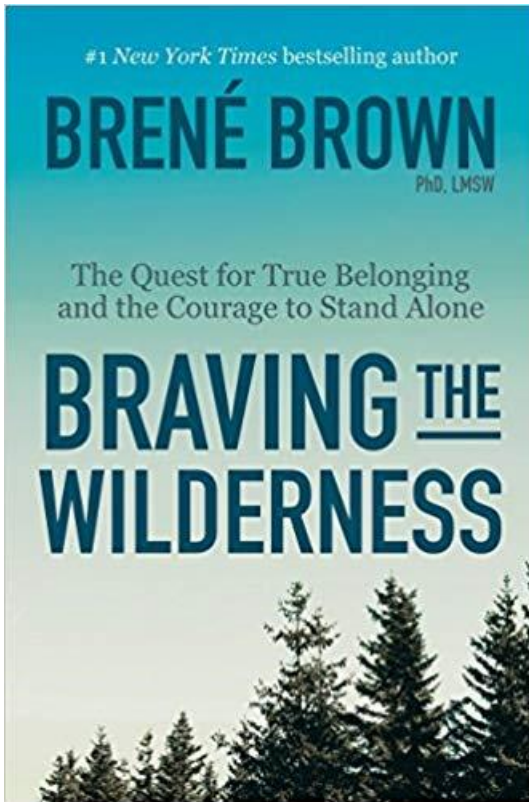




# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 24, Issue 3 | March 2019



## Do you belong?

**At home? At work? In this country? In your community?**

*"True belonging doesn't require us to change who we are.  
It requires us to be who we are."*

In *Braving the Wilderness*, Brené Brown redefines what it means to truly belong in an age of increased polarization. During Lent, in worship and small groups you will engage in experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy.

**Are you busy, like everyone else?** Life is filled with competing demands on our time - what if this book study allowed you to better navigate those demands? What if taking time to reflect and engage made you more free? This study will help you do that.

## How can I get involved?

### Participate

In worship -  
Sundays 9a or  
Wednesdays 6:30p

### Read

*Braving the  
Wilderness* by  
Brené Brown

### Join

A small group -  
Sundays 10a  
or Wednesdays 7p



## Transfiguration Sunday

ENJOY KING'S CAKE AND LEARN ABOUT  
TRANSFIGURATION - ALL AGES WELCOME!

MARCH 3  
AFTER WORSHIP



## FAITH COMMUNITY NURSE NEWS



### Do You See What I See? Why Eye Care is so Important!

March is National Eye Care month and a good reminder that we shouldn't take our vision for granted! Many people assume that *"if I'm not having trouble with my eyes, I don't need to see an eye doctor."* But, in fact, everyone should have a thorough eye exam every 1-2 years and more often if you have a family history of eye disease, have diabetes or other eye problems.

The Health Ministry bulletin board for March will explain several different eye conditions, but here is a quick overview. Keep in mind, that many of these may develop with no early symptoms...but early detection is critical to treatment.

**Dry Eyes:** Women are more likely to have dry eyes than men. Dry eyes are not only uncomfortable but can be a sign of chronic eyelid disease, blinking disorders or scar tissue of the eye's mucous membranes. Eye doctors can diagnose and prescribe treatment.

**Glaucoma:** People over the age of 60 or those with a family history are at higher risk for this disease. Glaucoma occurs when the normal fluid pressure inside the eye rises. As the pressure rises, the optic nerve and other nerve tissue is damaged. Untreated, glaucoma can lead to blindness...but early treatment can prevent vision loss.

**Cataracts:** These are common as we age. The eye's lens becomes cloudy and causes blurry vision and glare of lights, especially at night. These days, cataracts can be removed surgically (the procedure takes only about 10 minutes!!) and your lens is replaced with an intraocular lens. In many cases this surgery also corrects near and far -sightedness and you may no longer need prescription contacts or glasses.

**Macular Degeneration:** People over 60 are more prone to this eye condition which occurs when new blood vessels grow below the retina. This is dangerous because these new vessels are fragile and can break or leak fluid or blood. When diagnosed early, Macular Degeneration can be treated.

Our eyes are gifts from God...treasure and protect these gifts!

**To Your Health, Sondra**

Thank you to everyone who attended and helped the  
Youth during the Spaghetti Dinner & Silent Auction.

They raised over \$4,000!

# Queries from the Flock

Have you ever wondered why we celebrate Lent? Or why Lent happens when it does or why it's forty days long? We asked Pastor Kjell to give a little insight into these questions and here's what he had to say.

*Lent is a time in the Christian calendar that begins on Ash Wednesday and ends about six weeks later, before Easter. Lent is a time of heightened religious observance culminating in the remembrance of Holy Week--Jesus crucifixion and resurrection. During Lent many Christians add spiritual disciplines, such as daily devotional or praying. Lent traditionally lasts forty days in connection with the forty days Jesus spent in the wilderness after his baptism.*

This is the first in a new Peace Notes series called "Queries from the Flock." Each month we will be including a response to a question from you - yes you!

Do you have questions about the church? The ELCA? Why we use the color green on the altar for most of the year? Why, in the Apostles Creed we say we believe in the "holy catholic church" when we are Lutheran?

We invite you to send in your questions about the church, church year, traditions, practices, hymns, etc. to the church office either in person by emailing Marta at [marta@peaceofplymouth.org](mailto:marta@peaceofplymouth.org). Your questions will be kept anonymous. A question will be picked at random for the next Peace Notes.

## Events & Notices

### 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.

## Activities

### >ROMEO BREAKFAST

Monday, March 4 @ 8a; Perkins

### >BREWING FAITH

Monday, March 11 @ 4:45p  
Rock Elm Tavern

### >QUILTING

Thursday, March 14 & 28 @ 9a

### >WOMEN'S BREAKFAST

Wednesday, March 20 @ 8a; Panera

### >KNITTING & NEEDLEPOINT

Thursday, March 21 @ 7p; Panera

### >BUNDLES OF LOVE

Thursday, March 28 @ 3p

### >YOGADEVOTION

Mondays @ 5:30p  
Saturdays @ 9a

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



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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.**