



# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 23, Issue 10 | October 2018

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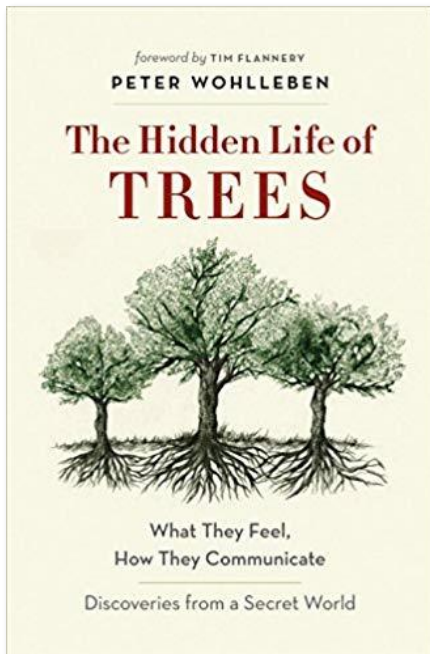
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## Here's to another 40 years!

Peace celebrated 40 years of worship on Sunday, October 14. The service was filled with wonderful music from the Adult Bells, Adult Choir, and the Peace Kids, who enjoyed making a joyful noise. A display that followed the decades of Peace was out in the gathering space for all to enjoy after worship. Here's to another 40 years!

## November Book Study



During the month of November, Peace will be studying *The Hidden life of Trees* by Peter Whollenben.

*The Hidden Life of Trees* by Peter Wohlleben is a science book that describes trees' feelings and communications. Trees live at much slower pace and for a much longer time. What can trees teach us?

### How will the book study work?

Wohlleben's book has 36 short chapters; ideally, one chapter would be read each day. On Sundays, all are invited to participate in the discussion group after worship in the Fireside Room (the ser-

mons will also reflect on the previous week's reading). On Wednesdays at 6:15pm until 7pm, the group will gather in the Sanctuary for a guided meditation and communal silence. The goal of these readings and reflections is to slow down and listen to God's voice in nature, silence, and community.

On Sunday, November 18, Pastor Karen Stevensen, also a therapist, will preach and lead the forum after worship. Her forum will tie into the book study as she will talk about the power of silence and meditation for mental and spiritual health. We look forward to discussing and meditating with all!

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 — Anne Phillips

Childcare Specialists — Brenna Kylo & Olivia Akhigbe

## IOCP SleepOut - November 10

On November 10, Peace will partake in the annual community SleepOut, which is a way for people to experience homelessness for one night, in the hopes of raising awareness and money to end homelessness and poverty in our community.

Last year Interfaith Outreach worked with almost 2,000 families and many of them spent between 65-70% of their income on housing. Low-income wages have dropped 14% since 2010; in that same time the cost of an average two bedroom home in Minneapolis increased by 88%.

### Peace can make a difference - participate and give!

Saturday, November 10 at 7pm the campfire starts at Peace. Set up your tent and stay the night or come and join the group for a few hours and learn more about home-



lessness. You can also spend the night bedless at your home, get on social media and share Interfaith Outreach's mission.

### Ways to give:

- Thursday, November 15 from 6-9pm at Medina Event Center is the Give to the Max Bash. Dance to local bands, Morpheus and PowerTap, register for amazing prizes at the family friendly event, and join in the joy of giving.
- Visit [iocp.org/donate](http://iocp.org/donate) to donate; enter our email ([peace@peaceofplymouth.org](mailto:peace@peaceofplymouth.org)) for Peace to be notified of the donation. Peace Lutheran will be matching up to \$2,500 donated by Peace members. Gifts received prior to Sunday, November 11 will not only be matched by Peace, but also by an Interfaith Outreach donor who will match Peace's donation. This could result in a total gift of \$10,000 to IOCP!

## From the Minister of Music

The days are getting shorter, and as we move into November and December there is a lot on my mind as a music and worship planner! Allow me to share with you some information about upcoming Sundays at Peace Lutheran:

- For the month of November, we will be singing the Tree of Life Liturgy, by Marty Haugen and Susan Briehl. Just as the Holden Evening Prayer has worship booklets, so does the Tree of Life, which we will be using on Sunday mornings. Thank you in advance for leaving them with the usher when you exit the Sanctuary, so they can be used in the future.
- It is time for you to think about participating in the CROSS+Generational Christmas Pageant! Many gifts and talents are needed, both 'on stage' and behind the scenes.

Please read over the purple two-sided insert and consider how you can contribute - it's for everyone! This year's pageant will be presented in worship on Sunday, December 9.

- I am excited to announce that the December Music Festival will feature the Watercress String Trio, of which Ellen Hacker (our former organist/accompanist) is a member! As usual, the Adult Choir, Adult Bells, and children's music ensembles will lead this service, which is during worship on Sunday, December 16. If you don't normally sing or play in the groups year-round but you would like to participate in the Music Festival, you are most welcome to "drop-in." Watch the weekly bulletin announcements or contact me for more information!

In Christ,  
Stefanie

## IOCP - FOOD DRIVE

Please help support our neighbors by contributing to the Peace food drive for IOCP. Lists of needed items are available in the gathering space.  
Our deadline for contributions for Thanksgiving meals is Sat., Nov 10.



## Peace Garden

Having a church garden may seem like a lot of work. But for me, and I'm sure others feel this way as well, it's not work when you're doing what you love. It's a retreat, it's therapy, it's service, it's a way to praise God and to observe the awesomeness of nature watching a seed be-

come a giant pumpkin, hundreds of cherry tomatoes, a ten inch long carrot and, of course, the ubiquitous zucchinis. The first task last spring was to get the weeds, particularly the thistles, cleaned out of the garden. With the help of Steve Johnson's roto tiller, and subsequently pulling the weeds manually, we got them under control. Next we received a

dump truck load of compost, donated by the City of Plymouth, to improve the fertility and soil tilth. After distributing the compost on the garden and roto tilling again, members came with shovels and rakes to create planting beds with walking paths between them. Newspaper was put down on the paths to prevent weeds from growing and wood chips placed on top to make it possible to work and move around in the garden without getting dirty.

By early June, the garden was ready to plant. Youth and adults brought seeds and plants, and the garden was finally planted. There was one more thing to do before the seeds germinated – put up a two foot high chicken wire fence to keep the bunnies out. For the next few weeks all that was necessary was to pull weeds, and pull weeds, and

pull weeds. Meanwhile the sun, soil and water performed their magic on the seeds and plants. By the end of July, the harvest was ready to commence. It began with members coming together to harvest what was ready and deliver it to IOCP's food pantry. Subsequent harvests took

place once or twice a week for a total of 12 deliveries to IOCP. Among the vegetables harvested were: cucumbers, tomatoes, onions, carrots, broccoli, sweet corn, beans, kohlrabi, basil, rhubarb, and zucchini, and more zucchini. We didn't keep track of the number of pounds of vegetables harvested, but it had to have been in the hundreds.

By early October, with cool temperatures and shorter days, it was time to clean out the garden. The fence was taken down, the vines were pulled and piled at one end of the garden, mixing in some soil to hasten the composting process. The garden has been a success. Not only were the vegetables grown, they were grown entirely organically – no pesticides, herbicides or commercial fertilizer.

There will be conversations in the coming months on how to further improve the Peace Garden next year. We would like to have more members involved, increase the harvest and explore different ways we can use the produce to further our mission in the community. We'd love to have you join us in this mission and welcome your ideas.

~ Mike Onan



### Welcome, Anne Phillips!

*Peace is excited to announce we have hired a new organist/accompanist! Here are a few words from Anne, who will start at Peace on Sunday, November 4. Please give her a Peace welcome!*

Hello, I'm Anne and I'm excited to begin at Peace. I'm originally from southern Minnesota farm country. I attended the College of Saint Benedict and Saint John's University for

Liturgical Music and Theology and have been an organist or music director in the cities ever since. When I'm not on the organ bench sharing in music and worship I love to be out doing things- running, hiking, backpacking, taking barre class, skiing, target shooting or hunting. I'm looking forward to meeting everyone and worshiping together.



# Forums

Sundays after worship

**November 11**

## Diabetes Update

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 Hidden Life of Trees*.

## Every Sunday...

2  
ushers

1  
greeter

1  
lector

2  
offering  
counters

3  
communion  
assistants

**Peace invites  
you to  
volunteer!**

**Contact the office  
to volunteer!**



## PARISH NURSE NEWS



## Diabetes: Could You Have It and Not Know It?

Diabetes is becoming a more common condition in our country, and while roughly 1:9 persons have been diagnosed with diabetes, the Centers for Disease Control estimates that 1:4 persons have it and aren't even aware of it.

Diabetes is a condition that affects how your body uses blood sugar (glucose.) Blood glucose is an important source of energy for our muscles, tissues and brain. But, in diabetes, the body is unable to use glucose in the proper way, allowing excess glucose to accumulate in our blood stream. This excess blood sugar, and other changes related to diabetes can lead to other serious health problems.

There are several types of diabetes but the most common ones are Type 1 and Type 2. Prediabetes is a potentially reversible condition where blood sugar levels are higher than normal, but not high enough to be called diabetes. If you have Type 2 or prediabetes, you may have no symptoms. Type 1 diabetes tends to have symptoms that come on quickly and be more severe. Symptoms of diabetes can include:

- Increased thirst and urination
- Hunger
- Weight loss
- Numbness in extremities
- Fatigue
- Blurry vision
- Infections in the gums, skin or sores that won't heal.

November is National Diabetes Month and to help you better understand diabetes and the importance of diagnosis and treatment, David Jopke, a diabetes educator from the International Diabetes Center (and a member at Peace!) will be speaking at the adult forum on Sunday, November 11 after worship. Please plan to attend to learn more about this very common condition.

Take a look at the Health Ministry Bulletin Board for more information on diabetes as well.

To Your Health,

Sondra, Faith Community Nurse



# HOT NEWS

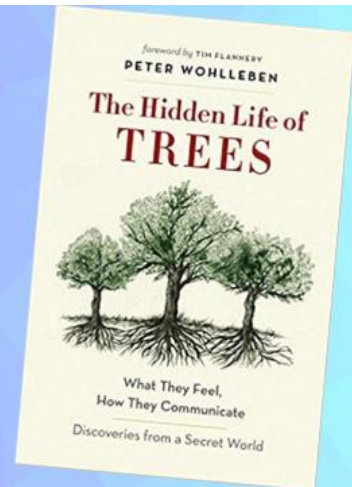
## NOVEMBER

### November Book Study

SUNDAY BOOK DISCUSSION

WEDNESDAY MEDITATION

ALL ARE WELCOME!



### Thanksgiving

### Service

wednesday, november 21 at 6:30 pm

GIVE THANKS FOR ALL GOD HAS GIVEN!

stay after service for  
the annual PIE SOCIAL!



### Pie Social

bring a pie (or two) to share -  
the more the merrier!



### Women's Tea

Enjoy an afternoon of tea and  
goodies, music, and a  
presentation of "What you may  
not know about Mary."

# Events & Notices

## Brewing Faith

On Monday November 12 at 4:45pm at Rock Elm Tavern Plymouth, join the Brewing Faith group! All men are welcome. The study focus for the group will be decided during that time.

## 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 evenings at 6:15pm. All are welcome!

## Thanksgiving Eve Worship & Pie Fellowship

Join Peace in Wednesday, November 21 at 6:30pm for the Thanksgiving Eve Worship Service. The annual pie social will follow - feel free to bring a pie or two! The more the merrier!

## November 10 - IOCP SleepOut

Saturday, November 10 at 7pm the IOCP SleepOut starts with a campfire at Peace. Set up your tent and stay the night or come and join the group for a few hours and learn more about homelessness. You can also spend the night bedless at your home, get on social media and share Interfaith Outreach’s mission.

## November 17 - Girl Scouts Bazaar

The annual Girl Scouts Bazaar will be held on November 17, starting at 9am at Peace. Homemade items and crafts will be available for sale - perfect for stocking stuffers! There will also be a bake sale.

## December 1 - Women’s Tea

On Saturday, December 1, from 3 - 5pm, Peace will be hosting the Women’s Tea. This annual event is open to all women - not just Peace members! Come relax, partake in fellowship and scrumptious goodies, and enjoy a brief presentation titled “What you may not know about Mary.” The RSVP deadline is November 23. Sign up at the display in the gathering space or email Sondra at [sondra@peaceofplymouth.org](mailto:sondra@peaceofplymouth.org).

## Christmas Giving Tree

This year Peace will be supporting Bloom Early Learning and Childcare with a Christmas Giving Tree. During the month of November, Bloom asks the families that are out of the IOCP area for wish lists to help support their families during the holiday season. Some of those wishes will be passed on to Peace to fulfill them. Watch for further details!

## Activities

### >ROMEO BREAKFAST

Monday, Nov. 5 @ 8a; Perkins

### >BREWING FAITH

Monday, Nov. 12 @ 4:45p  
Rock Elm Tavern

### >QUILTING

Thursday, Nov. 8 @ 9a

### >WOMEN’S BREAKFAST

Wednesday, Nov. 21 @ 8a; Panera

### >KNITTING & NEEDLEPOINT

Thursday, Nov. 15 @ 7p; Panera

### >YOGADEVOTION

Mondays @ 5:30p  
Saturdays @ 9a

## Thanksgiving Word Search

E	V	O	L	P	Q	E	O	E	R
X	C	C	L	I	G	X	R	O	R
P	P	I	E	H	Y	R	O	A	Y
E	E	O	V	S	X	T	A	L	C
A	E	Y	P	R	S	S	I	C	E
C	R	O	D	O	E	M	V	F	E
E	T	O	O	W	A	S	I	P	F
M	S	S	T	F	Q	L	I	V	R
G	P	R	A	Y	E	R	O	D	S
Y	T	I	N	U	M	M	O	C	F

Care  
Grace  
Peace  
Roots  
Worship  
Community  
Life  
Pie  
Service  
Family  
Love  
Prayer  
Tree

# November 2018

**Thursday, Nov. 1**

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**Friday, Nov. 9**

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**Saturday, Nov. 17**

9a YogaDevotion

**Sunday, Nov. 25**

9a Worship  
10a Sunday School

**Friday, Nov. 2**

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**Saturday, Nov. 10**

5pm IOCP Sleepout

**Sunday, Nov. 18**

9a Worship with  
Holy Communion  
10a Forum: Karen Stevensen  
10a Sunday School

**Monday, Nov. 26**

5:30p YogaDevotion

**Saturday, Nov. 3**

9a YogaDevotion

**Sunday, Nov. 11**

9a Worship  
10a Forum - Diabetes Month  
10a Sunday School

**Monday, Nov. 19**

5:30p YogaDevotion

**Tuesday, Nov. 27**

10a Faithfully Fit

**Sunday, Nov. 4 : All Saints**

9a Worship with  
Holy Communion  
10a Sunday School

**Monday, Nov. 12**

4:45p Brewing Faith

**Tuesday, Nov. 20**

10a Faithfully Fit  
*Newsletter Deadline*

**Wednesday, Nov. 28**

9a Newsletter Help  
5:30p PeaceFull Nights

**Monday, Nov. 5**

8a ROMEOs  
5:30p YogaDevotion

**Tuesday, Nov. 13**

12:30p Faith & Hope Circles  
7p Council

**Wednesday, Nov. 21**

8a Women's Breakfast  
6:30p Thanksgiving Eve  
Service

**Thursday, Nov. 29**

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**Tuesday, Nov. 6**

10a Faithfully Fit  
7p Committee Night

**Wednesday, Nov. 14**

5:30p PeaceFull Nights

**Thursday, Nov. 22**

OFFICE CLOSED

**Friday, Nov. 30**

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**Wednesday, Nov. 7**

5:30p PeaceFull Nights

**Thursday, Nov. 15**

7p Knitting & Needlework

**Friday, Nov. 23**

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**Thursday, Nov. 8**

9a Quilting

**Friday, Nov. 16**

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**Saturday, Nov. 24**

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NOVEMBER 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	





Peace Lutheran Church  
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Plymouth, MN 55446-2907  
Peaceofplymouth.org

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PERMIT NO. 86

# 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

## 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.

**Welcome. Worship. Service.**