



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 23, Issue 1 | January 2018

Lent 2018, The Daniel Plan

The Daniel Plan is a groundbreaking science and Bible based program where you can learn how to make the changes in your life that will strengthen you and bring you closer to the physical, emotional and spiritual well-being that God desires for all of us. Sunday worship and the Small Group Sessions will focus on the essentials of faith, food, fitness, focus and friends and

how each of these elements empower us to serve God and our community in more effective ways.

Signups begin Sunday, January 14 in person and at peaceofplymouth.org. The first 20 signups get the Daniel Plan book free thanks to a grant from Fairview Health.



FAITH + FOOD + FITNESS + FOCUS + FRIENDS

THE + DANIEL PLAN

40 DAYS to a
HEALTHIER LIFE

RICK WARREN D. MIN.
DANIEL AMEN M.D.
MARK HYMAN M.D.

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How can I participate?

Small group registration begins January 14.

First 20 people to sign up get a free Daniel Plan book thanks to a grant from Fairview Health.

Schedule:

Sunday

Worship 9:00-10:00am

Small Groups 10:00-11:00am

Wednesday

Dinner 5:30-6:15pm

Worship and Small Group:
6:30-7:45pm

Celebrating Advent



Thank you to all who supported and helped with Advent events! The Women's Christmas Tea, Pageant, Music Festival and Christmas Eve services were all wonderfully done!



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Epiphany 2018 Calendar

Sunday and Wednesday Programming

Wednesdays		Sundays	
January 3	5:30 Dinner 6:00 Children's Music 6:15 Martin Luther Video Study 6:15 Confirmation 7:45 Adult Bells and Adult Choir	January 7 <i>Holy Hootenanners Bluegrass Band</i>	Worship: Epiphany & the Baptism of Jesus; Jesus Says Come and See; John 1:29-46 Education Hour: Children's Music and Sunday School
January 10	5:30 Dinner 6:00 Children's Music 6:15 Martin Luther Video Study 6:15 Confirmation 7:45 Adult Bells and Adult Choir	January 14 <i>Blessing of the New Drivers Second Sunday Treats</i>	Worship: The Wedding at Cana; John 2:1-11 Education Hour: Children's Music and Sunday School Adult Forum: Rob Winkler forum: Playful Approaches to Anxiety
January 17	5:30 Dinner 6:00 Children's Music 6:15 Martin Luther Video Study 6:15 Confirmation 7:45 Adult Bells and Adult Choir	January 21	Worship: Jesus Cleanses the Temple John 2:13-25 Education Hour: Children's Music and Spaghetti Dinner Crafts Adult Forum: Simpson Housing Mentorship
Saturday, January 20 Interfaith Bridge Building Retreat @ Augsburg University, 9:00am-4:00pm Engage with our Muslim neighbors to build connections; for all adults, youth, and upper elementary students. \$20/person by Jan 7			
January 24	5:30 Dinner 6:00 Children's Music 6:15 Martin Luther Video Study 6:15 Confirmation 7:45 Adult Bells and Adult Choir	January 28	Worship: Nicodemus ; John 3:1-21 Guest Preacher: Grace Pardun Alworth Adult Forum: 2018 Budget Meeting Fellowship Event: 11am Bowling at The Medina Entertainment Center
January 31	5:30 Dinner 6:15 Confirmation Winter Carnival and Fundraiser 7:45 Adult Bells and Adult Choir	February 4	Worship: The Woman at the Well; John 4:1-42 Guest Preacher: Karen Stevensen Adult and Youth Forum: Human Sexuality and the Christian Faith Education Hour: Children's Music and Sunday School
February 7	5:30 Dinner 6:00 Connect the Drops: Collaborate and Celebrate Event 6:00 Children's Music 7:30 Connect the Drops Worship	February 11 <i>Second Sunday Treats</i>	Worship: The Man Born Blind; John 9:1-41 Education Hour: Children's Music and Games After Worship: All Congregation Annual Meeting
February 14	5:30 Dinner 6:00 Children's Music 6:30 Ash Wednesday Worship Service	February 18-April 1 <i>Lent and Easter</i>	Keep your eyes open for a Lent 2018 Calendar...coming soon!
Mark Your Calendar!! Spaghetti Dinner Sunday, February 25, 5-8pm			

Place this page on your fridge and join Peace for Sunday worship and forums and Wednesday night activities! In next month's newsletter, we will include the calendar for Lent and Easter.

Committee Summer Planning will take place on January 2, 7pm.



PARISH NURSE NEWS

Why the DANIEL PLAN for Lent?

Lent is often thought of as a time of reflection, repentance and renewal. In the past, it's been common for Christians to "give up something" for Lent to symbolize sacrifice.

But Lent can also be a time to take a long, loving look at our lives to see if our values, priorities and actions are in line with God's desires for us. Lent gives us six weeks to "re-center" our hearts, minds and bodies so that our "whole" selves are serving God.

The Daniel Plan, created by Pastor Rick Warren, Daniel Amen, M.D. and Mark Hymen, M.D. is a way to guide us through those six weeks of drawing closer to God while, at the same time, becoming physically, emotionally and spiritually

healthier. The name of the plan is based on scripture from the book of Daniel. In this book we learn that Daniel wanted to be healthy in order to be able to better serve God and was able to do so by making good choices in his life.

The Daniel Plan is an opportunity for us to find support from each other as we strive to enhance our faith, friendships, thinking and physical health. I hope you'll sign up and be a part of this Lenten study. What a wonderful opportunity to get to know each other as we strengthen our abilities to serve God, Peace Lutheran, and our community.

To your health!
Sondra

THE **DANIEL PLAN**

40 DAYS to a
HEALTHIER LIFE

[LEARN MORE](#)

Human Sexuality and Christian Faith

Everywhere we turn, someone is telling us what to think and how to act in matters of love and sexuality. We need to add our voices to that conversation, but it is sometimes hard and uncomfortable. Rev. Karen Stevensen has been facilitating conversation around faith and sexuality for 25 years. Karen, who is also a counselor, will be preaching and leading a forum on February 4, Super Bowl Sunday, discussing Human Sexuality and the Christian faith. She will talk about our human needs for love and intimacy in life-giving ways, and open doors to conversations.

The Super Bowl is often connected with using people as just bodies; in the game, athletes for their strength and agility, and in the commercials, women are used to sell products. As Jesus' followers, we believe in fully valuing people as more than just bodies. Rev. Karen Stevensen will kickoff Super Bowl Sunday linking intimacy and boundaries to self awareness.

All are welcome to this forum, adults and youth alike. If you think your friends would benefit from this important conversation, please invite them to come to the Sunday, Feb. 4, 9am worship and 10am forum.

Peace Notes is a monthly newsletter.
Deadline for submissions is the 20th of the month.

Pastor — Rev. Kjell Ferris
Communication Specialist — Marta Johnson
Parish Nurse — Sondra Weinzierl

Office Specialist — Chris Bacon
Minister of Music — Stefanie Fiser Kleven
Organist — Ellen Hacker
Childcare Specialists — Brenna Kylo &
Olivia Akhigbe

Members in Mission

In the movie *Robots*, Bigweld says “See a need, fill a need.” This mentality of filling a need is something members at Peace do out in the community on a regular basis. Recently, Bunny Rova and Rebecca West got their knitting needles out and made mittens, hats and scarves for those in need. Most of the mittens and hats were donated to the Marie Sandvick Center. Pictured are the mittens, hats and scarves made by Bunny.



Peace welcomes the Leppa Family

In November, Peace welcomed Peter and Janelle Leppa and their two daughters, Sylvi and Sonja.

“We found Peace through our neighborhood book club. Angela Akhigbe was talking about some of the values of her church and I was intrigued. I later went to the church website and loved everything I read. Our family visited soon after and knew immediately that it was a special place. As we walked to our car after our first visit, our daughter, who was initially hesitant to visit, stated emphatically that she loved it and wanted to keep going. Despite visiting many churches and staying at a few for years at a time, we have never been members of a church in our adult lives, yet we felt at home immediately at Peace Church,” commented Janelle.

Janelle works in social services and Peter is a copywriter. They have both lived in the Minneapolis area all their lives. Janelle enjoys reading, running, yoga and spending time with family.



Peter enjoys woodworking, reading gardening, practicing jiu-jitsu, playing music and studying physics. Their daughters Sylvi and Sonja also enjoy reading and dancing. Sylvi likes writing, art, violin and archery. Sonja likes jiu-jitsu, cartooning and putting on plays.

Janelle added, “We love the kindness, curiosity, openness, and creativity of the congregation. We feel so blessed to have found this faith community.” Welcome, Leppa family!



Have you seen me?

This is Peace Lutheran’s QR Code. If you scan it with your phone, you can open up Peace’s website!

Different phones will scan it differently—so check that out first.

January

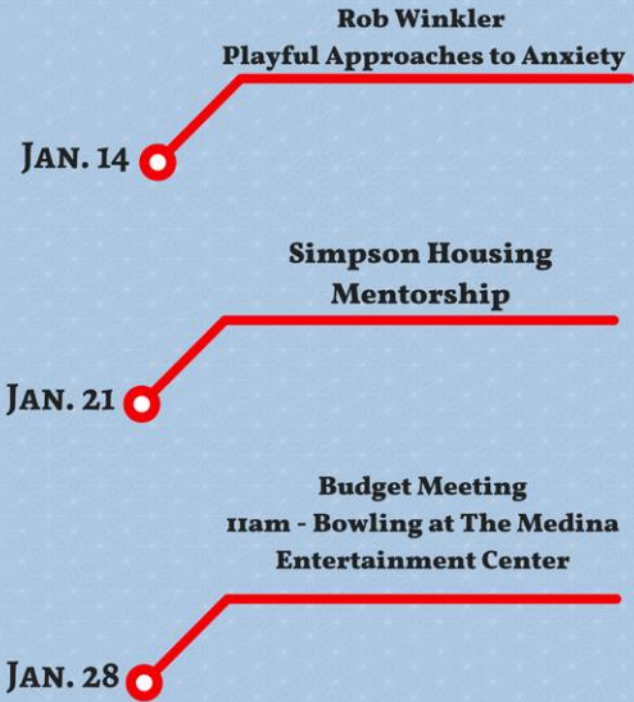
VOLUNTEER OPPORTUNITIES

Would you like to connect to more people and be more involved at Peace?

- Children’s Music Helper
- Sunday School Teacher
- Service Project Coordinator
- Bulletin Board Caretaker

MORE INFORMATION CAN BE FOUND ON OUR WEBSITE, WWW.PEACEOFPLYMOUTH.ORG.

January Forums



Interfaith Bridge Building Retreat

Jan. 20
9am - 4pm

Augsburg University will host and lead this retreat, aimed at engaging with our Muslim neighbors to build connections. Sign up online on Peace's website.

Holy Hootenanners

Jan. 7 at 9am worship



A Minnesota band that blends gospel, blues, folk and spiritual music will lead worship.

Events & Notices

Holy Hootenanners

The Holy Hootenanners, a Minnesota band that blends gospel, blues, folk and spiritual music, will lead our worship service on Sunday, January 7. Put it on your calendar!

Interfaith Bridge Building Retreat

On January 20, starting at 9am, Augsburg University will host and lead a retreat. This retreat is aimed at engaging with our Muslim neighbors to build connections. This is an event for adults, youth, and upper elementary students. Deadline to register online is January 7. Register here: <https://tinyurl.com/InterfaithBuilding>.

Volunteer Opportunities

Would you like to connect to more people and be more involved at Peace? There are some new opportunities to volunteer as a Sunday School Teacher, Service Project Coordinator, and Bulletin Board Caretaker, and Children's Music Helper. More information can be found on our website, www.peaceofplymouth.org.

Annual Meeting

Peace Lutheran's Annual Meeting will take place on February 11 at 10am. Keep an eye out for the Annual Report in late January. The Budget Meeting will be January 28.

Activities

>ROMEO BREAKFAST

Monday, Jan. 8 @ 8a; Perkins

>BREWING FAITH

Monday, Jan. 8 @ 4:45p
Rock Elm Tavern

>QUILTING

Thursdays, Jan. 11 and 25 @ 9a

>WOMEN'S BREAKFAST

Wednesday, Jan. 17 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, Jan. 18 @ 7p; Panera

>YOGADEVOTION

Mondays @ 5:30p
Saturdays @ 9a

>PEACEFULL NIGHTS

Wednesdays @ 5:30p

>BUNDLES OF LOVE

Thursday, Jan. 25 @ 3pm

Rob Winkler: Playful Approaches to Anxiety

Forum: January 14 at 10am

The rise in anxiety among children and youth has been in the news lately. Join Rob Winkler, a registered Play Therapist, to learn more and practice the power of play.

Simpson Housing Mentorship

Forum: January 21, 10am

Breaking the Cycle of Homelessness: Hear how Simpson Housing Services, a local nonprofit dedicated to serving people experiencing homelessness, works with parents and children to achieve academic success and well being. Learn about the causes of homelessness and ways you can make a difference in a young person's life.

Human Sexuality and the Christian Faith

February 4, 9am Worship and 10am Forum

Rev. Karen Stevensen will kickoff Super Bowl Sunday in worship. Her forum Faith and Sexuality will be linking intimacy and boundaries to self awareness. All are welcome to this forum, adults and youth alike. Please invite your friends and family to join in this important conversation.

Collaborate & Celebrate

On Wednesday, February 7 at 5:30pm, come "Connect-the-Drops" of faith, science and youth leadership. This event is in partnership with: Mpls Area Synod EcoFaith Network, U of M & Augsburg campus ministry, Hennepin County GreenPartners, and local watershed districts and churches. Partners and students will lead the event as we all "Connect-the-Drops" of faith, science & youth leadership.

Cranberry Ridge Moves Forward

It was a sea of cranberry at Plymouth City Hall on November 28. More than 200 people from more than 20 congregations showed up to support Cranberry Ridge. The City Council voted to approve the site showing that Plymouth is a hospitable community willing to do its part in meeting the need for affordable housing.

Urban Immersion Service Retreat

Interested in participating in a service learning project? From April 20-22, 2018, Peace will be participating in an Urban Immersion Service Retreat. These retreats are located near the Midtown Global Market and focus on projects at organizations like food shelves, shelters and other social service agencies. Registration is \$100 per person and is due April 6. Learn more at uisr-mn.squarespace.com.

Nat'l Youth Gathering, June 27—July 1 Houston, TX

4 days of community building, service and learning with youth from around the country. \$650/person total with fundraising. \$200 deposit required by January 15. Sign up form at the welcome desk.

JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office closed	2 10a Faithfully Fit 12p Staff Meeting 7p Committee Night	3 5:30p PeaceFull Nights	4	5	6
7 9a Worship with Holy Communion Holy Hootenanners	8 8a ROMEos 4:45p Brewing Faith 5:30p YogaDevotion	9 10a Faithfully Fit 12p Staff Meeting 12:30p Faith & Hope Circles 7p Council Meeting	10 5:30p PeaceFull Nights	11 9a Quilting	12	13 9a YogaDevotion
14 9a Worship 10a Second Sunday Forum: Rob Winkler, Playful Approaches to Anxiety	15 5:30p YogaDevotion	16 12p Staff Meeting	17 8a Women's Breakfast 5:30p PeaceFull Nights	18 7p Knitting and Needlework	19	20 9a YogaDevotion 9a Interfaith Bridge Retreat <i>Newsletter Due</i>
21 9a Worship with Holy Communion Forum: Simpson Housing	22 5:30p YogaDevotion	23 10a Faithfully Fit 12p Staff Meeting	24 5:30p PeaceFull Nights	25 9a Quilting 3p Bundles of Love	26	27 9a YogaDevotion
28 9a Worship 10a Budget Meeting 11a Bowling	29 5:30p YogaDevotion	30 10a Faithfully Fit 12p Staff Meeting	31 9a Newsletter Help 5:30p PeaceFull Nights			

January

1	PSALM 114	12	PSALM 125	23	PSALM 136
2	PSALM 115	13	PSALM 126	24	PSALM 137
3	PSALM 116	14	PSALM 127	25	PSALM 138
4	PSALM 117	15	PSALM 128	26	PSALM 139
5	PSALM 118	16	PSALM 129	27	PSALM 140
6	PSALM 119	17	PSALM 130	28	PSALM 141
7	PSALM 120	18	PSALM 131	29	PSALM 142
8	PSALM 121	19	PSALM 132	30	PSALM 143
9	PSALM 122	20	PSALM 133	31	PSALM 144
10	PSALM 123	21	PSALM 134		
11	PSALM 124	22	PSALM 135		



PEACE
LUTHERAN CHURCH



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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.