



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 25, Issue 5 | MAY 2020

Staying Connected

"Change is constant" has always been true in our lives, but for most of us this has never been more true than in the past two months. At Peace we have been adapting worship, small groups and other ministries to meet you in the joys and challenges you are experiencing. Ministries are evolving as circumstances change so the newsletter contains less dates and the website and weekly emails are the best places for information.

Christ's Peace,
Pastor Kjell

STRENGTHENING FAITH, ONE FAITH PRACTICE AT A TIME



In the Congregational Vitality Survey the people of Peace said they would like to strengthen their faith. As a group, Peace is going to try a new faith practice for four months. Praying when waking up and going to bed is our exercise for May through August and here are some ways you can participate:

Faith Practice--creative ways to pray when waking up and going to bed

- Share the sign of the cross as a reminder of God's unconditional love and ongoing presence.
- Read a short scripture passage to be centered in Christ.

Isaiah 55: 10-11 *For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it. For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands.*

- Offer a prayer for someone you encountered during the day or from the previous day. Share your best, worst, and funniest moment of the day.

Faith Practices Matter

Faith is a verb. Faith is something we live and thriving churches seek to equip people of all ages to be mindful of God's presence in their lives by modeling ways to:

- **Pray** daily
- **Read** and reflect on scripture, and relate it to their daily lives
- **Serve** at and beyond the church and to financially support God's mission

We are in this together and look forward to seeing you online.
Please watch for emails and updates about future events and activities.

FOUR MENTAL HEALTH TIPS FOR COVID-19

submitted by Melissa Weinhandl, MA. MA. LAMFT



As we try to navigate this world during this COVID pandemic, here are a few tips!

Create routine or a schedule

There has been a significant amount of change over the last month. This can cause our world to feel chaotic or volatile. Adding some predictability into each day can be valuable to your mental health. This can be as simple as having the same wake up time or bedtime every day, starting or ending your day in the same way, and/or scheduling in activities such as yoga or exercise. It is also helpful to add things that you are looking forward to. So, plan some fun activities!

Maintain Connections

As we are asked to physically distance from each other, it is important to maintain social connections. This can include family, friends, clubs, organizations, colleagues, and of course Peace!

Talking is great, so phone calls and social networking sites can be helpful. If you have the ability to see faces over Facetime, Zoom, or any other video calling service, this helps add another layer to these virtual connections. For those with multiple people living in your home, you can play board games, put together puzzles, eat/cook together, find new ways to be silly or playful, have movie nights, etc.

Have a Coping Toolbox

Have some awareness of your thoughts and feelings. It is OK to struggle with the changes and losses that have been experienced right now. When we recognize our feelings, we can respond in helpful ways. There are many ways in which we can calm our central nervous systems and interact with feelings of fear, sadness, anger, or frustration. Find a trusted other to share when uncomfortable feelings come. If you live with that person, ask for a hug. Other options for coping could include things such as: spending time with a pet, exercise, yoga, meditation, and breathing exercises. If you need help with these, you can download apps such as Insight Timer or search the internet for exercises. Lastly, do not be afraid to reach out and ask for help.

Take Breaks from News Media

There is a little bit of an information overload when it comes to the pandemic. While it is important to stay informed, be choosy about what material you are consuming. Turn to reliable and official sources such as local and national leadership, the CDC, and the World Health Organization. If you prefer the news, pick one or two sources that you go to. Be wary of articles from unknown publications or things spread on social media.

Van Der Kolk, B. (2020).
Steering Ourselves and Our Clients Through New and Developing Traumas. Pesi.com

Peace is Making a Difference

COVID Relief in Africa

Operation Bootstrap Africa (OBA)

Peace Lutheran has worked for decades with Operation Bootstrap Africa. Now in the midst of COVID-19 OBA has stepped up to supply partner schools and hospitals in Tanzania. \$75,000 worth of Personal Protective Equipment and supplies are needed. Donations are coming in and you can be part of the solution. Donate at bootstrapafrica.org



Founded in 1965, Operation Bootstrap Africa (OBA) is a non-profit organization that partners with communities in Tanzania, Kenya, and Madagascar. Grounded in a “self-help” philosophy, Bootstrap works in partnership with local groups, uses local resources, and follows local priorities.

Truly no person can pick themselves up by their own bootstraps—it is a physical impossibility. OBA strives to create opportunities and empower people to advance their own lives and communities through improved access to education, healthcare, sustainable agriculture, and more.

Interfaith Outreach

For 40 years Peace Lutheran has worked with Interfaith Outreach serving the most vulnerable in our community. During COVID-19 Interfaith Outreach continues to deliver essential services like: food, emergency financial assistance, employment support and welcoming new clients. To donate call 763-489-7500 or visit www.iocp.org



Interfaith
Outreach™

Igniting the power of community

Interfaith Outreach services are available to residents of Hamel, Long Lake, Medicine Lake, Medina, Minnetonka Beach, Orono, west Plymouth (west of Highway 494) and Wayzata. Call 763-489-7500 to schedule a time to talk with them. For your first meeting with a member of Interfaith Outreach’s Case Management team, please bring your picture identification (ID) and a utility bill (heat, electric, etc.) dated within the last 30 days to confirm your address. This “intake” meeting is a great opportunity for you to share your situation and help them learn more about how they can address your concerns. For access to just the food shelf, picture identification (ID) and utility bill are optional.

THE VISION TEAM -- SEEK AND FIND...

In the Congregational Vitality Survey the people of Peace expressed their desire to:

- 1) more easily discuss how their faith is lived out in daily life;
- 2) include spiritual practices in their lives;
- 3) connect with neighbors/community;
- 4) become better at inviting people to Peace and making meaningful connections with people at Peace.

Peace is at work incorporating these four goals into ministries. If you’d like, you can play a “seek and find” game looking for all the ways Peace is moving toward the four goals. Which of the four goals do you have the most passion about? Contact a member of the VISION Team to participate in this work: Janelle Leppa, Kate Tofteland, Val Sorenson, Jen Stoffel, Inger Trooien and Pastor Kjell.

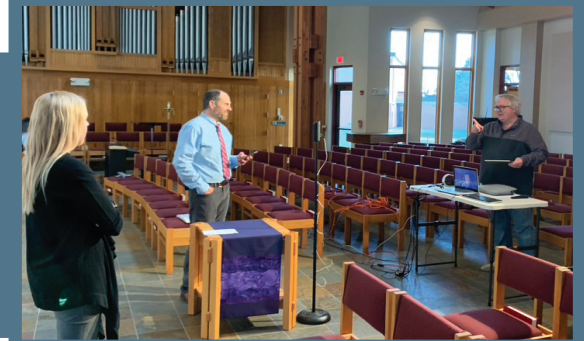
PHOTOS FROM OUR VIRTUAL MINISTRIES

Now that most of Peace's activities have moved online, we are finding new ways to connect with each other. Here are some photos of what we have been doing.



Scott Rusten

Live stream worship
looks nice on your screen - here's what it looks like behind the scenes!



Anne, Pastor Kjell and Scott



Little Grey Donkey - Mark 11:1-11

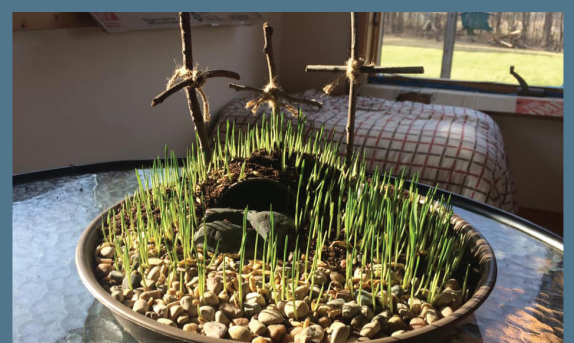
The Bonow family put together a Lego stop-action movie of the Palm Sunday story. Then several of the kids added their voices! Here is a screen shot of the movie.

You can watch the movie at:

<https://www.youtube.com/watch?v=I1DteRhVeqA&t=40s>.

Members made Resurrection Gardens

together via Zoom on Palm Sunday. Here's Pam Hughes' once the grass started growing.



Pam Hughes' Resurrection Garden



Saturday stories with Serena

Saturday stories with Serena

Serena is keeping up with the kids on Saturday mornings with stories, drawings, and activities via Zoom.

Music with Stefanie



On Wednesday nights Stefanie and the kids are praising God through song via Zoom.



How I
usually
lead
worship



How I
currently
lead
worship

SHARING GOD'S LOVE ONE GROCERY BAG AT A TIME

In the midst of COVID-19 one of Peace's college students, Bobby Isbell said, "I want to make a difference." So he reached out to the church saying, "Can I volunteer to go pick up groceries and essential supplies?" And with that a new ministry was born.

If you are a person that is at a higher risk from the virus you can connect with Bobby, give him your list, he will pick up and pay for the items. Then you can pay him back with a check or through the Venmo app.

Here is a note from Bobby: "Hi everybody! Thanks for letting me be involved with this, I hope we can help make people's lives a little easier during this crazy time."

Email peace@peaceofplymouth.org to connect with Bobby.



Bobby Isbell

FAITH IN DAILY LIFE

“BEHIND THE SCENES”

Some vocations are immediately noticed by a crowd. Speakers, singers or actors, for instance, draw attention to themselves simply because their vocation demands it. Others though, live their vocations in more subtle ways, preferring to use their gifts behind the scenes. This month's feature member, Bob Samuelson, is one of those “behind the scenes” types, but his wealth of knowledge and generosity of spirit make him a vital member of our worship experience at Peace.

Since he joined Peace Lutheran (along with his wife, Donna Daubendiek) in 1999, Bob has been volunteering at church. He has been an usher, a lector, our sound system operator, our banner changer/ironer, and our Christmas and Easter decoration coordinator. Bob has chaired the Worship and Music Committee as well. He says that it gives him joy seeing people use the sanctuary for worship. He admits that there are challenges in some of the things he does, such as changing the colors in the sanctuary from green to purple for Lent, with just a Monday and Tuesday to do it, or moving the Christmas tree decorating from a Friday to a Thursday due to an impending storm.

In addition to his various vocations at church, Bob was a medical device systems engineer. He hopes that this career has been a way to give the best he has to people who want to thrive in spite of their illnesses or medical conditions. In turn, those of us who worship at Peace are able to thrive in worship due to his generous gift of time and expertise.

When asked what thriving looks like to him, Bob replied, “It can mean a lot of things to different people, depending on their circumstances. I suppose it is getting beyond just surviving, which can be a huge challenge for some. God wants us to thrive, but maybe choosing the directions of our own thriving are up to us. Maybe thriving is simply putting our free will to its best use.”

Bob shared a quote that is important to him, written by Bessie A. Staley of Lincoln, Kansas: “He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others and given the best he had; whose life was an inspiration; whose memory a benediction.”

Thank you, Bob, for giving so freely of your time and talents!

Do you know someone at Peace who is living out their vocation? Please drop a note to peace@peaceofplymouth.org for this new recurring feature in the PeaceNotes.



Bob Samuelson

Updates & Notices

VOCATION, ENVIRONMENT & COVID-19:

Peace Lutheran's next preaching series

In this series we will listen to stories from people whose careers are impacted by the changing environment and hear how COVID-19 is impacting their work.

- Nick Bonow, Geologist, May 3
- Dan Anderson, Infectious Disease Medical Doctor, May 10



EARTHKEEPING LITURGY

Join us for live stream worship on Sunday mornings at 9:00am.

To attend, go to peaceofplymouth.org

WHAT ABOUT SUMMER MINISTRIES???

This year, nothing is business as usual and right now we don't know what will happen with the different Summer Ministries. As soon as Peace knows we will let you know. All who are registered or have expressed interest in a program will be contacted directly.

Peaceofplymouth.org is a great place to check for updates.

Also you can sign up there for Peace's weekly emails.

A LITURGY FOR EARTHKEEPING



SUMMER SERMON SERIES

June 7 - July 12: The Book of Job & Mental Health

July 19 - September 6: Seven Faith Practices

Prayer, Food, Worship, Sacraments, Money, Service, Community

The 5P's of Faith Formation Forums Wednesdays at 6:30pm through May 13

The 5P's of Faith Formation are: principles, people, practices, places, and playlists.

We will talk about one "P" per week and look at how we can integrate faith practices in our daily lives.

Check out the series with Pastor Kjell and Melissa Weinhandl on the Peace YouTube Channel.

Go to youtube.com and search for: **Peace Lutheran Church of MN.**

The church office is closed.

To contact please email peace@peaceofplymouth.org
or call 612-386-8013



Pastor Kjell can be reached
Sunday-Thursday
at kjell@peaceofplymouth.org
or 763-571-2919
(in case of emergency 24/7)

PRAYER REQUESTS

If you have prayer requests you can send them to 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

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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COMMUNICATIONS

Want an announcement into the weekly email? Email chris@peaceofplymouth.org by Thursday 5pm.

Want an announcement into the monthly newsletter? Email chris@peaceofplymouth.org by the 5th of the previous month.



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All Are Welcome Here

Invite Your Family & Friends



SPRINGTIME WONDER

Enjoy the fruits of the season.



SUNDAY MORNING

9:00 am —Worship Live Streamed

9:45 am —Fellowship & Education
for all ages via Zoom Ministries.

Find these on peaceofplymouth.org



YouTube

Peace is social!

Find us on Facebook

@PeaceofPlymouth or search

Peace Lutheran Church Of Plymouth to stay connected.

Youtube Channel: Peace Lutheran Church of MN

Welcome. Worship. Service.

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