



# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 23, Issue 2 | February 2018

## Spaghetti Dinner

The annual Spaghetti Dinner Fundraiser is coming up! On Sunday, February 25 at 5 pm, enjoy a home-cooked meal of spaghetti and meatballs, macaroni and cheese, salad, dessert and more. Vegetarian and gluten free options available.

There will be a free will offering to cover the cost of food. All fundraiser proceeds will go to support our summer youth and family ministries at Peace.



## Silent Auction

Items and event/services for the silent auction are now being accepted. If you would like to donate an item or event/service, please pick up a form in the gathering space. After filling out the proper form, return the form (and item if necessary) to the church office.

## 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 Steverson 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 Steverson will kick-off 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.

## From the Pastor

At Peace, we know and care for each other and our community across the street and across the globe. The center of Peace's mission is experiencing the presence of the living God and we do this by gathering in worship and going out into the world for the sake of our neighbor.

On any given Sunday, six generations worship together at Peace, connecting a message from the Bible with the realities of our daily lives. Jesus' love frees us to act on the most pressing issues of our day and we talk about them in worship -- environmental stewardship, gender equality and intercultural awareness top the list.

Peace is good at welcoming people by getting to know them while being a Christ centered community with them. We focus on creative ways to tangibly support, resource and involve young people and families in all facets of church and life -- children and youth ministry is a priority. Hospitality is about caring for people and Peace's Parish-Nurse program has been a profound gift to many as they experience illness, loss and aging. We work to support and equip older genera-

tions with knowledge and a caring community.

Justice is at the core of God's mission and central to Peace's ministry. Mission trips make a difference in the communities we visit, and enliven the people who give of their time and talent in support of others. In partnership with Lord of Life Lutheran Church in Maple Grove, we sent a group to the Dominican Republic last fall to build homes and are planning a return trip in 2019. Peace is also participating in several local mission trips including Urban Immersion on April 20-22 in Minneapolis. All of our programming reflects Jesus' call for justice, love, mercy and to walk humbly with God. Peace provides opportunities to learn, give and participate in advocacy.

Peace continues to grow; we are working together, being faithful to God's mission and generous to our neighbors.

**Christ's Peace,  
Pastor Kjell Ferris**

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

Sign up online at [peaceofplymouth.org](http://peaceofplymouth.org) by clicking the News/Events tab.

### How can I participate?

Sign up online or in the church office.

#### Schedule:

##### Sunday

Worship 9:00-10:00am

Small Groups 10:00-11:00am

Starts 2/18 Ends 3/18

##### Wednesday

Dinner 5:30-6:15pm

Worship 6:30-7pm

Small Groups 7-7:45pm

Starts 2/21 Ends 3/21



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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# PARISH NURSE NEWS

## The Flu Crisis

We're right in the midst of one of the worst flu seasons in many years. Several members of Peace have already had the flu, so how can we be vigilant in preventing, recognizing and treating flu symptoms?

**Get the flu vaccine!** Even though it is not effective on all types of flu, you want to reduce your chances of getting the type of flu it does prevent. It's not too late to get it now since February is a peak month for the flu.

**Wash your hands!!** This can't be repeated enough. The flu is spread through droplets... and usually because we either breathe in those droplets or touch our mouths, noses, eyes where the droplets can get into our bodies. Use soap, lather up and scrub for at least 20 seconds. Then use a towel to turn off the faucets and touch door handles in the bathroom.

**If you suspect you have the flu,** contact your doctor by phone especially if you have other health conditions or are over age 60. Also, if you think your child has the flu, contact his/her doctor. There are medications that can be prescribed.

**Stay home if you have the flu!** Don't share the virus! As we've said in the Sunday bulletin, it's okay not to shake hands during Pass the Peace.

You can find great information about the flu on the Health Ministry bulletin board or at <https://www.cdc.gov>.

**To your health,  
Sondra, Parish Nurse**

### Know the difference between a cold and the flu.

Here are a few distinguishing characteristics. See more at [www.cdc.gov](http://www.cdc.gov)

#### Cold

Fever is rare or low grade.  
Cough is productive.  
Slight body aches.  
Chills uncommon.  
Develops over days.  
Chest discomfort mild.

#### Flu

Fever usually present.  
Dry cough.  
Severe aches and pains.  
60% have chills.  
Sudden onset.  
Discomfort often severe.

**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



## Connect-the-Drops: Faith, Science & Youth Leadership™

### *Collaborate & Celebrate Event*

*From baptism to vocation,  
Prayers to creation care,  
Water chemistry to watersheds—  
We are celebrating water*

**Wednesday, Feb 7th**

5:30 - 8:30 pm

Peace Lutheran Church of Plymouth  
3695 County Rd 101

We invite you to experience a food justice dinner, environmental STEM, a water worship, and spoken word poetry & art.

#### Meet our station leaders:

[Allyson Green](#) is a food justice advocate. Allyson joined Augsburg University's Campus Kitchen in Fall 2014 after completing an MS in Environmental Justice and Environmental Health. She works with food because everyone eats food- it's a common ground issue that is connected to myriad complex environmental and social issues.

[Emilie Bouvier](#) is an artist, Luther Seminary grad, environmental advocate and community organizer. Emilie works mainly in historic and alternative process photography and in clay, and also high interest in liturgical and community arts.

[Joe Davis](#) is a nationally touring writer, speaker, and performer based in Minneapolis. As a student and educator, Joe has served as teaching artist at dozens of high schools and universities and is currently the Artist-in-Residence at Luther Seminary, pursuing a masters in Theology of the Arts.

[Heidi Ferris](#) is an environmental educator, author, founder of Growing Green Hearts, and creator of Connect-the-Drops: Faith, Science & Youth Leadership series. She helps people play, learn, and love nature through eSTEM and service learning.

#### Schedule

5:30- 6:00 Rotation 1  
6:00- 6:30 Rotation 2  
6:30- 7:00 Rotation 3  
7:00- 7:30 Rotation 4  
7:30- 8:15 Worship  
8:30 Prayer & Send-off

*This event is free thanks to  
generous support by  
Hennepin County GreenPartners  
and the Minneapolis Area Synod  
ELCA's EcoFaith Network.  
**Please RSVP** for the event by  
February 15th to facebook or  
heidi@growinggreenhearts.com*

# HOT NEWS

## February

### Collaborate and Celebrate

Wednesday, Feb 7 | 5:30-8:30

Enjoy an evening with:

Food Justice Dinner

Environmental STEM

A water worship

Spoken word poetry & art

### Spaghetti Dinner

SILENT AUCTION | GAMES  
DESSERT SALE | FUNDRAISER

SUNDAY, FEB. 25

5 PM



PEACE LUTHERAN CHURCH

## Lent at Peace

### The Daniel Plan - Lenten Study

THE  
**DANIEL**  
PLAN

40 DAYS *to a*  
HEALTHIER LIFE

LEARN MORE

Wednesday:

Dinner @ 5:30-6:15p

Worship @ 6:30-7p

Small Group Study @ 7-7:45p

Sunday:

Worship @ 9 - 10a

Small Group Study @ 10 - 11a

Study materials \$10 per person. Register at  
[www.peaceofplymouth.org/news-events](http://www.peaceofplymouth.org/news-events) or at church office.

# Events & Notices

## Annual Meeting

Peace Lutheran's Annual Meeting will take place on February 11 at 10am. Your presence is important!

## 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, Bulletin Board Caretaker and Children's Music Helper. More information can be found on our website, [www.peaceofplymouth.org](http://www.peaceofplymouth.org).

## Welcome Class

Interested in becoming a member of Peace or want to learn more about us? Pastor Kjell is holding a class on Sunday, February 25 after worship at 10am to provide the information you may be seeking. Please contact Pastor Kjell or Chris in the office to let us know you will be attending, 763-478-9406.

## 40th Anniversary Committee

With the 40th Anniversary of Peace Lutheran on the horizon, there is a call for volunteers to help plan the event. If interested, email Marta in the office at [marta@peaceofplymouth.org](mailto:marta@peaceofplymouth.org).

## Activities

### >ROME0 BREAKFAST

Monday, Feb. 5 @ 8a; Perkins

### >BREWING FAITH

Monday, Feb. 5 @ 4:45p  
Rock Elm Tavern

### >QUILTING

Thursdays, Feb. 8 and 22 @ 9a

### >WOMEN'S BREAKFAST

Wednesday, Feb. 21 @ 8a; Panera

### >KNITTING & NEEDLEPOINT

Thursday, Feb. 15 @ 7p; Panera

### >YOGADEVOTION

Mondays @ 5:30p  
Saturdays @ 9a

### >PEACEFULL NIGHTS

Wednesdays @ 5:30p

### >BUNDLES OF LOVE

Thursday, Feb. 22 @ 3pm

## Human Sexuality and the Christian Faith February 4, 9am Worship and 10am Forum

Rev. Karen Steverson 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.

## 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](http://uisr-mn.squarespace.com).

## Committee Night

Committees will meet on February 6 at 7pm.

## Ash Wednesday Worship

Lenten services start with Ash Wednesday on February 14 at 6:30 pm after PeaceFull Nights.

## National Lutheran Choir: "Call to Prayer"

The National Lutheran Choir presents an evening of song from three sacred prayer traditions together with the Augsburg Choir, Hazzan Joanna Dulin, and New York guest artist Zafer Tawil. To complete the landmark 2017-2018 season, "Call to Prayer" will feature a new commission by Maryland composer Joshua Fishbein entitled "Allahu Echad: God is One." Concert dates are March 3 at 7:30 pm at Hoversten Chapel, Augsburg University, and March 4 at 4 pm at Adath Jeshurun Congregation, Minnetonka. Tickets can be ordered online at [www.nlca.com](http://www.nlca.com). Peace's Minister of Music, Stefanie Fiser Kleven is a member of this choir.

# FEBRUARY 2018

| Sun   | Mon                                   | Tue   | Wed   | Thu                                     | Fri | Sat                   |
|---|---------------------------------------|---|---|---|-----|-----------------------|
|   |                                       |   |   | 1                                       | 2   | 3                     |
| 4<br>9a Worship with Holy Communion<br>10a Forum with Karen Stevensesen | 5<br>8a ROMEOS<br>4:45p Brewing Faith | 6<br>10a Faithfully Fit<br>12p Staff meeting<br>7p Committee Night      | 7<br>5:30p Connect the Drops Event  | 8<br>9a Quilting                        | 9   | 10<br>9a YogaDevotion |
| 11<br>9a Worship<br>10a Annual Meeting<br>10a Second Sunday             | 12<br>5:30p YogaDevotion              | 13<br>12p Staff meeting<br>12:30p Faith & Hope Circles<br>5:30p Council | 14<br>5:30p PeaceFull Nights<br>6:30p Ash Wednesday Worship                               | 15<br>7p Knitting & Needlework          | 16  | 17                    |
| 18<br>9a Worship with Holy Communion<br>10a Daniel Plan Study Group     | 19                                    | 20<br>12p Staff meeting<br><br><i>Newsletter Deadline</i>               | 21 - LENT<br>8a Women's Breakfast<br>5:30p PeaceFull Nights<br>7p Daniel Plan Study Group | 22<br>9a Quilting<br>3p Bundles of Love | 23  | 24<br>9a YogaDevotion |
| 25<br>9a Worship<br>10a Daniel Plan Study Group<br>10a Welcome Class    | 26<br>5:30p YogaDevotion              | 27<br>10a Faithfully Fit<br>12p Staff Meeting                           | 28 - LENT<br>9a Newsletter Help<br>5:30p PeaceFull Nights<br>7p Daniel Plan Study Group   |   |     |                       |

## February

- 1 PSALM 145
- 2 PSALM 146
- 3 PSALM 147
- 4 PSALM 148
- 5 PSALM 149
- 6 PSALM 150





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