

MESSENGER

A Newsletter of Prince of Peace Lutheran Church & Preschool

“WORSHIP ❖❖❖ CONNECT ❖❖❖ SERVE”

February 2018

Anxious About Nothing

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Philippians 4:4-8

We live in a world that presents us with new things to fear every day. Political upheaval? Check. Gun violence? Check. Warmongering? Check. Health crisis? Check. Garden variety selfishness, insecurity and divisive rhetoric? Check, check and check. We don't need any more bad news. We need a way to remain calm when the world seems to be losing its collective mind. Look no further than the scriptures. The Apostle Paul authored soothing advice to the people residing in the ancient city of Philippi. They were worried about what the future might bring for themselves and for those they loved ... including Paul, who wrote this letter from a prison cell.

At first glance, Paul's advice may seem strange. Rejoice when things are going well? No problem. Rejoice when life is falling apart? Much tougher. When we are faced with the dark side of life, when anger and depression take hold of us, the last thing most of us want to do is rejoice. We usually want to scream. And sometimes we should. Getting out our frustrations can be healthy, and God can handle them. Paul's advice is about perspective. God is with us no matter what.

When we claim this promise, when we hold tight to it like it is the lifeline we absolutely need, our perspectives change. We rejoice because we are not alone and certainly not helpless. And by rejoicing, we announce that evil will not prevail. Perhaps this advice isn't strange or even naïve. Perhaps this advice is the most powerful action we can take.

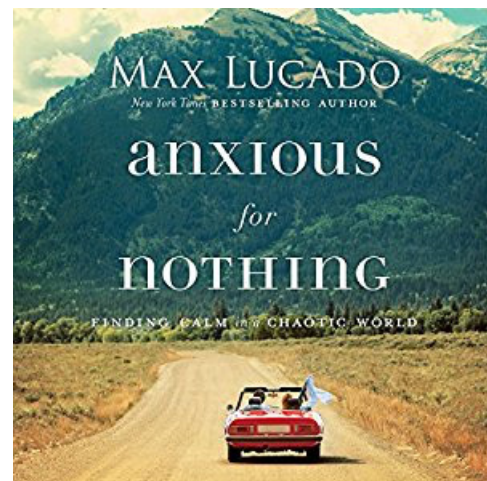
We certainly can use God's peace, a force that can keep us going through any struggle. One of the amazing things about Paul's advice is simply to trust that God's peace is already with us. It isn't something we need to ask or beg for. It isn't a perishable commodity that comes and goes and must be renewed. It is just there, somehow, within us. God's peace passes all understanding because it is constantly available and always fresh. We simply need to recognize it and trust that it cannot be taken from us.

I could write for days on these five scripture verses. Thankfully, a much better writer has already undertaken the task.

World-renowned author and pastor Max Lucado has written a book entitled, "Anxious for Nothing: Finding Calm in a Chaotic World." We will be using this book and the scripture behind it to craft a new sermon series in Lent (kicking off Sunday, February 18). My prayer is that together we can discover how to reduce our anxiety so that we can be noticeably calm when the storms of life assail us. I know, it's a lofty goal and therefore a worthy one. See you in Lent!

Peace (God's peace),

Pastor Rick



Ash Wednesday: February 14

Worship with Imposition of Ashes, 11 a.m. and 7 p.m.

What is Ash Wednesday?

Ash Wednesday begins the season of Lent. It falls 40 weekdays before Easter (Sundays aren't counted in the 40 days of Lent). Ash Wednesday takes its name from ashes, a traditional sign of penitence. During this special worship service, ashes are placed on the foreheads of worshipers with the reminder that, "You are dust and to dust you shall return." It is a time to remember that our life on earth is short but our life with God is eternal.



Wednesday Worship Services in Lent

(February 21 to March 21) 11 am

Theme – Tools to Conquer Fear

Join us for an intentional time of prayer and reflection in Lent. Our worship will be focused on prayer and a new spiritual exercise each week. As always, Holy Communion will be celebrated.



Wednesday Soup Lunches

(February 14 to March 21), 11:30 a.m.

Join us for some delicious soup and even better conversation in Gangsei Hall. Yes, the lunches begin on Ash Wednesday!



Sermon/Study Series for Lent Begins February 18

Anxious for Nothing: Finding Calm in a Chaotic World

Join us for a timely sermon series as Pastor Rick takes a look at how we can radiate peace in times of chaos. Can we find lasting peace? How do we hold onto it on difficult days? The sermons will be based on world-renowned author and pastor Max Lucado's latest book, "Anxious for Nothing: Finding Calm in a Chaotic World." To get the most out of the series, please consider picking up the book (available at Amazon or other resellers).



Souper Bowl of Caring (POP Style)



On February 4, two professional football teams will square off in the Super Bowl in Minneapolis, MN. On the same day, we will be collecting your loose change in big metal pots to give to the Arcadia Cares Food for Kidz Packathon. Bring your loose change to worship and look for the "heavy metal"-laden youth who will be ready to collect.

Together we can make a difference. This is an ESPECIALLY GOOD GIVING/LEARNING OPPORTUNITY FOR KIDS!

THE MESSENGER is printed monthly for the purpose of informing members and friends of upcoming events, for sharing good news about our members and for sharing the Gospel of the Lord Jesus Christ through word and action.

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Please see the website for individual staff e-mail addresses.

4th Annual Arcadia Cares Food for Kidz Packathon



Saturday, March 24, 2018

The Fourth Annual Arcadia Cares: Food for Kidz Packathon is fast approaching — on Saturday, March 24, 2018 at Prince of Peace. As was the case with the first three Packathons, the entire Arcadia community is being invited to participate in assembly-line packing of meals for needy children and their families locally and internationally.

The Food for Kidz model provides individually packed, highly nutritious and filling meals packed with rice, soy, vitamins and dehydrated vegetables. Each meal provides a day's worth of vitamins and nutrients to enable children to grow up strong and fight off diseases and sickness. These meals have a shelf life of three years.

We hope to pack at least 100,000 meals this year — which would bring the event's four-year total to more than 325,000 meals. The majority of the meals packed will help fill the empty tummies of children and their families in the Phoenix metro area.

Volunteers Needed

Hundreds of volunteers are needed to have a successful packathon. Volunteers are sought for a shift or two starting at 8:30, 9:45, 11:00 and 12:15. All ages, from three on up, are welcome to participate. Sign-ups must be done online through the Prince of Peace website (www.popphoenix.org).

Sponsorships/Donations Sought

The cost to purchase the necessary ingredients for packing 100,000 meals will be \$15,000. Sponsorships and other donations to underwrite this cost are being sought. Please see the sponsorship form posted on www.popphoenix.org and consider making a tax-deductible donation to help support the effort. Any amount is appreciated. Donations can be put in the Sunday offering plate (make sure to note "Packathon" on the memo line of your check), dropped off in the church office, or made online through the Prince of Peace website.

The Souper Bowl offering on February 4 will go to the Packathon. Bring your coins, currency and checks!!

Questions?

If you have any questions, please contact Steve Crofton (sec@slwplc.com or 602.463.7175).

Please help fight hunger and support this major outreach to the Arcadia community by participating in and/or donating to the 2018 packathon.

Prince of Peace Congregational Meeting

***Sunday, February 11
10:45 a.m.***

Join us for this important meeting as we hear ministry reports, approve the 2018 budget and elect some new leaders to important ministry teams. Childcare will be available.

Sunday Worship

Worship Schedule

Worship, 9:30 a.m.

February 4

5th Sunday after Epiphany
Souper Bowl Sunday

Isaiah 40:21-31

Mark 1:29-39

"Let's Go"

Pastor Rick Sherrill, preaching

February 11

Transfiguration of Our Lord
2 Kings 2:1-11

Mark 9:2-9

"Listen to Him"

Pastor Rick Sherrill, preaching

February 18

1st Sunday in Lent

Philippians 4:4-8

Matthew 6:25-34

"Rejoice in the Lord Always"

Pastor Rick Sherrill, preaching

February 25

2nd Sunday in Lent

Galatians 2:22-25

John 6:1-13

"Let Your Gentleness Be

Evident to All"

Pastor Rick Sherrill, preaching

Elderberries Outing to Canaan in the Desert



All are welcome to join the Elderberries on Wednesday, Feb. 7, for a visit to the prayer garden of the Evangelical Lutheran nuns. It was established in 1968 as the U.S. branch of the Evangelical Sisterhood of Mary which was founded by Basilea Schlink in 1947 in postwar Germany. Pastor Rick will lead a worship service in the chapel following our walk or video tour of the stations of the cross. Then it's on to lunch at Z'Tejas Grill, 10625 N. Tatum Blvd.

Meet in the POP south parking lot to carpool, departing at 9:30 a.m. If you plan to drive on your own, Canaan in the Desert is located at 9849 N. 40th St. Please RSVP to June Larson, 480.948.5874. Donations accepted.

St. Olaf Choir to Visit Phoenix in February

The St. Olaf Choir from Northfield, MN will be in concert on Sunday, February 11 at 3 p.m. at Camelback Bible Church, 3900 E. Stanford Drive in Paradise Valley.

The concert program will feature a wide variety of contrasting sacred and secular repertoire of the highest caliber.

Tickets are \$30-\$40 adults/\$10 students and are available at stolaf.edu. For questions or phone orders, please call 507.786.3650. Please note, a \$5 transaction fee will be added to all phone orders.

Monthly Attendance and Revenue Report

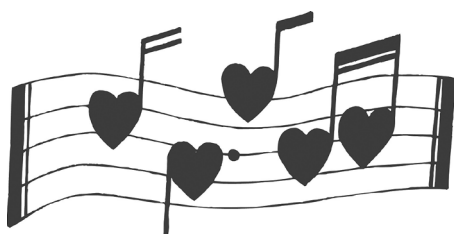
as of December 31, 2017

	<u>December 2017</u> <i>(5-week month)</i>	<u>December 2016</u> <i>(5-week month)</i>
Monthly Attendance	1359	1205
Monthly Offering	\$42,846	\$55,345
Monthly Offering Budget	\$53,883	\$41,548
Variance	(\$11,037)	\$13,797

Desert Bells Valentine Concert

The Desert Bells, under the leadership of Kay Cook, will present a fun Valentine's concert at 4 p.m. on February 10. The program will include singers, ringers, audience participation; songs include Down by the Old Mill Stream, Misty, Music to Watch Girls By, Georgia on My Mind, My Heart Will Go On, and many, many more!

The concert will be held at Prince of Peace and there is no admission charge. You won't want to miss it!!



BEST OF IRELAND TOUR

11 DAYS: May 28-June 7, 2018

\$3599 Roundtrip from Phoenix

(Air/land tour price is \$3239 plus \$360 govt. taxes & airline surcharges)

Hosted by
Rev. Paul Nelson

TOUR INCLUDES:

Roundtrip Air from Phoenix, First Class/Select Hotels,
Most Meals, Professional Driver/Guide & Comprehensive Sightseeing

**Visit Waterford, Killarney, Galway,
Connemara, Sligo and Dublin**

For a brochure & more information contact Rev. Paul Nelson at:

Tel: (602) 740-7187

Email: Pauln48@cox.net

Youth and Family Ministry NEWS!

The goal of Prince of Peace's Youth and Family Ministry is to create space for Christ to work in the lives of all youth and their families. The space we focus on is faith formation, community building and service.

2018 Opportunities to serve those who are experiencing homelessness:

Serving Dinner

3:30-5:30 p.m. at First Church UCC
February 25, March 4, April 22

Serving Breakfast

5:30-9 a.m. at Grace Lutheran Church
February 4, June 3, August 12

High School Youth Group & Confirmation

Confirmation (7th-8th)

February 11 & 25, March 4, April 8 & 22, May 6

High School Youth Group

10:45 a.m.-12:15 p.m.
February 25, March 25, April 22

CONNECT — 4th-6th Grade Youth Group

March 4, April 8, May 6

CHILL!

Every Sunday from 9-9:30 a.m. in the Youth Room. We meet for check-in time, prayer and of course ... donuts.

2018 Milestones

First Communion - April 29 (Class)

First Communion Milestone - May 13

Baptismal Birthdays - May 20

Graduation - June 3

Hey, Parents! Make time for YOU! Have some time-out with faith friends!

Mom's Night Out — 6-7:30 p.m. (Postino/Highland)
Monday, March 19; Tuesday, May 8

Dad's Night Out — 6-7:30 p.m. (OHSO)
Tuesday, March 27; Monday, May 14

Please contact Audrey (acox@popphoenix.org) or Angela (popchildrensministry@gmail.com) to RSVP or let them know if you will be arriving after 6 p.m.



Taking Faith Home

Weekly resources for you and your family to take faith with you wherever you go! This awesome resource has service project ideas, simple dinner prayers, Bible readings and other fun family activities for the week. Check them out online at www.popphoenix.org/chil-drenyouth.

Mark Your Calendars

- **Prince of Peace Annual Street Fair is April 14, 4-7 p.m.!** We are now taking gift card donations for a new gift card raffle this year! We are also looking for large silent auction donations such as time-shares, travel vouchers, tickets to sporting events, and other experiences. Please consider donating an item to our street fair's silent auction this year! Questions? Please contact Audrey.



CONNECT!



Social Media:

Instagram ([popphoenix](https://www.instagram.com/popphoenix)) and Facebook

E-mail Updates:

E-mail acox@popphoenix to be added to the list for Youth and Family Updates!

Youth & Family Ministry - continued

Summer 2018 Youth and Families

Campfirmation 2018, July 8-13

Youth in 6th-8th grades are invited to attend camp this summer at UCYC in Prescott (new location!). Activities include zip-line, hiking, bubble ball, volleyball, basketball, swimming and more! We will join with over 150 other students from the Grand Canyon Synod for a week of faith, fun and fellowship! **Registration is NOW OPEN online at www.pophoenix.org/children-youth.**

High School Campfirmation Counselors

Are you in 10th grade or above and interested in being a camp counselor? We are looking for qualified excited young people in 10th grade to college to serve as Campfirmation counselors for the week of Campfirmation, June 25-30. For application information, see Audrey.



CONNECT New Year's Party



Winter Retreat in Flagstaff



You are invited to the Annual Preschool Ice Cream Social

**Saturday, February 24, 3-5 p.m.
Gangsei Hall**



- Admission \$5 per person (children under age 2 are free)
- Ice Cream
- Bounce House and Games
- Raffles (tickets are \$2; or 11 for \$20)
- Great Silent Auction Items

This is a great opportunity to help us raise money for new toys and playground equipment for the children at POP. Join us for an afternoon of fun, ice cream and the chance to win some great prizes!

Fall 2018 Enrollment

Fall 2018 enrollment is in full swing! We are conducting tours of the Preschool for new families throughout the month of February. Please contact the Preschool office if you would like to schedule a tour. We look forward to meeting your family!

Transportation Day

We are looking for unique forms of transportation to be on campus for a very special day on Friday, April 6. If you own or have access to a fun boat, motorcycle, bike, bus, car, golf cart, 4-wheeler, fire truck, police car, horse (or any other form of transportation), we invite you to contact Courteney at the Preschool Office. The south side of our parking lot will be filled with interesting forms of transportation on that morning. The children are able to get an up-close look at everything and it is an unforgettable experience for them! Thank you for your help.

Summer Camp

We are planning for an exciting Summer Camp this year! Again, we will offer weekly enrollment to families with children ages 2-5. We have some very fun themes and our goal is to create an exciting and safe experience for your children over the hot Arizona summer. Summer 2018 Registration Forms will be available online or in the Preschool Office beginning March 1, 2018.

Bashas' & Fry's Programs

In 2017, we earned \$692 from the Bashas' chain (including AJ's Fine Foods and Food City), including \$63 in December, and \$326 from Fry's for a total of \$1,018. The corresponding annual totals for 2016 were \$684, \$510 and \$1194. The total fell by 7 percent from 2016 to 2017. Let's go for a substantial increase this year!

If you need a new reloadable grocery card for the Bashas' family of stores, please let me know. Instructions for participating in the Fry's program are posted on the church's website (www.popphoenix.org); click on the Serving tab and go to the Grocery Store Rebates page.

Thank you for supporting our church's ministries while you shop!

Steve Crofton
Coordinator, Bashas' & Fry's grocery store programs
602.463.7175; sec@slwplc.com

Prince of Peace Water Station

Scenes from the Prince of Peace water station at the 2018 Rock 'n Roll water station.



Prayers for Healing *February 18*

If you desire prayers for healing, for yourself or someone close to you, your pastor is ready and willing to pray with you. We offer prayers for healing at the altar directly following the worship service. If you desire prayer at another day/time during the week, don't hesitate to call Pastor Rick at the church office and they can arrange a prayer session with you.

Is Acupuncture an Alternative to Opioids?

by Beth Schneider

With the abuse of opioid medications becoming a public health crisis, the search for new methods of treating pain has taken on a sense of urgency.

Acupuncture, a form of alternative medicine that is a part of traditional Chinese medicine, has been used to compliment western medicine in the past and is now offered as a non-opioid method for treating chronic pain. Acupuncture involves inserting extremely thin needles through the skin at stated points on the body. Chinese medicine describes acupuncture as a technique for balancing the flow of energy or life force known as qi or chi which is essential for good health. Many western practitioners view the acupuncture points as places to stimulate nerves, muscles, and connective tissue which boosts the body's natural painkillers and increases blood flow.

Acupuncture is a relatively simple procedure. After the initial consultation, appointments usually take approximately 30 minutes. Treatment for a single complaint typically involves one or two treatments per week and involves six to eight treatments. The number may vary depending on the severity of the condition being treated. A typical treatment involves the insertion of five to 20 needles which remain in place for 10 to 20 minutes. After placement, the practitioner may gently move the needles or apply heat or mild electrical pulses to them. While they are in place, the patient lies still and relaxes. Because the needles are extremely thin, there is only minimal discomfort when the needles are inserted and removed. After an acupuncture treatment, some patients feel relaxed while other feel energized.

If performed by a competent practitioner, the risks associated with



acupuncture are low. There may be minor bleeding or bruising at the needle site. If sterile, disposable needles are used, there is little chance

of infection. However, improperly performed acupuncture can cause serious side effects. Those who have a bleeding disorder or are taking blood thinners, have a pacemaker or are pregnant should talk with their health care provider and acupuncturist before undergoing treatment.

Not everyone experiences relief after trying acupuncture which leads to the question, "Does acupuncture work?" Although the National Institute of Health has spent millions of dollars on research and the Mayo Clinic and Massachusetts General Hospital have dedicated acupuncturists on staff, an August 2016 article in Scientific American concluded that "the procedure (acupuncture) is full of holes," going on to say that "Studies have found no meaningful difference between acupuncture and a wide range of sham treatments." However, the process of studying acupuncture has resulted in insights that could lead to the development of new and urgently needed methods for treating pain.

In spite of the findings that the decrease in the level of pain from acupuncture and a placebo treatment are nearly identical, the demand for acupuncture continues to grow. If considering acupuncture as an alternative to opioids to relieve pain, do not use it to postpone seeing a health care professional. Verify the credentials of the acupuncturist who is being considered. Most states require a license, certification or registration. Also check with your insurance carrier to verify if acupuncture is a covered procedure.



Roses to...

◆ Anita Thorne & Tracy Fish Doody for serving on Altar Guild in January.

◆ Phoenix Jose for finishing all 26 miles of the Rock 'n' Roll marathon — his 3rd marathon!

◆ Margie Creedon for taking the lead on our volunteer Sundays at Grace Lutheran Church.

◆ Ruben Lara for serving as an adult mentor on the Youth Group Winter Retreat!

◆ Steve Edgar for organizing our Rock 'n' Roll Water Station this year and to all the volunteers who came out to help!

◆ David Mayes for his role as Judah in the Detour Company Theatre's performance of "Joseph and the Amazing Technicolor Dreamcoat."

News of Members and Friends

FUNERALS

January 19 Verna Lauritsen
January 20 Rev. Dick Larson

Pastor Rick's Open Office Hours

Tuesdays,
10 a.m. to noon
Thursdays, 1-3 p.m.

Stop by for a bottle of water and relaxed conversation about anything under the sun. Your pastor would love to get to know you better. If you would like to meet at another date/time, please contact Pastor Rick to make an appointment (pastorrick@popphoenix.org) or call the church office.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Souper Bowl Sunday Grace Lutheran Service Project- 5:30 am CHILL Youth Group- 9 am Worship- 9:30 am Sunday School- 9:30 am Adult Bells- 11:30 am Kid's Bells- 2 pm	Bible Study- 6:30 pm Boy Scout Troop #6- 7 pm	Preschool Chapel- 9 am Firm Believers- 9 am Library- 10 am Knitting Group- 1 pm	Preschool Jam- 9 am Elderberries Trip to Prayer Garden- 9:30 am	Preschool Jam- 9 am Firm Believers- 9 am Comm- 6 pm	Sew & Tie- 9 am	Quilters- 9 am
CHILL Youth Group- 9 am Worship- 9:30 am Sunday School- 9:30 am Congregational Mtg- 10:30am Pancake Breakfast- 10:45 am Youth Gathering Meeting- 11am Adult Bells- 11:30 am Confirmation- 12:15 am Kid's Bells- 2 pm	Dorcas Circle- 1 pm Grant's Partners- 7 pm Boy Scout Troop #6- 7 pm	Preschool Chapel- 9 am Firm Believers- 9 am Library- 10 am	Ash Wednesday Preschool Jam- 9 am Bible Study- 9:30 am Ash Wednesday Worship 11 am Soup Lunch- 11:30 am Knitting Group- 1 pm Ash Wednesday Worship 7 pm	March Newsletter Deadline Preschool Jam- 9 am Firm Believers- 9 am Church Council- 6 pm	Sew & Tie- 9 am	Quilters- 9 am
CHILL Youth Group- 9 am Worship- 9:30 am Prayers for Healing- 10:30am Sunday School- 9:30 am Coffee Fellowship- 10:45 am Adult Bells- 11:30 am	Presidents' Day Church Office & Preschool Closed- Daycare available Bible Study- 6:30 pm	Preschool Chapel- 9 am Firm Believers- 9 am Library- 10 am Theology Pub- 7 pm	Preschool Jam- 9 am Bible Study- 9:30 am Lenten Worship- 11 am Soup Lunch- 11:30 Knitting Group- 1 pm	Preschool Jam- 9 am Firm Believers- 9 am	Sew & Tie- 9 am	Quilters- 9 am Preschool Ice Cream Social- 3 pm
CHILL Youth Group- 9 am Worship- 9:30 am Sunday School- 9:30 am Coffee Fellowship- 10:45 am High School Youth Group- 10:45 am New Member Check-Out Lunch- 11 am Serve Dinner at First Church UCC- 3:30 pm Adult Bells- 11:30 am Confirmation- 12:15 am	Boy Scout Troop #6- 7 pm	Preschool Chapel- 9 am Firm Believers- 9 am Library- 10 am	Preschool Jam- 9 am Bible Study- 9:30 am Lenten Worship- 11 am Soup Lunch- 11:30 am Knitting Group- 1 pm			

FEBRUARY 2018

AA meets nightly, 5:30-6:30 p.m., Room 11/12
Survivors of Suicide, 2nd & 4th Wednesdays
7-9 p.m. Room 11/12

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