



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 27, Issue 6, Summer 2022

WHOLEHEARTED



Wholehearted

*So we do not lose heart. Even though our outer nature is wearing away,
our inner nature is being renewed day by day. ~ 2 Corinthians 4:16*

As a child, one of the ways I experienced church was as a community that was safe, among whom I could be myself, among whom I could find healing. As I read the Bible, I read all these stories in which Jesus forgave, healed, and loved those who were broken and disheartened for so many reasons. I always loved it when, at the end of one of those stories, the person Jesus healed leapt up and, with joy, returned to their community. This was the image I had for who the church was, a community healed by Jesus who leapt for joy and ran wildly back into the world. I imagined this happened whenever the church gathered, every single time. When I thought of this image, I equated the church's life together as altogether beautiful. And, I longed to be a part of that kind of beauty – I mean, I wanted to dive in, bear witness to the beauty, and help beauty be discovered in, with, under, and through the world. I likely wouldn't be able to do this alone. But together, as a member of a church community committed to this kind of beauty, I'd see in real life the kind of beauty that results in the leaping for joy of the people of God. When I remember what I had in mind then, I close my eyes and listen for the tears and laughter that poured from those who were once again restored and renewed by the power of God's love and grace.

Sometimes, I find myself praying that those images would break in among us and leap into our lives.

Later, when I started to attend seminary and then became a pastor, I noticed something in the same Scripture where I found those beautiful scenes that filled my youth with hope and joy. Intermingled among stories of those who leapt for joy, who released their exuberance with laughter, were stories of people who grew disappointed with what Jesus was up to. There are stories in which people become disenchanted because what they thought Jesus should do was at odds with what Jesus was actually doing. His words didn't always match up with the scripts they had in their heads. And while Jesus was forgiving, healing, and saving people – which is good news, no matter who you are – some grew weary with waiting. They wanted Jesus to tip over the power structure of the day, and what Jesus lived out was the power of God, a power made perfect in weakness. (See 2 Corinthians 12).

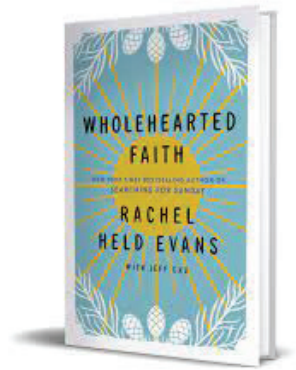
We will continue to offer virtual worship via our website and YouTube channel.

Wholehearted

Continued from front page

Some people grew so discouraged that they stopped following Jesus. They were disheartened. Their hearts were broken and shattered. Their hope evaporated.

Maybe you too, feel a little discouraged, disappointed, disenchanted, and disheartened. In conversations I've had with some of you over the past two months, I've heard sure signs that some live with hearts broken and shattered. Filled with grief and anger, maybe hope is hiding from you right now. Sometimes these things are a result of what is happening in the wider world, in your family, among your friends. And sometimes, sometimes, dear brothers and sisters in Christ, these things are a result of what we experience within the community of the church. For many reasons, we start to lose heart.



If that's the case for you, please know I believe you and see you. Even more, please know that Jesus believes and sees you. You are not alone. Jesus is with you. The writer of 2 Corinthians proclaims, *So we do not lose heart*. This is God's promise. This proclamation is our prayer. Our hearts are refreshed, renewed, and restored, day by day, by the God who holds and molds our hearts each and every day. For our summer preaching series, we're going to follow Rachel Held Evans' book, ***Wholehearted Faith***. For a long while, both Jenny and I have loved Rachel's writing. I have been so impressed by the ways Rachel puts her heart and life on display, showing us where and how she's been disheartened and heartbroken and how and where she's found healing and new life in Christ. Rachel grew up Evangelical and then later left the Evangelical tradition after becoming disenchanted by it. She ended up in the Episcopal Church with her husband, Dan and their two young children. If you didn't know better, you'd think she was a Lutheran. One of Rachel's books I particularly appreciate is ***Searching for Sunday***.

In 2019, Rachel wrote most of ***Wholehearted Faith***. I say most because, in that same year, Rachel contracted an infection from which she died. Her friend, Jeff Chiu, finished writing the book. She shows through her writing – and her life – what it means to recover a sense of wholeheartedness and what it looks like. This book is powerful and gracious and allows us to hear an invitation into wholeheartedness once again.

I hope you join us this summer for this journey back into wholeheartedness.

In this newsletter, you'll find a schedule of themes we'll use to focus on our worship and preaching for the summer. If you'd like to read along, Rachel's ***Wholehearted Faith*** is available for order, isn't terribly expensive, and is a book you may want to write in as we go along. I've already written notes in the margins of most of the chapters. I have two extra copies and would be glad to give them to people who would want them.

When the writer of 2 Corinthians writes, *So we do not lose heart*, they are not blind to the things we face. Indeed, the verse that opens my newsletter article takes them head-on. Even though our outer nature is wearing away, our inner nature is being renewed day by day. Notice what happens in this verse: a clear-eyed look at the realities that face us is met by a God who meets us in the downward spiral of our lives and life together. And when we are met by this God – who raised Jesus from death for our sake – God does a new thing. Even though things may feel dire, God takes the reality and turns it on its head.

We may feel like we're free-falling. But, we're free-falling into grace by God's love and mercy. In Christ, we are being made new.

Let's find a time to talk with one another. Feel free to call, text, or email me so we can set up an appointment. In peace,

Pastor Paul Lutter, Interim Pastor

Wholehearted Preaching Series

FERTILE SOIL

Wholehearted

Preaching Series, Summer 2022

Peace Lutheran Church, Plymouth, MN

Date	Preaching Text(s)	Chapter in <i>Wholehearted Faith</i> by Rachel Held Evans	Theme(s)	Hymns	Holy Communion? Baptism?
June 5	Jeremiah 29:11 2 Cor. 12:1-10	Prologue: Because They Said Yes	Saying Yes to God (The Uncertainty of Fertile Soil)	ELW 512 ELW 773	Communion
June 12	Deuteronomy 6:1-9	Ch 1: On the Days When I Believe	Living and loving fully	ELW 526 ELW 581	Baptism
June 19	1 Corinthians 2:11 1 Corinthians 13:12	Ch 2: My Wicked Little Heart	The power of uncertainty	ELW 592 ELW 595	Communion
June 26	Ezekiel 36:26 Ps. 10:1 Eccl 1:14	Ch 3: Where Stone Becomes Flesh	Taking risks, cultivating vulnerability, and embracing uncertainty	ELW 510 ELW 279	
July 3	1 Peter 3:8-15	Ch 4: The Liberation of the Know-It-All	What dare we hope?	ELW 596/597 ELW 613	Communion
July 10	1 John 4:13-19	Ch 5: Thick Skin, Tender Heart	God's love always finds us	ELW 632 ELW 631	
July 17	1 John 4:7-12	Ch 7: Beginning Again with Love	Stories We Tell About Ourselves	ELW 708 ELW 661	Communion
July 24	Romans 8:31-39 Mark 8:31-38	Ch 8: From Death to Life	Playing dead, calling it life?	ELW 581 ELW 635	
July 31	Mark 1:9-11 John 7:37-39 Acts 10:34-35	Ch 9: The Steady Work of Living Water	Are you Thirsty?	ELW 581 ELW 677	
August 7	John 10:11-18	Ch 10: Many Voices, Many Masks	Are we lost?	ELW 669 ELW 674	Communion
August 14	Luke 4:1-13	Ch 11: Wilderness	What Time Is It?	ELW 325 ELW 810	
August 21	Matthew 1:18-25	Ch 12: God Has Made a Home with Us	God is With Us!	ELW 257 (v.1-4) ELW 267	Communion
August 28	Luke 12:28-34	Ch 13: Loving our Enemies	Loving the Enemy Within	ELW 720 ELW 641	
September 4	Exodus 20:8-11 Luther's Explanation to the Third Commandment, Small Catechism	Ch 14: Dwelling in Sabbath	God's Good Gifts of Rest and Renewal	ELW 808 ELW 396	Communion

On Tuesday evening, May 17, twenty members of Peace Lutheran Church gathered to begin a conversation around these questions: *What do we want to grow here / What do we have / What do we need / What does the community of Plymouth need?* We decided early on that instead of calling this conversation a future committee, it might be better to call what we're doing the *Fertile Soil Group*. I had said somewhere along the way that uncertainty is the fertile soil in which God can grow things. I believe this is true – and I believe this is what's going on at Peace Lutheran Church.

We used various colored post-it notes to respond to those questions – and we've left them up so that anyone can read what people wrote – and can also then respond to these questions. We need everyone's voices and perspectives. We welcome your insights.

There was great energy and passion in the conversation. I think I'd describe the tone of our time together as genuinely **hopeful**. After the conversation, I reflected on how many of the responses to the questions had something to do with **community**. **Outreach** was a big theme.

There were others as well. Take some time to read the multi-colored post-its and consider adding your own.

There will be more conversations around themes that eventually will lead us to articulate where and how, and in which direction God is calling us next. We're still at a place where all possibilities are on the table. Come and see!

We are in this together, friends. God is in this with us, too.

Pastor Paul



Faith in Daily Life - Videll Pfeifer

By Joni Sutton

Is it easy, or is it difficult for a person to live their vocation? For some, it may involve hard work and soul-searching to find what one's true vocation is. But this month, we are looking at the life and vocations of Peace member Videll Pfeifer, who says that God has put wonderful things right in front of her that has led her to live her life in meaningful ways. Read on to learn more about this gifted and loving woman.

Videll was born in Hazen, North Dakota, and was raised in Zap. Her father was a cowboy and a singer; her mother was the accompanist at the Lutheran church where Videll's grandfather was the pastor. Eventually, the family moved to Bismarck, where her parents opened a grocery store. "The store was my second home, my grandparents' house was my third home, and the American Lutheran Church one block away was my playground." Music was always a big part of her family life at home, school and church. After high school, she attended college, where she met her husband, John. They married and had two children. The family moved to Minneapolis for John's job with Target Corporation and eventually moved many times because of it: to St. Louis, Dallas, Des Moines, and then back to the Twin Cities in 1978. They became charter members at Peace Lutheran and had two more children (they now have nine grandchildren). Videll went back to school to finish her nursing degree and worked at Long Lake Nursing Home for several years. She then took a position at the University of Minnesota Hospital in the Pediatric Bone Marrow Transplant Unit, where she worked for 26 years. It is hard to imagine how many lives were touched by Videll's work and compassion during those 26 years!



Videll Pfeifer

After so many moves around the country for John's work, Videll was thrilled to stay in one place. This has allowed her to use another of her many gifts: her lovely singing voice. Videll has sung in the Wayzata Women's Chorus for 34 years, and she also sings in the Adult Choir at Peace. We at Peace have also been blessed by the times when she has been a soloist or a cantor at our worship services.

Videll's friend and nursing peer, Bethany Husby, began raising funds to build a primary school in Kisongo, Tanzania, after an adventure vacation and a chance encounter with a young man who needed money to send his brother to school. "Bethany's Pre and Primary School" opened in 2018. Videll went to Kisongo herself in 2019, and she fell in love with the place, the people, and the mission. In 2021 she returned for a month with her sister, who started an NGO that sponsors children. Other friends met up with them to visit the school and are now sponsoring children. "Something I had never envisioned and am forever grateful for has been my visits to Tanzania," Videll reports. "The love, the friendships, and the understanding of beautiful Tanzania – these are things that I cherish." If you want to know more about this school or about sponsoring a child, you can check out this **website: <https://www.hearttocaretanzania.org/>**

"With all the years that have gone by, I still wonder at the 'why' of things," Videll admits. "And I know that God is still trying to teach me patience! I will always have faith and trust in His Word and watch for what He has planned for me next!" She adds that she is thankful for her family, friends, and church. Videll, we thank you for all you do. We, too, look forward to seeing what you'll be up to next!



Journey Together

On Sunday, June 5, we will begin our **Journey Together** series. We will be exploring the themes of journeying together through the lens of our time together throughout the year. The themes we will delve into will include the Bible, Spirit, Disciples, Church, World, and then a Send-Off. Each of these themes will be broken down into two sessions. The June, July and August sessions will be a dinner event.

As people who journey together, we gather for nourishment, community building – and fun!

Events will continue the last Wednesday of the month through the 2022-2023 year. Volunteers are needed to help in various ways: food planning, event leaders, musicians, supply organization, setup, and clean up. There are plans for an electronic sign-up for those interested in a chance to help with this fantastic event. Here are the remaining summer dates for **Journey Together**:

- **Wednesday, June 29**, 6 pm: The Bible = 66 books
- **Wednesday, July 27**, 6 pm: God's Word is for Everyone
- **Wednesday, August 31**, 6 pm: Five-a-Day to Grow God's Way

Volunteers are needed to help in a variety of ways:

- Food (shopping, serving)
- Day-Of Leaders (games, songs, skits, Bible readings)
- Supplies organization
- Set-up/clean-up

If you want to join a team, **visit peaceofplymouth.org and click on the Sign Up button.**
Watch the Saturday e-News for more information.



As people
who journey
together, we
gather for
nourishment,
community
building
– and fun!

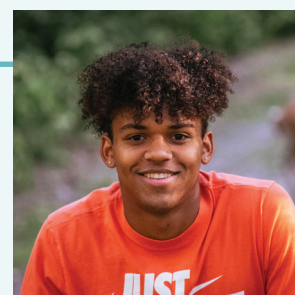
PEACE HIGH SCHOOL 2022 GRADUATES - CONGRATULATIONS!

Ty Stoffel, Wayzata High School



Mathias (Ty) Stoffel will be graduating from Wayzata High School. During his time at Wayzata, he has enjoyed the business-focused classes and participates in the Compass profession-based learning program this spring. He is also active in Boy Scouts, earning his Eagle Scout award this past fall. This summer, he will be working at the Plymouth Target and spending as much time on the golf course as possible. He will be attending the University of Minnesota in the fall, majoring in Marketing and International Business.

Miles Akhigbe, Wayzata High School



Throughout high school, Miles played soccer, and by senior year he was named MN High School Player of The Year by the United Soccer Coaches and selected for the High School Boys All American Team. This summer, he plans on spending time with friends and working. Miles will be heading to St. Thomas to play soccer in the fall. He is undecided on his major at this time.

June is Alzheimer's and Brain Awareness Month



Do you know someone with dementia? Unfortunately, it's a heartbreaking disease that can affect any of us. We know that Alzheimer's, the most common form of dementia, kills nerve cells and brain tissue affecting a person's ability to remember. Alzheimer's is one of our nation's most significant public health crises, and, with longer life spans, there are predictions that cases will soar in the next decade and beyond.

Fortunately, there is growing evidence that we can reduce our risk of cognitive decline. The Alzheimer's Association recommends these strategies:

- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- **Hit the books.** Formal education at any stage of life will help reduce your cognitive decline and dementia risk. Take a class at a local college, community center, or online.
- **Stop smoking.** Evidence shows that smoking increases the risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- **Follow your heart.** Evidence shows that cardiovascular disease and stroke risk factors – obesity, high blood pressure, and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
- **Heads up!** Brain injury can raise your risk of cognitive decline and dementia. Wear a seatbelt, use a helmet when playing contact sports or riding a bike, and prevent falls.
- **Fuel upright.** Eat a healthy and balanced diet lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
- **Catch some Zzz.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- **Take care of your mental health.** Some studies link a history of depression with an increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety, or other mental health concerns. Also, try to manage stress.
- **Buddy up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you
- **Stump yourself.** Challenge and activate your mind. Build a piece of furniture, and complete a jigsaw puzzle. Do something artistic. Play games such as Bridge that make you think strategically.
- **Get the Covid 19 vaccine and boosters.** Some studies show a relationship between long Covid and the development of dementia.

LOVE YOUR BRAIN, and you just might be able to protect it from dementia.

To your health,

Sondra Weinzierl, RN, Faith Community Nurse

Updates and Notices

Sunday, June 12 - Blessing of High School Graduates

Sunday, June 12 - Blessing of the Bikes

Sunday, July 24 - Summer Camp Blessing

July 31 - August 4 - Flambeau River Ramble Canoe Trip

Peace Retreat is coming **September 16-18**
at Luther Crest Bible Camp in Alexandria, MN.



Council (most of them) out for dinner.

From left, Erin Jopke, Lisa Lukis, Jennifer Stoffel, Inger Trooien, Janelle Leppa, Pastor Paul Lutter

**Save the date for September 16-18,
When we gather at
Luther Crest Bible Camp**

Registration will open on August 14th.
Watch the Saturday e-News for more information.



The summer issue will be the only newsletter until September

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 Paul Lutter can be
reached Sunday-Thursday
paul@peaceofplymouth.org
507-440-0048
(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

Interim pastorRev. Paul Lutter
Minister of Music..... Stefanie Fiser Kleven
Organist..... Anne Phillips
Office ManagerChris Bacon



3695 County Road 101 N.
Plymouth, MN 55446

763.478.9406

peace@peaceofplymouth.org
www.peaceofplymouth.org

COMMUNICATIONS

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

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



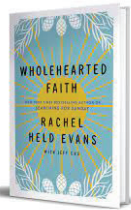
PEACE

LUTHERAN CHURCH

3695 County Road 101 N
Plymouth, MN 55446-2907

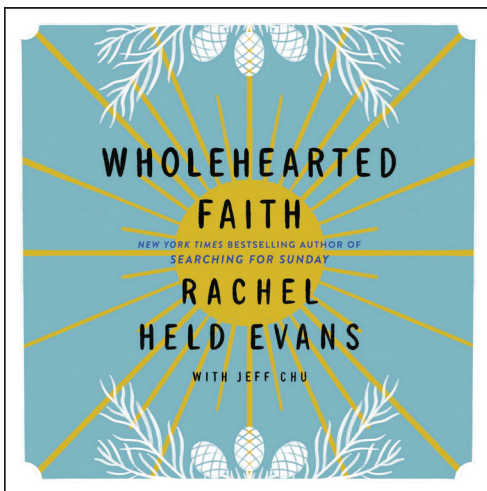
RETURN SERVICE REQUESTED

Wholehearted Preaching Series Summer 2022



All Are Welcome Here

Invite Your Family & Friends



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Summer 2022

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.

3695 County Road 101 N., Plymouth, MN 55446-2907