



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 24, Issue 2 | February 2019

Lenten Study: *Braving the Wilderness* by Brené Brown

B Boundaries- You respect my boundaries, and when you're not clear about what's okay and not okay, you ask. You're willing to say no.

R Reliability- Say what you mean, mean what you say, and follow through on what you said you were going to do.

A Accountability- You own your mistakes, apologize, and make amends.

V Vault- You don't share information or experiences that are not yours to share.

I Integrity- You choose courage over comfort; what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

N Nonjudgement- I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

G Generosity- You extend the most generous interpretation possible to the intentions, words, and actions of others.

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone. Belonging to a community is so vital. Without it, we suffer pain - physically, emotionally, and spiritually. There's no better time than the present to be brave and empower true belonging for yourself.

BRAVING is Brené Brown's acronym for the elements that empower true belonging. The spiritual practice of believing in yourself so deeply that you can share your most authentic self with the world, and find sacredness in both being a part of the world and standing alone in the wilderness, is a lifelong practice that we can start today.

How can I get involved?

Participate in worship: Sunday 9a & Wednesday 6:30p

Read the book: BRAVING the Wilderness by Brene Brown

Join a Small Group: Sunday 10a or Wednesday 7p

SPAGHETTI Dinner & SILENT AUCTION

5-8PM
Sunday, February 24



Epiphany 2019 Calendar

Sunday and Wednesday Programming

Wednesdays		Sundays	
January 9		January 13 Jesus' Baptism	Worship: Matthew 3: 1-17 Education Hour: Music & Sunday School After Worship: Second Sunday Treats & Margie Austin: Wills, Trusts and Durable Power of Attorney
January 16	5:30 Dinner 6:00 Children's Music 6:15 Why Jesus? Discussion 6:15 Confirmation	January 20 Tempted in the Wilderness	Worship: Matthew 4: 1-17 Education Hour: Music & Sunday School After Worship: Budget Forum
January 23	7:00 Beginning Bells 7:45 Adult Bells and Adult Choir	January 27 The Beatitudes	Worship: Matthew 5: 1-20 Education Hour: Games and Crafts After Worship: Annual Meeting
January 30		February 3 Treasure in Heaven	Worship: Matthew 6: 7-21 Education Hour: Music & Sunday School After Worship: Refugee Forum
February 6		February 10 The Golden Rule	Worship: Matthew 7: 1-14, 24-29 Education Hour: Music & Sunday School After Worship: Second Sunday Treats & Forum with Ann Carlson - Professor and Bloom Early Learning Board Member 11:15 am Bowling at the Medina!
February 13	5:30 Dinner 6:00 Children's Music 6:15 Faith & Family Discussion 6:15 Confirmation 7:00 Beginning Bells	February 17 Parables of the Kingdom	Worship: Matthew 13: 24-43 Education Hour: Sunday School After Worship: 2020 Dominican Republic Mission Trip Info Meeting
February 20	7:45 Adult Bells and Adult Choir	February 24 Feeding 5,000	Worship: Matthew 14: 13-33 Education Hour: Music and Set-up After Worship: Spaghetti Dinner Set-up
February 27		March 3 Transfiguration	Worship: Matthew 16: 23 - 17:8 Special Event: Mardi Gras Themed Transfiguration Celebration
March 6 Ash Wednesday	5:30 Dinner 6:00 Children's Music 6:30 Ash Wednesday Worship	March 10 Forgiveness	Second Sunday Treats Lent 2019 BRAVING the Wilderness by Brene Brown
Mark Your Calendar Spaghetti Dinner Sunday, February 24 5-8 pm			

Spaghetti Dinner Q & A:

Q. What is the Spaghetti Dinner all about?

The Peace Spaghetti Dinner is an annual fundraising event created to support the ministries of the Peace Lutheran Children, Youth and Family (CYF) Committee. This year, the event is going to be held on Sunday, February 24. Doors will open at 5:00 pm. What can you expect? You will have a fabulous home-cooked Italian meal, a scrumptious dessert buffet, games that will provide opportunities for fundraising fun, musical entertainment, and a Silent Auction with many items for bidding.

Q. Where do the proceeds go?

This event is the largest fundraiser with the money raised going to support our Youth in activities such as the cost of Camp Wapo Day Camp counselors, scholarships for summer camp, youth trip expenses, Peace Retreat programming, service events and other fellowship and family events. The funds raised at the Spaghetti Dinner provide the support needed to provide meaningful and memorable experiences for our youth and families to continue to build the strong fellowship at PLC.

Q. How can I help?

There are many ways an individual or family can help before, during and after the event. Here are some areas where we can use your help:

- help decorating the fellowship hall,
- assist the cooks in the kitchen,
- bring a tasty treat for the dessert buffet,
- donate silent auction items, or,
- run the dishwasher after dinner.

There will be sign-up sheets in the Narthex or talk with Melissa Weinhandl if you want to help.

Contact Info: mlweinhandl@gmail.com

Q. What should I contribute to the silent auction?

Can you donate sports tickets? Theater or concert tickets? Do you have any restaurant connections? Ask your hairstylist to donate a free cut. Build a themed gift basket. Could your company donate an item? You could even team up with others to contribute a larger item. Or maybe your colleagues, family or friends are willing to contribute to the auction. Think outside the box and help to create a unique and exciting auction experience! Any of the CYF Committee would be happy to talk with you if you need / have an idea.

Faith & Family group

Open to all ages to learn and discuss issues around family life. Stay after PeaceFull Nights on Wednesday to talk to other about issues like development and communication. Melissa Weinhandl will lead the sessions. Keep an eye out for dates and more information.

Session 1: Communication and conflict resolution

Session 2: The importance of play (for all ages!)

Session 3: Spiritual practices in the home

Session 4: Development & supporting the use of coping skills.

2020 Dominican Republic Mission Information Meeting - After Worship on February 17

Is God calling you to build? To support a community in need? To connect with our neighbors in Christ? Travel with a small group of MN locals to the Dominican Republic to build a new three-bedroom home for a family in a rural mountain community. No construction experience is necessary. Interested? Attend our first information meeting at 10:15am on Sunday, February 17 at Peace Lutheran Church of Plymouth. Or contact Annie Bonow via phone 612-384-4515, or email anniebonow@gmail.com.

Trip Dates: Saturday, January 18 - Saturday, January 25, 2020

Estimated Cost: \$800 covers all in-country expenses, \$400 donation per person for construction material, \$850 approximate cost for airfare.

Registration Commitments by June 2019

Local organizations involved: Peace Lutheran Church of Plymouth www.peaceofplymouth.org and Building without Borders www.bwithoutb.com.



FAITH COMMUNITY NURSE NEWS



February is “Heart Month!”

The month of Valentine’s Day is a fitting time to focus on learning about our hearts. Much progress has been made in preventing and treating heart disease, yet it remains the leading cause of death in the U.S. When people talk about heart disease, they are usually talking about coronary heart disease (**CHD**). It’s also called coronary artery disease (**CAD**). This is the most common type of heart disease. When someone has CHD, the coronary arteries that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries. Plaque is caused by:

- Too much fat and cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood (diabetes)

When plaque blocks an artery, it’s hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack. As we age, our risk increases. Everyone is at risk for heart disease but your risk is higher if you are over 50; are overweight, have high blood pressure, high cholesterol or triglycerides, smoke, have diabetes, are under a lot of stress and have a family history of heart disease.

What is a heart attack?

Everyone should know the signs of a heart attack and not hesitate to call 911 should those signs occur! Please take an ambulance to ER rather than drive because the ambulance crew can begin to treat you immediately (not to mention how dangerous it is to drive when you’re in the middle of a heart attack!) A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn’t get help quickly. Common signs include:

- Pain or discomfort in the center or left side of the chest – or a feeling of pressure, squeezing, or fullness
- Pain or discomfort in the upper body – like the

- arms, back, shoulders, neck, jaw, or upper stomach (above the belly button)
- Shortness of breath or trouble breathing (while resting or being active)
- Feeling sick to your stomach or throwing up
- Stomach ache or feeling like you have heartburn
- Feeling dizzy, light-headed, or unusually tired
- Breaking out in a cold sweat

Not everyone who has a heart attack will have all the signs. And women often have atypical signs. Signs of a heart attack often come on suddenly. But sometimes, they develop slowly – hours, days, or even weeks before a heart attack happens.

Talk to your doctor if you feel unusually tired for several days, or if you develop any new health problems (like pain or trouble breathing). It’s also important to talk to your doctor if existing health issues (like pain) are bothering you more than usual.

We can all take steps to prevent heart disease!

At Peace, we can work together to promote healthy eating, exercise and stress-reduction. God wants us to care for our bodies so we can better serve God and our community. Here are some ways we can do that:

- Reduce sugar, sweets and high fat food intake.
 - Get at least 90 minutes of exercise a week.
 - Stop smoking and reduce exposure to second-hand smoke.
 - Strive for a healthier weight. Every pound you lose helps your heart!
 - Manage your stress. Prayer, meditation, faith and friends can help!
 - Use alcohol only in moderation.
 - Manage high blood pressure and cholesterol.
- Talk with me if you want to reduce your risk and we can discuss practical ways to protect your heart!

To Your Health, Sondra, Faith Community Nurse

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

FEBRUARY

Forums in February

February 3
Immigration
& Refugee
Support

February 10
Early
childhood
education &
development

February 17
Building
without
Borders

DAY CAMP 2019

Save the date:

June 10-13

9a-3p each day!



Events & Notices

February 3 - Forum

Learn more about the Lutheran Immigration and Refugee Service, and Refugee Support Europe from Fatima Jaffer, a friend of Lee and Jan Yarger.

February 9 - Women's Retreat

On Saturday, February 9 from 10-12am, there will be a Women's Retreat here at Peace. The topic is "The Stages of a Woman's Life" with Dr. Sarah Tillman and Dr. Megan Bina from North Clinic.

February 10 - Forum

Learn more about early childhood education and the importance of child development from Ann Ruhl Carlson after worship on Feb. 10 at 10am. Ann has been involved in early childhood education for 35 years as a teacher, director of a child-care center. She has worked with Bloom Early Learning.

February 10 - Bowling

After the education hour Sunday, February 10, have some fun with your Peace family at the Medina Entertainment Center for an afternoon of bowling! Meet at the lanes shortly after 11am; lunch is on your own.

Activities

>ROMEO BREAKFAST

Monday, Feb. 4 @ 8a; Perkins

>BREWING FAITH

Monday, Feb. 11 @ 4:45p
Rock Elm Tavern

>QUILTING

Thursday, Feb. 14 & 28 @ 9a

>WOMEN'S BREAKFAST

Wednesday, Feb. 20 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, Feb. 21 @ 7p; Panera

>BUNDLES OF LOVE

Thursday, Feb. 28 @ 3p

>YOGADEVOTION

Mondays @ 5:30p
Saturdays @ 9a

February 17 - Forum

Come listen to Amy Olson as she talks about Building without Borders, the organization Peace is working with for the 2020 Dominican Republic mission trip.

February 24 - Spaghetti Dinner

Enjoy a home-cooked meal of spaghetti and meatballs, salad, dessert and more at Peace's annual Spaghetti Dinner fundraiser on Sunday, February 24 at 5pm. There will be a freewill offering. Stay for games and the silent auction.

YogaDevotion Signup

A new Monday YogaDevotion series begins February 11. Registration forms can be found on the Health Ministry board and are due February 4.

February Lunch and Learn:

"Don't wait till the crisis"

February Lunch and Learn at St. Barnabas Lutheran Church in Plymouth. The cost is \$5/person; complete a registration form at the Info Desk and make out your check to St. Barnabas. Please give to Son-dra by February 17.

March 3 - Transfiguration Celebration

Join together after worship to celebrate Transfiguration Sunday - Mardi Gras style! The CYF committee is hosting an all congregation event to conclude the Why Jesus? sermon series we have been exploring in Sunday School and worship. Enjoy a slice of King Cake, play games, make masks, and discuss the day's bible story. All are welcome!

March 6 - Ash Wednesday

Lent begins on Ash Wednesday, March 6, at 6:30p. All are welcome!

March 24 - 1st Communion Class

At Peace, all are welcome to participate in communion, but many people choose to join a Communion Class before going to the altar the first time. At the class we look at the roots of communion in Hebrew Scripture, how Jesus began the tradition, and the differences it makes in our daily lives. Sign up at the Info Desk or call the office.

February 2019

Friday, Feb. 1

Saturday, Feb. 2

9a YogaDevotion

Sunday, Feb. 3

9a Worship
10a Forum

Monday, Feb. 4

8a ROMEOs
5:30p YogaDevotion

Tuesday, Feb. 5

10a Faithfully Fit
7p Committee Night

Wednesday, Feb. 6

5:30p PeaceFull Nights

Thursday, Feb. 7

Friday, Feb. 8

Saturday, Feb. 9

9a YogaDevotion
10a Women's Retreat

Sunday, Feb. 10

9a Worship
10a Second Sunday & Forum

Monday, Feb. 11

4:45p Brewing Faith

Tuesday, Feb. 12

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

Wednesday, Feb. 13

5:30p PeaceFull Night

Thursday, Feb. 14

9a Quilting
9a Bible Study

Friday, Feb. 15

Saturday, Feb. 16

Sunday, Feb. 17

9a Worship w/
Holy Communion
10a Forum
11a Bowling @Medina

Monday, Feb. 18

Tuesday, Feb. 19

Wednesday, Feb. 20

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

Thursday, Feb. 21

9a Bible Study
7p Knitting & Needlework

Friday, Feb. 22

Saturday, Feb. 23

9a YogaDevotion

Sunday, Feb. 24

9a Worship
5p Spaghetti Dinner and
Silent Auction

Monday, Feb. 25

Tuesday, Feb. 26

Wednesday, Feb. 27

9a Newsletter Help
5:30p PeaceFull Nights

Thursday, Feb. 28

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

FEBRUARY 2019

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		





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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

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.