



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 27, Issue 7, September 2022

Welcome Sunday

Sunday, September 11

*...that you may come to believe....
(John 20-30-31)*

There are a good number of ways God is at work in our life together as a congregation. Some of these are described in this newsletter. Others wait to be revealed. I hope the things we won't hear quite yet through the pages of our newsletter when they are made known, will come with an even greater sense of joy in the presence and work of the God who raised Jesus from the dead for us. I trust these things will buoy you with hope in Jesus Christ, who walks alongside us, with a love whose grasp on us will never falter.

Sunday, September 11, will be Welcome Sunday. We will bless the backpacks of both students and teachers during worship. Following the service, there will be an opportunity to consider joining with what God is already up to among us. Each committee and program will host a table. You will be invited to learn more and consider participating in the congregation's life in meaningful ways. Soon, we will make available copies of the yearly calendar, so you have a sense of how we feel God is leading us in our life together.

Ahead of these things, I'd like to share a class and a group I'll be leading in the congregation.

In response to conversations with many in the congregation, I'm going to offer an **Adult Bible Study on Wednesday evenings, starting on September 14.** This is a low-key study, by which I mean you don't have to know anything about the Bible, and you can attend as it works with your schedule. The purpose of the study is to connect our faith in Jesus Christ with our daily lives. All you need is a Bible and curiosity about what God might be up to in the world, our congregation, and with us. **We'll begin with Paul's Letter to the Galatians.** It's not a terribly long book, but it has meaning and purpose for us at this point in our life together. We'll meet from **6:00-6:45 p.m. each time we gather.** I hope you'll join us.

Continued on page 2

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

Welcome Sunday

Continued from front page



Pastor Paul Lutter

I will also lead a **writing group on Sunday mornings following worship. This will begin on September 21, from 10:15-11 a.m.** For this group, **no writing experience is necessary.** I hope this group may provide space for people to write stories or poems, essays or letters, or whatever else you wish to write. The purpose of this group is to write the things that are in your heart in a supportive community shaped by a curiosity about God's presence and love in our lives. In each time together, I'll bring prompts to help us get going in our writing that may or may not prove helpful to what feel like you'd like to write. Let the Spirit guide you in your writing. Maybe sometimes we'll want to talk about how to write something. Or maybe we'll have an occasion to talk about how to revise something you're writing. We'll see what develops. I hope you'll join us for this, too.

I also want you to know that there's going to be a bit of a change related to **Peaceful Night's Meals.** We're going to move to have these **only once a month, on the final Wednesday of the month, in conjunction with Journey Together,** the intergenerational gathering of youth and adults. While the meals have great value, recent trends in lower attendance have led us to conversations with congregation members. We've decided to try this new approach to this meaningful opportunity to gather for food and fellowship—more details to come.

And, praise God! We welcome Jim Lansing on staff, beginning September 1, 2022, as our Interim Minister of Music. Jim is no stranger to Peace, having filled in a few years back. Jim's first worship service with us will be Sunday, September 11. On that day, he will conduct the Choir. I suspect he'll also be involved in other elements of worship as well. I'm so grateful for Jim's gifts and his energy and excitement, to begin with us at Peace Lutheran while we search for a longer-term interim Minister of Music. My deep appreciation to Joni Sutton and Inger Trooien for their excellent work in helping all of this come about. I hope you'll welcome Jim once he has joined us.

At the end of John's gospel, just after the story of Jesus's resurrection and appearance to his disciples, we read, ***Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God and that through believing you may have life in his name. (John 20:30-31)*** May it continue to be so among us.

In Christ, Pastor Paul Lutter, interim pastor.

Welcome Sunday

Fair & Winter Coat Drive

September 11, after worship.

Join the fun as we kick off the 2022-2023 program year! Enjoy a treat as you explore upcoming projects, learning opportunities, volunteer needs, and fellowship events.

Welcome Sunday also kicks off an IOCP Winter Coat Drive. Help those in need and drop off new or gently used coats for kids, adults, and seniors by October 9.

Please
Donate

A New or Unused Coat
to Help the Less
Fortunate to Keep
Them Warm

Thank You for
Your Donation...

Peace Lutheran Garden

Hopefully, you have noticed the vegetable garden to the west of the parking lot at Peace. It has been our most productive garden in the past five years. Mother Nature was a little stingy with the rain in June and July, but nothing that couldn't be overcome with some irrigation. To date, I have made 15 deliveries of vegetables to IOCP. There should be five or six more deliveries before the season ends. The deliveries aren't massive, but I would estimate the average value of each has been about \$30. Here is a list of the different vegetables that have been delivered to IOCP:

Peas, Green Beans, Edamame, Kohlrabi, Broccoli, Cauliflower, Cabbage, Zucchini, Carrots, Onions, Shallots, Tomatoes, Kale, Basil, Bell Peppers, and Eggplant

It is a pleasure to have the opportunity to grow some food at the Church. You are all welcome to take whatever you will eat from this garden.

Mike Onan



YOUTH SUMMER CANOE TRIP

By Nancy Peterson



Nine youth, two Amnicon counselors, and I went on the Amnicon canoe trip from July 31 through August 5th. We traveled on the Flambeau River in Wisconsin through the Flambeau State Forest. It was gentle paddling on the first two days, with some rock-citement on the final two days. I believe every paddler had the opportunity to bounce off or get stuck on some rocks and learn how to lean, scooch, and get off the rocks. Aside from practicing our paddling skills, we enjoyed nature and each other's company sharing stories and songs. A poem shared during one of our reflections summarizes the week well.

Thank you to everyone who supported us on this trip, in prayer and financially. Everyone grew in so many ways during the week. The group represented Peace in the best light, and they are a fantastic group of girls who know no bounds and are destined to do great things with God.

Just Paddle

At first, I saw God as my observer, my judge, keeping track of the things I did wrong to know whether I went to heaven or hell when I died. He was out there, sort of like the President. I recognized His picture when I saw it, but I didn't know Him.

But later, I began to see God in another way – as my companion, and it seemed as though life was rather like a canoe trip. Me in the back, steering, and God in the front.

I don't know when He suggested we change places, but life has not been the same since. When I had control, I knew the way. It was boring but predictable. But when He took the stern, we ended up in tall narrow canyons, up tiny streams, on wide, windy lakes, and in quiet, deep pools. I began to lose track of where we were going.

I was worried and asked, "Where are you taking me?" He smiled and didn't answer, and I started to trust him. I forgot my boring life and entered into the adventure. He'd lean forward and touch my shoulder.

Along the river, He took me to people with gifts I needed – gifts of healing, acceptance, and joy. They gave me their gifts to take on my journey – OUR journey – God's and mine. And we were off again. He said, "Give the gifts away; they're extra baggage, too much weight." So I did.

And I found that in giving, I received, and still our burden was light. I did not trust him at first, in control of my life. I thought he'd wreck it, but He knows canoeing secrets. He knows how to pull us into calm eddies in the middle of wild rapids, how to read the water when we're coming around a bend, and how to get through log jams. I'm learning to shut up and paddle in the strangest places.

And I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion...my Higher Power.

And when I'm sure I just can't do anymore, He smiles and says, "Paddle."

~ unknown author

FAITH IN DAILY LIFE - ANGELA AKHIGBE

By Joni Sutton

Growing up on a grain farm near Wendell, Minnesota, this month's featured Peace member is an expert at picking rocks. In addition, she excelled as a singer, a flutist, and a bassoonist in high school. She worked for many years as a nursing assistant and a home health aide before eventually going to school to become a dental hygienist. Angela Akhigbe is a woman living her vocation in various ways, and seems to be having a great time while doing so.

As a teenager, Angela couldn't wait to put the years of shoveling grain bins and working at chicken farms behind her. While in high school, besides being active in her school band (she marched in the parades for both the Fiesta Bowl and the Cotton Bowl!) and choir, she began working at a nursing home. After two years at the University of Minnesota, Morris, she moved to Minneapolis. In the Twin Cities, she worked at nursing homes, assisted living and memory care facilities, and as a home health care aide. At one of these facilities, she met her future husband of 25 years, Ben, who was also a nursing assistant at that time. Eventually, she attended Normandale Community College to complete her degree in Dental Hygiene, and she has been working in that field for 22 years. Angela and Ben have two children, Olivia (21) and Miles (18). Ben now owns a residential construction company.



Angela and Ben Akhigbe

Of her career, Angela says that she enjoys her job and “almost all” of her patients! She loves making connections with patients and their families. She feels that her vocation enhances her faith as she gets the opportunity to “care for people and improve their health, which makes me feel better as well.” She says her faith is present at work as she sends daily prayers for patience, staying on schedule, and smiling and nodding even when she doesn't necessarily want to! She says that she is thankful every evening when she gets to go home to her family as she hears of tragedies from her patients regularly. Angela says that spending time with her family and friends helps her to work on being a better person. “I am trying to give more grace as I get older – both to myself and others.” She finds it easier to be open and vocal about her love for others as she ages.

At church, you may know Angela because of her lovely singing voice, which she shares with us as a member of the Adult Choir and as a cantor. Her grandfather sang in a barbershop quartet, and her mother played piano and organ by ear. She grew up singing at her home church, United Lutheran of Elbow Lake. She says she was “lucky” to be a part of the Minnesota All-State Choir and Minnesota All-State Lutheran Choir, but this writer believes some talent and training may have helped her into those prestigious groups more than any “luck” would have! At the University of Morris, she sang in the choir and a madrigal group. When Angela isn't taking care of people's teeth or singing at church, she is probably reading, as she is a member of two book clubs. She also loves to travel and go for walks. At church, along with sharing her musical gifts, she is on the church council, helps in the kitchen, and is a lector and greeter.

“Thriving is, to me, being content with what you are doing (or not doing). It doesn't have to be any big THRIVE but sometimes just to contentedly exist can be thriving,” Angela shares. “In the words of Sheryl Crow, “it's not having what you want, it's wanting what you've got.” Thank you for sharing your gifts with so many, Angela, but be sure to make time for that next book you want to read!

Vocation
Faith in Daily Life

Children, Youth, and Mental Health

Leaders in local school districts have expressed concern about the mental health of the children and youth they serve. The last few years have contributed to the dramatic rise in mental illness among our youth, and we all need to be concerned. Here are signs that children and youth may need help from a health professional.

Young children may benefit from an evaluation and treatment if they

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomach aches or headaches with no known medical cause
- They are in constant motion and cannot sit quietly (except when they are watching videos or playing video games)
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day.
- Are not interested in playing with other children or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things often out of fear that something terrible may happen.

Older children and adolescents may benefit from an evaluation if they:

- They have lost interest in things that they used to enjoy and have low energy.
- Sleep too much or too little, or seem sleepy throughout the day
- Spend more and more time alone, and avoid social activities with friends or family
- Diet or exercise excessively, or fear gaining weight
- Engage in self-harm behaviors (such as cutting or burning their skin)
- Smoke, drink alcohol, use drugs or engage in risky behavior.
- Have and/or express thoughts of suicide
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear.

Encourage children and teens to talk about their feelings and watch for the above signs so they can get help quickly. As a parent, grandparent, or friend, our willingness to listen and not minimize or judge children and youth for their feelings can make a real difference.

It may be helpful for older children and teens and their parents to save emergency numbers on their cell phones. The ability to get immediate help for themselves or a friend can make a difference.

- The Crisis Text Line: 741741
- The National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

To your health,

Sondra Weinzierl, RN,
Faith Community Nurse

Updates and Notices

Sunday, Sept. 11, 2022

9:00 am

Welcome Sunday & Blessing of the backpacks

After worship Fair and IOCP winter coat drive

Wednesday, Sept. 14, 2022

6:00 - 6:45 pm

Adult Bible Study begins.

Sunday, Sept. 18, 2022

10:15am - 11:00 am

Writing class begins

Wednesday, Sept. 28, 2022

6:00 pm

Journey Together

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

Registration is open through September 2nd.

Watch the Saturday e-News for more information.



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
Interim Minister of Music..... Jim Lansing
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

NON-PROFIT
ORG.
U.S POSTAGE
PAID
COP1

RETURN SERVICE REQUESTED

Sept. 11, 9:00 am
Welcome Sunday

All Are Welcome Here

Invite Your Family & Friends



Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Peace Lutheran Garden



SUNDAY MORNING

9:00 am —Worship Live Streamed & In-Person
10:00 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

www.peaceofplymouth.org | 763.478.9406 | peace@peaceofplymouth.org