



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 23, Issue 3 | March 2018



Join Peace in celebrating the life, death and resurrection of Jesus.

Holy Week:

Palm Sunday - March 25, 9am

Maundy Thursday - March 29, 6:30pm

Good Friday - March 20, 6:30pm

Easter Sunday - April 1, 9am & 10:45am

Sunday School IOCP Food Drive

The Sunday School is asking for food donations for their IOCP Food Drive. A bin is set out in the gathering space and will be there through Palm Sunday.

Donations can include cans of fruit, coffee, toiletries like shampoo and toothpaste, toilet paper, canned meat or fish, and more. A complete list can be found on the bin or online at www.iocp.org/outreach-services/food-shelf/.

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Plymouth church donates 50 quilts to homeless

Article from the Sun Sailor

Worshippers at Peace Lutheran Church of Plymouth were greeted Feb. 11 by a color sanctuary with 50 quilts placed over the chairs. But these quilts weren't on display just for show; all of the quilts were donated to Simpson Housing Services, a Minneapolis-based nonprofit that aims to support and advocate for those experiencing homelessness.

Quilters from the church not only sew their own quilt tops and tie them, but they also put together quilt top kits. Jeanette Colligan, who heads the group, mentioned they worked quickly that day to finish a few quilts to make it to 50, but they also had a lot of support.

"A special thank you from me to our four ladies who tie, and a couple cottage quilters who help with sewing tops together for us," said Colligan on Facebook.

Janelle Leppa, a church member who works with Simpson Housing, expressed the gratitude felt by those receiving the quilts.

"There has been such excitement upon receiving these lovely quilts." She commented, "Advocates are eagerly dispersing them to many very happy families in our supportive housing program and adults in our shelter. Not only are



they providing warmth, they are providing comfort and love as each one was uniquely made with that purpose in mind."

Leppa added the organization cannot do what it does without the support of the community and said that she has been "blown away by the outpouring of support the Peace (Lutheran Church) community provides to Simpson and other nonprofits in the area."

Leppa mentioned there are many other ways for people, whether at Peace or out in the community, to support Simpson. Serving meals at a shelter, volunteering for shelter overnights, donating new or gently used diverse books for children and their families, and mentors for the elementary age literacy program and middle school enrichment program are just a few ways to help. More information can be found at www.simpsonhouse.org/volunteer/celebrate-with-sharing.



PARISH NURSE NEWS

New Blood Pressure Guidelines: Do They Apply to You?

In 2017, the American Heart Association issued new guidelines for treating high blood pressure that significantly increase the number of persons who could be diagnosed as having high blood pressure (hypertension.)

According to the new guidelines, if your blood pressure is 130/80 you have hypertension. The previous guideline was 140/90. It is expected that this new definition will result in nearly half of the U.S. adult population having high blood pressure. Cardiologists feel that high blood pressure needs to be treated early before it does damage to your heart and blood vessels. You may not need medication, but if your numbers are over 130/80 it can be a "Yellow Light" that you need to be lowering

your blood pressure, hopefully with lifestyle changes. Increasing your exercise, losing weight, reducing stress and reducing salt can be powerful ways to reduce blood pressure without taking medication.

It is wise to check with your health care provider and discuss your mutual goals for your blood pressure. Depending on your age and other health conditions, your provider may feel comfortable with your blood pressure and not suggest any changes in treatment.

That said, blood pressure is often a silent danger and can lead to heart attacks, stroke and other serious medical issues...so take heed of this new advice.

**To your health,
Sondra**

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.

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 on our News/Events page.



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



Lent and Holy Week 2018 Calendar

Sunday and Wednesday Programming

Wednesdays		Sundays	
February 28	5:30 Dinner 6:00 Children's Music 6:30 Holden Evening Worship 7:00 Daniel Plan Study Groups & Elementary music and activities 7:45 Adult Bells and Adult Choir	March 4	Worship: Peter's Denial John 18:12-27 Education Hour: Children's Music and Sunday School Adult Forum: Daniel Plan Study Group
March 7	5:30 Dinner 6:00 Children's Music 6:30 Holden Evening Worship 7:00 Daniel Plan Study Groups & Elementary music and activities 7:45 Adult Bells and Adult Choir	March 11 <i>Second Sunday Treats</i>	Worship: Jesus and Pilate John 18:28-40 Education Hour: Children's Music and Sunday School Adult Forum: Daniel Plan Study Group
March 14	5:30 Dinner 6:00 Children's Music 6:30 Holden Evening Worship 7:00 Daniel Plan Study Groups & Elementary music and activities 7:45 Adult Bells and Adult Choir	March 18	Worship: Jesus Condemned John 19:1-16a Education Hour: Children's Music and Sunday School Adult Forum: Daniel Plan Study Group
March 21	5:30 Dinner 6:00 Children's Music 6:30 Holden Evening Worship 7:00 Daniel Plan Study Groups & Elementary music and activities 7:45 Adult Bells and Adult Choir	March 25 <i>Palm Sunday</i>	Worship: The Triumphant Entry John 12:12-27 Education Hour: Palm Sunday Fair All are welcome to participate! Adult Forum: Daniel Plan Study Group
March 29 Maundy Thursday 6:30pm Worship: Jesus' Last Words John 19:23-30			
March 30 Good Friday 6:30pm Worship: Jesus the Passover Lamb John 19:31-42			
April 1 Easter Sunday 9:00am & 10:45am Worship : Resurrection John 20:1-18			



Spaghetti Dinner

Thank you to everyone who helped with the Spaghetti Dinner and Silent Auction! The event was a great success - there was good food, great items, and wonderful performances by the Sunday School - over 100 people were served!

All proceeds are going to summer programming.



MARCH

HOT NEWS



REJOICE! JESUS IS RISEN!

Holy Week

Palm Sunday - March 25, 9am

Maundy Thursday - March 29, 6:30pm

Good Friday - March 30, 6:30pm

Easter Sunday - April 1, 9am & 10:45am

Urban Immersion Service Retreat

LEARN ABOUT THE
COMPLEXITIES OF POVERTY
THROUGH FAITH AND
COMMUNITY

REGISTER ONLINE -
PEACEOFPLYMOUTH.ORG
- COMMUNITY PAGE -
REGISTRATION DUE MARCH 18

April 20th, 6:30pm to 22nd, 9:30am

Summer Camps

Bubble-Mania: Day Camp

June 11-14

Camp Wapo:

Seeds Weekends & Youth Camp

Peace Retreat:

August 3-5

REGISTER ONLINE AT
PEACEOFPLYMOUTH.ORG

Events & Notices

New Member Sunday

Peace will be welcoming our newest members on March 11 during 9am service.

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.

PeaceFull Nights

There will be no PeaceFull Nights dinner on March 28 or April 4.

Sunday School IOCP Food Drive

Through Palm Sunday, there will a bin in the Gathering Space for the Sunday School IOCP Food Drive. Please pick up a donation list for ideas (located on the bin) and drop off your items for IOCP!

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 (UISR). Through their retreats and trainings, UISR creates a deeper understanding of the complexities of poverty through team building activities and critical reflection. We will be near Midtown Global Market and focus on projects at organizations like food shelves, shelters and other social service agencies. The program begins at 6:30pm on Friday evening and ends at 9:30am Sunday morning. Registration is \$100 per person and is due March 18. Please register online at www.PeaceofPlymouth.org on the News/Events page.

Holy Week Services

Palm Sunday - March 25, 9am

Maundy Thursday - March 29, 6:30pm

Good Friday - March 30, 6:30pm

Easter Sunday - April 1, 9am & 10:45am

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. Peace's Minister of Music, Stefanie Fiser Kleven is a member of this choir.

Summer Camps

Make note on your calendars for the different opportunities for summer camp with Peace!

- Bubble-Mania Day Camp: June 11-14 for campers ages 3 years to entering 5th grade. Helpers (those entering 6th grade through high school) are also needed.

- Peace Family Retreat: Summer fun for everyone! August 3-5.

- Camp Wapo: Register with Camp Wapo for Seeds Weekends (completed grades 2-3) or Youth Camp, August 12-17 (completed grades 4-8).

Register through our website for all camp opportunities at www.peaceofplymouth.org on our News/Events page.

Activities

>ROMEO BREAKFAST

Monday, March. 5 @ 8a; Perkins

>BREWING FAITH

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

>QUILTING

Thursdays, March. 8 and 22 @ 9a

>WOMEN'S BREAKFAST

Wednesday, March. 21 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, March. 15 @ 7p; Panera

>YOGADEVOTION

Mondays @ 5:30p
Saturdays @ 9a

>PEACEFULL NIGHTS

Wednesdays @ 5:30p

>BUNDLES OF LOVE

Thursday, March. 22 @ 3pm

MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 9a YogaDevotion
4 9a Worship with Holy Communion 10a Daniel Plan Study Group	5 8a ROMEos 4:45p Brewing Faith 5:50p YogaDevotion	6 10a Faithfully Fit 12p Staff meeting 7p Committee Night	7 - LENT 5:30p PeaceFull Nights 6:30p Lent Service 7p Daniel Plan Study Group	8 9a Quilting	9	10
11 9a Worship 10a Daniel Plan Study Group 10a Second Sunday <i>Daylight Savings</i>	12 5:30p YogaDevotion	13 10a Faithfully Fit 12p Staff meeting 12:30p Faith & Hope Circles 7p Council	14 - LENT 5:30p PeaceFull Nights 6:30p Lent Service 7p Daniel Plan Study Group	15 7p Knitting & Needlework	16	17 9a YogaDevotion
18 9a Worship with Holy Communion 10a Daniel Plan Study Group	19	20 10a Faithfully Fit 12p Staff meeting <i>Newsletter Deadline</i>	21 - LENT 8a Women's Breakfast 5:30p PeaceFull Nights 6:30p Lent Service 7p Daniel Plan Study Group	22 9a Quilting 3p Bundles of Love	23	24 9a YogaDevotion
25 - Palm Sunday 9a Worship	26 5:30p YogaDevotion	27 12p Staff Meeting	28 9a Newsletter Help	29 6:30p Maundy Thursday Service	30 6:30p Good Friday Service	31



PEACE
LUTHERAN CHURCH



Peace Lutheran Church
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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.

www.peaceofplymouth.org | 763.478.9406 | peace@peaceofplymouth.org