



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 25, Issue 6 | June 2020

A NOTE FROM PASTOR KJELL

Acts 1:11 "Why do you stand here looking up at the sky?" After Jesus had ascended into heaven, these are the words the angel spoke to the disciples as they stood there with eyes locked on the clouds. Imagine that for a moment.

There has been lots of talk about normal--waiting for things to return to a "known" normal or a "new" normal, some even suggesting there is no normal ahead. In effect, all of these "normals" are us "looking up at the sky."

Our views of normal are strongly influenced by the impact this crisis is having on us. For some of us this is a rough patch. For many others—especially vulnerable populations in fragile communities—this is a catastrophe. Being in this together means moving beyond "looking up at the sky" and into talking about purpose, asking, **"Whom do we serve, and why?"** This question opens us up to collaborating with other ministry partners, clarifying our needs and the needs of others, and encouraging innovation in how those needs can best be met.

Asking *"Whom do we serve, and why?"* is what needs to be held constant as we feel our way forward and as we continue worship by video streaming, connecting by phone, and gathering online. Being a community and serving the community, we never forget we are in this together and God is with us. This COVID-19 time is strengthening our resolve to be a church that lives by faith, is known by love, and brings hope to the world.

Christ's Peace,

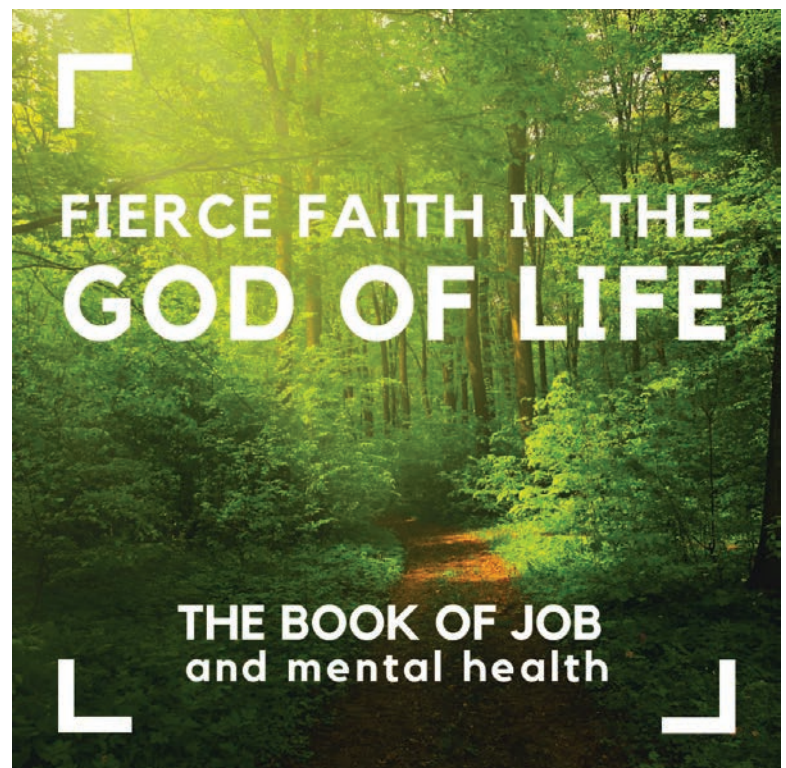
Pastor Kjell

SERMON SERIES: June 7 - July 12

Fierce faith in the God of Life:

The book of Job & Mental Health

Join us as we look at mental health through the lens of the book of Job. The book of Job asks us to move beyond blame, accept ambiguity and uncertainty, and trust God for what we cannot see or control. Read more on inside cover!



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

SERMON SERIES: June 7 - July 12



Fierce faith in the God of Life: *the book of Job and Mental Health*

We continue our live-stream worship services with a new liturgy and a focus on the book of Job. Job was tested and experienced terrible loss, pain and hardship. Through it all, his faith remained steadfast in God.

In this series we will explore how to move beyond blame, to accept ambiguity and uncertainty, and trust God for what we cannot see or control. Hosted by Pastor Kjell and Melissa Weinhandl, we will also have guest speakers including Rob Winkler and Steve Graner.



Steve Graner is a Child Trauma Academy Fellow and has recently retired from teaching English in Minot, North Dakota after thirty-three years (where he taught Pastor Kjell). Steve is best known for his creative approaches to teaching and coaching and combines a love of the arts and sports with the passion for pedagogy. Steve is currently training teachers and school personnel in trauma-informed educational practice.



T. Rob Winkler, MA, LP, RPT-S is a psychologist and a registered play therapist. He owns a collaborative counseling practice in Plymouth, Playmore and Prosper. Rob embraces activity-based therapeutic approaches. Rob's therapeutic strengths include facilitating awareness, crafting creative activities for metaphor, using metaphor to bridge experience for greater understanding, honoring autonomy, reframing viewpoints into more positive perspectives, and using humor.

SUNDAY, JUNE 7

Job 1:1-22

"Evil, Self-awareness and the Power of Story"

SUNDAY, JUNE 21

Job 14:7-15; 19:23-27

"Hope in the Midst of Hard"

SUNDAY, JULY 5

Job 41:1-8, 42:1-6

"Softening into the Joy of Life"

SUNDAY, JUNE 14

Job 3:1-10; 4:1-9; 7:11-21

"Wired for connection"

SUNDAY, JUNE 28

Job 31:35-37; 38:1-11

"Chaos, Order and Beauty"

SUNDAY, JULY 12

Job 42:1-17

"A Fierce Faith in the God of Life"



Submitted by
Melissa Weinhandl, MA. MA. LAMFT

Over the past couple of months, the ways in which we are used to being church together has changed dramatically. Creativity among virtual platforms has dominated our way of being. Not only has our church life changed, but our jobs have changed, the way that we are used to doing school has changed, and the way that we interact with friends and family has changed. Part of the creativity during this time has been finding the right balance of connection versus limiting our exposure to screens. In the midst of it, many are feeling more and more exhausted. This has led experts to ask questions regarding whether it is more tiring to meet virtually.

It turns out, it is! Here are some of the reasons that you may be feeling more tired with all the online meetings.

Non-verbal cues

It is harder to read another person's body language and other non-verbals that happen in in-person conversations. We are working harder during every interaction to focus and take in the information from the other person (or people) because we are working harder to read these non-verbal cues.

Personality

For some who might be a little more introverted, you might be focusing more on how you are coming across than you normally are. This is especially true when you have your meeting set up so that you can see yourself. On the other hand, someone who is more outgoing might over schedule meetings or virtual social hours.

Current Context

The world is a stressful place for many people right now. Communicating online with those who we would have communicated with in-person just a few months ago comes with some grief and a reminder of how different the world feels right now.

Performance

There can be a bit of a need to perform. Things that might flow naturally in conversation do not necessarily do so over video chats. For example, natural silence might need to be filled. So sometimes, even virtual socializing that is intended to be a break or rejuvenating ends up being more tiring. Also, the screen you are attempting to use as a break, is the same screen you were just performing on for a work meeting.

What do we do about it? If you are feeling overwhelmed with the video calls, limit them. Maybe there is something at work you can handle over a voice call so you can connect with friends later in the day and feel less tired. You can also choose to not have the camera on for some meetings. You can build in some transitions such as moving to a different spot in the house for your social hour or time between calls to go for a short walk or do some stretches. Continuing to connect with each other while we cannot connect in person is important but so is making sure there is some balance.

Bernd Debusmann Jr. (2020). Dubai health expert warns of "Zoom fatigue" danger among workers (Dubai health expert warns of "Zoom fatigue" danger among workers). ArabianBusiness.Com.

Jiang, M (2020). The reason Zoom calls drain your energy. BBC.com



See the ways God's Grace is Flowing

This is a passage from The Message translation of the 12th chapter of Romans: "Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out."

How are things going with the people in your immediate circle? Our stay-close-to-home house has two parents and three children. These days I'm grateful to have the presence of four people around me who have their own particularities and bring their own gifts. In the "before times," I had gotten used to regular routines and taken for granted the nuances of my childrens' personalities. The absence of many outside commitments has turned my attention inward and closer to home.

We all miss the community of school and it's required a lot of adjusting. What's changed in my vocation as a parent is being so close-up with the kids all.the.time. But in the spaces where I am "alone," quiet in prayer and contemplation, I am better able to appreciate the ways that they are adapting, serving, and living their own sibling vocations. Being a sibling is a vocation? Yes, I think so.

I have seen the kids do things that surprised me. After getting myself worked into a frenzy with impatience about my first grader trying to manage school through a screen, the other kids gracefully stepped in and walked her through a long backlog of overlooked Spanish assignments.

The kids haven't done much in the way of organized sports, but the other day the three of them are outside with a basketball collaboratively playing a made-up game. Gwen reminded me to notice the flowering tree in our front yard. "You can just look at it and relax," she said.

I surely had become well-adjusted to my culture--accustomed to not noticing. Maybe now my eyes have opened just a bit wider to really see the ways God's grace is flowing around me and my family.

FAITH IN DAILY LIFE

By Joni Sutton

Generosity

This month we are featuring charter member of Peace Grace Tauring, who is a wonderful example of someone who lives her vocation.

Generosity is in Grace's blood. When she was a young girl, she remembers her parents welcoming others to their table, even though they had very little means to do so. If someone had a need, it seemed that her parents always found a way to help. Her parents had a very deep faith in God and believed that service to others was part of living out that faith. This may have influenced Grace's desire to become an elementary teacher. She says, "Seeing the progress of each child as they learn new words and concepts, develop good social skills and become independent in their own right is absolute joy!" She further points out that when she had her own children, she once again experienced that wonderful joy as she watched them grow up.

When Grace was in her early twenties, she developed rheumatoid arthritis and had some extremely difficult flare-ups. She tried many doctors and many medications. Then a friend introduced her to a company that made organic food supplements. With these products, she began to regain her health. As others noticed the positive change in the way she felt, they asked to use these products as well. Soon a Shaklee business began, and she realized she had another way to help people.

As a stay at home parent, she spent many days toting children to various events in her car, and since many moms were working, her car was sometimes filled with children she barely knew – the youngsters needed a ride, and she was happy to provide for them. However, after school children needed snacks, so she provided these as well. Everyone was welcome in her home. She and her husband Bob, had many foreign students come to stay; some for a few days, some for months or a year. They also had a difficult and needy sixteen-year-old boy live with them for two years. He loved to sing, so he joined the choir at Peace and was also confirmed there.

Grace says that Peace Lutheran has been a special place for her. She was a charter member of our church and was on the very first council. In addition, she has been a delegate to the ELCA National Convention and to several Synod Conventions. She has worked with the youth on many projects, including the Appalachian Service Projects. She has mentored confirmation, taught Sunday school, has sung in the choir and tries to simply do what needs to be done. Two foreign mission projects that Peace has done were the Latvian Chaplaincy Program and the MaaSae Girls Lutheran Secondary School in Monduli, Tanzania. She took an active part in both missions, but the girls school was her joy. In 2002, she attended the girls' graduation in Tanzania and brought greetings from Peace to the class that our church had sponsored. "This was a mountaintop experience for me," she says. Grace continues to help with the children's music at Peace, she co-leads a Bible study, and she brings communion to homebound elderly. When not volunteering for Peace, she loves spending time with her family and especially her grandchildren. Says Grace, "God has blessed me in so many ways!" We at Peace thank God for the many ways that she has blessed us!



Grace Tauring



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.

Updates & Notices

Faith Practices Video Podcast

What started as five videos about Faith Formation is becoming a weekly video podcast. In the videos Pastor Kjell and Melissa Weinhandl engage another Peace person in conversation about living out faith in our daily lives. Find the videos on the Peace Facebook page, YouTube channel, or under "Ministries" at peaceofplymouth.org



Summer Ministries

The summer ministries will look much different this year--Camp Wapo has canceled all day camp and onsite summer programming. The Children, Youth & Family Team is working on alternative day camp, camp ministry, trip opportunities. Stay tuned and check the website for details.

VISION Team

The VISION Team is working on guiding statements--a few words or phrases and a sentence that articulates what Peace does and how & why we do it. The content for these statements were gathered from the Congregational Vitality Survey and feedback from the congregation.

When will we worship in person again?

Pastor Kjell and Peace Lutheran Church's council are keeping a close watch on this question. We are following the guidance of our bishop and the Evangelical Lutheran Church of America (ELCA). We are keenly aware that it is a medical issue. When the building is reopened for staff and worship there will be a clear plan with protocols in place. From what we know thus far, it looks like we will worship exclusively online for at least the rest of the summer, and that is hard. We're all in this together and many are also excited to continue worshiping and building community in new ways. This COVID-19 time is strengthening our resolve to be a church that lives by faith, is known by love, and brings hope to the world.

Sermon Series: July 19 - August 30

7 Faith Practices

- Prayer - oriented toward God
- Food - eating with Jesus
- Worship - seeking God's presence
- Sacraments - a tapestry of traditions
- Money - the joy of sharing
- Service - the needs right around you
- Community - an unexpected family

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.

CONGRATULATIONS, GRADUATE!

Grace Kerbeshian, Class of 2020

We are proud of Grace and all her accomplishments in and out of Wayzata High School. Due to COVID-19 school has been on-line and at this point graduation details are not clear. We hope for either an on-line ceremony or a drive by experience at the high school parking lot. Grace is excited to share she will be attending the University of St. Thomas in St. Paul and studying business with a major of HR Management at the Opus College of Business.



Grace Kerbeshian

STRENGTHENING FAITH, ONE FAITH PRACTICE AT A TIME

Faith Practice: Prayer & Scripture

We have just begun our journey of exploring Faith Practices, and we will focus on one (of the seven!) at a time. For the months of May-August we are taking a closer look at incorporating scripture and prayer into our daily lives.

Here are some creative ways to call on prayer & scripture 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 (Isaiah 55:10-12) two times with brief pause between readings to be centered in Christ.
- **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.

Isaiah 55: 10-12

*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.*

THE 7 FAITH PRACTICES:

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

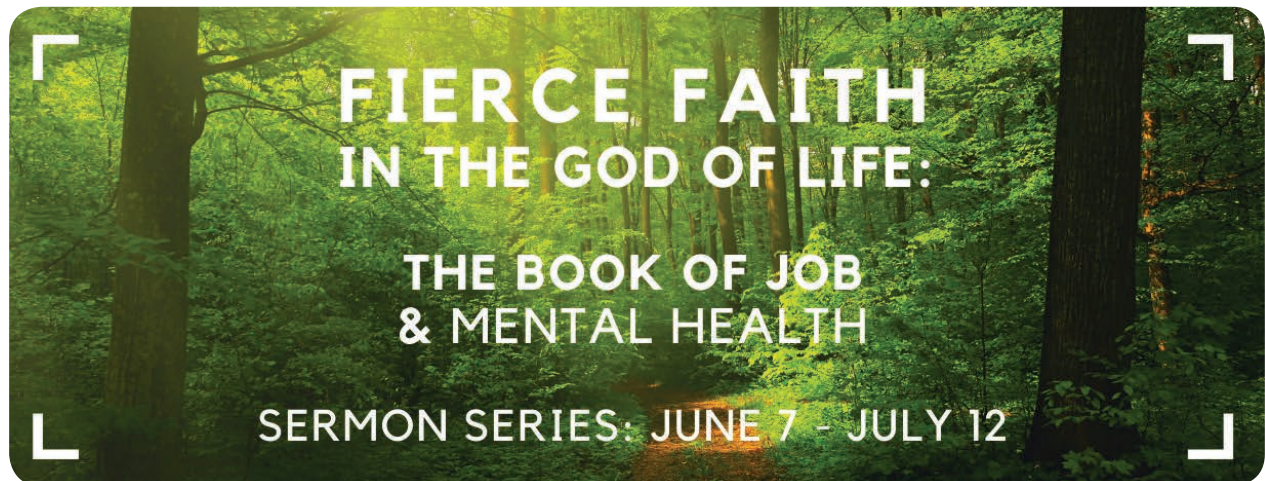


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All Are Welcome Here
Invite Your Family & Friends



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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