



Peace Lutheran Church

Pastor Dave Greenlund

Peace Lutheran Church, 1744 Walnut Street, Lauderdale, MN 55113 651-644-5440



March, 2022

Welcome to our new spring Newsletter. We hope that you like it. This time around, just a few of us contributed to this Newsletter, but we hope that in the future some of you will share some news, write a story, or share a picture! Maybe we can make it a quarterly thing.

We would love to hear your feedback. Feel free to let us know if you would like other things added or other topics covered, and if you would like to submit something, please email Kristina at schatzkz@gmail.com.

Enjoy!

March, 2022

Greetings to you all,

Our dog Orzo is staring out the back window at a rabbit and a few birds. Every once in awhile a stray Christmas ornament left hanging on a branch catches his eye. He's not concerned with formulating thoughts or filing taxes. He seems to be deeply rooted in his creaturely dogness and I sense that the world is all the better for it. I, as a human creature, on the other hand, struggle.

I've been wrestling with the task of arranging words that can both acknowledge the absurdities in which we are living and also, at the same time, bring hope. Each time I begin I find my words are not up to the task. My words ring hollow in my own ears.....as I match them with images: Covid, melting glaciers, record warmth in erratic weather patterns, Lake Meade withered and dry, 18 year old Russian soldiers made to fire upon Ukrainian neighborhoods where they have family and friends while their isolated President threatens the world with nuclear weapons, our own democratic experiment replaying all the same debates from the Civil War which boil down to whether or not we believe that all people are created equal and have equal access to services, opportunities, and the right to vote on our collective future. Our tectonic plates of culture, technology, and the earth itself are shifting....

So I ask myself what the task of a person of faith is in times like these. I find that it is the same as in all other times...In feast or famine:

To love God and our neighbors, to be a neighbor. To forgive and seek forgiveness. To share what we can and recognize the fragile gift of life we've been given here at this moment in time and that we only have a sliver of the picture. To give thanks that we are just one instrument in God's vast orchestra of vibrant life making up all of creation. To trust that love and restoration will never run dry even when it seems that hate and division are winning.

When we forget these fundamental tasks as people of faith, our vision becomes clouded and we become individual musicians rather than an orchestra member AND when this happens, Hope becomes an easy target. The only way out of our isolation is to focus on the conductor and listen for the beat of all creation.

I recall a meditation which helps to settle us in times like these. I can't remember whose it was, but it goes something like this:

Close your eyes. Let your body relax. Let your arms hang from your shoulders like your skeleton is suspended from a hanger. Pay attention to your breath. This will help you leave the past regrets and the future worries while bringing you into the present moment.

After some silence, repeat these words and listen to them slowly over and over. After each time, drop one word from the end:

Be Still and Know That I Am God.

Be Still and Know That I Am

Be Still and Know That I

Be Still and Know That

Be Still and Know

Be Still and

Be Still

Be

This is the only way I know of to gain perspective and take my place as just one participant among the countless in the here and nowness of Creation. Being truly present is the only way we give thanks to God and to our fellow creatures. It seems so simple, but my human brain is constantly settling into the past or the future which is where I lose all perspective. Orzo makes it look easy and it seems he never misses a beat of the conductor's staff. I am certainly glad he's in my life to ground me and to show me the way home into the present moment which I know has its share of grief and hurt, but also filled with wonder and love and life and I know which one wins.

Blessings and Peace and Welcome to Now, Pastor Dave Greenlund

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We Pray for Those Affected by War

As we carry on with our lives day to day, let us pray for all of the people affected by war. Let us take note of all that we have and give thanks for our good fortune.

If you are so inclined you can check out some of the ways that you can give to help the people of Ukraine. Check them out to see if they are a good fit for your giving needs.

Alight - <https://wearealight.org/> (formerly American Refugee Committee)

We build a meaningful life for and with the displaced. When we find people displaced from their homes, countries, or lives, our instinct may be to focus only on their basic needs. And that is essential. But it's also not a life. A life is filled with joy, dignity, connection, and purpose. And that's what we aim to build.

Doctors Without Borders - <https://donate.doctorswithoutborders.org>

Every day, our teams deliver emergency medical aid to those who need it most. As we carry out this work, we are guided by the rules of medical ethics—particularly the duty to provide care without causing harm to individuals or groups.

Lutheran Immigration and Refugee Services [Make a Donation Today | LIRS](#)

The ELCA has been offering services to refugees for many years. You can sign up on their website to receive ongoing information.



Berlin, Germany March 2022

Cheyenne Prayer

*Let us know peace.
For as long as the moon shall rise,
For as long as the rivers shall flow,
For as long as the sun shall shine,
For as long as the grass shall grow,
Let us know peace.*

[https://www.ya-native.com/Culture_GreatPlains/resources/cheyenneprayerforpeace.htm](https://www.ya-native.com/Culture_GreatPlains/resources/cheyenneprayerforpeace.html)
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GARDENERS SPRING INTO ACTION!

Pam Schweitzer will be coordinating the garden again this year. If you are planting seeds indoors this year and think you might have some extras, please let Pam know. We are particularly needing eggplant, broccoli, tomatoes, and basil. As you all know, Peace gardeners donate hundreds of pounds of veggies to the food shelf and community members each year. Watch for announcements about garden clean-up and planting days! This year we are hoping to find ways to bring vegetables directly to people in the community who can't get out to the food shelf to pick them up.

REMEMBER TO REJOICE IN YOUR LIFE!

GET YOUR CREMATION URN NOW!!!

On Ash Wednesday Pastor Dave offered all of us a cremation urn. During your one beautiful life on earth you can add notes to the urn for your family to read as they are adding your ashes to the urn after your death. So, this is actually a joyful rather than mournful reminder of the preciousness of our lives. Pick up your urn at church whenever you are able!

COVID 19 - Masks in Church

For the time being, we will continue to wear masks while inside the church. We hope that we can move outside in the not too distant future so that we can gather in the open air and sunshine!

Pledge to Walk!

Walking 30 minutes or more a day is a great way to improve or maintain your overall health! We overheard Barb Nelson say that she is committing to walking 3 miles a day and is working up to an 8-mile walk by planning 5-mile round trip walk to visit with another parishioner! Barb is always looking for walking buddies. Every spring, Kristina commits to walking every day "for someone, to someone, or with someone" for 30 days. She should walk with Barb! Commit to your health with a walk a day! You can decide how long or how far you can go but committing to doing it is the first step.

Giving

- Support our dear friend and church member, Kathleen Proctor who is undergoing radiation. Check the Care Calendar to see what support is needed.

www.carecalendar.org

Calendar ID: 274627

Security Code: 7199

- Support Peace Lutheran
There are many ways to give at Peace to support our ministry in the community.
 - Contact Carol Stinar sign up for automatic monthly donations through Vanco

- To give via our Pay Pal account, visit our website and click on the GOLD OVAL Button on the top right that says DONATE. - <https://www.peacelauderdale.com/>
- Donate directly by sending funds through venmo to: @PeaceLutheran-Church-2

News & Announcements

- *Beginning on Sunday, March 6th, Church will be in-person, with masks on, and via Zoom at 9:00 AM*
- *Lenten Services are Wednesday at 7 PM via Zoom only!*
- There are still two spots open at Holden Village from July 18-July 23! Contact Claudia if you are interested.
- Food Scraps in Lauderdale - Did you know that you can get a free food scraps collection kit at the Lauderdale City Hall.
<https://www.lauderdalemn.org/recycling-garbage/pages/organics-recycling>

Here's how:

1. Pick up a free food scraps collection starter kit at Lauderdale City Hall or a Ramsey County [Yard Waste Collection Site](#). The kit comes with a kitchen caddy, compostable bags and instructions.
2. Line your kitchen caddy with a compostable bag and fill it with food scraps and other [accepted items](#).
3. Bring your filled compostable bag to the Falcon Heights collection site at 2077 Larpenteur Ave. W. It's open 24/7. Pick up another free bag while you are there.

Gluten-Free Cookie Recipe (not for Dave)

- New York Times
- YIELD: About 10 (5-inch) cookies
- TIME: About 30 minutes

Almond flour is the only special ingredient needed to make these cookies, and it can be found in the baking aisle or the health food section of the grocery store. It provides the protein and structure of classic wheat flour while keeping the cookie perfectly chewy in the center. If you want a stronger almond flavor, toast the almond flour in a dry skillet over medium-low heat until golden and fragrant, and cool before using. Chopped chocolate makes for a gooier cookie, but classic chocolate chips work here, too. This recipe makes huge, bakery-style cookies, but if you want smaller cookies, use 1/4-cup

mounds of dough and bake for 16 to 18 minutes, or a 2-tablespoon scoops and bake for 10 to 12 minutes.

INGREDIENTS

- 2 $\frac{3}{4}$ cups/310 grams finely ground almond flour
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon baking soda
- 10 tablespoons/140 grams unsalted butter, at room temperature (1 $\frac{1}{4}$ sticks)
- $\frac{1}{2}$ cup/110 grams light brown sugar
- $\frac{1}{2}$ cup/100 grams granulated sugar
- 1 large egg
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- 12 ounces/340 grams bittersweet chocolate feves or chips, or coarsely chopped bar chocolate (make sure that they are Gluten Free)
- Sea salt, for finishing (optional)

PREPARATION

1. Heat the oven to 350 degrees. Line two baking sheets with parchment paper.
2. In a medium bowl, whisk the almond flour, salt and baking soda to combine.
3. Using a mixer fitted with the paddle attachment, cream the butter, brown sugar and granulated sugar on medium speed until very light, 3 to 4 minutes.
4. Add the egg and mix on medium speed to combine. Scrape the bowl well, then add the vanilla and mix to combine.
5. Add the dry ingredients and mix on low speed until just combined, about 10 seconds. Scrape the bowl well and mix on low speed to ensure the mixture is homogenous.
6. Add the chocolate and gently mix to incorporate it. Scoop the dough into 10 $3\frac{1}{2}$ ounce/100-gram mounds of dough the size of generous golf balls, and transfer them to the prepared baking sheets. Stagger the rows to allow the cookies room to spread.
7. Gently press the cookies down slightly with your fingers until about 1 $\frac{1}{2}$ inches thick. Sprinkle lightly with sea salt, if using. Bake the cookies, switching racks and rotating the sheets halfway through, until they're golden brown around the edges and just barely set in the center, 18 to 22 minutes. Transfer sheets to a wire rack for 10 minutes, then transfer cookies with a spatula onto another rack to cool a bit more.

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Peace Lutheran Church is a Christian community of restless people, open to everyone, exploring God from many diverse perspectives, learning and questioning, supporting and loving, and serving all by being peacemakers in our changing world.

Welcome Statement

If you are red, yellow, black, white, brown or...

If you are male, female, or transgender ...

If you are three days old, 30 years old, 103 years old, or ...

If you have never set foot in a church, if you are Hindu, Muslim, Protestant, Jewish, Roman Catholic, Agnostic, a life-long Lutheran, or ...

If you are single, married, divorced, separated, partnered, widowed, or...

If you are straight, gay, lesbian, or bisexual ...

If you have had an abortion, have considered one, or if you are against it, or...

If you are Republican, Democrat, Independent, Socialist, not registered to vote, or ...

If you have or had addictions, phobias, mental or physical issues, or...

If you are or have been a criminal, with or without a record...

If you are employed, unemployed, self employed, underemployed, retired, or ...

If you are studying, passing, flunking, or ...

If you own a home, rent, live with your parents, are homeless, or ...

If you are fully-abled, disabled, a person of differing abilities, or ...

You are welcome here!

PEACE LUTHERAN
LAUDERDALE [WEBSITE](#)