



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 20, Issue 14 | October 2016



Bloom Early Learning and Child Care serves children (6 weeks– 5 yrs.) and their families. They

prepare young children for success in school and enable parents to pursue education and employment.

50% of Bloom's enrollment is dedicated to families needing financial assistance. They accomplish this important work by passionately striving to:

- Break the cycle of poverty in our community.
- Help parents become self-sufficient rather than rely on government programs.
- Provide the highest quality child care and early childhood education so that children who go to Bloom are positioned to succeed physically, emotionally and socially.

Imagine you are one of the 600 families in the Plymouth/Wayzata area living below the poverty level. Affordable childcare is out of reach for families with entry level or low paying jobs. Therefore, many families have to make difficult financial decisions because of the high costs of childcare (\$10,000-12,000/year). 30% of children in Minnesota are not prepared for kindergarten and research shows household income is a significant predictor of school readiness. The foundation laid in these early years can predict a child's ability to succeed in the future.

Economist Art Rollick, formerly of the Minneapolis Federal Reserve Bank, showed that the public receives up to \$16 back for every \$1 invested in quality early learning for disadvantaged children. As people of faith, we have a part to play in the future of children, especially the ones growing up in our surrounding communities.

The Peace Building Use Taskforce has been working with Bloom to clarify what space requirements are needed if Bloom opens a second site at Peace. Council is confident that the missions of Peace, TreeHouse and Bloom will all be served by this partnership and that this is a great use of Peace's building. At Committee night on October 4, the future plans will be discussed.

Peace will also have a congregational forum on Sunday, November 13 at 10:00am to look at the feasibility study and plans.

What can you do?

- Pray for Bloom, their work and their families
- Learn more by signing up for "Bagels, Babies & Bloom" (see page 3)
- Be part of Peace's effort to expand Bloom's work.





October 30, 2016 marks the 499th anniversary of Martin Luther nailing his 95 theses to the door of the Castle Church in Wittenberg, Germany. Leading up to the 500th anniversary is an exciting and important time for Lutherans worldwide. There are many celebrations happening—view www.elca500.org for more information. A local event to take note of is a new exhibition at the Minneapolis Institute of Art called, “Martin Luther: Art and the Reformation” running October 30 - June 15, 2017.

Peace’s year-long vocation and water theme continues with the celebration of the Reformation. Grace and vocation were two of the main focuses in the Reformation. *Grace* is God’s unstoppable love coming to all humans with no strings attached. *Vocation* is being called in our giftedness and brokenness to be God’s hands, seeking the well-being of our neighbors. The “Walk for Water” campaign and the Reformation Day 5K Run/Walk on October 30 are a few ways we are connecting the theme of vocation and water to raise awareness about the need for clean water in our world. See the insert for more information!

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.

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Parish Nurse	Sondra Weinzierl
Minister of Music	Steve Peters
Choir Director	Stefanie Fiser
Childcare Specialist for Nursery	Samantha Bartelt

Who taught you generosity?

STEWARDSHIP 2016 STORIES OF FAITH IN ACTION

Sunday, October 30 kicks off the stewardship drive—which includes four weeks of telling “*faith in action*” stories during worship. These stories will show how Peace has, is and will continue to make a difference in our community and world. In early November, you will receive a mailing with even more of these stories of generosity. This mailing will also invite you to fill out a stewardship pledge card. On Sunday, November 20 you are invited to bring your pledge cards with you to worship. Each of you make up this community! We want to hear YOUR stories. Who taught you generosity?

Share your story by contacting Pastor Kjell.
kjell@peaceofplymouth.org | 763.478.9406

WELCOME SUNDAY



PARISH NURSE NEWS

October is Domestic Abuse Awareness Month

Often when we think of abuse, we focus on physical abuse but far more people are victims of emotional abuse and it can be extremely damaging to self-esteem, self-confidence and happiness. Emotional abuse involves a regular pattern of verbal offense, threatening, bullying, and constant criticism, as well as more subtle tactics like shaming and manipulation. Emotional abuse is used to control the other person, and quite often it stems from the abuser's childhood or insecurities.

Who are the abusers? In family relationships, men and women equally can be emotionally abusive. Parents can abuse their children and older children can emotionally abuse classmates and siblings. Children of aging parents can also invoke this type of abuse.

What are some signs of emotional abuse?

- He/she humiliates you or puts you down in front of others.
- He/she regularly demeans or disregards your opinions, suggestions, or needs.
- He/she uses sarcasm or "teasing" to make you feel bad about yourself.
- He/she accuses you of being defensive or too sensitive about your comments.

How can I deal with emotional abuse?

Because the abuse can be subtle and insidious, it can be difficult to identify and deal with it. Professional help may be needed but here are some strategies you can try—

Set some firm boundaries. Tell your abuser he or she may no longer yell at you, call you names, be rude to you, etc. If the bad behavior occurs, you may need to leave the room or house.

Don't engage. If the abuser tries to pick a fight or win an argument, don't engage. Just keep quiet and walk away.

Realize you can't "fix" them. You can't make this person change or reason your way into their hearts and minds. They must want to change get help to do

You are not to blame. It can be easy to feel you are to blame when someone has destroyed your self-esteem. When emotional abuse is one-sided, realize that you are not to blame.

Seek support. Talk to trusted friends and family or a counselor about what you are going through. This support system will help you feel less alone and isolated while you still contend with the abuser.

Develop an exit plan. If the emotional abuser does not get help and you continue to be abused, you need to think about your exit plan. Keep in mind that emotional abuse can turn into physical abuse. You need to think about your safety, happiness and health and find ways to get away from the abuse.

To your health,
Sondra

new MEMBERS CLASS

October 9, 10am

Class held for those interested in joining Peace;
all are welcome!

October 16, 9am

New members are received during worship with
a reception to follow.

We celebrate
the life of

PAM JETTE

1959-2016

*"I am leaving you with a
gift—peace of mind and heart.
And the peace I give is a gift
the world cannot give. So
don't be troubled or afraid."
John 14:27 (NLT)*

In lieu of flowers, donations in
Pam's memory can be made
for Breast Cancer Research to
the U of MN Foundation.

**WE'RE
HIRING!**

Communication Specialist
32 hours/week

Interested candidates should
look online at www.peaceofplymouth.org/news-events/careers for a full job
description.

Application materials can be
sent to: careers@peaceofplymouth.org

"Bagels, Babies & Bloom"

A small-group introduction and tour of Bloom scheduled by
appointment. Participants will enjoy a continental breakfast
and learn about Bloom's mission, followed by a tour of

the center with an opportunity to interact with
the children and teachers.

HOT SHEET

OCTOBER

What's hot and happenin' at Peace?



Reformation Day 5K!

October 30, 10AM

People of all ages are invited to walk/run in this 5K to celebrate the culmination of the ELCA "Walk for Water" 2 month long campaign. This is a community-wide event, so please invite your friends, neighbors, families! The event will begin and end at Peace. Co-sponsored by the Faith Formation & Health Ministry committee. Questions? Contact Pastor Emily.



BIBLE BUDDY BREAKFAST

OCTOBER 16, 10AM

Bible Buddy Breakfast

October 16, 10AM

Thank you to each person who has signed up to be a Bible Buddy this year! Bible Buddies will gather together periodically through the year with Bible Buddy Breakfasts. These will be simple meals of bagels or other treats with the more important focus of creating time and space for buddies to share what they are learning, how they are growing, where they are seeing God in their lives, and ask questions together. Everyone is encouraged to journal their learning and growth through the year as well.



Health Ministry Forum:

"What's New in The War on Cancer?"

Sunday, October 23, 10AM

The "C" word is a diagnosis no one wants, but there is good news about advances in the war on cancer. You're invited to come learn about progress made in the last decades and information about what you should do if you receive a cancer diagnosis.

Sunday School Teachers needed! (Toddlers-9th grade)

We'd love to create a pool of Family Sunday School (toddlers), Sunday school (K-3), and Confirmation (6th-9th) leaders. There are only 7-9 Sundays that need age specific leadership throughout the coming program year, so with only two or three teachers in each group, we could keep the time commitment very minimal. The curricula for Sunday school and Confirmation are available on-line, with helpful tutorials for leaders, videos and other materials. Annie Bonow or Emily Meyer will help connect leaders with these resources and/or answer any questions. To sign up, go to: peaceofplymouth.org/News&Events/Serving.



IOCP Sleep Out

Save the date!

Saturday, November 12

Roast s'mores around a campfire, play games, and sleep outside to help raise awareness and funds for homeless families in the community.



OCTOBER 2016

October Office Hours

Tuesdays 9AM-5PM

Wednesdays 9AM-5PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9am Worship w/ Communion 10am Sunday School & age specific ministries 10am Health Ministry Forum: Suicide prevention	3 8am ROMEO breakfast 5:30pm Yogadevotion	4 10am Faithfully Fit 12pm Staff Meeting 7pm Committee Night	5 5:30pm Dinner 6pm PeaceFull Night ministries (all ages) 7pm Cel. Singers 7:45pm Adult Choir & Adult Handbells	6	7 6:30pm Bloom Gala	8
9 9am Worship 10am Sunday School & age specific ministries 10am New Member Class	10 5:30pm Yogadevotion	11 12pm Staff Meeting 12:30pm Faith & Hope Circle (Ilene Forde's) 7pm Council Meeting	12 5:30pm Dinner 6pm PeaceFull Night ministries (all ages) 7pm Cel. Singers 7:45pm Adult Choir & Adult Handbells	13 9am Quilting Group	14	15 <i>Newsletter submission deadline</i>
16 9am Worship w/ Communion 10am Sunday School & age specific ministries 10am Bible Buddy Breakfast	17	18 10am Faithfully Fit 12pm Staff Meeting	19 8am Women's Break-fast Group (Panera) 5:30pm Dinner 6pm PeaceFull Night ministries (all ages) 7pm Cel. Singers 7:45pm Adult Choir & Adult Handbells	20 7pm Knitting & Needlework group (Panera)	21	22
23 9am Worship 10am Sunday School & age specific ministries 10am Health Ministry Forum	24 5:30pm Yogadevotion	25 10am Faithfully Fit 12pm Staff Meeting	26 5:30pm Dinner 6pm PeaceFull Night ministries (all ages) 7pm Cel. Singers 7:45pm Adult Choir & Adult Handbells	27 9am Quilting Group	28	29
30 <i>Reformation Sunday & Stewardship Kick-off!</i> 9am Worship 10am 5K Walk/Run	31					



Sunday Schedule

October 2

9AM Worship w/ Holy Communion
10AM Age specific ministry programs &
Health Forum
Exodus 12 & 13

October 9

9AM Worship
10AM Age specific ministry programs & New Member class
Exodus 32

October 16

9AM Worship w/ Holy Communion
10AM Age specific ministry programs & Bible Buddy breakfast
1 Samuel 1 & 2

October 23

9AM Worship
10AM Age specific ministry programs & Health Ministry Forum
2 Samuel 7

October 30

Reformation Day & Stewardship Kick-off!
9AM Worship w/ Holy Communion
10AM Reformation Day 5K Walk/Run

Who chooses the Sunday Bible readings?

Peace uses the Narrative Lectionary, a four-year cycle of Bible readings for the Sundays from September through May. Each year the texts follow the entire biblical story, from creation through the early Christian church. The readings invite people to hear the stories of Abraham and Sarah, Moses and the prophets, Jesus, and Paul all with the goal of connecting our faith and daily life. This year Peace will engage the readings from scripture with questions of vocation. Vocation is the Christian belief that in Jesus' name we are claimed and called as children of God in our giftedness and brokenness to be God's hands, seeking the well-being of our neighbors.

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