



# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 23, Issue 4 | April 2018

## *Celebrating the life of Jesus Christ at Peace!*



## Summer Camps

It's time to start planning for summer camp! There are a few different options available for you and your family: Day Camp at Peace Lutheran, camp at Wapo, or the family Peace Retreat.

### **Bubble-Mania: Day Camp**

Let your faith "BUBBLE!"

June 11— 14

Campers three years old to entering 5th grade are \$40.

Helpers in sixth grade through high school are \$10. Register by May 1 for \$5 off per camper!

### **Camp Wapo**

Seeds Weekends

For campers in completed grades 2 through 3. Cost is \$165.

Youth Camp: Aug. 12-17

For campers in completed grades 4 through 8. Cost is \$430.

### **Peace Retreat**

Summer fun for everyone!

August 3-5, for the whole family, at the Koinonia Retreat Center.

Keep an eye out for more information.

**Register through our website, [www.peaceofplymouth.org](http://www.peaceofplymouth.org) on our News/Events page.**

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# Welcome New Members!

## **Kyle, Amanda and Rosalee Egan**

Kyle and Amanda found Peace online and after attending the 2017 Spring Music Festival, decided they loved it.

“We like that there are activities offered for all ages. The worship services is a mix of traditional and contemporary, which fits our style - we felt like it was a perfect fit!”

Amanda is a Registered Nurse and works in

Patient Care at Children’s Hospital Minneapolis. Kyle is a manufacturing machine technician at Productivity, Inc. They’re excited to meet new friends, participate in service projects and meaningful worship.

They enjoy camping, traveling and running. Kyle loves to golf and work around the house. Amanda enjoys scrapbooking and board games.



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## **Jason, Kate, Sadie, and Simon Tofteland**

Jason and Kate saw Peace while driving by one day and decided to check it out.

“After attending, we realized the community is incredibly warm and welcoming.”

Jason works in consulting and before Kate became a stay-at-home-mom she worked in HR. They’re looking forward to being part of an open community and raising their children in a friendly church.



### **Angie and Israel Wambua**

Angie participated in the Reformation Day 5K this last fall. She became friends with Matt Peterson and started attending Peace.

Angie enjoys staying physically active and running marathons. Her son Izzy is outgoing and has

a great imagination and is always making something. Angie works in the social services field.

“Having Peace create a spiritual foundation for my son as well as a place where I can spiritually grow, and authentically be myself,” are things Angie looks forward to.



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### **Jan and Lee Yarger**

Jan and Lee Yarger heard about Peace after moving to the area, from Lake Kabekona in northern Minnesota. “We had a very friendly welcome from the members,” they commented.

Jan is a retired RN, and Lee a retired Lutheran

pastor. They love reading, collecting bookends and quilts. They enjoy spending their time outside and with their son and grandchildren.

They look forward to creating relationships and being involved in congregational life.





## PARISH NURSE NEWS

### Hearing Loss and Why It Matters

Many of us expect that, as we grow older we may have problems hearing. But, did you know that 1:3 Americans over the age of 65 has a hearing loss? And did you know that recent studies are finding troubling links between hearing loss, cognitive decline and dementia? There is growing evidence that even mild hearing loss can reduce your quality of life, safety and overall health.

#### Signs of hearing loss:

- Trouble distinguishing words that sound similar
- Inappropriate responses in social situations
- Turning up the volume on the TV or radio
- Hearing men more clearly than women and children
- Withdrawing from conversations because you can't understand others
- Turning head to one side or cups one ear to hear better.
- Having trouble hearing in church!\*

If you or a loved one are having trouble distinguishing words, have to ask someone to repeat themselves, are turning up the volume on the TV, are straining to hear and often just withdraw from

a conversation because you can't understand others, please talk with your doctor. It's important to have a medical exam to be sure there isn't another reason for your hearing loss. A referral to an audiologist for a hearing test is the next step. There are many hearing assistive devices (Hearing aids) on the market—use caution before you buy and be sure an audiologist helps you choose the device that is best for your hearing loss.

If you buy a hearing aid, be sure to ask for one that enables the Hearing Loop technology which is a very exciting new trend in this field.

See the Health Ministry Bulletin Board at Peace, talk with your Parish Nurse or check out this link for more information. [https://www.nidcd.nih.gov/sites/default/files/Documents/health/hearing/AgeRelatedHearingLoss\\_12-07-2016.pdf](https://www.nidcd.nih.gov/sites/default/files/Documents/health/hearing/AgeRelatedHearingLoss_12-07-2016.pdf)

\*If you're having trouble hearing during church, please use one of our hearing devices found in the back of the church. An usher can help you find one and be sure it's working for you.

**To your health,  
Sondra**

**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



# HOT NEWS

## APRIL

### April Forums and Worship

April 15: Sandwich making 10am	April 22: Women of Song in Worship
April 29: Healing Service -during worship 9am-	April 29: Adult forum - Sleep Apnea 10am

## Summer Camps

**Bubble-Mania: Day Camp**

**June 11-14**

REGISTER online at  
[PEACEOFPLYMOUTH.ORG](http://PEACEOFPLYMOUTH.ORG)

**Peace Retreat:**

**August 3-5**

**Camp Wapo:  
Seeds Weekends & Youth Camp**

# Events & Notices

## PeaceFull Nights

There will be no PeaceFull Nights dinner on April 4.

## April 1, Easter Sunday

Come celebrate the Risen Lord on Easter morning at our 9am or 10:45am worship services.

## April 15, Sandwich making after worship

Join us on Sunday, April 15 in making sandwiches for the homeless after worship. No sign up needed.

## April 22, Women of Song

Come hear Women of Song as they perform during worship. Some of our members are apart of Women of Song - come support them!

## April 27, Youth Gathering Fundraiser

Support our youth as they get ready for the National Youth Gathering by attending a fundraiser organized by Peace Lutheran and St. Barnabas. Local band, Morpheus, will be performing and all funds collected will go toward the youth gathering. Morpheus is based Plymouth and plays covers of 1970's rock bands. *Doors open at 7pm and music starts at 7:30pm at St. Barnabas Lutheran Church, 15600 Old Rockford Rd, Plymouth.*

## Activities

### >ROMEO BREAKFAST

Monday, April. 2 @ 8a; Perkins

### >BREWING FAITH

Monday, April. 2 @ 4:45p  
Rock Elm Tavern

### >QUILTING

Thursdays, April. 12 and 26 @ 9a

### >WOMEN'S BREAKFAST

Wednesday, April. 18 @ 8a; Panera

### >KNITTING & NEEDLEPOINT

Thursday, April. 19 @ 7p; Panera

### >YOGADEVOTION

Mondays @ 5:30p

### >PEACEFULL NIGHTS

Wednesdays @ 5:30p

### >BUNDLES OF LOVE

Thursday, April. 26 @ 3pm

## April 29, Healing Service

Our worship time will include a healing service. After communion you will be able to ask for private, healing prayers. Healing prayer is for all people for any reason: prayers for yourself or for your loved ones, prayers for physical, emotional or spiritual pain, prayers for heart-break, grief or stress.

## April 29, 10:05-11:00 a.m. Adult Forum— Sleep Apnea: Symptoms, Risks and Treatment.

Paul Boettner, DDS and member at Peace will help us understand Obstructive Sleep Apnea (OSA). Many adults and children who have OSA are unaware of and undiagnosed. OSA affects your overall health and quality of life including your sleep, stress, cardiovascular health, fatigue, anxiety, depression, and cognitive ability. Learn more about what OSA is, its cause, who's at risk, how it affects people and what can be done. Dentists are often the first ones to suspect this disorder and can be instrumental in screening and treatment.

## Earth Keeping Liturgy

For three Sundays in April (15-29), we will be following Earth Keeping Liturgy written for Luther College by Hans Peterson.

## May 6, Outside service project and Waffle Breakfast

After worship, take some time to enjoy our Waffle Breakfast and some outdoor time with the Outside Service Project. We will mark city of Plymouth storm drains again after worship and then head over to the waffle breakfast at the Dunkirk fire station.

## May 13, Confirmation Sunday

Celebrate with Peace as we welcome the newest confirmation students and celebrate their accomplishments.

## May 20, Music Festival

Come hear the Adult Bells, Adult Choir (and youth music??) celebrate the Lord in our annual Spring Music Festival. Worship will be filled wondrous music and celebration.

## The Daniel Plan Continues!!

Those who participated in the Daniel Plan during lent gave a resounding “thumbs up” to the program. Over 40 persons met once a week and took small and big steps toward being healthier in body, mind and spirit. They were so excited about it that many wanted to continue. So, we will plan to meet monthly to continue learning and sharing. **Join us on Sundays, April 8, May 6, June 3, July 1 and August 5 in the Fireside Room from 10:10 -11:00 am.** Even if you didn't participate in the Daniel Plan during Lent you can experience the “secret sauce” of a small group that encourages you to take care of yourself in order to serve God and others.

# APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9a Easter Service w/ Holy Communion 10:45a Easter Service w/ Holy Communion	<b>2</b> 8a ROMEOS 4:45p Brewing Faith 5:30p YogaDevotion	<b>3</b> 10a Faithfully Fit 12p Staff Meeting 7p Committee Meeting	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> 9a Worship 10a Second Sunday	<b>9</b> 5:30p YogaDevotion	<b>10</b> 12p Staff Meeting 12:30p Faith & Hope Circles 7p Council Meeting	<b>11</b> 5:30p PeaceFull Nights	<b>12</b> 9a Quilting	<b>13</b>	<b>14</b>
<b>15</b> 9a Worship 10a Sandwich making	<b>16</b> 5:30p YogaDevotion	<b>17</b> 10a Faithfully Fit 12p Staff Meeting	<b>18</b> 8a Women's Breakfast 5:30p PeaceFull Nights	<b>19</b> 7p Knitting & Needlework	<b>20</b> <i>Newsletter Deadline</i>	<b>21</b>
<b>22</b> <i>Earth Day</i> 9a Worship	<b>23</b>	<b>24</b> 10a Faithfully Fit 12p Staff Meeting	<b>25</b> 9a Newsletter Help 5:30p PeaceFull Nights	<b>26</b> 9a Quilting 3p Bundles of Love	<b>27</b> 7p Youth Gathering Fundraiser	<b>28</b>
<b>29</b> 9a Worship 10a Adult Forum	<b>30</b> 5:30p YogaDevotion					



**PEACE**  
LUTHERAN CHURCH



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.**