



# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 25, Issue 3 | March 2020

## And Who is My Neighbor? Talking about race and racial equity.

### How is addressing racism part of our vocation as Christians?

Often, we hope for a time when all differences would cease. This hope is rooted in a hope that racism, sexism, and the myriad other destructive “isms” would no longer bind us to cycles of violence and hate. But our adoption as children of God (Galatians 3:26) does not erase our differences. Instead we are reminded that our differences are not ways to measure our value. God meets us all where we are: in the midst of a multitude of languages, colors and experiences.



#### God Made Us Different on Purpose, Sunday, March 1

Rev. Dr. Karen McKinney

#### What is Race? Sunday, March 8

Stephanie Glaros, Humans of Minneapolis

#### Racism is a Sin, Sunday, March 15

Melissa Weinhandl, Marriage and Family Therapist

#### Privilege, Sunday, March 22

Katie Shepherd, Interfaith Outreach & Community Partners (IOCP)

#### How do we listen? Sunday, March 29

Rev. Dr. Sarah Ruble, Gustavus Adolphus College

**SMALL GROUPS**  
ON SUNDAY 10:00am &  
WEDNESDAY 7:00pm

**MARCH 1 - APRIL 1.**

#### LENTEN SMALL GROUPS

Sundays 10am or Wednesdays 7pm

#### Question: “How do I join a small group??”

Answer: “To sign up for a small group, visit the welcome desk or email [peace@peaceofplymouth.org](mailto:peace@peaceofplymouth.org)”.

Rev. Dr. Karen McKinney

Stephanie Glaros

Melissa Weinhandl

Katie Shepherd

Rev. Dr. Sarah Ruble



Lent 2020

## *God Made Us Different on Purpose, Sunday, March 1 | Rev. Dr. Karen McKinney, MN Dept. of Human Services*

Karen has been a professor at Bethel University for years and has recently taken a new position as the Chief Equity Officer at the Minnesota Department of Human Services. Karen will lay the foundation for why people of faith need to talk about race and racial equity.

## *What is Race? Sunday, March 8 | Stephanie Glaros, Humans of Minneapolis*

Stephanie is the founder of Humans of Minneapolis, a nonprofit that shares diverse personal narratives to build bridges of understanding. Stephanie and Pastor Kjell will share a conversational sermon looking at how we can better hear from the people around us that are different from us.

## *Racism is a Sin, Sunday, March 15 | Melissa Weinhandl, Licensed Associate in Marriage and Family Therapy*

Melissa, a counselor and member at Peace, will look at the trap of complacency and the importance of taking an active role in stopping racism, rather than just saying, "I'm not racist."

## *Privilege, Sunday, March 22 | Katie Shepherd, Interfaith Outreach & Community Partners (IOCP)*

Katie works at IOCP and will share from her experience as a white woman working with many people of color about the power that comes with being white.

## *How do we listen? Sunday, March 29 | Rev. Dr. Sarah Ruble, Gustavus Adolphus College*

Sarah is Associate Professor of Religion at Gustavus Adolphus College who studies the history of race and religion in the United States. Sarah will talk about the history of race and faith in America. See some of her work at [sarahruble.com](http://sarahruble.com)

## NATIONAL SLEEP AWARENESS MONTH

### Melissa Weinhandl

Sleep is essential to our physical and mental health. Proper sleep helps us to balance our mood, leads to better productivity, and increases our ability to fight off disease.

How much sleep do I need? It depends! According to the CDC, the average adult needs at least 7 hours of quality sleep during every 24 hours. However, appropriate sleep is personal and some people need more. Factors that impact how much sleep someone needs includes both age and gender.

In addition to the quantity of sleep hours, the quality of those sleep hours is also important. When it comes to increasing our quality of sleep, we can follow a few sleep hygiene tips. Avoid the use of stimulants, such as caffeine and nicotine, close to your regular bedtime. In addition, the use of alcohol close to bedtime can cause disrupted sleep. Also avoid large or heavy meals close to bedtime. Exercise throughout the day, although avoid any strenuous activity close to bedtime.

If you nap, try to keep them to 30 minutes or less. Shut screens off for 30 -- 90 minutes before bedtime. Create a relaxing bedtime routine and keep that routine the same. Also, have your bedroom be a relaxing environment. Be thoughtful about light, temperature, and noise.

While employing any of these tips can be helpful, sleep hygiene is personal. If you are finding that you are not feeling well rested in the morning, if you are having a hard time falling asleep at night, or if you find you are waking in the middle of the night, try keeping a journal to help look for patterns that might be impacting either your quality or quantity of sleep. If you are concerned about your sleep, talk to your primary care provider.

## FAITH IN DAILY LIFE

### *Living Vocation One Young Person at a Time*

Peace member Michael Sorenson teaches elementary school in Hopkins and works with youth at Peace. One could say that his vocation is education; however, it may be more accurate to say that his vocation is helping young people.

During his high school years, Michael went on youth group trips every summer. On those trips, he discovered that he liked working with children and enjoyed being a role model for them. While in college at St. John's University (with a major in Religious Studies), he read about Latin American Liberation Theology, where there is a large focus on bettering the world for the next generation. This really resonated with him, and made him want to work with youth in some capacity. He started working in an elementary school and loved it. Because he really enjoys the relationship building that he does in schools, it was an easy decision to also become a confirmation mentor. In this role, he can share his passion for theology as well as his passion for working and connecting with youth.

Comparing his role at school to his role as a youth leader at Peace, Michael feels that in both settings it is important to be a good role model for young people. "I think creating those relationships with the youth, to be another important adult in their lives, is important. There is a different type of relationship that I build in the two settings. At school, it is caring and supportive, but still there is a barrier. Being at church, and knowing the youth for so long, it is a personal, faith-based relationship."

As with any vocation, working with young people can have its challenges. Michael says that it is difficult when students don't meet his expectations when he knows they have the ability to do so. "It's so hard to watch students make poor decisions, or to not try their best in a situation." He says it can also be difficult to remain patient, and it can be hard to look past the behavior a student is showing and to see the cause. "It's painful to know that students' needs are not always met, and no matter how hard I try, I can't fix the situations outside of school."

When asked what thriving looks like, Michael says that for him, thriving is when his students are able to be independent. "I really strive for my students to understand the amount of autonomy they can have. They are still young and rely on others for a lot, but there is also a lot they can do on their own," he says. He loves to see his students being empathetic, hard working and independent. He teaches his students to be kind and thoughtful.

Michael, thank you for living your vocation and changing lives in the process!

Do you know someone at Peace who is living out their vocation? Send a note to [peace@peaceofplymouth.org](mailto:peace@peaceofplymouth.org) for this new recurring feature in the PeaceNotes.

So we are to use our different gifts in accordance with the grace that God has given us.... if it is to teach, we should teach; if it is to encourage others, we should do so. Romans 12: 6-



**Michael Sorenson**



## VISION Team

The results from the Congregational Vitality Survey were presented to the congregation on Sunday, February 16.

The VISION Team with Jim Ladoux of Vibrant Faith ministries presented four main areas of focus based on the data:

- Faith in Daily Life
- Spiritual Practices
- Connecting with Neighbors/Community
- Invitation/Meaningful Connections

Feedback and ideas are being gathered from the congregation to understand best how to act on these needs. Please contact one of the team members with your thoughts.

**VISION Team members are**  
**Val Sorenson, Inger Trooien, Janelle Leppa, Kate Tofteland, Jen Stoffel, and Pastor Kjell.**

# DOMINICAN REPUBLIC SERVICE TRIP



From February 1-8, 2020, three homes were built, but ending there misses the full picture. These homes are more than a roof over the families heads and a solid floor under their feet. These new structures anchor the families within the community. The three families are now part of a locally led effort to improve the living conditions, safety, and health in their small neighborhood and the surrounding area.

They are personally connected to the other families and communities touched by the services of Servidores Mundiales: mother and baby care, women's health education, dental care, local community health advocates. As I worked one day, I noticed a man helping that I didn't recognize as part of the family so I introduced myself. Turns out he was from a few communities away but had heard about what was going on and wanted to participate. He spent the entire day with our team shoveling dirt and passing buckets of concrete at all three worksites.



The spirit of giving is contagious. Our work partnership in the DR goes far beyond building homes for a few families. The resources and support we provided during the first week of February will continue to grow and empower the people of the area as they seek the thriving of their neighbors and the world God loves.

Pastor Kjell & Annie Bonow along with Tim Hughes and Matt and Nancy Peterson



## THANK YOU FOR YOUR SUPPORT!

On February 2, we hosted a group of ten singers from the Christus Chorus of Concordia University, St. Paul. Their songs were a fantastic addition to our worship service. Thank you for welcoming them and for your support of their May choir tour to South Africa. To find out more or to make a donation, please contact Stefanie Fiser Kleven at [stefanie@peaceofplymouth.org](mailto:stefanie@peaceofplymouth.org).

## SANCTUARY PIANO

You may have noticed there is a different piano in the Sanctuary! We have recently entered into an agreement with Stan Ragnes, a local piano tuner and rebuilder. Stan is a Plymouth resident who rebuilds grand pianos and sells them. Starting on February 14, our Sanctuary became his "showroom." Stan will be bringing prospective buyers to our building to try out the piano, and while it's there, we have the privilege of using it for our worship and music events. This is a fantastic opportunity for Peace!! Perhaps the best part is that once this first piano sells, Stan will bring in another one, as he always has one in the queue! Stan is also maintaining and tuning our pianos, and the Kawai grand piano that Peace owns is in the Fellowship Hall. The current piano in our Sanctuary is a beautiful (and expensive!) Bösendorfer. Out of respect for Stan and his business, anyone who wishes to play the Bösendorfer will need permission from Stefanie Fiser Kleven.

Please contact her with any questions at [stefanie@peaceofplymouth.org](mailto:stefanie@peaceofplymouth.org). To learn more about Stan and his piano business, visit [www.stanspianoservice.com](http://www.stanspianoservice.com).

## LENTEN WORSHIP

We begin the season of Lent with Ash Wednesday worship on Wednesday, February 26, 6:30pm.

On Wednesdays from March 4 - April 1 we will sing the Holden Evening Prayer service.

On Sundays from March 1 - April 5 (Palm Sunday) we will use the ELW Setting 4 worship by Ron Nelson.

Holy Week includes First Communion on Maundy Thursday, April 9, 6:30pm, and Good Friday, April 10, 6:30pm with the Adult Choir singing.

**Peace Notes is a monthly newsletter.**  
**Deadline for submissions is the 5th of the month**

### Peace Lutheran Church Staff

Lead Pastor ..... Rev. Kjell Ferris  
Minister of Music ..... Stefanie Fiser Kleven  
Organist ..... Anne Phillips  
Childcare Specialist..... Serena Galatz  
Office Manager ..... Chris Bacon

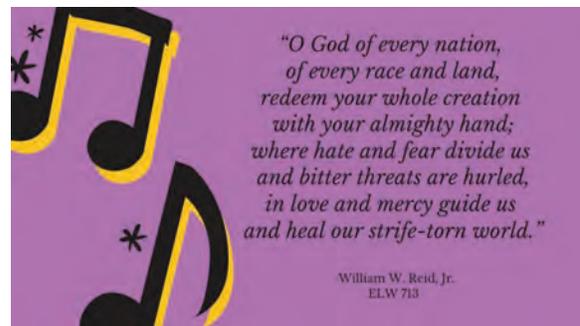


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## ACTIVITIES

**ROMEO BREAKFAST**  
Monday, Mar 2, 8am  
Perkins

**WOMEN'S BREAKFAST**  
Wednesday, Mar 18, 8am  
Panera

**BREWING FAITH**  
Monday, Mar 9, 4:45pm  
Rock Elm Tavern

**KNITTING & NEEDLEPOINT**  
Thursday, Mar 19, 7pm, Panera

**QUILTING**  
Thursday, Mar 12 & 26, 9am

**YOGADEVOTION**  
Mondays @ 5:30pm  
Saturdays @ 9:00am

**BUNDLES OF LOVE**  
Thursday, Mar 26, 3pm



# Lent and Holy Week 2020 Calendar

## Sunday and Wednesday Worship & Programming



<b>SUNDAYS</b>				
<b>March 1</b> "God Made Us Different On Purpose"	<b>9:00a Worship:</b> Mark 10:13-22 <b>Preaching:</b> Rev. Dr. Karen McKinney, MN DHS <b>Education Hour:</b> Sunday School, Children's Music & CONNECT/Confirmation <b>Adult Bible Study:</b> Lent Small Groups "And Who is My Neighbor?"			
<b>March 8</b> "What is Race?"	<b>9:00a Worship:</b> Mark 10:35-45 <b>Preaching:</b> Stephanie Glaros, Humans of Minneapolis <b>Education Hour:</b> Second Sunday Treats, First Communion Instruction, Sunday School, Children's Music & CONNECT/Confirmation <b>Adult Bible Study:</b> Lent Small Groups "And Who is My Neighbor?"			
<b>March 15</b> "Racism is a Sin"	<b>9:00a Worship:</b> Mark 10:46-52 <b>Preaching:</b> Melissa Weinhandl <b>Education Hour:</b> Music, Sunday School & CONNECT/Confirmation <b>Adult Bible Study:</b> Lent Small Groups "And Who is My Neighbor?"			
<b>March 22</b> "Privilege"	<b>9:00a Worship:</b> Mark 11:15-19 & Mark 12:28-34 <b>Preaching:</b> Katie Shepherd, IOCP <b>Education Hour:</b> Sunday School, Children's Music & CONNECT/Confirmation <b>Adult Bible Study:</b> Lent Small Groups "And Who is My Neighbor?"			
<b>March 29</b> "How do we listen?"	<b>9:00a Worship:</b> Mark 13:26-37 <b>Guest preacher:</b> Sarah Ruble, Associate Prof. of Religion, Gustavus Adolphus College <b>Education Hour:</b> Sunday School, Children's Music & CONNECT/Confirmation <b>Adult Bible Study:</b> Lent Small Groups "And Who is My Neighbor?"			
<b>April 5</b> Palm Sunday	<b>9:00a Worship:</b> Mark 11:1-11 <b>Education Hour:</b> Palm Sunday Fair: Resurrection Garden Project			
<b>PEACEFUL NIGHTS WEDNESDAYS</b> (March 4 - April 1) <i>*no dinner on April 8*</i>				
Lent 2020	PreK-5th Grade	5th-8th Grade	8th-12th Grade	Adults
<b>5:30-6:00pm</b>	Dinner (Fellowship Hall)			
<b>6:00pm</b>	Music (Room 111/112)	Music (Room 111/112)	Clean up/help with younger kids	Clean up, Fellowship, and Meditation
<b>6:30pm</b>	Holden Evening Prayer Worship (Sanctuary)			
<b>7:00-7:30pm</b>	Games (Fellowship Hall)	CONNECT/Confirmation (Room 107/108)	Youth Group/help with younger kids	"And Who is My Neighbor?" Small Groups
<b>7:45-8:45pm</b>			Adult Choir (Sanctuary) Adult Bells (Bell Room)	Adult Choir (Sanctuary) Adult Bells (Bell Room)
<b>HOLY WEEK</b>				
<b>Maundy Thursday, April 9</b>		<b>6:30pm Worship and First Communion:</b> Mark 14:22-42		
<b>Good Friday, April 10</b>		<b>6:30pm Worship:</b> Mark 14-15		
<b>Easter Sunday, April 12</b>		<b>9:00am Worship with Holy Communion:</b> Mark 16:1-8		

# Updates & Notices

## HOLY WEEK WORSHIP SERVICES

Palm Sunday, April 5, 9:00am  
Maundy Thursday, April 8, 6:30pm  
Good Friday, April 9, 6:30pm  
Easter Sunday, April 12, 9:00am

## PALM SUNDAY FAIR

Join the fun after worship on Sunday, April 5. Families, couples and individuals are all invited to experience the stories and symbols of Holy Week while creating their own table-top Resurrection Garden. Sign up at the Welcome Desk to reserve your supplies!

## SUMMER MINISTRY

Registrations are open for Bible camp! Click on “Ministries” and then click the “Retreats & Camps” tab, at [peaceofplymouth.org](http://peaceofplymouth.org)

## WEST SUBURBAN GRIEF COALITION

March 5 through May 28 meetings will be held at Mt. Olivet Lutheran Church of Plymouth, 12235 Old Rockford Rd, Plymouth, 55447.

## COMMUNICATIONS

Want an announcement into the weekly bulletin?  
Email [chris@peaceofplymouth.org](mailto:chris@peaceofplymouth.org) by Tuesday 5pm.

Want an announcement into the monthly newsletter?  
Email [chris@peaceofplymouth.org](mailto:chris@peaceofplymouth.org) by the 5th of the previous month.

Church office hours are Tuesday and Wednesday 10:30a-5p. Pastor Kjell can be reached Sunday-Thursday at [kjell@peaceofplymouth.org](mailto:kjell@peaceofplymouth.org) or at 763-571-2919 in case of emergency 24/7.

## RETREAT TO SHALOM HILL FARM

Fri-Sun, Mar 20-22, \$120/person, all ages  
Shalom Hill retreat is located on a farm specializing in educating and advocating on behalf of small-town and rural culture, community, ministry and God’s creation. Topics of this retreat will be centered on rural life, sustainability, and creation care. If you are interested in attending or have any questions, please contact Melissa Weinhandl at [mlweinhandl@gmail.com](mailto:mlweinhandl@gmail.com). Register at [peaceofplymouth.org](http://peaceofplymouth.org)

## PEACEFUL NIGHTS & WEDNESDAY EVENING WORSHIP

Wednesday night meals continue through Lent, beginning at 5:30pm.  
On March 4, 11, 18, & 25, dinner is provided.  
April 1 is bring your own dinner.  
There is *no meal* on Wednesday, April 8.  
Holden Evening Prayer Worship is at 6:30pm.

## PRAYER REQUESTS

If you have prayer requests send them to [prayer@peaceofplymouth.org](mailto:prayer@peaceofplymouth.org) and they will be added to the prayer chain email. If you would like to receive the prayer chain emails, sign-up under “News & Events” at [peaceofplymouth.org](http://peaceofplymouth.org)



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**RETURN SERVICE REQUESTED**

Save the Date!

**May Music Festival**

“Faith, Hope, and Love”  
 Sunday, May 17,  
 9:00am

**All Are Welcome Here**

*Invite Your Family & Friends*



**Camp Wapo**

**Registration opens Jan 15**

Seeds (completed 2nd & 3rd grade):  
 Fri, Jul 17 -- Sun, Jul 19,  
 Youth camp (completed 4th - 8th grade)  
 Sun, Jul 12 -- Fri, Jul 17,



**Day Camp**

**Registration opens Feb 23**

Mon, Jun 15 -- Thu, Jun 18, 9am - 3pm

**SUNDAY MORNING**

9:00-10:00 am—Worship  
 10:00-11:00 am—Fellowship & Education for All Ages



**Peace is social! #peaceofplymouth**  
 Find us on Facebook, Twitter and Instagram to stay connected.

**Welcome. Worship. Service.**

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