



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 24, Issue 7 | July 2019

Catch the Wave of Faith!



Beach Bash Day Camp was a Blast! We had a total of 48 campers and helpers over the 4 days as well as 6 counselors from Camp Wapo! The campers participated in a lot of different activities including opening and closing worship, Bible studies, crafts, and games. The kids learned that we are claimed, loved, forgiven, and sent into the world by God.



The help that we received leading up to and during day camp, is essential to being able to run a successful week here so we would like to thank all those who supported day camp financially, through donations, and volunteering. We are looking forward to camp in 2020! Stay tuned to see what the kids made to be auctioned off at the silent auction this winter!

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!*

Events & Notices

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.

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.

A message from Pastor Kjell

Our travel was slow, spending 3-5 days in most locations, sitting in churches and on mountains as people and clouds moved around us. Yet looking back it is a blur, so other-worldly I have to wonder if it was real: grand cathedrals, Roman aqueducts and historic places. What grounded the whole experience was the people, not the quality of an audio tour but the quality of conversations. Sitting with Kristen after church in Oslo as she told us about her work for the Norwegian government doing carbon sequestration. Around a campfire in Leipzig as Helge talked about serving in the East German military as The Wall came down.

Mario showing me step by step how to make paella. It was the relationships and the conversation that grounded our time in Europe.

As you move through your summer, where might you linger a little longer in a conversation? Where might you ask a question that gets at someone's stories and passions? Because conversations are a theological toolbox and Jesus meets us in relationships.

Christ's Peace,
Pastor Kjell

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



Do you know anyone with Parkinson's Disease (PD)?

While Minnesota has a low rate of PD compared to some other states, there is increasing evidence that the incidence of PD is increasing throughout the U.S. PD is a progressive neurological disorder associated with a loss of dopamine-generating cells in the brain that results in a complex array of symptoms. These symptoms are mild, at first, but, depending on the course of the disease can progress in severity.

- Shaking or tremor at rest
- Low voice volume
- Rigidity (feeling stuck in place when attempting to walk)
- Lack of facial expression
- Trouble with balance or falls
- Lack of facial expression
- Cognitive decline
- Depression, anxiety, sleep disturbances
- Hallucinations

Men are more likely to develop PD, but the incidence increases for both genders with age. There is some evidence that pesticides and environmental factors may contribute to the growing incidence of PD in the U.S.

Parkinson's Disease usually requires treatment with medications (a form of L-Dopa to replace the dopamine in the brain). As the disease progresses, more medication is needed and, often, the increase in medication results in side effects. It is essential that persons with PD take their medication on time, every time. PD is a challenging disorder and both the person with PD and their caregivers require compassion and support.

Parkinsonism is a related disorder that occurs when a person has symptoms and brain dysfunction commonly associated with Parkinson's disease but also has other symptoms related to an additional condition or cause. Often, L-Dopa does not help a person with Parkinsonism.

Essential tremor, also known as **benign essential tremor**, is a brain disorder that **causes** a part of your body to shake uncontrollably. The unintentional shaking motion is called a **tremor**. The hands and forearms are the most commonly affected areas.

**To your health,
Sondra**

Activities

>ROMEO BREAKFAST

Monday, July 1 @ 8a; Perkins

>BREWING FAITH

Monday, July 8 @ 4:45p
Rock Elm Tavern

>QUILTING

Thursday, July 11 & 25 @ 9a

>WOMEN'S BREAKFAST

Wednesday, July 17 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, July 18 @ 7p; Panera

>BUNDLES OF LOVE

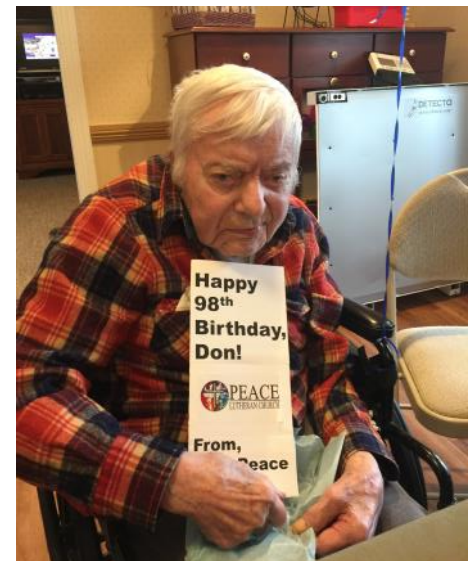
Thursday, July 25 @ 3p

>YOGADEVOTION

Mondays @ 5:30p

Happy Birthday Don!!

Friends, many of them members of Peace, visited Don Reschke to help him celebrate his 98th birthday on June 11. There was cake and ice cream, flowers and balloons, and a good time had by all.





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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.

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