



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 24, Issue 6 | June 2019

Spring Music Festival 2019



Thank you musicians!

Eden Weinhandl, *flute*
Sylvi Leppa, *violin*

Adult Bells:

Angela Birnbaum
Rachel Giesen
Pam Hughes
Pam Johnson
Jodi Kinneberg
Annette Koska
Lisa Lukis
Liese Peterson
Michael Sorenson
Jennifer Stoffel
Joni Sutton
Jean Swanson

Substitutes:

Stefanie Fiser Kleven
Michael Gravley

Beginning Bells:

Carol Forsberg
Peter Leppa
Lisa Lukis
Annika Peterson
Liese Peterson
Matt Peterson

Videll Pfeiffer
Eden Weinhandl
Kinzie Weinhandl

Peace Kids:

Brooke Bickley
Kate Bickley
Bella Boettner
Ian Bonow
Nora Bonow*
Eleanor Ferris*
Iris Ferris*
Aiden Forsberg
Ian Gregorich
Mia Gregorich
Sonja Leppa*
Sylvi Leppa*
Carson Lindell
Alison Lindell
Daniel Lukis
Gwen Lukis
Mirah Lukis*
Austin Reeves
Kristen Reeves
Andrew Sorenson
Wyatt Sorenson
Sadie Tofteland

Erin Taylor*
Izzy Wambua
Avy Weinhandl*
Graham Weinhandl

Adult Choir:

Randy Berg
Nick Bonow
Donna Daubendiek
Marta Johnson
David Kleppe
Dick Knutson
Martha Knutson
Peter Leppa
Jan Mostrom
Lisa Novak
Suzanne Oxley
Matt Peterson
Videll Pfeiffer
Grace Tauring
Inger Trooien
Christine Wilson
Steve Wold

**Also in Grace Notes*

Thank you directors and accompanist!

Stefanie Fiser Kleven - Minister of Music; Adult Choir, Peace Kids, and Grace Notes
Nancy Peterson - Handbell Director
Anne Phillips - Organist

Don't Let the Parade Pass You By!

Peace Lutheran will once again participate in the Hamel Days Parade on Sunday, July 14th. The parade begins at 2:00 pm; we will decorate our float after church that Sunday. This has become a tradition at Peace, and is a wonderful way to let our neighbors know about the great things happening at our church. Bring the family and participate in this fun event!

You can sign up in the gathering space beginning on June 16th. What to wear? A Peace t-shirt, which you can borrow from the church. *Do you still have a t-shirt at home that you borrowed for last year's parade? Our stock has dwindled, so please be sure to return t-shirts to the office (laundered, please) if you have one and will not be participating this year. Better yet, just participate in the parade again and wear that shirt!*

#TENDGODSGARDEN



#PEACEOFPLYMOUTH

Last year we rolled out “#tendgodsgarden.” We’re pulling it out again this summer for another go around. Here’s a refresher on what a hashtag is and how you can use Peace’s hashtags in your social media postings.

A hashtag is the pound sign - # - and is used across social media (Facebook, Instagram, Twitter, etc.) to connect different ideas, movements, works and conversations. If you’ve noticed, sometimes there is #peaceofplymouth at the end of posts online - when you click that hashtag, it shows you all of the content connected to that hashtag. We want to create a collection of posts, not just from Peace, but from our community as well, so we’ve added the Tend God’s Garden plan - #tendgodsgarden - to our arsenal.

Starting now, we encourage you to tag us using either hashtag or both, as you go out into the world and share Peace’s message, engage in conversation, or when you do work that is meaningful to you and fulfills your membership with Peace.

How can I use our hashtags?

- On family vacation - where Peace travels.
- Volunteering your time to help a cause.
- Doing something that “tends your garden.”
- Engaging in conversation about faith with family and friends.
- And more! Be creative!

Do I have to post a photo?

Nope! If you overhear words of care, find a verse, or something else that you believe speaks to Peace’s mission - use our #!

Have questions? Feel free to reach out to our Communication Specialist, Marta, with your questions on using Peace’s hashtags by emailing her at marta@peaceofplymouth.org.

What does #tendgodsgarden mean?

We are always invited to garden with the Gardener. In other words - we are always invited to tend to our world and help make it a more loving, cared-for place. How will you tend God’s garden? How will you, daily, bask in the radiance of God’s love and

acceptance of you? Will it be to take time to breathe, walk, say a prayer, or meditate? You know the things that fill you, that make you your true-self, your best self. Take that into your life. How will you be a gardener, tending God’s beloved garden? What is a tangible action you will commit to yourself to do that shares God’s love with others?

DAY CAMP - You can still register!

Enjoy the first days of summer at Peace’s Day Camp, June 10 - 13. Campers will have fun with crafts and games while exploring their faith. Counselors from Camp WAPO will be there to guide them through the week. To register, go to www.peaceofplymouth.org and click on the surfing turtle! Invite your friends - bring your grandkids! There will be a Community Dinner during camp on Wednesday, June 12.

A message from Pastor Kjell

As I head out on sabbatical, you are commissioning me and my family, sending us out in the name of the Father, Son and Holy Spirit. We are going out not so much to make disciples but to be disciples. To sit at the feet of Jesus and to be learners. To experience hospitality and to pray and to reflect—to breathe deeply. The first part of our journey focuses on prayer and being open to the work of the Holy Spirit. Two years ago, we hosted

Monica as an exchange student and now we will live with her and her family for almost two weeks in Barcelona. While we are with Monica we will pray at Montserrat, an almost 1000 year old Benedictine Monastery, and at Sagrada Familia. Both of these are old according to American standards but they are very different. The cathedral at Montserrat is traditional. While Sagrada Familia is organic, its form mimics nature. The

columns look like trees. We will pray in both of these different spaces. In Taize, France, we will pray in the community. Founded in 1940 this Catholic and Protestant monastery welcomes over 100,000 young adult pilgrimages every year. We've sung their music here at Peace and we'll sing it there, worshiping with people from all over the world. This first part of the trip is open to the work of the Holy Spirit; it is to practice the thing we see Jesus doing so often in the gospels—being in prayer.

Another definition of prayer is paying attention. Prayer is paying attention is what we will be about for the second part the journey. In three different congregations, we will pay attention. The question I am bringing is—how has the culture of these congregations or systems allowed them to listen to God's call in their communities. In Leipzig, German, which is our sister-synod, we will be with the Sophia Gaminda, the Parish of Famine Wisdom. They are five church that are working together to be one congregation; two of the

churches are over 800 years old. In Tromso, Norway, we will again be living with a family, Ann Christin and Daren (Kamilla, Sigrid, Jonas). Both are pastors. Tromso is a university town and medical center, and there are many people that lack a sense of community and feel lonely. In Oslo, we will live with Silje and Arnstein (Simone, Viktor, Johanne). Silje is a pastor at a congregation that has a large Islamic population in

the surrounding community. In these three communities, we will pay attention. I will pay particular attention to their cultures, asking, "What is it about their system that empowers them to listen to God's call in their communities?"

This time is about being disciples—being learners and watchers and listeners—knowing that Jesus is in these different communities. It is walking with them and being with them, even in the daily routine of life and ministry. Reflecting asking questions like, "What ideas

and practices could we use here at Peace?" We breathe in, and we exhale new learning and perspectives.

Next fall, at the end of October, we will have a five-week study/experience to incorporate a deep sense of vocation into our daily lives. Then during Lent, we will tell our stories about how our faith is making the world a better place and a three-week program during January will prepare us for that sharing. Peace is an amazing congregation—we are God's hands and feet in the world and I am very excited about Peace's future. I love being a pastor here and serving with you as we seek to hear God's call and as we seek to be God's people on the corner of Hwy 101 and Medina Rd and in our daily lives—in our families, communities and work places. Peace is moving in a great direction because of God. Jesus' love abides in us. It is Jesus' love that leads us out in to the world, and it is Jesus' love that moves us to love. Amen.



Pastor Kjell and his family (Heidi, Eleanor, and Iris) at The Temple Expiatori de la Sagrada Familia, a landmark Roman Catholic church in Barcelona.



June is National Alzheimer's and Dementia Month

Almost all of us know someone with dementia and find it a puzzling and disturbing condition. Dementia is not a specific disease but a term used to describe various symptoms of cognitive decline. While the likelihood of developing dementia increases with age it's not a normal part of aging. Just over 10% of people aged 65 years or more have Alzheimer's disease. Alzheimer's disease accounts for 60-80% of cases. Vascular dementia is the second most common dementia type and there are more than 10 types of dementia. Because of the different types and causes of dementia, it's critical to see your doctor if you believe you or a loved one are experiencing signs.

Signs of dementia are:

- Memory loss (such as asking the same question repeatedly)
- Difficulty completing familiar tasks (such as cooking a meal, making coffee, etc)
- Problems communicating (such as using the wrong words frequently)
- Disorientation (getting lost on a familiar route or street)
- Problems dealing with money/finances (not paying bills or having trouble adding, subtracting)
- Loss of motivation and initiative; becoming more isolated or sleeping a lot
- Personality changes (becoming more irritable, suspicious or fearful)

Seeing a neurologist or geriatrician early can allow a person to get the maximum benefit from treatment and provide time to plan for the future.

As experts learn more about dementia, it has become apparent that there are many causes of dementia but damage to the brain cells is a common theme. This damage interferes with the brain cells' ability to communicate with each other. This can affect thinking, behavior and feelings. While there is now no effective treatment to slow or reverse dementia, there are research studies that show promise.

www.alzheimers.org is a wonderful online resource for any questions about Alzheimer's and dementia.

Caring for someone with dementia is a challenging role. It's important that caregivers get help and support from family, friends and outside resources. Sometimes a memory care unit is advised when the care becomes too difficult for a family member.

Watch for more information on the Health Ministry bulletin board in June.

To Your Health, Sondra

Peace Notes is a monthly newsletter.

Deadline for submissions is the 20th of the month.

Pastor — Rev. Kjell Ferris

Communication Specialist — Marta Johnson

Faith Community Nurse — Sondra Weinzierl

Office Manager — Chris Bacon

Minister of Music — Stefanie Fiser Kleven

Organist — Anne Phillips

Childcare Specialists — Brenna Kylo & Olivia Akhigbe

JUNE

HOT NEWS

MEDITATION ON WEDNESDAYS

June 5 - July 10 at 7pm
\$5/session or \$25 for all six up front

Email Melissa Weinhandl, MA. MA. LAMFT., at
mlweinhandl@gmail.com to register.

PEACE RETREAT

RELAX AND REJUVENATE
YOUR CONNECTION TO GOD
WITH YOUR PEACE FAMILY!

SEPTEMBER 27 - 29
GREEN LAKE BIBLE CAMP
SPICER, MN

OPEN TO ALL AGES!

EMAIL MARTA AT MARTA@PEACEOFPLYMOUTH.ORG TO REGISTER

Events & Notices

June 2 - Graduation Celebration

Our high school graduates will be recognized during worship on Sunday, June 2. Come celebrate their achievements! Stay for cake and coffee after worship.

June 2 - Women of Song in worship

Women of Song will share their musical gifts in worship on Sunday, June 2. Come listen and enjoy!

Peace Retreat

This year's Peace Retreat will be September 27-29 at Green Lake Bible Camp in Spicer, MN. Some activities at the camp include hiking, canoeing, kayaking, and basketball. Come relax and rejuvenate your connection to God with your Peace family! This retreat is open to all ages! To commit to the Peace Retreat, email Marta in the office at marta@peaceofplymouth.org.

Mindfulness Wednesdays

Starting June 5, Melissa Weinhandl will be guiding mindfulness sessions at 7p in the gathering space. Melissa is a certified mental health therapist. Cost of the sessions is \$5 per session or \$25 for all six paid up front - the sessions will run from June 5 - July 10. For more information or to register, email Melissa at mlweinhandl@gmail.com.

Parking Lot Update

The parking lot is scheduled to be redone the week of June 17th, pending weather.

PEACE IS LOOKING FOR:

Faith Community Nurse

Peace is looking for a Faith Community Nurse. If you know someone who might be interested in this position please refer them to Careers at Peace on our website. Sondra plans to be with us this summer while we continue our search.

Nursery Staff Member

Peace is looking for a nursery staff member. If you know someone who might be interested in this position, please refer them to the careers section under the News tab on our website. Start date is August 1.

Word search words:

Jesus	Speak	Tongues
Holy Spirit	Flames	God
Believe	Love	Joy
Peace	Bible	Community
Trinity	Gospel	Fire
Languages	Red	Music
Faith	Family	

Activities

>ROMEO BREAKFAST

Monday, June 3 @ 8a; Perkins

>BREWING FAITH

Monday, June 20 @ 4:45p
Rock Elm Tavern

>QUILTING

Thursday, June 13 & 27 @ 9a

>WOMEN'S BREAKFAST

Wednesday, June 19 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, June 20 @ 7p; Panera

>BUNDLES OF LOVE

Thursday, June 27 @ 3p

>YOGADEVOTION

Mondays @ 5:30p

Pentecost

*some words are backward

U	F	M	M	F	E	G	Y	T	I	N	I	R	T
S	T	E	Y	U	I	V	O	I	E	L	B	I	B
E	A	C	R	E	S	R	E	J	F	P	R	J	R
U	F	A	I	T	H	I	E	I	J	N	E	O	O
G	H	E	L	A	R	S	C	E	L	E	D	Y	T
N	L	P	J	U	U	E	R	S	E	E	T	P	G
O	A	E	I	S	F	A	M	I	L	Y	B	J	G
T	N	G	O	P	I	L	M	F	L	A	M	E	S
I	G	H	O	L	Y	S	P	I	R	I	T	F	N
E	U	G	F	Y	C	O	M	M	U	N	I	T	Y
P	A	R	L	D	O	G	L	O	V	E	H	U	G
E	G	J	T	G	A	S	L	S	P	E	A	K	V
N	E	E	I	S	C	S	A	A	C	E	M	D	E
Y	S	G	O	S	P	E	L	D	G	O	F	S	A

JUNE 2019

Saturday, June 1

Sunday, June 2

9a Worship with
Holy Communion

Monday, June 3

8a ROMEOs
5:30p YogaDevotion

Tuesday, June 4

10a Faithfully Fit
7p Committee Night

Wednesday, June 5

Thursday, June 6

Friday, May 7

Saturday, June 8

Sunday, June 9

9a Worship

Monday, June 10

9a Day Camp
4:45p Brewing Faith
5:30p YogaDevotion

Tuesday, June 11

9a Day Camp
10a Faithfully Fit
12:30p Faith & Hope Circle
7p Council Meeting

Wednesday, June 12

9a Day Camp

Thursday, June 13

9a Day Camp
9a Quilting

Friday, June 14

Saturday, June 15

Sunday, June 16

9a Worship with
Holy Communion
Father's Day

Monday, June 17

5:30p YogaDevotion

Tuesday, June 18

Wednesday, June 19

8a Women's Breakfast

Thursday, June 20

7p Knitting & Needlework
Newsletter Deadline

Friday, June 21

Saturday, June 22

Sunday, June 23

9a Worship

Monday, June 24

5:30p YogaDevotion

Tuesday, June 25

10a Faithfully Fit

Wednesday, June 26

9a Newsletter Help

Thursday, June 27

9a Quilting
3p Bundles of Love

Friday, June 28

Saturday, June 29

Sunday, June 30

9a Worship



JUNE 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	29
30						



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

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HAMEL, MN
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.

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