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Peace Notes

PEACE LUTHERAN CHURCH OF PLYMOUTH, MINNESOTA

Volume 24, Issue 9 | September 2019

RECONNECT TO YOUR PEACE FAMILY
REJUVENATE YOUR GIFTS & YOUR FAITH
REJOICE IN THE LORD

WELCOME SUNDAY
September 8
9a Worship, 10a Activities

It's time for Wednesday Night Programming!

Summer is winding down, sunset is happening earlier, kids are going back to school.... and fall programming is starting up at Peace Lutheran Church!

Each Wednesday we gather as a community for mid-week activities. There is truly something for everyone; AND, in all areas with children, adults are needed as mentors and volunteers. See below and plan on joining us for the first PeaceFull Night, Wednesday, September 11.

From September 11-December 11, here's what Wednesday nights will look like:

| FALL 2019 | PreK-4th Grade | 5th-6th Grade | 8th-12th Grade | Adults |
|-------------|-----------------------------|---------------------------|--|--|
| 5:30- | Dinner (Fellowship Hall) | | | |
| 6:00pm | Music (Room 111-112) | Connect (Room 107/108) | Youth Group/ help with younger kids | Bible Study (Fireside Room) |
| 6:30pm | Games (Activity) | Connect (Room) | Youth Group/ help with younger kids | Bible Study (Fireside) |
| 7:00-7:30pm | Youth Choir* (Sanctuary) | | | Bible Study (Fireside Room) |
| 7:45-8:45pm | | | Adult Choir (Sanctuary) Adult Bells (Bell Room) | Adult Choir (Sanctuary) Adult Bells (Bell Room) |

*Youth Choir is for anyone 12th grade and younger who wants to do more singing. The only 'prerequisite' is being able to listen and learn until 7:30pm.

Standing Together -- Hispanic Liturgy in Worship

Starting on Welcome Sunday the Hispanic liturgy from the Lutheran hymnal will guide worship. After the shooting in El Paso, Texas that targeted Latinos, many people from Peace wanted to act. Many prayed and others attended a rally against gun violence at the state capital. In worship this fall Peace will sing to

stand in solidarity with those whose voices are often not heard or valued. Peace will raise a joyous song to say, "Yes!" to love. To say, "Yes!" to justice for all. To say, "Yes!" to all people being beloved children of God.

New Nursery Staff -- Welcome to Peace, Serena!

Serena Galatz is our new Nursery Staff—welcome Serena! She will be in the nursery Sunday mornings and Wednesday evenings, watching our children and enriching their lives. There will be a blessing for her during worship on September 15; please come to welcome Serena to Peace! Below, enjoy Serena's bio to learn more about her.

"I have spent countless hours caring for children from birth through 6th grade. I have been employed with a nursery school, working primarily in the infant and toddler room. I have also worked as private in-home care for multiple families.

I am currently enrolled at the University of Minnesota Duluth, majoring in Elementary and Special Education. This fall I will be student teaching in a Kindergarten class, here in the Twin Cities.

I grew up in Hibbing, MN and then moved to Duluth to pursue a degree in Education. In June, I relocated to Golden Valley, and now am excited to student teach as well as continue my experience with children working for Peace Lutheran Church. I was raised in a Lutheran Church, and now will continue serving the Lord, working in this nursery.

In my spare time, I enjoy watching sports, attempting to make anything I find on Pinterest, and spending time with my family."



Events & Notices

Sept. 8 - Blessing of the Backpacks

Bring your backpack and work bags to worship on September 8 to have them blessed for the new school year!

Sept. 27 - Peace Retreat

This year's Peace Retreat will be September 27-29 at Green Lake Bible Camp in Spicer, MN. Some activities at the camp include hiking, canoeing, kayaking, and basketball. Come relax and rejuvenate your connection to God with your Peace family! This retreat is open to all ages! To commit to the Peace Retreat, please email Melissa Weinhandl at mlweinhandl@gmail.com.

Nov. 9 - IOCP SleepOut

Interfaith Outreach and Community Partners (IOCP) sleepout for homelessness and poverty awareness is on November 9th! Stay tuned for details regarding how you can support this ministry!

DR Mission Trip - February 1-8, 2020

Space is still available. Join the team of individuals from Peace and other local churches to build family homes in a small mountain village. Cost is \$700 plus airfare. For more details contact Pastor Kjell at kjell@peaceofplymouth.org or Annie Bonow at anniebonow@gmail.com

Want to learn more about the trip and the area we are serving? Visit with Daniel Ne, the director of the Dominican organization Servidores Mundiales, on Sept 15, at 12pm at Maple Grove Covenant Church. A small lunch will be provided.



Stefanie and the Peace Kids at the "Music Informance" in May, 2019.

PeaceFull Nights Study - "From Jesus to Christ" (the PBS Frontline program)

Starting on September 11th at 6:30pm, we will be viewing portions of the Frontline film "From Jesus to Christ." This film explores the life of Jesus and the early Christians. Join us for six weeks of watching and discussing each section. If you have any questions, please talk to Melissa Weinhandl or Pastor Kjell.

Vocation Preaching Series & Small Groups

Starting on Reformation Day (Sunday, Oct 27) for five weeks, Peace will look at grace and vocation. Grace is being claimed by the love of God in our baptisms and vocation is being called by God to make the world a more trustworthy place. Signups coming in October.

Capital Drive Update

The capital drive continues to make great improvements around Peace Lutheran. The parking lot has been resurfaced and it looks amazing. In the process it was found that part of the parking lot didn't have proper foundation materials so the improvements were made to do the job right. These were an extra \$15,000, but it had to be done. All of the preparations for the new electronic sign are completed and the construction will begin on September 9.

Thank you for your continued support of the Capital Fund Drive!

Ongoing Activities

>ROMEO BREAKFAST

Monday, September 9 @ 8a; Perkins

>BREWING FAITH

Monday, September 9 @ 4:45p
Rock Elm Tavern

>QUILTING

Thursday, September 12 & 26 @ 9a

>WOMEN'S BREAKFAST

Wednesday, September 18 @ 8a; Panera

>KNITTING & NEEDLEPOINT

Thursday, September 19 @ 7p; Panera

>BUNDLES OF LOVE

Thursday, September 26 @ 3p

>YOGADEVOTION

Mondays @ 5:30p



FAITH COMMUNITY NURSE NEWS



Where Has All My Energy Gone?

Do you ever catch yourself saying, "Why am I so tired all the time?" A recent Accountemps study indicated that 74% of employees report being fatigued and 1:3 Americans state they don't get enough sleep.

These high levels of fatigue can contribute to more accidents, less productivity, and lower quality of life. Most adults require 7-9 hours of quality sleep per night (National Sleep Foundation) but the Centers for Disease Control reports that at least 1/3 of Americans are getting only 6 hours or less.

In addition to sleep issues, fatigue and energy loss can be caused by other factors. Did you know that starting at age 30 we begin to lose as much as 3-5% of our muscle mass per decade? This normal aging process can cause us to feel less energetic. After age 30, our maximum attainable heart rate declines by about 1 beat per minute per year so our heart's peak capacity to pump blood drifts downward. This lowered capacity can produce fatigue.

The very good news is: We can increase our energy levels and fight off the effects of aging that may

cause fatigue. Here are a few tips—Come to the **Lunch and Learn on September 19 at Peace to learn more.**

1. **Improve your quality of sleep.** Stick to a regular sleep schedule. Avoid screens, work and stressful conversations late at night. Avoid caffeine, alcohol and sugary foods, all of which can disrupt your sleep. Regular exercise can help you sleep; but avoid too much activity right before bedtime.

2. **Increase your cardio and strength building activities.** We've heard it before, but we simply must recognize that the best antidote to the effects of aging is regular exercise. Studies indicate that exercise can postpone and reverse muscle loss and help us preserve our energy levels.

3. **Pay attention to the "energy" you eat.** Avoid sugar, high-fat and highly processed foods. Lean, high-protein foods can help us build muscle. While whole grain carbohydrates are also essential, the high-fat, high-sugar carbs can sap your energy and actually make you feel drowsy.

**To Your Health,
Sondra**

Sondra Weinzierl, our Faith Community Nurse, will spend her last Sunday at Peace on October 27. Please mark your calendar to join us that day as we thank her for her health ministry with us. More details to come.

Sept. 19 - Lunch and Learn

Save the date! Once again, the West Suburban Faith Community Nurses are offering the series, "Lunch and Learn" to the community. These Lunch and Learns have been incredibly popular and informative. The next session is Thursday, September 19th from 11 a.m.-1 p.m. at Peace Lutheran.

The topic is "Where Has All My Energy Gone: Tips for Increasing Stamina." Sondra Weinzierl will be the speaker. \$5/person covers lunch and the program. You can find sign-up sheets in the Gathering Space.

Peace Notes is a monthly newsletter.

Deadline for submissions is the 20th of the month.

Pastor — Rev. Kjell Ferris
Faith Community Nurse — Sondra Weinzierl
Office Manager — Chris Bacon

Minister of Music — Stefanie Fiser Kleven
Organist — Anne Phillips
Childcare Specialist — Serena Galatz