**  
**Andrew & Aiden**  
**Justin & Luke**



### Peace is social!

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

### Men's Activities

#### ROMEO BREAKFAST

Monday, March 6th  
8:00am at Perkins

#### BIBLE STUDY

Monday, March 6th  
4:45pm at Rock Elm Tavern

### Women's Activities

#### QUILTING

Thursdays, March 9 & 23  
9:00am at Peace

#### FAITH & HOPE CIRCLES

Tuesday, March 14th  
12:30pm, offsite

#### WOMEN'S BREAKFAST

Wednesday, March 15  
8:00am at Panera

#### KNITTING & NEEDLEPOINT

Thursday, March 16  
7:00pm at Panera