

# MESSENGER

A Newsletter of Prince of Peace Lutheran Church & Preschool

“WORSHIP ❖❖❖ CONNECT ❖❖❖ SERVE”

March 2018

## Celebrate Lent

Welcome to spring training. I'm not referring to the professional baseball players who have made a pilgrimage to the desert to hone their skills for the upcoming season. I'm not thinking about the semi-official games being played all over the Valley of the Sun. I'm not pondering the masses of fans who have filled our streets and restaurants. Lent is also spring training for those who follow Jesus. For centuries, Lutheran Christians (and so many others) have set aside the 40 days from Ash Wednesday to Maundy Thursday as a time to develop, deepen, sharpen and sometimes reignite our spiritual lives. Some join a Bible study. Others practice defined spiritual disciplines such as fasting or silent meditation. Still others ramp up their time spent in service to the poor and the sick. While some believe that Lent is a time for self-denial, penance and generally misery, I have a different take on the matter.

I believe Lent is our opportunity to celebrate the joy of being embraced by God and the many ways that God is working through us to change the world. When I look at what we are doing together at Prince of Peace, I'm filled with hope. God is truly good.

Our preschool is wildly successful and is led by talented leaders. February 1 was the first day for new registrations for the 2018-2019 school year. The first person took their spot in line at 4 a.m. By 6:30 a.m., over 25 people were in line. After one day we were very

near our capacity — over 210 children. Awesome, right? However, these numbers aren't the true measure of success, because success is found in moments. Success is found in the chapel services when kids learn to sing praises to God. It is found in the art projects that express a child's love to parents and grandparents. It is found when our teachers and aides and office staff seize the opportunity to preach the Gospel of Jesus Christ and occasionally use words. These moments tell the real story.

Our Compassion Central ministry is taking off. Volunteer caregivers are visiting, praying with and offering encouragement to those who are homebound, recovering from surgery or need someone to talk to. As of today, we have 11 people visiting 26 members of the Prince of Peace family. However, these numbers aren't the true measure of success, because success is found in moments. Last month, I got a call from a member of our Compassion Central team informing me that someone was in the hospital. In the very next breath, the caller said, "I've got this. I'll do the visit." When I walked into the hospital the next day, I learned that there had been at least a dozen visits from many of you. This is becoming a recurring theme, a "see-the-need, meet-the-need" drive to care for people. These moments tell the real story.

This month we will again host P4, the fourth annual Arcadia Care Food for Kidz Packathon. The first three

years we went from packing roughly 62,000 meals to 73,000 meals to 91,000 meals for those who are hungry. This year we are hoping to pack 110,000. We already have more than 400 people signed up to help pack food. However, these numbers aren't the true measure of success, because success is found in moments. It is found when our members work alongside Boy Scouts, Girl Scouts, preschool families, members of other churches and people from our neighborhood, preaching the gospel of Jesus Christ and sometimes using words. It is found in the planning meetings when people come together from Prince of Peace, Christ Lutheran, the LDS Ward up the street and the Arcadia Camelback Neighborhood Association to work as one to organize the event. What a powerful message of inspired cooperation and mutual hope!

We live in a world that cries out for good news. The season of Lent is a perfect time to deliver it. I look forward to working with you to create many more moments that bear the unmistakable imprint of God's amazing grace.

Peace,

*Pastor Rick*

*(Portions of this article were first shared during a sermon on February 4, 2018)*

# *Lent Continues*

## ***Sermon/Study Series for Lent Continues in March***

### ***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 during 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.)

## ***Wednesday Worship Services in Lent***

***(March 7, 14, 21) 11 a.m.***

### **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***

***(March 7, 14, 21), 11:30 a.m.***

Join us for some delicious soup and even better conversation in Gangsei Hall.

# *Easter*

## ***Holy Week and Easter Worship Services***

**Maunder Thursday Worship** – March 29, 7 p.m.

Launch into Holy Week with a multi-sensory worship experience that celebrates Jesus' command to love one another.

**Good Friday Worship** – March 30, noon & 7 p.m.

Walk with Jesus to the cross through drama, music, scripture readings and visual presentations.

**Easter Morning** – Sunday, April 1

**Easter Sunrise Worship** – 7 a.m. at the top of Camelback Mountain

Celebrate Easter in a unique and memorable way by hiking to the top of Camelback Mountain. We will sing, pray over our city and celebrate Holy Communion in this breathtaking setting. Please allow yourself adequate time to reach the top by 7 a.m.

**Easter Bumped-Up Brunch** (hosted by the POP Foundation)

**Easter Worship** – 9:30 a.m.

Join us for the greatest celebration of the year as we thank God for defeating death itself. Our service will feature special music, visual presentations and lots of Easter lilies!

**Family Easter Egg Hunt** following service!

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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### **CHURCH COUNCIL MEMBERS**

Gwen Jacobs,  
Acting President/President-Elect  
Jack Ranby, Vice President/Personnel  
Anita Thorne, Secretary  
Les Holland, Treasurer  
Nancy Stevens, Financial Secretary  
Steve Edgar, Carrie Goodman,  
Marilyn Schmidlin, Dinky Snell,  
Martha Weld  
Members-at-Large

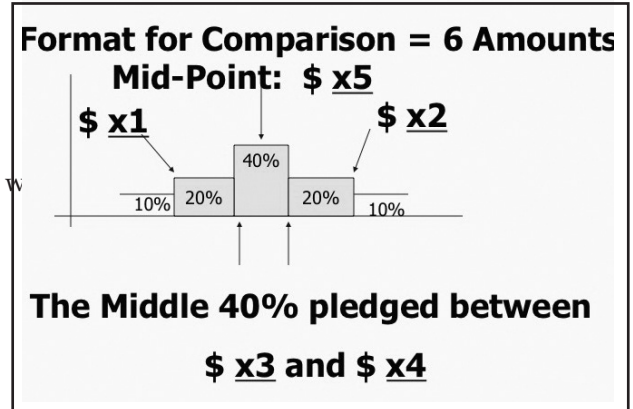
Please see the website for individual staff e-mail addresses.

# Summary of Recent Pledge Drive

by Les Holland, Treasurer

Below are charts that compare pledges between 2016-2017 and between 2017-2018.

- Year-to-year percentage changes are noted.
- Both the number of pledges and the total dollar amount pledged are decreasing slightly.
- Six dollar values are provided:  
 10% pledged \$ x1 (or less)  
 10% pledged \$ x2 (or more)  
 The middle 40% pledged between \$ x3 and \$ x4  
 The mid-point or median pledge (50% pledged less, 50% pledged more) w
- Other giving (1 envelope, unpledged and 2 loose) totaled about \$60K in 2017.



<b>Yearly Amounts Pledged:</b>		<b>2016</b>	<b>2017</b>
10% Pledged \$ x1 or less	+15%	\$ 520	\$ 600
10% Pledged \$ x2 or more	+15%	\$ 5,200	\$ 6,000
<b>The Middle 40% Pledged</b>			
between \$ x3	+2%	\$ 1,040	\$ 1,060
and \$ x4	+2%	\$ 2,600	\$ 2,650
The Mid-Point Pledge \$ x5	+20%	\$ 1,300	\$ 1,560
The Average Pledge \$ x6	+4.5%	\$ 3,342	\$ 3,491
93 Pledges	- 6.5 %	= \$324,629	- 1.9 %

<b>Yearly Amounts Pledged:</b>		<b>2017</b>	<b>2018</b>
10% Pledged \$ x1 or less	+ 0 %	\$ 600	\$ 600
10% Pledged \$ x2 or more	+ 0 %	\$ 6,000	\$ 6,000
<b>The Middle 40% Pledged</b>			
between \$ x3	+3.8%	\$ 1,060	\$ 1,100
and \$ x4	-1.9%	\$ 2,650	\$ 2,600
The Mid-Point Pledge \$ x5	-8.3%	\$ 1,560	\$ 1,440
The Average Pledge \$ x6	+0.4%	\$ 3,491	\$ 3,505
88 Pledges	- 5.7 %	= \$308,470	- 5.2 %

## Sunday Worship

Worship Schedule

Worship, 9:30 a.m.

**March 4**  
 3rd Sunday in Lent  
 James 5:13-16  
 Matthew 14:13-16  
 "Present Your Requests to God"  
 Pastor Paul Nelson, preaching

**March 11**  
 4th Sunday in Lent  
 Colossians 3:12-17  
 Matthew 8:23-27  
 "The Peace of God  
 Will Guard Your Heart"  
 Audrey Cox, preaching

**March 18**  
 5th Sunday in Lent  
 Romans 12:1-5  
 Luke 10:38-42  
 "Meditate on These things"  
 Pastor Rick Sherrill, preaching

**March 25**  
 6th Sunday in Lent  
 Isaiah 50:4-9a  
 Mark 11:1-11  
 "False Triumph"  
 Pastor Rick Sherrill, preaching

## Does the Church Have Your Correct E-mail?

One of the amendments to the Prince of Peace constitution changes how you will be notified of congregation meetings. Instead of a paper notice sent through the post office, the council now can provide notice of congregation meetings via e-mail. This change will save the cost of paper, copying, envelopes, and postage, as well as folks' time stuffing envelopes. This change will be in effect for the Special Congregation Meeting scheduled for May 20, 2018.

One way to know if the office has your e-mail is whether you received the notice of Lois Godward's memorial service. If not, you need to update your e-mail address with the office.



## 4th Annual Arcadia Cares Food for Kidz Packathon

**Saturday, March 24, 2018**  
**8:30 a.m. to 1:30 p.m.**  
**(one-hour shifts)**



### Have you signed up to help?



### Have you donated?

**Every \$15 will pay  
for 100 meals)**



**To volunteer, become a sponsor, or  
make a smaller donation, go to  
[www.poppohoenix.org](http://www.poppohoenix.org).**

**We need many other helpers for Friday night setup, check-  
in, supply chain, cleanup, etc. Contact  
Steve Edgar ([sledgar@gmail.com](mailto:sledgar@gmail.com))  
Heidi Staudenmaier ([hstaudenmaier@swlaw.com](mailto:hstaudenmaier@swlaw.com))  
or Steve Crofton ([SEC@slwplc.com](mailto:SEC@slwplc.com)).**

## **Theology Pub**

**Tuesday, March 20**  
**7 p.m. at OHSO**

Make your voice heard! Join us for food, Bible, beer (or other beverage) and lively discussions with great people. This is a time for free discussion and the sharing of ideas and is open to all adults, including your friends who aren't members of POP.

Pastor Rick would really like to know if you are coming so he can reserve enough space at OHSO. Please send him an e-mail ([pas-torrick@poppohoenix.org](mailto:pas-torrick@poppohoenix.org)) or a text (408.472.0529) if you plan to be there.



## **Prayers for Healing**

**March 11 & 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.



## Check Out Our New Name Badges and Kiosk!



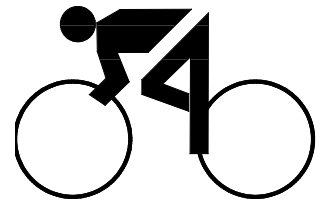
We are pleased to introduce our new name badge kiosk, located in the narthex. The artist, Diana Emery Hulich, designed this art piece for our congregation. The triangular shape expresses the Trinity. Information on the kiosk and the artist are displayed in the narthex.

Please find your badge for the service and return it to either the kiosk or one of the panels located at each side entrance. If you are unable to wear the magnetic strip, please contact the office and we will provide a clip-on badge! What a wonderful way to be able to greet each other on Sunday morning.

Please let the office ([maria@poppheoenix.org](mailto:maria@poppheoenix.org)) know if you need a name change or a clip rather than a magnet. We will be glad to make it right.

## Ride Your Bike to POP!

Check out the new bike rack located by the southeast sanctuary door. Bring your own lock.



### *A Message from Gwen Jacobs, Acting Council President*

On March 10, 1958 the POP congregation was organized with 98 baptized souls. That's right, 60 years and counting! What a beautiful milestone! We are seeking any and all who would like to participate in creating a worthy recognition of this year in our congregation's history. Please reach out to any council member. All are welcome!

Our successful congregational meeting in February has resulted in an update to our constitution and bylaws, a budget approval for the next year, and a nominating committee for this May's elections. Search your hearts and come forward or answer the knock and consider service on council or other openings, as an opportunity of faith. The peace that passes all understanding be with you.

### *New Bible Study Begins April 3*

Paula Sturgeon Mortenson will lead a six-week women's Bible study beginning the week after Easter. Paula is a former member of Prince of Peace and a well-loved presenter and study leader throughout the synod. Her presentations are known for bringing the Bible to life with clarity and wit. This is a wonderful opportunity to delve into the uppity women of the Bible!

**The Uppity Women of the Bible**  
Tuesdays, 9:30 – 11 a.m.  
April 3 – May 8 (April 3, 10, 17, 24 May 1, 8)  
Contact Janet DeJonge (763.513.7243, call or text)  
or [janlde76@gmail.com](mailto:janlde76@gmail.com) to register.

## *Bible Studies*

### **Wednesday mornings, March 7, 14, 21, 9:30 a.m. in the choir room)**

We continue our Lenten Bible study using Max Lucado's book, "Anxious for Nothing: Finding Calm in a Chaotic World." In preparation, please read the book (available at Amazon or other resellers). The study will include a video component, discussion questions and scripture readings.

### **Monday evenings, March 5 & 19, 6:30 p.m. in the choir room**

We will meet in the choir room March 5 and 19, continuing our study of the New Testament.

**It's never too late to join us! We always welcome new friends and hope you'll join us!**

## Run/Walk/Bike toward Jesus This Lent!

Following the devotional book, "Preparing for Easter" by C.S. Lewis, we will get our bodies — the ones that God is letting us use — in shape both physically and mentally. During the week we will e-mail you and post on Facebook the suggested Bible readings and some thoughts from C.S. Lewis. Then we will meet on Wednesday nights at 5:30 p.m. to exercise. All levels welcome! Kids can run or bike. Many adults just stroll the canal. Some are training for a race and can run.



We meet in the south parking lot by the canal. We head east on the north bank of the canal for about 45 minutes. Then we reconvene in the parking lot for a quick discussion on that week's readings. All ages/levels welcome. Get out and exercise your body and mind with us through Easter!!

### Monthly Attendance and Revenue Report

as of January 31, 2018

	January 2018 (4-week month)	January 2017 (5-week month)
Monthly Attendance	492	611
Monthly Offering	\$50,989	\$27,977
Monthly Offering Budget	\$53,111	\$34,973
Variance	(\$2,122)	(\$6,996)

## Souper Bowl of Caring

Thanks for your support of this yearly event! Nearly \$1,600 was collected as the youth of Prince of Peace passed around the bowls for the noisy collection! These monies are being used to purchase the ingredients needed for the upcoming Packathon!



## Compassion Central Prince of Peace's Visitation Ministry

Next meeting is Sunday, March 11, 11 a.m.  
in the office conference room



We have 11 team members who are visiting a total of 26 people. We offer a listening ear, devotions, prayers and human connection to members of the POP family in need. If you would like to join the team, please contact Pastor Rick. If you would like to be visited, also contact Pastor Rick. This month we will be writing cards to our homebound members.

## Elderberries 85+ Luncheon Sunday, April 8, following worship

The congregation is invited to help us celebrate our 85+ members with a special worship service, followed by a POP Foundation-sponsored "bumped-up" luncheon! This year's theme is *Beautiful Savior*.

## Easter Lilies

If you would like to help adorn the front of the church with lilies for Easter, please send this form to the church office or place it in the Sunday offering plate. Lily donation is \$15. Please sign up by March 4 so the correct number of lilies can be ordered.



Name \_\_\_\_\_ Phone \_\_\_\_\_

We suggest you pick up your lily after worship on Easter or on Monday (after Easter) and deliver it to a homebound or hospitalized member of Prince of Peace. A suggested list of names and addresses will be available.

## News of Members and Friends

### FUNERAL

February 17 Lois Godward

# 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  
March 4, April 22

### **Serving Breakfast**

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

## **High School Youth Group & Confirmation**

### **Confirmation (7th-8th)**

12:15 p.m.  
March 4, April 8 & 22, May 6

### **High School Youth Group**

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

## **CONNECT — 4th-6th Grade Youth Group**

10:45 a.m.  
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.

## **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.

## **Campfirmation 2018, July 8-13**

Youth going into 6th-9th grades are invited to attend camp this summer at UCYC in Prescott (new location!). Activities include Bible study, high ropes, rock wall/zipline, low ropes (team building), water slide, archery, campfires, big group games, arts and crafts, talent show & more! Registration is NOW OPEN online at [www.popphoenix.org/children-youth](http://www.popphoenix.org/children-youth)

**Deadline to register is March 25, 2018**

## **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](mailto:acox@popphoenix.org)) or Angela ([popchildrensministry@gmail.com](mailto:popchildrensministry@gmail.com)) to RSVP or let them know if you will be arriving after 6 p.m.*



## **Taking Faith Home**

Each Sunday there is a Taking Faith Home insert in the bulletin to take home with you. If you aren't in church, download it on our website — [www.popphoenix.org/children-youth/parents-and-family](http://www.popphoenix.org/children-youth/parents-and-family).



## **Stay Informed on POP Ministry**



Instagram is popphoenix  
Facebook is popphoenixaz

Text Updates! Text @popyouthaz to 81010

E-mail [acox@popphoenix.org](mailto:acox@popphoenix.org) to be added to the list for Youth and Family Updates!



# Preschool News

by Nicole Hilden



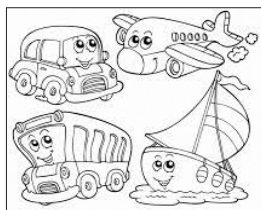
PRINCE OF PEACE  
PRESCHOOL

## Summer Camp Registration Has Started!

We are planning an exciting Summer Camp this year! Again we will offer weekly enrollment to families with children ages 2-5. We have developed fun-filled, age-appropriate experiences for our young campers! Our goal is to create an exciting, safe and loving environment for your children over the hot Arizona summer. 2018 Summer Camp Registration Forms are now available in the preschool office or online at [www.poppreschool.com](http://www.poppreschool.com).

## Transportation Day

**We need your help on April 6!**



Transportation Day is coming at the preschool! We are looking for any unique forms of transportation to be on campus for our event on Friday, April 6. If you own or have access to a boat, motorcycle, bike, bus, car, golf cart, 4-wheeler, horse (or any other form of transportation), we invite you to contact Courteney Greenwell 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.

## Fall 2018 Registration Is Ongoing

Fall 2018 enrollment has been underway and all of our age groups are running a wait list! Please contact the preschool office if you are interested in enrolling your child for the fall.

## Children's Ministry

There is a lot happening here at Prince of Peace and we want you to be in the know.

- ✓ Sunday, March 4      Sunday School  
Connect, 4th-6th grades, 10:45 a.m.-12:15 p.m.
- ✓ Sunday, March 11    NO SUNDAY SCHOOL (SUSD Spring Break)
- ✓ Sunday, March 18    Sunday School
- ✓ Saturday, March 24   4th Annual Arcadia Cares Food for Kidz Packathon!  
Sign-up to volunteer. One session is already completely full so be sure to sign up soon!
- ✓ Sunday, March 25    Sunday School
- ✓ Sunday, April 1      Easter Sunday, no Sunday School  
Easter Egg Hunt and Easter Brunch after church
- ✓ June 4-8              Vacation Bible School. Registration form in the newsletter
- ✓ June 10-13          Activity Camp. Registration form in the newsletter!

## Street Fair — How Can I Help?

- **Donate** an item from the Wish List
- Provide an item for the **Silent Auction**
- Sign up to **volunteer**
- **Come to the Street Fair** and bring your family, friends and co-workers!

### Wish List

Silent Auction Donations  
Gift Cards (from anywhere for any amount!)  
Canopy/Pop-up Tents  
Water Bottles  
Hot Dog Buns  
Hamburger Buns  
Mini Bags of Chips  
Cornhole Boards and Bags

### Silent Auction Ideas

- **Gift Cards** (restaurants, Amazon, hotels/spa, etc.)
- **Basket of items of a similar theme** (movies, toys, date night, family day, fitness, outdoors, animal lover, etc.)
- **Donate time at your vacation home/timeshare**
- **Donate airline miles or hotel points**
- **Have a talent to share?** (Music, quilting, cooking, sports lessons, pet sitting, etc.)
- **Donation from your business**
- **Donation from your favorite business**

**Please drop off all donations no later than Monday, April 9.**

Sign-up to volunteer! Contact Audrey or visit [www.signup-genius.com/go/30E084CAE-AE23A5FA7-2017](http://www.signup-genius.com/go/30E084CAE-AE23A5FA7-2017)



# COMMUNITY STREET FAIR



April 14<sup>th</sup> 4-7pm

At Prince of Peace Lutheran Church  
56th St. & Indian School

Live Music, Food, Sno-cones, Beer and Wine  
Games for All Ages:

- ♣ Toddler Bounce House
- ♣ Mechanical Surfboard
- ♣ Carnival Games
- ♣ Cornhole

## Silent Auction & Raffles!

- |                     |                          |                     |
|---------------------|--------------------------|---------------------|
| ♣ Getaways          | ♣ Arts and Entertainment | ♣ Gift Cards Galore |
| ♣ Family Activities | ♣ Sporting Events        | ♣ Jewelry           |
| ♣ Fun Passes        | ♣ Golf Excursions        | ♣ Teeth Whitening   |
| ♣ Spa Treatments    | ♣ Date Nights            | ♣ Wine Tasting      |

### Ticket Information:

In advance: \$10 each/\$40 per family of 4 or more

At the door: \$12 each/\$46 per family of 4 or more

*Ticket includes food, music, sno-cones and games!*

Tickets will be available in the Prince of Peace Lutheran Church office during regular office hours (M-Th 9am-4pm).

### Support a Great Cause!

Proceeds will go to support the 22 High School youth from our community who will be in Houston this summer to support Hurricane Harvey recovery efforts & attend the ELCA Youth Gathering.

Prince of Peace Lutheran Church 3641 N. 56th St. Phoenix, AZ 85018 • [www.poppohoenix.org](http://www.poppohoenix.org)

## Walking for Health

by Beth Schneider

Harvard Medical School describes walking, when combined with other forms of physical activity, as the closest thing there is to a wonder drug. Other health-related organizations, such as the American Heart Association and Mayo Clinic, agree. Walking briskly 2.5 hours/week, or approximately 21 minutes a day, can cut the risk of heart disease by 30 percent and has been shown to reduce the risk of diabetes and some forms of cancer, lower blood pressure and cholesterol, and keep you mentally sharp. It also reduces joint pain by protecting joints, especially knees and hips, by lubricating them and strengthening the muscles that support them. In addition, it boosts immune function and can help you stay healthy during cold and flu season. A 2014 study by the University of Utah found that for every minute of brisk walking women did throughout the day, their risk of obesity was decreased by 5 percent. A number of studies have found walking to be as effective as drugs for decreasing depression. Parents who walk with their children can promote better communication, reduce behavior problems and improve academic performance.

The best thing about walking is that it is free. No special equipment is required other than a good pair of shoes, preferably sneakers. Shoes should provide good arch support and have a firm heel and thick flexible soles. Most of the major shoe



companies produce shoes designed for walking. If walking when dark, wear bright colors or reflective tape for visibility. You can walk almost anywhere. If walking outdoors, try to avoid cracked sidewalks, potholes and low-hanging tree limbs. If walking in urban areas and it is necessary to cross streets, cross at designated intersections and be aware of traffic. Drivers who are waiting to turn frequently don't look for pedestrians waiting to cross the street. If walking outdoors isn't possible because of cold weather or in Phoenix in the summer heat, many shopping malls open early for walkers. Other options for walking include an indoor track such as at the YMCA or on a home treadmill.

To motivate yourself to walk, walk with a friend or friends. Dogs love to be walked. Vary your route so you can enjoy different scenery. Find a specific time that is most convenient for walking and add it to your daily calendar. Set realistic goals. If you haven't exercised recently, start slowly, 10 minutes a day, and gradually increase both distance and speed. Some walkers find keeping a record of how many steps taken, the distance walked, and the amount of time walked to be inspirational. Recording this information in a walking journal or on a physical activity app allows you to chart your progress over time. If you miss a day or days, don't give up.

### Bashas' & Fry's Programs

Our six percent rebate for January from reloading grocery cards for the Bashas' chain (including AJ's Fine Foods and Food City) was \$52. If you need a new Bashas' card, please let me know.

Instructions for participating in the Fry's program are posted on the church's website ([www.poppheoenix.org](http://www.poppheoenix.org)). Click on the Serving tab and go to the Grocery Store Rebates page.

Steve Crofton

Coordinator, Bashas' & Fry's grocery store programs  
602.463.7175; [sec@slwplc.com](mailto:sec@slwplc.com)



### Roses to...

◆ Anita Thorne & Mary Quinsler for serving on Altar Guild in February.

◆ Debbie Nelson & Erin Garmon for helping with confirmation transportation last month!

◆ The Street Fair Team for their hard work planning this year's Street Fair — Nancy Stevens, Janet DeJonge, Debbie Nelson, Margie Creedon, Susan Robinson, Ginny Wooden, Mark Wooden, Karen Duffey, Jacque Hale-Lara, Kevin Wooden & Lauren Pineda.

◆ Nicole Carroll Hartman for being named editor in chief of *USA Today*, located in Virginia. Nicole also was awarded the prestigious Benjamin C. Bradley Editor of the Year Award at a National Press Foundation dinner in Washington, D.C. Nicole has been with *The Arizona Republic* since 1999. Congratulations, Nicole!

### 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@poppheoenix.org](mailto:pastorrick@poppheoenix.org)) or call the church office.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h1 style="margin: 0;">MARCH 2018</h1> <p style="margin: 5px 0 0 0;">AA meets nightly, 5:30-6:30 p.m., Room 11/12 Survivors of Suicide, 2nd &amp; 4th Wednesdays 7-9 p.m. Room 11/12</p> </div>						
Choir Rehearsal- 8:30 am CHILL Youth Group- 9 am Worship- 9:30 am Sunday School- 9:30 am Coffee Fellowship- 10:45 am CONNECT- 10:45 am Confirmation- 12:15 pm Youth Serving Dinner- 3:30 pm	Bible Study- 6:30 pm 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 Knitting Group- 1 pm Staff Meeting- 1 pm Run/Walk/Bike for Lent- 5:30 pm	Preschool Jam- 9 am Firm Believers- 9 am	Sew & Tie- 9 am	Quilters- 9 am
4	5	6	7	8	9	10
CHILL Youth Group- 9 am Worship- 9:30 am Prayers for Healing NO Sunday School Coffee Fellowship- 10:45 am Compassion Central- 11 am Adult Bells- 11:30 am Kid's Bells- 2 pm	Dorcas Circle- 1 pm Grant's Partners- 7 pm Boy Scout Troop #6- 7 pm	Firm Believers- 9 am Library- 10 am	<b>PRE SCHOOL CLOSED DAYCARE AVAILABLE</b> March 12-16 Bible Study- 9:30 am Lenten Worship- 11 am Soup Lunch- 11:30 Knitting Group- 1 pm Run/Walk/Bike for Lent- 5:30 pm	<b>April Newsletter Deadline</b> Firm Believers- 9 am	Sew & Tie- 9 am	Quilters- 9 am
11	12	13	14	15	16	17
Choir Rehearsal- 8:30 am CHILL Youth Group- 9 am Worship- 9:30 am Prayers for Healing Sunday School- 9:30 am Coffee Fellowship- 10:45 am Adult Bells- 11:30 am Kid's Bells- 2 pm	Mom's Night Out- 6pm Bible Study- 6:30 pm Boy Scout Troop #6- 7 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 Staff Meeting- 1 pm Run/Walk/Bike for Lent- 5:30 pm	Preschool Jam- 9 am Firm Believers- 9 am	Sew & Tie- 9 am	Quilters- 9 am <b>Packathon</b> 8:30 am-1:30 pm
18	19	20	21	22	23	24
<b>Palm Sunday</b> CHILL Youth Group- 9 am Worship- 9:30 am Sunday School- 9:30 am Pancake Breakfast- 10:45 am High School Youth Group- 10:45 am Adult Bells- 11:30 am Kid's Bells- 2 pm	Boy Scout Troop #6- 7 pm	Preschool Chapel- 9 am Firm Believers- 9 am Library- 10 am Knitting Group- 1 pm Dad's Night Out- 6 pm Church Council- 6 pm	Preschool Jam- 9 am Bible Study- 9:30 am Run/Walk/Bike for Lent- 5:30 pm	<b>Maundy Thursday</b> Preschool Jam- 9 am Firm Believers- 9 am  <b>Worship- 7 pm</b>	<b>Good Friday</b> <b>Preschool &amp; Daycare closed</b>  <b>Worship 11 am &amp; 7 pm</b>	Quilters- 9 am
25	26	27	28	29	30	31



Prince of Peace Lutheran Church  
3641 North 56th Street  
Phoenix, Arizona 85018  
www.poppheoenix.org  
Return Service Requested

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PERMIT NO. 77

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**Prince of Peace Lutheran Church**  
**Vacation Bible School**  
**June 5-9**  
**9:00 am to Noon**

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade in Fall of 2017: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade in Fall of 2017: \_\_\_\_\_

Name of Parents: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Church: \_\_\_\_\_

\*\*Allergies or other Medical Conditions: \_\_\_\_\_

In case of Emergency, contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

VBS is open to kids who are currently entering K in Fall 2017 - entering 5<sup>th</sup> Grade

Cost for the week is \$50 per child, max \$120 per family

After May 1<sup>st</sup> cost goes up to \$75 per child \$200 max per family

Please make checks payable: Prince of Peace Lutheran Church

Please mail in registration and payment or drop it by the office.

# Prince of Peace ACTiViTy CaMp

**Dates:** June 11-14

**Time:** 9:00am-4:00pm

**Who:** Open to Kids entering 2<sup>nd</sup> Grade - 7<sup>th</sup> Grade \*\*\*All kids must be confident swimmers\*\*\*

**Cost:** \$200

**\*Kids will be with a counselor at all times\***

**\*There is NO daily attendance option, you may only sign up for the entire camp\***

Please make checks payable: Prince of Peace Lutheran Church

Please mail in registration and payment or drop it by the office.

Date	Activity	Includes
Monday, June 11	Sun Splash-Mesa	Water park admission, and lunch
Tuesday, June 12	Feed My Starving Children/ Jakes Unlimited, Mesa	Service Project, All you can eat Lunch Buffet \$5.00 Fun Card (For use with Video and Redemption Games) Plus UNLIMITED Attractions: Go-Karts, Laser Tag, Miniature Golf, Mini Coaster, Bumper Cars, Rock Climbing Wall, Kiddie Rides
Wednesday, June 13	Wet n Wild-Glendale	Water park admission, and lunch
Thursday, June 14	Big Surf -Tempe	Water park admission, and lunch

Child#1 Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade in Fall of 2018: \_\_\_\_\_

Child#2 Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade in Fall of 2018: \_\_\_\_\_

Name of Parents: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**\*\*Allergies or Other Medical Conditions:** \_\_\_\_\_

In order to keep the cost down, we are asking each parent to drive one way, one day. Please check one below:

**I will drive: Monday:** To \_\_\_\_\_ From: \_\_\_\_\_ I can seat \_\_\_\_\_ passengers

**Tuesday:** To \_\_\_\_\_ From: \_\_\_\_\_ I can seat \_\_\_\_\_ passengers

**Wednesday:** To: \_\_\_\_\_ From: \_\_\_\_\_ I can seat \_\_\_\_\_ passengers

**Thursday:** To: \_\_\_\_\_ From: \_\_\_\_\_ I can seat \_\_\_\_\_ passengers

**If you have any questions please contact: Angela Sherrill at: [angela@popphoenix.org](mailto:angela@popphoenix.org)**