



# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 23, Issue 10 | October 2018

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- Forums
- Capital Appeal Culmination
- Bible & Book Studies

## Celebrate 40 years with Peace Lutheran!

On Sunday, October 14, we will be celebrating the 40th Anniversary of Peace Lutheran in worship as well as after. There will be photos from four decades to view, treats, and fellowship.

## Join us!



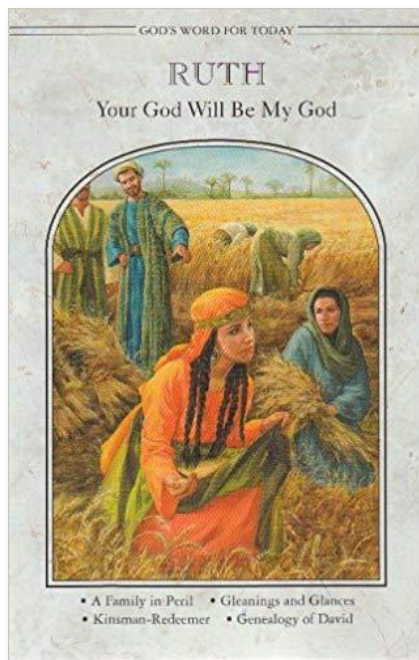
Pictured above, from left to right are Arne Kolbjornsen, Roger Weaver, Pastor Ron Fretheim, and Bill Rova.

## Thank you Ellen!

Ellen Hacker, organist for Peace since the fall of 2017, had her last day on September 16. She has made a lasting impression on Peace with her contributions to worship, special music, and accompanying the choir. Her last Sunday was filled with character and bravado, with her husband Jonah adding the upright bass.

We will miss Ellen, but as she has been a blessing to us so will she be a blessing to those she serves next.



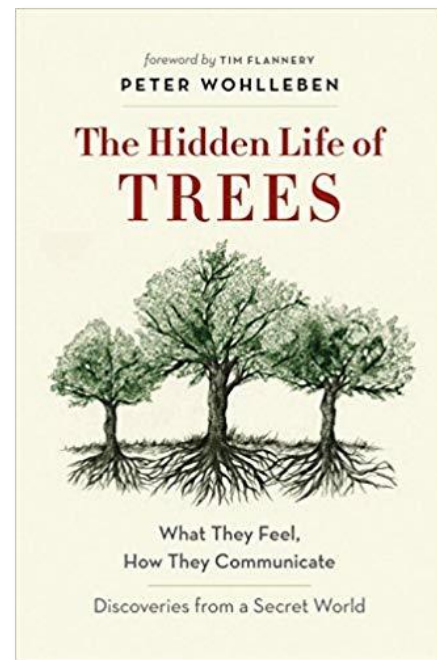


## Book & Bible Studies

Looking to join a book or Bible study - or both? Here are a few options!

The Bible study on Ruth is on Thursdays at 9am and goes through early December. All are welcome to join at any time! Contact Grace Tauring or Carol Forsberg for more information.

The book study is based on "The Hidden Life of Trees" and will meet on Sundays in November, with a meditation time on Wednesdays. For more information, contact Pastor Kjell.



**Sign up for these studies at the Information Desk!**



## Renewed Joy

**At Peace we know and care for each other and our community  
across the street and across the globe.**

As it was when Joshua and the Israelites were moving into the Promised Land, these are exciting times at Peace Lutheran Church. Over the past few years, we have explored where God is leading us; we know there is much to be done at Peace and in the communities we serve. This is why we launched the *Renewed Joy* capital appeal this fall.

**We are celebrating the culmination of the Capital Appeal on October 14.**

### Key Elements & Goal \$200,000

#### Welcome

- Signage on Hwy 101 and entrances
- Parking lot
- New folding chairs & tables
- Work in main/south bathrooms
- Wall & gate for dumpster

#### Worship

- Upgrade projection and sound

#### Service

- Donate to Bloom Early Learning and Childcare Center
- Environmental Upgrades: lighting & HVAC



# Children, Youth and Family

## Reformation Fun Day

On October 28, there will be a celebration for the Reformation after worship. Walk in the foot steps of Martin Luther, learning about his life and mission and how it still impacts us today.

This is a CROSS-GENERATIONAL event! There will be activities and learning for everyone! Keep an eye out in the bulletins and weekly emails for more information on Reformation Fun Day!

## Coming Soon.....

The Christmas Pageant! Sunday, December 9, 2018

It is CROSS-GENERATIONAL, which means there is a part for everyone! What are your spiritual gifts? Reading lines? Acting? Sharing prayers? Playing instruments? Singing? Making props, costumes, or sets? Looking after the young children?

Watch for more information to come about signing up to be a part of this annual event. Contact Stefanie Fiser Kleven for more information or to share your ideas!

## Welcome Sunday!

Thank you to all who made Welcome Sunday a success! We had great information for members and visitors. Health Ministry taught everyone how much sugar their favorite drinks might have; Children, Youth and Family had order forms available for new Bibles, other committees shared what they offer to Peace and how

others can get involved, and Bloom Early Learning & Child Care shared their ministry. Prizes rounded out the morning.

Welcome Sunday, while a chance to celebrate and have fun, also serves as a reminder to all that to be in fellowship also means to be welcoming, and everyone is welcome in God's family.



# Forums

Sundays after worship

**October 7**

## **Children and Stress**

Jodi Olson, Community Engagement and Partnerships Coordinator, Wayzata Public Schools and Catherine Christiansen, Partner for Healthy Kids Coordinator, Wayzata Public Schools will speak about Children: Stress and ACEs. They will help us understand this complex issue and what churches and communities can do to prevent ACEs and keep our children safe and healthy. If you're a parent, teacher, grandparent or a friend of children, please attend!

**October 21**

## **Domestic Abuse**

October is domestic abuse awareness month and Rev. Dr. Margie Guelker will be at Peace on October 21 to preach and hold a forum after worship. In conjunction, Home Free (a domestic abuse shelter in Plymouth) will host a table display the same Sunday.

**October 28**

## **Reformation Fun Day**

A CROSS-GENERATIONAL event, we will be walking in the footsteps of Martin Luther with learning opportunities and activities. Watch for more information in the bulletin and weekly emails.

**November 11**

## **Diabetes Series**

David Jopke, a Peace member and certified Diabetes Educator from the International Diabetes Center, will update us on Type 1 and Type 2 diabetes, diagnosis, and treatment. One in four Americans have diabetes and don't know it; many others are not receiving proper treatment. Come and learn from our own expert!

**November 18**

## **Karen Stevensen**

Last year Karen talked about healthy relationships. This year she is preaching and leading a forum on taking life in the slow lane, based on the November book study of "The Secret Life of Trees".



# PARISH NURSE NEWS



## **Children, Stress and ACEs**

Stress is a normal part of life...and children certainly experience it. In small amounts, stress can actually be good because it helps children build the skills to deal with both positive and negative events in their lives. As parents, grandparents, uncles, aunts, teachers and friends of children we can help them learn to recognize the signs of "normal" stress and teach them healthy ways to deal with it.

Excessive stress, however, can affect the way a child thinks, feels and acts. Recent research is focusing on a phenomenon called ACEs or Adverse Childhood Experiences. ACEs are traumatic events that occur in a person's life prior to age 18 that can have negative, lasting effects on that person's health and well-being. Amazingly, ACE research has been able to demonstrate neurobiological changes in a person's brain as a result of excessive traumatic stress during childhood. More studies have determined that ACEs lead to an increase in criminal behavior and many chronic diseases and addiction.

What are examples of ACEs? Children living in homes where there is abuse, addiction, violence, fighting, neglect or household dysfunction are likely to experience ACEs. Children who are homeless or victims or have experienced traumatic events may also experience ACEs.

**On Sunday, October 7 at the Adult Forum after church,** Jodi Olson, Community Engagement and Partnerships Coordinator, Wayzata Public Schools and Catherine Christiansen, Partner for Healthy Kids Coordinator, Wayzata Public Schools will speak about Children: Stress and ACEs. They will help us understand this complex issue and what churches and communities can do to prevent ACEs and keep our children safe and healthy. If you're a parent, teacher, grandparent or a friend of children, please attend! Watch the Health Ministry bulletin board for more information on Children and Stress.

**To Your Health,  
Sondra**



# HOT NEWS

## OCTOBER

**CELEBRATING**

**40 YEARS  
OF WORSHIP,  
SERVICE, &  
FELLOWSHIP**

**SUNDAY  
OCTOBER 14,  
2018**

**Every  
Sunday...**

**2  
ushers**

**1  
greeter**

**1  
lector**

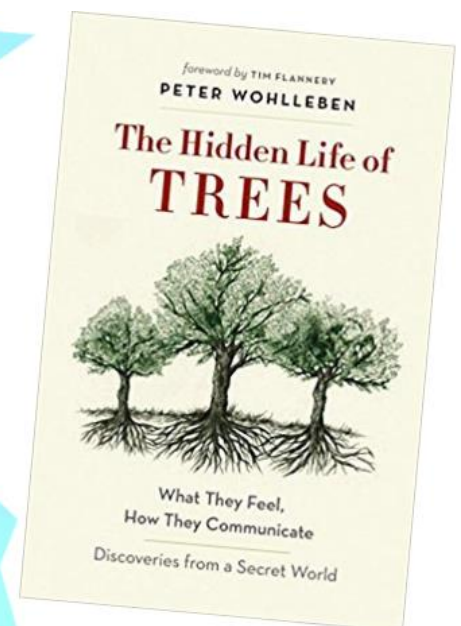
**2  
offering  
counters**

**3  
communion  
assistants**

**Peace invites  
you to  
volunteer!**

**Contact the office  
to volunteer!**

**November Book Study  
STARTING IN NOVEMBER  
ON SUNDAYS  
SIGN UP AT THE INFO DESK**



# Events & Notices

## October 7 - Confirmation Reformation

Peace will be hosting the first confirmation co-op gathering of the year for “Confirmation Reformation” on Oct. 7 from 1pm to 3pm. This is the second year that Peace has been a part of this confirmation co-op with other ELCA congregations in the Minneapolis Area Synod. Because we are hosting other churches, it is helpful to have some Peace members present! If anyone would like to join us to help lead large group games, put together a small snack, or just hang out with some confirmation kids, please come! You can stay for the whole thing or just part of it! Any questions can be directed toward Mellissa Weinhandl or the church office.

## Brewing Faith

On October 9 at 4:45pm at Rock Elm Tavern Plymouth, join the Brewing Faith group! All are welcome. The study focus for the group will be decided during that time.

## October 14 - 40th Anniversary Celebration

After worship, celebrate Peace’s 40th anniversary with refreshments and a photo display!

## German Delegation

The Leipzig Evangelical Lutheran Church District, from Germany will be in Minneapolis from October 6 through 15. On Tuesday, October 9 from 4:30p - 6:30p there will be a reception at Christ Church Lutheran (3244 34th Ave. S. Minneapolis, MN 55406) to meet and hear from the group. Part of the group may attend worship at Peace during our 40th Anniversary celebration on October 14. The Leipzig District and Minneapolis Area Synod have been in relationship since the 1980s.

## All Saints Sunday

November 4 is All Saints Sunday. Starting October 14, we will be accepting names of loved ones who have passed away in the last year. There will be a bulletin insert for you to fill out and give to the office.

## Life in the Slow Lane

The theme for November is “Life in the Slow Lane.” Scripture readings and the book *The Hidden Life of Trees: what they feel and how they communicate*, by Peter Whollenben, will guide our month long journey of breath and mindfulness. The book study occurs on Sunday mornings at 10am after worship, and a corresponding mindfulness meditation occurs on Wednesday events at 6:15pm. Sign up at the Information Desk to get a book, or purchase your own online. All are welcome!

## Activities

### >ROMEO BREAKFAST

Monday, Oct. 1 @ 8a; Perkins

### >BREWING FAITH

Monday, Oct. 9 @ 4:45p  
Rock Elm Tavern

### >QUILTING

Thursdays, Oct. 11 and 27 @ 9a

### >WOMEN’S BREAKFAST

Wednesday, Oct. 17 @ 8a; Panera

### >KNITTING & NEEDLEPOINT

Thursday, Oct. 18 @ 7p; Panera

### >YOGADEVOTION

Mondays @ 5:30p  
Saturdays @ 9a

### >BUNDLES OF LOVE

Thursday, Oct. 25 @ 3pm

Created with TheTeachersCorner.net Word Search Maker

## Ten Commandments - Word Search

I	U	F	A	I	T	H	U	R	S	G	S	E	U	V	Abide
N	X	L	P	Y	I	C	Z	L	E	E	C	I	R	I	Egypt
N	V	T	E	Q	W	G	F	A	X	J	P	T	O	P	Faith
T	R	U	T	H	M	T	U	W	E	M	O	Q	C	M	Honor
N	E	U	S	I	N	A	I	S	M	O	C	I	R	G	Laws
N	E	I	G	H	B	O	R	D	O	U	X	T	C	D	Love
V	M	U	O	Q	S	F	E	Q	S	N	L	Q	R	E	Moses
L	G	R	Z	N	U	H	M	U	E	T	C	I	E	K	Mountain
O	S	T	O	N	W	P	E	O	S	A	T	T	C	A	Neighbor
V	O	P	A	S	H	T	M	X	L	I	B	N	P	P	Rejoice
E	A	J	Q	B	I	G	B	J	K	N	E	I	J	T	Remember
Q	B	N	G	R	L	P	E	A	C	J	I	Z	D	H	Sinai
Z	K	Z	I	G	X	E	R	T	S	R	J	G	I	E	Spirit
Q	Y	P	T	U	Z	C	T	F	E	E	G	Y	P	T	Tablets
T	S	S	S	R	Y	K	O	S	C	H	O	N	O	R	Truth

# October 2018

## Monday, Oct. 1

8a ROMEOS  
5:30p YogaDevotion

## Tuesday, Oct. 2

10a Faithfully Fit  
7p Committee Night

## Wednesday, Oct. 3

5:30p PeaceFull Nights

## Thursday, Oct. 4

9a Bible Study

## Friday, Oct. 5

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## Saturday, Oct. 6

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## Sunday, Oct. 7

9a Worship  
with Holy Communion  
10a Forum - Children & Stress  
1p Confirmation  
Reformation

## Monday, Oct. 8

4:45p Brewing Faith

## Tuesday, Oct. 9

10a Faithfully Fit  
12:30p Faith & Hope Circles  
7p Council Meeting

## Wednesday, Oct. 10

5:30p PeaceFull Nights

## Thursday, Oct. 11

9a Quilting  
9a Bible Study

## Friday, Oct. 12

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## Saturday, Oct. 13

9a YogaDevotion

## Sunday, Oct. 14

9a Worship  
10a 40<sup>th</sup> Anniversary  
Celebration

## Monday, Oct. 15

5:30p YogaDevotion

## Tuesday, Oct. 16

10a Faithfully Fit

## Wednesday, Oct. 17

8a Women's Breakfast  
5:30p PeaceFull Nights

## Thursday, Oct. 18

9a Bible Study  
7p Knitting & Needlework

## Friday, Oct. 19

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## Saturday, Oct. 20

9a YogaDevotion  
*Newsletter Deadline*

## Sunday, Oct. 21

9a Worship with  
Holy Communion  
10a Forum - Domestic Abuse

## Monday, Oct. 22

5:30p YogaDevotion

## Tuesday, Oct. 23

10a Faithfully Fit

## Wednesday, Oct. 24

5:30p PeaceFull Nights

## Thursday, Oct. 25

9a Quilting  
9a Bible Study  
3p Bundles of Love

## Friday, Oct. 26

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## Saturday, Oct. 27

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## Sunday, Oct. 28

9a Worship  
10a Reformation Fun Day

## Monday, Oct. 29

5:30p YogaDeovtion

## Tuesday, Oct. 30

10a Faithfully Fit

## Wednesday, Oct. 31

9a Newsletter Volunteers  
No PeaceFull Nights



OCTOBER 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





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 & Adult Bells
- Serving, Community Garden & Peace Retreat

## Children & Youth:

- Sunday School & Nursery
- Confirmation & Youth Group
- Children's Music 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 & Education for All Ages**



*Peace is social!*

Find us on Facebook, Twitter and Instagram to stay connected.

**Small for our members, big for our community.**

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