



# Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 27, Issue 2, February 2022

## February Worship Series

MINISTRY PARTNERSHIPS

**Peace Lutheran is blessed to have wonderful partnerships with organizations that extend the reach of our ministries into local and global communities.**

This month we are lifting up three partnerships and hearing from them during worship. Representatives of these partnerships will preach and tell us about their work.



**Ministry:**  
**Operation Bootstrap  
Africa**

**Date: February 6**

Speaker: Jason Bergmann,  
Executive Director

Operation Bootstrap Africa partners with Africans to strengthen their future through education, healthcare, agriculture, and other long-term development projects. It was founded in 1965 with the premise that 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.



Interfaith  
Outreach™  
Igniting the power of community

**Ministry:**  
**Interfaith Outreach**

**Date: February 13**

Speaker: Kevin Ward,  
Executive Director

Interfaith Outreach engages partnerships in delivering immediate and family support services, including food, housing, neighborhoods, education and youth, employment, and transportation. The organization has been serving families living in eight west Hennepin County communities since 1979.



**Ministry:**  
**Jonathan House**

**Date: February 27**

Speaker: SJ Holsteen,  
Twin Cities Team Lead

Jonathan House extends shelter, hope, and healing to asylum-seekers in Minneapolis /St. Paul. They offer supportive housing, strategic connections, practical assistance, and a welcoming community with a desire to help new friends recover from forced displacement as they begin to rebuild their lives.

**We will continue to offer virtual worship via our website and YouTube channel.**

# Ministry Partnerships Preacher Bios

## Ministry: Operation Bootstrap Africa

**Date: February 6**

**Speaker: Jason Bergmann, Executive Director**

Over the years, Jason has been an entrepreneur, a professional photographer, and a pilot, among other roles, but has found his calling in international development. Jason is also a husband and proud father of three young girls.



## Ministry: Interfaith Outreach

**Date: February 13**

**Speaker: Kevin Ward, Executive Director**

Kevin Ward has held leadership positions at Fortune 500 companies and is the founder of The Forward Group, an executive coaching, and leadership development company. His leadership in a faith-based nonprofit serving teens and families recently resulted in new partnership growth. Lived experience and studies in human potential and divinity inform this leader, whose personal motto is, “A life of service is a life worth living.”



## Ministry: Jonathan House

**Date: February 27**

**Speaker: SJ Holsteen**

SJ is responsible for guiding and implementing Jonathan House ministries through strategic planning, partnership, communication, and program and staff development. She also lives at Jonathan House Frogtown, for women and children. SJ says, “I’m blessed to share daily life with asylum-seeking individuals who have welcomed me with grace and kindness.”



## FEBRUARY LITURGY – CAMP ROCKS!

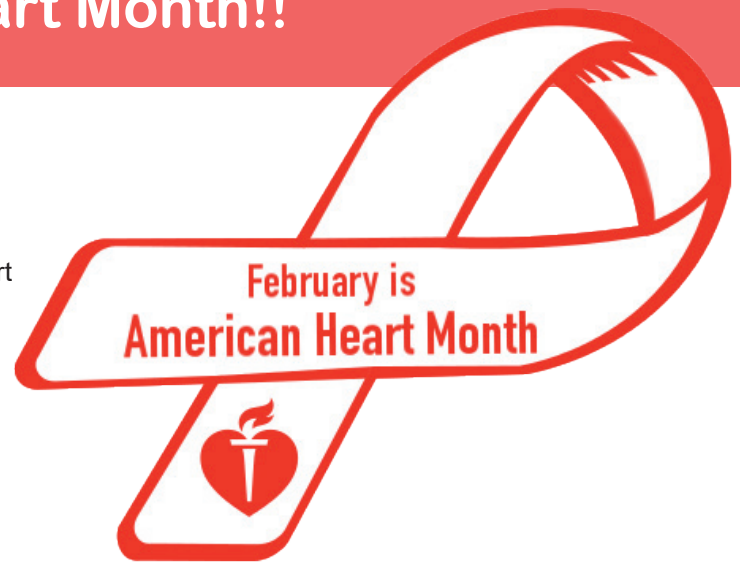
Once again, we will experience the essence of being at Bible camp -- in our own Sanctuary! The youth are excited to share their favorite songs (and other elements from attending summer camps) with the congregation throughout February.

With songs, prayers, and skits, we will lift up the camp experience and ask the congregation to support our young people by donating to our camp ministries fund. Stay tuned for the creative (and tasty) ways they will be bringing camp to your attention.

# February is Protect Your Heart Month!!

Some persons with heart disease symptoms have been reluctant to seek care during the pandemic. This reluctance can be dangerous. Deaths from heart disease are still the leading cause of death in the U.S., and these numbers have risen in the past two years because of delays in treatment. In addition, those who have not been vaccinated and develop Covid significantly increase their risk of heart attacks and heart disease.

**Do you know what to do if you have symptoms of a heart attack?** Call 911! Do not drive yourself or have someone drive you to the hospital! Not only is it dangerous to be in a car if symptoms worsen, but when you call 911, paramedics can immediately begin treatment to reduce heart damage.



## Know the signs of a heart attack!

**Men:** You may feel like an elephant is sitting on your chest. Chest pain itself may be much subtler. Most heart attacks start slowly with mild pain and are too often dismissed as heartburn or a pulled muscle. Men may also have pain in the arms, back, neck, jaw, and stomach and can be nauseous or lightheaded.

**Women:** The most common symptom is chest pain or discomfort, but sometimes women have no chest discomfort at all. They often have sudden nausea, fatigue, shortness of breath, or even back or shoulder pain. They may have tightness in the throat, upper abdomen, numbness in the left arm, dizziness, and a sense of anxiety or impending doom.

If these symptoms occur and last longer than 5 minutes, or go away and come back, call 911 immediately. Don't wait! Don't be embarrassed if it turns out not to be a heart attack. Waiting to see if symptoms subside or get worse could cause further heart damage or death.

Most importantly, take care of your heart. We all know how to do that—exercise regularly, eat more vegetables and fruits, and have less red meat and saturated fats. Control your weight and your stress levels. Manage your blood pressure and get regular check-ups. Get your Covid vaccines and booster---Please!

Your heart health depends on you: Make February the month to start loving your own heart!!  
To your health,

Sondra Weinzierl, RN, Faith Community Nurse

*-a special thank you to Sondra for writing a health article every other month during 2022*

## THE IMPORTANCE OF COMMUNITY CELEBRATIONS

By Stefanie Fiser Kleven

A few weeks ago, I had the pleasure of teaching Sunday School when the scripture reading was about the Wedding at Cana. The information included in the curriculum struck me as needing to be shared with everyone... I hope you enjoy this article written by the publishers of "Spirit and Truth: Living the Word."

### Making Connections

This week we encounter the Messiah through the first miracle story described in the Gospel of John. We can understand that the writer included it here to show us something important about Jesus' ministry on earth. Among other things, Jesus' ministry would support and sustain the community, demonstrate God's abundant provision, and foreshadow the great feast when we will all be welcomed into God's house.

### Story Summary: The Wedding at Cana

This miracle at the wedding in Cana reminds us that community celebrations are so important that Jesus honors this one by providing this miracle. Community celebrations give us a chance to have fun together, remember old times, and make new memories. They help us understand ourselves as one people, which is essential if we are going to do God's work in the world.

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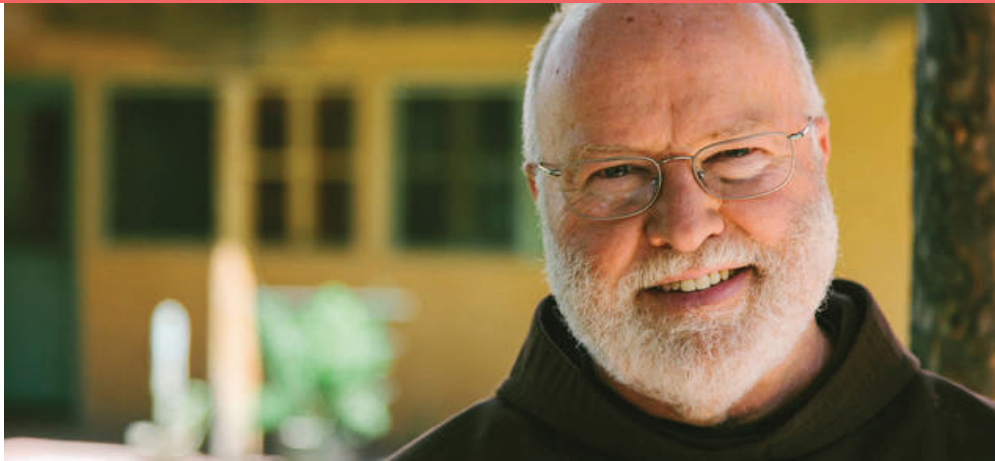


# Small Group and Sermon Series Book

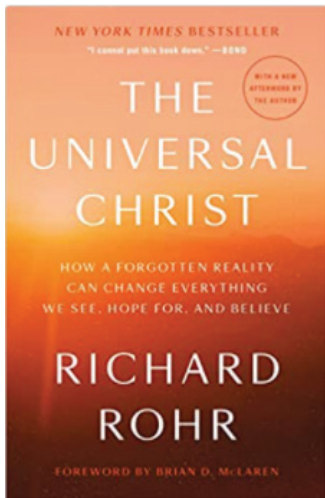
During the season of Lent, Peace is reading the Gospel of John and Rev. Richard Rohr's best-selling book *The Universal Christ*... how a forgotten reality can change everything we see, hope for, and believe. Small groups will start in March.

## How do I get a book?

There are books available in the office (\$15), or feel free to pick one up wherever books are sold.



Rev. Richard Rohr



## How do I participate in a small group?

You can sign up for small groups by going to [peaceofplymouth.org](http://peaceofplymouth.org) and clicking on the "sign up" button.

## More about the book!

Rev. Richard Rohr's best-selling book *The Universal Christ*... how a forgotten reality can change everything we see, hope for and believe. Richard Rohr has helped millions realize what is at stake in matters of faith and spirituality. **In this book, Rohr addresses the relationship between Jesus and Christ.** Drawing on scripture, history, and spiritual practice, he articulates a transformative view of Jesus Christ as a portrait of God's constant unfolding work in the world, "God loves things by becoming them." **This book is thought-provoking, practical, and full of deep hope!**

from page 4

We discover and express our gifts when we are in a community. It would not have mattered how wonderful Jesus' wine was if there was nobody to taste it. We only really understand the power of our gifts when there are those around us who can receive those gifts and respond to them. It takes courage and faith to offer our best gifts to others. In the same way, we best understand the power of God's gifts when we are around others who receive and respond to them as well.

### The Point

Jesus' glory is revealed through a miracle. The wine Jesus provides is of superior quality. In the story, the steward remarks that Jesus' wine is much better than that served earlier. Although those things that we can do by ourselves might be pretty good (like the early wine), God's blessings are beyond what we can do or even imagine. When Jesus shows up at the party, God will transform our gifts into something really amazing.



# FAITH IN DAILY LIFE - Pam Hughes

By Joni Sutton

With a gleam in her eye, this month's featured Peace member is a woman of many interests and talents. She has given of her time in the church kitchen, has slept in a snow cave and a cardboard box, rings her bells in the Peace hand-bell choir, and has even played the part of a pregnant "woman of a certain age" for our Peace Christmas Pageant. This month we are happy to feature **Pam Hughes**, a woman who is living her vocation in ways large and small.

Pam and her husband, Tim, have lived in Hamel since 1976 and have attended Peace since 2007. She is currently working on completing a degree from the University of Minnesota in Diversity and Language Learning. You've heard of "fifth year seniors?" Pam says she is a "50th year senior." Before retirement, she worked at a number of companies and held various positions in customer service, HR, sales, purchasing, accounting, and as an office manager. Before retirement, her most recent employment was at Loram, a railroad maintenance company in Medina.

Pam sees her vocation as being a good team player in her various jobs and activities. "Every team has a different makeup – it needs leaders and followers, teachers and students, idea generators and program implementers and people to fill all the other important positions between, and I've played them all" she tells us. "Whether it is a leader in my family or on a work project, the clean-up person for a fiasco at my job or in the church kitchen, student, teacher or volunteer at school - these are all important team positions. Fulfilling each of these roles with integrity, humility and a joy of participation has become my vocation." Pam finds joy in working together with a group to see positive results, be it a great dinner, seeing her children succeed in life, or knowing that the hand-bell choir has played beautifully at worship. "The camaraderie of working together to accomplish these things is a joy," she says. Of course, there are complex parts in all of this. She admits that sometimes she would have preferred to be home in bed rather than on an air mattress overnight, or sleeping-in rather than getting to church for an early bell choir rehearsal but, "in the long run being part of the team has been worth it."

Pam could be the poster child for volunteering and helping others. Some of her favorites are: sleeping in a cardboard box or snow cave to support Interfaith Outreach, delivering Meals on Wheels, supporting her childrens' activities, and serving as a precinct caucus chair during election seasons. At Peace, she's worked with Sunday School, the nursery, Families Moving Forward, Tree House, Wednesday night suppers and continues to be active as a lector, Christmas pageant participant, and bell choir member. Her newest effort is being one of Peace's leaders with the Yara's, the Afghanistan refugee family our church is sponsoring. She has worked to collect materials for the family, has moved furniture, and continues to reach out to help them transition to life in the United States.

When asked what thriving looks like, Pam says it is "a gleam in the eye." Even when the body and/or mind are not at 100%, she says that a gleam in the eye indicates that something is still thriving inside. She believes thriving has to do with rooting and sprouting. "A continuous strengthening of my roots, allowing new growth and sprouts that turn into new knowledge, new friends and new experiences would be my definition of thriving," she explains.

Pam says she firmly believes that faith in God is an intensely personal thing that can be shared but not given or forced. "Teaching by doing and showing my family and other young people that there is a grounding, soul soothing foundation soul-soothing of life" has been important to Pam, who says that she has found this in the Lutheran Church. Even if not regular churchgoers, she hopes those who have been given that foundation of faith when young will know that they can turn to the church when their roots need nurturing, "because I know in every life no matter how great it seems, there are always times that life seems overwhelming and the individual seems weak and the soul needs nourishment. I have found mine in the Bible and the church and friendships I have made there."

When talking about how her faith connects with her vocation, she goes back to the idea of roots. Her faith is what sustains and nurtures these roots so that new growth can happen. "Whether it is looking to a scripture passage, hearing a beautiful melody from a hymn of old, seeing the beauty of creation in a neon sunset or having a coffee or beer with close friends that share common core Christian beliefs – these are all the ways my connections to God and the church get revitalized," she explains.

What will she do next? She will do whatever it is with her typical gusto and love of life, rooting and sprouting wherever she is planted. Just look for that gleam in her eye!



Pam Hughes with Grandchildren,  
clockwise starting at the back:  
Max, Lucie, Sonja, Cecilia, and Vivian.

# Updates and Notices

## Connection

Stay connected to the happenings and updates with Peace Lutheran's ministries throughout the month... sign up for the weekly e-news email. Just let us know you like to stay connected by emailing [peace@peaceofplymouth.org](mailto:peace@peaceofplymouth.org).

## Conference Assembly

On Sunday, February 13, 12:30 pm, Peace will host the Conference Assembly for the Minneapolis Synod of the Evangelical Lutheran Church in America via Zoom. All are welcome to join as we discuss resolutions sent to the April 30 Synod Assembly.

## Wednesday Night Schedule

The first two Wednesdays in February will be virtual programming.

## Ash Wednesday

Wednesday, March 2, 6:30 worship

## February Bible Readings

Feb 6	Healing Stories	John 4:46-54 & 5:1-18
Feb 13	Bread of Life	John 6:35-51
Feb 20	Living Water	John 7:37-52
Feb 27	Man Born Blind	John 9:1-34



### Church office hours:

Tuesdays and Wednesdays, 10 am - 4 pm  
or by appointment.

### Please send mail to our street address:

3695 County Road, 101 N., Plymouth, MN 55446  
The P.O. Box has been closed.



**Pastor Kjell** can be reached  
Sunday-Thursday  
at [kjell@peaceofplymouth.org](mailto: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](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)

**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  
Office Manager ..... Chris Bacon



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## COMMUNICATIONS

Want an announcement in the weekly email? Email [Chris@peaceofplymouth.org](mailto:Chris@peaceofplymouth.org) by Thursday 5pm.

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





# PEACE

## LUTHERAN CHURCH

3695 County Road 101 N  
Plymouth, MN 55446-2907

RETURN SERVICE REQUESTED

### Peace hosts Conference Assembly

Sunday, Feb., 13, 12:30 pm  
via Zoom



## All Are Welcome Here

*Invite Your Family & Friends*

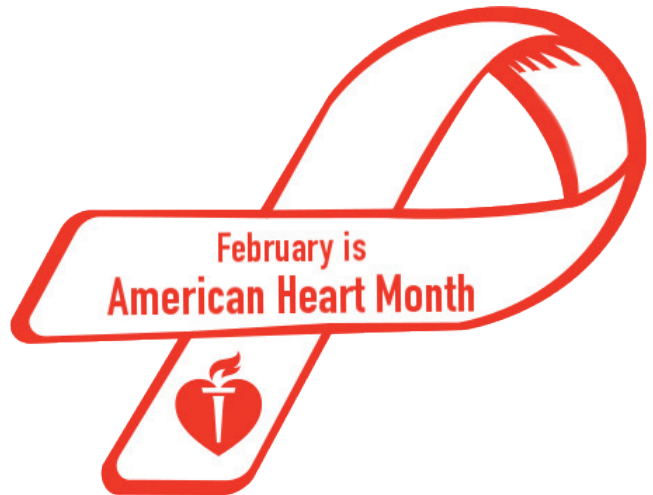


### SUNDAY MORNING

9:00 am —Worship Live Streamed & In-Person  
9:45 am —Fellowship & Education



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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