The Peace Bell

PEACE UNITED CHURCH OF CHRIST

Kindergarten Class receiving their Bibles on Rally Sunday.



Stewardship Highlights Kick-off October 12 Stewardship Sunday — Chili Lunch November 9

Blessed to be a blessing "...all peoples on earth will be blessed through you." Gen 12:3b

The members of the Peace Church Stewardship Team have been reading and discussing Lynne Twist's "*The Soul of Money*" for insight into how we use the money entrusted to each of us. Our attitudes toward money – earning it, spending it, and giving it away – can offer surprising insight into our lives, our values, and the essence of prosperity. It has been very powerful to examine our own spending habits and responsibility towards using the resources God has entrusted to us.

Join us in October as we kick off our 2015 Stewardship Campaign. Reverend Rick Wagner, Associate Conference Minister will be at Peace Church on Sunday, October 12th. He will preach at both services and lead



share Twist's three toxic myths about money: *There is never enough; More is better; and That's just the way it is.* We would love to talk with you about this and how we are Blessed to be a Blessing during our October 19th and 26th Adult Forums.

adult forum on Generous Congregations. The Stewardship Team will

Stewardship Sunday is November 9

We will dedicate our pledges at both services. The Food and Fellowship Team along with the Stewardship Team will provide a free chili lunch for everyone at 11:30 in the Fellowship Hall.

Please join us in celebrating Peace! Blessed TOBE A BLESSING.

UNICEF CARNIVAL

OCTOBER 2014

October 26, 11:30pm in the Fellowship Hall

All ages are welcome and invited to join us for our annual UNICEF Carnival on Sunday,

October 26. Bring a friend, and come in costume if you choose (nonviolent costumes please). Have



some food (caramel apples — yum) and play a variety of



carnival games bowling, bean bag toss, go fishing, and much more! All proceeds will go to help United Nations Children's Emergency Fund.

Volunteers are

needed to assist with preparing and serving food items in the kitchen, and donations of baked goods, organic hot dogs, cider, etc are needed. See sign up sheet on page 8 and also in the Narthex.



From Lead Pastor Kathy Nelson

The first Sunday of October is always World Communion Sunday. It is a day to remember Christ's table that, as one hymn says, "is long and wide . . . there's room for thousands side by side". This world wide communion Sunday I can't help but think of our partners in the Philippines who so graciously shared their stories and so many meals when I was with them. Our first shared meal together was on a table made of saw horses and boards covered in banana



leaves. The food was placed in the middle and we ate off the leaves. It was the most delicious meal I have ever eaten-there were banana hearts cooked in coconut milk and an incredibly delicious pasta served on rice with greens of all kinds, and mangos and chicken. It was truly communion, and then they shared their stories. They talked about how hard they had to work as farmers and they still were just barely

making it because their cash crops of pepper and coffee didn't pay that much, and they couldn't eat these crops. We became companions for awhile as we share lunch and stories.

The word companion literally means 'to eat with'. Companionship comes from food and time shared around our tables, whether it be tables with partners around the world or our partners/family members in our own homes. Around our tables we hear the stories of the day, the stories of our family, the stories of our faith—even if it is just a simple grace—God is great, God is good, let us thank God. So often if we take time to sit around the tables the stories of the day are told and we find ourselves blessed. It is hard, I know. Our family tries to eat together at least three nights a week, which often means eating later than 7, after soccer games, meetings or practice.

It has been an important ritual for our family. We need this time together. Rachel Naomi Remen in her book *Kitchen Table Wisdom* says it well when she writes, "Everybody is a story. When I was a child, people sat around kitchen tables and told their stories. We don't do that so much anymore. Sitting around the table telling stories is not just a way of passing time. It is the way wisdom gets passed along. The stuff that helps us to live a life worth remembering. Despite the awesome powers of technology many of us still do not live very well. We need to listen to each other's stories again. The less time we spend together at the kitchen table, the more how-to-books appear in the stores and in our bookshelves. But reading such books is a very different thing than listening to someone's lived experience. Because we have stopped listening to each other we may even have forgotten how to listen, stopped learning how to recognize meaning and fill ourselves from the ordinary events of our lives.

The kitchen table is a level playing field. Everyone's story matters . . . the stories at every kitchen table are about the same things, stories of having and losing, stories of pain, of wounding, of courage, of hope and healing, of loneliness and the end of loneliness. Stories about God."

It is around our tables that the stories of life and faith are told.

The Apostle Paul tells the young Timothy, "Guard the good treasure entrusted to you, with the help of the Holy Spirit living in us." We too need to guard the good treasure that has been given to us. Guard the stories—not by locking them up in our hearts but by sharing them. I am so grateful for the Wednesday night meals at church, for the women's brown bag that meets in the fireside room once a month, for the new lunch group for members who live at the Lennox. These are all important places for companionship.

Let us keep the faith around our tables. God has come to us in a meal and a story to be shared. Let us taste it, let us live it.

Peace friends ~ Pastor Kathy



Meal at Peace Church with our Philippine visitors last May

Coordinating Council The Coordinating Council will meet on Tuesday October 21 at 7pm

Sundays in October

We continue to have two services each Sunday morning. At 8:30 we have a weekly Communion Service. At 10:30 we have communion on the first Sunday of the month. The sermon at both services is the same. Special Music is always needed for our 8:30 service.

If you would like to sing or play an instrument for any of these Sundays, contact Jim Pospisil, our music director.

Sunday, October 5 World Communion Sunday

Scripture: Exodus 20

Sermon: Wisdom for the Way

This morning we will celebrate communion with Christians around the world through world communion Sunday. Most of our liturgy this morning will be from our partners in the Philippines. We will have special music by our worship team, kid's choir and adult choir. We will also receive the UCC Neighbors in Need Special Offering.

Sunday, October 12

This morning Rev. Rick Wagner, Associate Conference Minister for the Minnesota Conference of the United Church of Christ, will be our preacher. This morning we will welcome new members into our congregation at both services. Also at our 8:30 service we will celebrate the baptism of Gray Galarowicz, son of Alyson and Vicky, and at 10:30 we will celebrate the baptisms of Elizabeth and Brooke Van Straaten, daughters of Jeff and Aimee.

Prelude for the 10:30 service on October 12 will be Rudy Perrault performing Schubert's "Arpeggione" Sonata.

Sunday, October 19 — Children's Sabbath

Scripture: I Thessalonians 1: 1 - 10

Sermon: Living Messages

The youth will help to lead our worship this morning, along with our Puppets. Special music provided by the band and choir.

Sunday, October 26

Scripture: Deuteronomy 34: 1 – 12 and Matthew 22: 34 – 46

Sermon: The Compassionate Life David Hoffman and Susan Larson-Kidd will be providing special music for both services.

Opportunity for Prayer after the second service. On the last Sunday of the month, a Peace member will quietly and privately hear your prayer at the front of the sanctuary in the garden and offer a blessing.

All Saints Day—November 2 Honoring Loved Ones

On All Saints Sunday, November 2, we will honor family members who have died since last November. If you have a loved one you would like to honor, please send us a photo to scan, or email an electronic photo by October 27. We will be creating a slide show for our service that day.

Neighbors in Need Offering

Sunday, October 5 – *Please give Generously*

Neighbors in Need (NIN) is a special mission offering of the UCC that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of the offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects.

Update for Greeters and Ushers

Sunday, October 5, at 9:30 a.m. – 10:15 a.m. (the Adult Forum Time) in Fellowship Hall

Maybe you are new to greeting and ushering; maybe you have been a faithful volunteer for years. Either way, we would like to invite all of you who serve as greeters and ushers to join us for coffee and to update you on recent changes, to refresh our enthusiasm for this ministry of first greeting, and to learn if you have suggestions or recommendations that would improve what we do.

Do you remember the first time you entered Peace Church? A warm smile and a meaningful welcome into our community is what we want everyone who enters our doors to remember when they look back. We celebrate that we are a welcoming congregation and we are grateful to all of our volunteer greeters and ushers. We want to make sure you have all you need to continue to do your ministry well.

Advent Devotional Guide "Messengers of Hope"

We need to hear from you to create this!

We are planning to create a book of short devotions, poems, stories and meditations written by Peace Church members and friends for use during this coming Advent Season. We want lots of people to be part of creating this book! Send your poetry or prose of 300 words or less to Pastor Kathy or the church office. Common themes for advent are: hope, promise, Emmanuel (God with Us), waiting, and new life.

We hope to have copies of this book available by December 1st for people to use every day during Advent. **Contributions are due by early November.** Thanks to everyone who contributed to last year's devotional. We welcome your submissions this year, and hope to hear from new writers also.

Monday Night Women's Book Group

Monday evenings, 7p.m. in the Fireside Room

We're reading Elizabeth Lesser's *Broken Open: How Difficult Times Can Help Us Grow*. We'll be reading one part per week through October 20, then taking a one-week break. On November 3, we'll begin a new book: Joan Chittister's *The Friendship of Women*.

Newcomers and drop-ins are welcome at this group anytime!

Peace Parents of Pre-Schoolers

Sundays, 9:45 – 10:30 a.m. in the infant and toddler room Sundays through November 2 *(Note: no session on 10/12/2014)*

Children have a natural sense of wonder and innate spirituality. They become quickly aware of their *belovedness* to God. Share Christian faith practices with your young children—such as lighting candles, praying together or singing hymns – your toddlers will view them as a natural part of the day – a part that is love-giving and faith-forming. The blessing, however, is that these forming years for your children's faith, are faith transforming years for you, their parents. Share with other parents the joy and challenges of toddlers' days and grow in your own connectedness to the holy. **Please call the office or sign-up so that materials may be ordered for you. Contact Jackie Falk with questions.** jackie@peaceucc.org or 724-3637.

Women's Spirituality Group at the Lenox

Tuesday October 21 at noon Loni Cran-Hovis' Apartment #710

Join facilitator Cheryl Walsh for fellowship, conversation and prayer. Lunch provided.

Women's Brown Bag Study Group

October 22 at noon in the Fireside Room

This group meets monthly to explore, discuss, and reflect on how God is present in our lives through good times and bad. We meet the fourth Wednesday of each month at noon. Come, we welcome you. Bring your lunch; coffee and dessert are provided. Call Cheryl Walsh, 525-4129, with any questions.

Picture Directories Pick them up on Sundays at church, or in the office anytime.

Small Group Facilitator Training

Gary Boelhower will again lead the training for small group facilitators this coming fall on two **Saturdays**, **October 11 and 18 from 9am-12pm**. Please mark your calendars. Many members of Peace are familiar with the basics of small group leadership. However, Gary helps makes clear what additional preparation, tools, and attention must be given to leading groups to create safe settings for meaningful faith exploration and dialogue that make it safe for our souls to peek out.

We are inviting you to make a commitment that we believe will deepen your faith and expand your relationships in our community here at Peace.

Look for a sign-up sheet in the Narthex. Contact Jackie for more info or to sign up: 724-3637.

Vibrant, Life-Faith Formation

Our congregation seeks to nurture, to equip, and to support our members and friends in the life-long process of growing and deepening in their faith and of developing their ability to connect their faith to their daily lives.

In our Long Range Plan we stated why we are here: To help people grow towards spiritual maturity so that they find the emotional hurts being healed, develop a healthy personal values system and feel the peace and power of faith in God's abiding presence all in the setting and context of Christian community.

This central goal from our Long Range Plan does not find a ready-made home in one of our current teams or committees. So we are hosting a "Faith Formation Task Force," an open group that meets alternate months to vision and to plan how we as a community expand opportunities to grow spiritually.

At our first meeting, led by Gary Boelhower, we noticed Peace is doing well in these ways: making small community groups in all kinds of settings, including the way committee membership structure is open; music and worship that is dynamic and satisfies many; diverse opportunities for children and youth to grow in faith, especially the sharing of milestones such as confirmation, mission trips, and high school graduation; many varied opportunities to participate in service and action for justice—the Prophetic Ministries Hub; and the many opportunities to hear and tell our stories.

We will meet for the third time on Saturday morning November 22, 2014, from 9:30 to11:30 a.m., in the Fireside Room at Peace Church. Please join us.

If you have other thoughts to share, contact me, Jackie Falk: 218-724-3637 (church), 218-310-3908 (cell), or email me at jackie@peacucc.org.

Adult Forums

Every Sunday morning 9:30 in the Fireside Room

Join us for a time of learning and fellowship.

Sunday, October 5: Greg Mertzig, a case manager for the Community Offender Reentry Program (CORP) at SOAR Career Solutions, will be presenting about a potential volunteer opportunity that will be available to congregation members. CORP is a voluntary program that helps ex-offenders overcome life obstacles through intensive case management, restorative justice, career development, and mentoring. Research indicates that reentry programs with a strong mentoring program have far lower rates of recidivism. At his presentation, Greg will talk about how CORP is looking for volunteer mentors (especially men) to serve as a friend, role model, and social support to an ex-offender.

Sunday, October 12: Rev. Rick Wagner, Associate Conference Minister of the Minnesota Conference of the UCC will be our presenter. He will talk about creating a culture of generosity both in our individual and corporate lives.

Sunday, October 19 and 26 "The Soul of Money" presented by our Peace Church Stewardship Team.

The members of Peace Church Stewardship Team have been reading and discussing Lynne Twist's *The Soul of Money* for insight into how we use the money entrusted to each of us. Twist introduces us to three common myths about money: *There is never enough; More is better; and That's just the way it is.* The Stewardship Team would love to talk with you about this and more during our October 19th and 26th Adult Forums. They are intended to get us all thinking about money and our stewardship of it.

Men's Breakfast

October 9 & 23 7am — Chester Creek Café

We meet every other Thursday at 7am at Chester Creek Café for breakfast and conversation. All men are welcome. Join us!



PALS (Peace Adults Learning & Socializing) Sunday, October 19 Preservation Tour of Duluth

1:30pm, starting at the Depot

We have a bus scheduled to take us on a tour of historical homes and other interesting Duluth locations. The bus holds 28 people, so be sure to watch for an email soon with an rsvp option and more info. Cost will be \$15 per person. Stay tuned for a possible lunch option after church.



Furnishing the Steve O'Neil Apartments

<u>d · Shelter · Dignity · Hope</u> CHUM has established an online community registry to furnish CHUM's new emergency family shelter and 44 apartments for homeless families with children: <u>www.tinyurl.com/</u> <u>steveoregistry</u>. They would like to have the project complete by December 1st. If every congregation could commit to an apartment or a room, in addition to encouraging individual participation, it would make a big difference. Thanks to St. Benedict's, St. Michael's and Lakeside Presbyterian for their early support at this level.

Fall CHUM Assembly: November 18

Asbury Methodist Church (6822 Grand) 6:30 Fellowship —7:00 – 8:15 Program

CHUM encourages its member congregations to bring 10 of your strongest leaders in addition to your official delegates. We are especially interested in engaging young adults and youth in CHUM and the fall assembly is a great way to broaden (and deepen) the leadership within your congregation for CHUM's important work.

International Dinner *in support of CHUM* Oct. 18—Unitarian Universalist Congregation

5:30 p.m. social hour — 6 p.m. dinner. Contact Mary at 218-720-6521, Ext 204, if you wish to attend.

Meals at CHUM Drop-in Center (1st Ave W and 2nd St.)

Wednesday Breakfast—October 1, 15 & 29

every other Wednesday, 9am-11am Join this fun group to make breakfast at CHUM!

<u> Thursday Dinner — October 16</u>

Third Thursday of each month 4-6pm Help is always welcome! Contact the office or Cathy Carlson, cathycarlson62@gmail.com for info.

Wednesdays at Peace Church

Wednesday Activity Schedule

5pm: Time of Prayer in Chapel 5-5:30pm: Kids Choir in the Music Room 5:30-6pm: Dinner in the Fellowship Hall 6-7pm: Bible Study in the Fireside Room Peace Puppets in the Mindanao Room Inquirers Class — Fireside Room on October 1 6:15pm: Adult Choir 6:30-8pm: Youth Group 7-8:15pmConfirmation

There will be childcare provided in the Nursery for all children 1st grade and younger.



What do you get when you put puppets and singing and lots of new music together? You 'get the all new Peace Puppets! Vicki Westrick, children's choir director, has joined with Cindy McLean, long-time puppet director, to add more music and fun to the Peace Puppets.

Who: All 2nd through 5th grade kids.

When: Practice Wednesdays 6:00 to 7:00pm and perform occasionally during the 10:30 Children's Time

Where: Mindanao Room (downstairs, next to the music room)

If you have never been in Peace Puppets before, this is the perfect time to start. Kids you do not want to miss this!

Kids Choir!

If your child is between the ages of preschool and 3rd grade, please come to the Peace Church Music Room from 5:00-5:30pm every Wednesday. Sing silly songs, play get-to-know-you games, and learn new songs. Super fun! For more information please contact Children's Minister Mark Hakes or Music Director Jim Pospisil.

First Year Confirmation Calling All Ninth Graders

We have a great group of youth and an exciting year planned for you with class the **first and third Wednesdays from 7 – 8:15 pm.** Warren Post will be helping Pastor Kathy teach this class.

Wednesday, October 1 – What is the Bible? Come learn more . . . how many books? Who wrote them? Over what period of time? Who's in? Who's not?

Wednesday, October 15 – Creation Stories . . . The two in the Bible and a whole lot more.

Second Year Confirmation Tenth Graders!

The second year class will meet on the second and fourth Wednesdays of each month from 7 8:15pm.

Wednesday, October 8 – What is sin? Can anything ever separate us truly from God's love?

Wednesday, October 22 – God seeks us out . . . parables of the lost sheep, lost coin, lost son . . . Even we can be found!

Time of Prayer in Chapel Wednesdays at 5pm

Be still and know that I am God An Invitation to CENTERING PRAYER Come for a time of check-in at 4:45 p.m. Practice the Prayer at 5:00 p.m. Opened and closed by Music from Jim Larson

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

Wednesday Evening Bible Study 6 pm in the Fireside Room Great Fellowship, Prayer and Learning

Join us on Wednesday evenings, reading the Gospel lesson for the coming Sunday using the Lectio Divina method. Lectio Divina is listening for the still, small voice of God that speaks to us. No prior biblical knowledge needed! We close with prayer, each praying for the person on his or her right. Join us as we practice this ancient and yet very relevant method of Bible study.

Come sing in choir! The Peace Church choir meets every Wednesday at 6:15pm in the music room. Beginners welcome! Jim Pospisil directs with Wendy Durrwachter accompanying. Please contact Jim at jim@peaceucc.org, or just show up on any Wednesday.

Youth Group Every Wednesday for 6th-8th graders 6:30pm -8:00pm in the Youth Room!

Senior High!! We're going to the Haunted Shack! Saturday, October 25th

We will meet at Church at 6:30pm and carpool to the Haunted Shack (at the Buffalo House). We will eat at the Buffalo House before we head to the Shack. The Haunted Shack and Hayride is \$12 (unless you bring a nonperishable food item, then it's \$10) and dinner is on your own. You should bring \$10-15 dollars for dinner (for a total of \$20-25); make sure you bring a canned good for the Shack! Scholarships are available, just let Mark know ahead of time. (http://www.hauntedshack.com/home.html)

Middle School Youth Lock-in! We're having another lock-in!!! November 15th-16th

Put it on your calendar: . Parents! You are invited to help with a service project that we'll start the night off with. Then, you're kicked out. Like the lock-ins we've had before, we'll end by eating breakfast and attending the 8:30 worship service together. There will be more details in the November Peace Bell.

Mark's Musings

"The only thing necessary for the triumph of evil is for good [people] to do nothing." – attributed to Edmund Burke

October is bullying awareness month. Bullying is a problem that affects millions of students, yet because parents, teachers, and other adults don't always see it, adults don't always understand how extreme bullying can get. Every day thousands of children and teens wake up afraid to go to school. Bullying is more than teasing, making jokes or "boys being boys." It's more than throwing punches or pushing a child down. It can include name-calling, calling a student gay or a girl a slut, spreading rumors or mocking a person's differences, either in person, behind a child's back or through social media or cell phones. It can be pushing a peer around or physically harming him. The less powerful are frequently targeted. Bullying does more than make life unpleasant for the picked-on students. It can damage their self-esteem, cause depression, distract them from school, hurt academic performance and cause them to be afraid to go to school. In some cases the effects reach into adulthood or worse, to death. Research has indicated that bullying victims are more likely to attempt or complete suicide than their peers who are not bullied.

And yet, as common as bullying is, statistics show that no action is taken in about 85 percent of bullying cases; either the incidents are not reported or the schools do nothing. The difficulty comes first in defining bullying, then in recognizing it in schools, church groups, playgrounds and neighborhoods.

Bullying, as defined in the Duluth School District's new bullying policy, is "intimidating, threatening, abusive, or harming conduct that is objectively offensive and: 1) an actual or perceived imbalance of power exits between the student engaging in the prohibited conduct and the target of the prohibited conduct, and the conduct is repeated or forms a pattern; or 2) materially and substantially interferes with a student's educational opportunities or performance or ability to participate in school functions or activities or received school benefits, services, or privileges."

Putting an end to bullying also is not an easy task, because it requires more than just teachers and administrators catching and punishing bullies. It also requires parents to recognize it, empowering victims to come forward and teaching children to be the one who confronts the bully. It also means encouraging witnesses to come forward and report what they've seen.

It's also important to remember that bullies are made, not born. We are not fighting the person, but the behavior, and there is something or, more likely, a multitude of things that contribute to the bully's behavior. Bullies often come from homes where physical punishment (or abuse) is used and children have been taught that physical violence is the way to handle problems and "get their way." Bullies usually also come from homes where the parents fight a lot, so violence has been modeled for them. Parental involvement frequently is lacking in bullies' lives and there seems to be little warmth. Bullies are victims in their own right.

If you are being bullied or harassed, talk to someone, a parent, teacher, principal or even me. Pastor Kathy, Jackie, and I are all available to meet with you and talk and we can help advocate for you with school and District administration. If you witness bullying, speak up! Tell someone, a parent, teacher, me, any adult and be kind to the person being bullied. Bullying is a problem that can be solved. No one should be bullied and no one should feel they have to resort to bullying. Let's work together for change! ~ Mark

Peace Church News

Mark your calendars now — Intergenerational Work Camp 2015

(half adults/half high school youth)

This year's work camp will be with New Vision in Philippi, West Virginia. We will leave on Saturday, July 25th and return late on Friday, July 30th. New Vision is a Christian Community Development Organization working to ReEnergize Communities. It evolved from a rich 50 year history of ministry and development in rural communities in Appalachia and around the country.

The cost is \$350 per person with some scholarships available for youth. We will take a coach bus down and back and sleep in the New Vision dorms. They also provide our food and building materials.

From the New Vision web site:

ReThink...missions. Introduce your group to a mission experience of a different kind. Join others who are actively stewarding the earth's resources while simultaneously helping people access economical alternative energy solutions that meet their energy needs.

RePower...communities. Your team will learn about how significant the burden of energy costs is for ministries, community facilities and for low to moderate income families. At the same time they are learning how to help people help themselves through renewable energy projects.

UNICEF CARNIVAL

Sunday October 26, 11:30-1pm Volunteer and Donations Sign Up Sheet

The UNICEF Carnival is only possible through the donations and cheerful support of volunteers. Please indicate below in what ways you are willing to help, and return this form to the office.

Name ____

Phone # _____

Donations:

Please write in the quantity you are willing to donate.

Donate _____ decorated cake(s)/cupcakes for the Cakewalk (store bought is OK)

Donate _____packages of wieners (organic preferred)

and _____packages of buns

Donate _____ gallons of apple cider

- Donate _____ bags of carrots
- Donate _____ bags of apples
- Donate _____ bottles of caramel ice cream topping
- Donate \$____(cash) to purchase prizes

Please return all donations to the Church no later than Wednesday, Oct. 22 (except baked goods—turn in on Saturday) so we can purchase what is still needed.

Volunteer Help:

Please check the ways you are willing to help:

Help set up on Saturday Oct. 25 from 10am-12noon

_ Help during carnival with games, food, tickets

_ Help clean up after carnival

Team and Committee Meetings

Newcomers are always welcome at our meetings!

The History Team will meet in the History Room on October 8 from 10am-2pm.

Vibrant Ministry Team will meet on Wednesday, October 8, at 4:30pm.

Property, Food and Fellowship, Children's Ed., and Finance Teams will meet on Wednesday, October 8, at 6pm in the Fellowship Hall. We all begin downstairs with dinner at 5:30 and then break into the various committees and teams.

Acting for Justice Hub meeting Sunday, October 12, at 11:45am in the Music Room. We will begin with lunch together and then divide into our individual teams—Dismantling Racism, Open and Affirming, Global Partnership and Peace/Justice. New folks are always welcome!

Worship and Arts Committee will meet on Tuesday, October 14 at 5 pm in the Sanctuary.

Stewardship Team will meet on Thursday, October 16, at 5pm in Conference Room.

Adult Ed Team will meet on Tuesday October 21 at 4:30pm.

Health and Wellness Team will meet on Sunday October 19 at 11:30am in the Conference Room.

If we missed your team or committee on this schedule, or if we have an incorrect time, please let us know! (724-3637)

Thoughts on the Way by Jackie Falk

Manna and Mindfulness

At Bible Study last Wednesday (September 18, 2014) we read this familiar passage from Exodus. The Israelites have been on the road in the wilderness for a month. After the narrow escape through the Red Sea, their adrenalin was returned to normal; the newness and excitement of being "on the road" had faded and the Israelites are doing drama and stress. In mournful tones, they complained that all they saw was death behind them and death in front of them: "We could have died in Egypt with full stomachs, but no, Moses and Aaron, you brought us to starve here in the wilderness." No problem with complaining—crying out—Moses and Aaron tell the Israelites, "Just talk to the one responsible, the LORD." And the LORD listened and provided food for them, in most unexpected ways: "The Israelites took one look and said to one another, *man-hu* (What is it?). They had no idea what it was. So Moses told them, "It's the bread God has given you to eat. And these are God's instructions: 'Gather enough for each person, about two quarts per person; gather enough for everyone in your tent."¹

Mindlessly the Israelites had been complaining. Their heads were spinning with nostalgic words, ideas, and images of their Egyptian bondage, the stressful discomfort of an uncertain and unfamiliar present, and compelling fears of starvation in the future. The Israelites' ability "to see" was clouded by fear and anxious anticipation. When the LORD provided unfamiliar "bread," they could only ask, "What is it?"

It is the perfect question. "What is it?" Manna" is the question that moves us from *mindlessness* to *mindfulness*. Ellen Langer, a social psychologist on the faculty at Harvard, defined *mindfulness* this way in her May 2014 interview with Krista Tippett: *Mindfulness* is "the very simple process of actively noticing new things. When you actively notice new things it puts you in the present, makes you sensitive to context - with a result of increased health, competence, and happiness." Langer's studies, begun in the '70's, are in alignment with current findings in neuroscience and her conviction that we are undergoing an evolution in consciousness."My belief is that our beliefs are not inconsequential. It's not that they matter a little. That they're almost the only thing that does matter. It's a very extreme statement."²

At the end of Bible Study, Marilyn Mayry prayed for us to ask "What is it?" not with suspicion, but with expectation of wonder and abundance. Every morning we can step out *mindfully* into our daily lives, as if we were with the Israelites stepping into the wilderness. We can set aside old categories, ideas, words, and the expectations we attach to them and ask anew: "Man-hu? What is it?" knowing that the LORD is providing "bread" in both familiar and unfamiliar ways, enough for us, all those we love and all those God loves. May we receive each day's portion of manna and ask 'What is it?' with curiosity and the expectation of the life abundant God invites us to live.

~ Jackie Falk, Faith Formation Minister

¹The Message

²http://www.onbeing.org/program/ellen-langer-science-ofmindlessness-and-mindfulness/transcript/6335#main_content



Celebration of Jackie Falk's call to Licensed Ministry at Peace Church

Witness for Peace Delegation to Honduras — from Lyn Clark Pegg Honduran Families and Communities Under Threat:

Learning from Indigenous Groups, Campesinos, and Human Rights Defenders

Central America, especially Honduras, has been in the news lately as children and families flood across the US-Mexican border. We will be in Honduras from January 9 - 19, and I am hoping that you all will consider this upcoming Witness for Peace delegation to learn first-hand about the root causes of that mass migration.

We will meet with community leaders, human rights lawyers, academics and journalists to understand how US economic policies have contributed to poverty and the rise of drug-related and criminal gangs. The delegation also will learn how US-funded police and military forces are involved in committing human rights abuses and enforcing a culture of impunity.

Honduras is in a very critical situation, and our witness and solidarity is especially important at this time. I hope you will be able to join us and spend 10 days in January with a great group of WFP delegates. Those 10 days can be life-changing! If you have any questions or thoughts, please don't hesitate to contact me by email or phone. Lyn Clark Pegg (218-348-3048)

Peace Church News

Moderator's Report

by Kathy Bray, Peace Church Moderator

The air has a crispness about it in the mornings now, and the leaves are starting to turn color beautifully this year! Church activities are back in full swing with the start of the school year; looking ahead the calendar is overflowing with opportunity for involvement both within and outside of Peace Church. The reach of Peace goes far beyond the four walls of our sanctuary - you see Peace members volunteering at schools, at community events, at non-profit organizations, on governmental boards and committees. Lives are full these days, families busier than ever. And, as important as legwork and energy are to sustaining a church, so are dollars. We continue to lag behind in our pledges, despite living within our budget on the items over which we have control -Mother Nature is largely to blame this year for the anticipated budget deficit, with the never-ending and brutally cold winter she imposed upon us. The church's cash flow has been struggling in recent months, but simply catching up on pledges over the next month or two would put that issue back in balance and allow us to focus on bridging that remaining deficit gap before the end of the year. Do double-check your pledge status and do what you can to help us bring the pledge line back on budget for next month. Thank you!

Committee Reports at September's meeting reflected the richness of our church community's activities:

Rally Sunday was a booming success and the Christian Education Committee continues overachieving as it moves forward with pageant plans (yes, if you think retail is early with their thoughts of Christmas, our C.E. Committee is a step ahead of them!). We are overflowing with youthful energy and exuberance and often, the decibel levels increase to cause some concern with folks unable to hear or reflect on the words being said. Discussion occurred regarding the potential for installation of additional speakers, and the reminder to families that if an active little one needs the opportunity to move his or her body during the service, they are invited to burn off some of that energy outside of the sanctuary in the hallway or in the Fireside Room, while the parent or guardian can still participate in and enjoy the service via the speakers positioned outside of the sanctuary. We also have hired some wonderful new nursery workers, and Mark Hakes will be profiling them in next month's Peace Bell, to help members feel comfortable entrusting our youngest worshippers with them after Children's Time. We continue to explore and discuss ways to balance the wonderful joy of children with the need to have all those present be able to hear the readings and sermon, and enjoy a moment or two of silence and contemplation during prayer. Truly, what a wonderful problem for us to have to discuss - multi-generational needs of a growing church! As a parent of often-boisterous boys, I remain forever grateful to Peace Church for always providing a warm welcome.

The usher and greeter training has continued with a slightly more formalized structure to help those volunteering for those duties have an understanding of the importance of their roles. The time and effort put in by those assuming lead roles as usher and greeter volunteers is much appreciated.

Many opportunities are coming in the months ahead to share a meal with your fellow congregation members, including the stewardship dinner and the traditional post-Christmas Eve service meal. The stewardship drive will kick off on October 12, and the Minnesota UCC's Associate Conference Minister, Rick Wagner, will preach that Sunday. The drive will culminate with our celebration dinner gathering on November 9.

Thank you to all of you who help make Peace the special church and community it is.

COUNCIL MEMBERS

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Susan Goltz 525-9478 Member at large smgoltz@gmail.com

Jon Barry 218-301-9452 Member at large barr0422@gmail.com

Acting for Justice

Voices for Justice Peace Church has a vital commitment to working for justice. We are energized and heartened by hearing each other's stories. Each month, we will share a brief story from members of our community, learning from each other while we also expand our visions and hopes. If you would like to share your story, or want to suggest someone to include in this column, please leave a message at the office. Every story is a gift.

Gunnar Aas: Speaking Out for Justice

Gunnar Aas has demonstrated an early interest in love, peace, and justice. Gunnar has enjoyed support and challenges from his family, Peace's youth group, East High's Green Team, Amberwing and the YMCA. Through these relationships he has woven fiber and content into his commitment to justice.

As an informed and engaged young man, Gunnar has developed a number of questions about the root causes of the violence and aggression we see around the world. He recalled a particularly vivid interaction when he was in middle school, talking with Pastor Paul Van Antwerp about injustice the in the Middle East and the impact of



violence on innocent civilians. Gunnar also recalled a number of one-to-one conversations with Pastor Kathy Nelson about the role of faith in the midst of so much confusion and aggression. He has come to understand that faith is carrying Jesus' message forward in your actions rather than simply identifying with the symbols and icons of Christianity. He noted that some folks claim to be Christian, but demonstrate no love or mercy. Gunnar has a good eye for irony.

Gunnar has appreciated growing up through the Peace youth group, where he developed many friendships. The loss of his friend Gregg Nugent last year had a huge emotional impact on Gunnar. Thanks to his work at Amberwing and guidance from Becky Halversten-Mellel, he was able to weave the pain of loss into his drive for more justice, love and peace. He has had a vivid personal lesson about how imperfect life can be. But dealing with this profound grief has helped Gunnar find focus and has added courage to his action.



Gunnar at the state capital last winter, lobbying for Safe Schools.

Gunnar has been involved with the YMCA's Youth in Government program for three years. This helped him build skills for speaking, researching and organizing. Wrestling with his grief gave Gunnar an opportunity to act in ways that countered bullying. Gunnar, along with ten other Peace Church youth, participated in the Youth Summit at the Capitol rotunda in St. Paul, where they lobbied state leaders on the issue of bullying in high schools. Gunnar spoke with passion and reason to Senator Reinert at the Capitol. He felt very good about the delivered message. And he was delighted that the legislation passed with support from the Youth Summit. Peace Church has helped Gunnar find his voice and lends content and commitment to his drive for justice in the 21st century.

Interviewed by Bill Mittlefehldt

Thank you to Pamela Mittlefehldt for editing the Voices for Justice article each month!

Donations for Project Homeless Connect: Project Homeless Connect is collecting personal care items such as wool socks, small bottles of shampoo and soap, toothbrushes, toothpaste, combs, hairbrushes, nail clippers, lotion and chapstick. There will be a bin in the Narthex. Items will be needed by October 12.

Project Homeless Connect — Wednesday October 15 — 10am-2pm Gimaajii Building at 202 W 2nd Street

Free lunch — free services (housing, employment, haircuts, foot care, flu shots, blood pressure screening, IDs and voter registration, legal services, veteran services, outdoor survival, bicycle maintenance, HepC testing.)

Acting for Justice

"Ties That Bind" Quilting Retreat

Saturday October 11 at Peace Church Making quilts for the Steve O'Neil apartments By Jo Johnson, creator and chief mover of Ties that Bind!

Even if you have not attended any of the sessions before, join us on Saturday, October 11 for an all day



quilting retreat. Come for an hour or all day. We will be tying, stitching, pressing and cutting, along with sewing cloth labels into finished quilts..... And we have 24 of them in house to date— half way to our goal!

A pot of soup and crackers will be served

at noon, and coffee and tea will be available all day. If you have sweet treats you'd like to share they are most welcomed. Bring your own scissors and sewing machine if you are able. Don't miss the fun!

We will continue to have sewing days or evenings into November, so watch for future dates.

AND... There will be a special blessing of the quilts on All Saints Sunday, Nov. 2, so plan on seeing a beautiful display and having the opportunity to personally bless these gifts we are making for our new neighbors.

Peace Church Garden Update

Raising Food for CHUM Food Shelf



Thanks to our Peace Church gardeners— Laurie Linder, Denise Perry, Sarah Nelson, Lisa Fitzpatrick and others—close to 500 pounds of lettuce, beans, cukes, tomatoes, and cabbage have been delivered to the CHUM Food Shelf!

The garden team, with help from Scott Mead, will be reconstructing one of larger raised garden beds this fall.

Questions? Sarah Nelson (sarah @silvercliff.net) or Laurie Linder (laurielinder3806@gmail.com)



October Birthdays ~ Call the office if you want to know a specific date.

Craig Peterson Nat Brown Bill DeRoche Hannah Johnson Sue Betz Barb Hanka Seth Hoffman Grant Kerttula John Doberstein Darrell Cran Sara Carlson Matt Hoeschen Scarlett Zeitler Jesse Schomberg Geof Witrak Jen Stenersen Eli Campbell Teela Jorde

George Bowen Brooke VanStraaten Tiffany Langdon-Larson Nikolai Fornear Dan Peterson Lorri Mitchell Dick Zengel Lynette Boyko Alison Wood Sharon Miller Ian Derauf Karen Morgan Susan Soule Micade Devlin **Bob Montgomery** Jon Devlin

Clare Boyle

Hallie Davis

Carter Broska Beth Post Scarlett Romberg Gabriel Zaun **Owen Ballmer** Marlene Sipila Mollie Stapleton Clark Amelia Evavold Wes Severson Katie Kehtel Rorie Arnold Ann Feven **Owen Kellner** Autumn Lundell Mina Hubert Kay Stevens Tammy Fox Zoie Jackson

Christine Aas-Larson Gudrun Witrak Elle Westrum AnpoWicahpi Miller Miles Benson **Mike Karstens** Kathy Bray Carla Witzman Sam Cook Isaac Wilkowske Erin DeWitt Diana Hanka Cedar Webster Ian Anderson Peggy Maske Susan Maras Tabitha Devlin Colette Knudsen

Peace People

Thank You!

>The worship team, Darin Bergsven, the band, and Diane and Mike Swanoski for providing special music for our worship services in September.

➤To Peter Spooner and Dr. Steven Matthews for presentations at our adult forum times in September.

➤To Elsie Cook, Karen Turner, and Susan Ranfranz for helping with our Water Color and Wonder activity.

To Lynn Devlin and Linda Goese for their work weeding and trimming the garden by our front door. It looks great!

From Christa, youth minister at Wayzata Community Church: "Peace UCC Thank you so much for opening up your church to us and welcoming us with huge loving arms. I'm so thankful that 18 kids and 3 adults had a place to call home during our mission trip! Blessings."

From Jebeh and Andy Edmunds and Ebola BlockAid: "Peace Church, Thank you for advertising and using your space as a donation site. We were able to collect 20 boxes from church! We were able to ship it to Florida where it's on

a 40 ft. container to Monrovia's JFK Medical Center expected to arrive this Oct. 15th. God Bless."

From Habitat for Humanity Executive Director Dave Nonnemacher: "Thank you for your generous gift of \$750. We appreciate your contribution to safe decent housing in our community. We look forward to working together in 2014, building hope one home at a time through your gifts and prayers."

From Habitat for Humanity Volunteer Coordinator Erin Currier: "Jim, Mark, Lynn, Kay, Lisa, Bill, Cindy, Mindy, Holly, Zoe, Kathy, Gail, Kirby and Cathleen, Just wanted to let you know you all were an amazing blessing to our friend James! He is so excited about the work you were able to do for him. You all were also a joy to work with! Thanks for coming out and making a difference in the Twin Ports Community!"

From CHUM: "Thank you for your gift to CHUM and the Community Housewarming Campaign for the Steve O'Neil apartments! We are grateful you have chosen to support us and the important work we do in the Duluth community. Your gift of \$50 from the children of Peace Church and Pilgrim Congregational VBS will be used to purchase furnishings. Please continue to keep our efforts in your thoughts and prayers."

From CHUM: Thank you for your congregation's gift to CHUM! Your gift of \$1416 has already been put to good use as we provide basic needed services to the people who enter our doors. We are very grateful you have chosen to support us and the important work we do in the Duluth community.



Lorraine

Keep in Your Prayers

Wes Severson, Peggy Maske, and Lillian Day, all at Chris Jensen Care Center, and Vi Brown at Westwood.

Bonnie Johnson on Hospice Care at Chris Jensen.

Helen and Charles Wessberg and Grace and Jerry Springsteele at Edgewood Vista

Welcome to the World

➢Grey James Galarowicz, son of Vicky and Alyson, born on August 26.



➢Lorraine Aresela

Muhammad, daughter of Denita LeClair and John Muhammad, born on September 18.

Wedding **Congratulations**

► Ally Hartje and Dillon Johnston who were married on September 13th. Pastor Kathy officiated.

Sympathy

▶ Robin Davidson on the death of her mother.

➢Dan and Lisa Shepard on the death of Lisa's father.

Memorials: Thank you to Ken and Mary Wergeland for a donation in memory of Myrna Johnson.



Community

Greetings from United Campus Ministry!

We are off and running at UMD! With a record breaking amount of freshmen this year, we welcomed students back Labor Day weekend. We saw so many new faces, and many familiar faces as well, at the Activities Fair and Community Fair. We again are offering our Monday night "Dinner for a Dollar" meals with our friends Lutheran Campus Ministry. We had 18 students our first Monday! This ministry allows us to provide a nutritious meal to students, which are one of the groups of people in our country that eat the worst due to time restraints and low budgets. Dollar Dinners are also a hands on way for you, our supporting local congregations, to get involved with UCM. Your group makes the meal and then can come serve and eat dinner with the students. It is a great way to connect students to the community and get them involved with a local congregation.

We are also hard at work fundraising! We only have enough funds to support this ministry for another year...and that is only employing our campus minister at fifteen hours a week. We desperately need prayers and money to keep going and perhaps reach our dream of funding a full time campus minister. We have sent out letters to individual donors and also put on our 2nd annual 50 cent sale. Last year we made close to \$1000 and hope to surpass that this year! If you would like to donate to this vital ministry please send donations to our mailing address made out to United Campus Ministry and sent to Hope UMC, 301 W. St. Marie St. Duluth MN 55803.

Blessings, Cynthia ucmduluth@gmail.com

Fourth Annual Duluth All-Day Sacred Harp Singing

Peace Church Fellowship Hall, Saturday October 18, 9:30am-3pm

Come and experience this early American hymn singing with its strong rhythms, soulful lyrics and haunting harmonies! This music is all about singing with others and the amazing sound, not about knowing how. You can come all day, but it's fine to just stop in any time during the day - there is a short break every hour, and 'dinner on the grounds' from noon to 1. Loaner books and child care available.

More information: Leslie Williamson White 218.728.9545 or leslieww876@gmail.com

Peace Bell Articles due October 20

Income Inequality Presentation

The Citizens Federation is hosting a speech and discussion on income inequality in Minnesota, with ideas on building an agenda for more equity.

Guest speaker, from St. Paul, is **Dane Smith**. He is president of the **Growth & Justice** policy organization (think tank), which takes a progressive view on how to create economic strength while attending to human needs and fairness at the same time. www.growthandjustice.org.

He is speaking at the **Citizens Federation's Celebration Dinner on Thurs., Oct. 9, at Holy Family Catholic Church, 2430 W. 3rd St.** A great spaghetti dinner (home made sauce) will be served, and there will also be a silent auction.

Social hour is at 5:30 pm, dinner is from 6 to 7, and Dane Smith's talk and discussion goes from 7 to 8. Admission is \$12 per person, and \$6 for children under 12.

If you have questions email buddy@citizensfed.org, or call 727-0207.

Help and Healing on the Spiritual Path Wednesday October 15, 7pm Arrowhead Place Building Conference Room Second Floor

205 W 2nd St.

Speaker: Brigitte Schneider, licensed healing practitioner from Germany and member of the Medical Scientific Group of the Bruno Groening Circle of Friends, a worldwide nonprofit association for healing on the spiritual path. All events are free of charge.

There will also be a documentary film "**The Phenomenon of Bruno Groning**" **shown from 1pm-7pm on Sunday October 26** at the same location as above. For more info, call 218-724-3400, or go to www.bruno-groening.org/english, or www.brunogroening-film.org.



October Volunteer Schedules

Lay Readers

- 5 8:30: Marilyn Mayry 10:30: Joan Peterson
- 12 8:30: Lynn Lanier 10:30: Cheryl Walsh
- 19 8:30: Lynn Devlin 10:30: Holly Bowen-Bailey
- 26 8:30: Zoe Simpson 10:30: Betty Greene

Greeters

- 5 Cindy Macaulay, Nettie Bothwell, Naomi Christensen
- 12 Marcus & Barbara Lovejoy, Katie Robinson
- 19 Lisa, Ella, Andrea Brown, Zoe Simpson
- 26 Jake or Anne Romberg, Jon Barry

8:30 Communion Bread

- 5 12 19
- 5 Linda Lundberg12 Linda Goese
 - 19 Hamshers

26 Justin Olson

Damiano Soup Kitchen October 12

1:30 - 4:00 - Susan Ranfranz, Megan and Jackson Manthey, Dennis or Denise Hamsher

4:30 - 6:30 - Justin or Jessica Olson, Betty Greene, Makoons Miller-Tanner, Jacob or Anne Romberg, Ann Sudoh

Monday Meals at Dorothy Day House (1712 Jefferson)

- 6 Deb Cooper
- 13 Gary A. and Gary B.
- 20 Gail and Jack Kelly
- 27 Justin Olson



- 5 River Fena, Kyra Hovis 12 Grant Kerttula, Maxwell Kozelka
- 19 Kiana Langdon-Larson, Lydia Kraker
- 26 Oscar Lundell, Benjamin Maras

<u>Nursery</u>

- 5 Rombergs, Katie Robinson, Zoe Simpson, Haley Montgomery
- 12 Jessica/Justin Olson, Tom Heinitz, Elena Davidson, Sylvie Bowen-Bailey
- 19 Karen Sheldon, Lori Seele, Chloe Benson
- 26 Patty Beech Lara Hamsher, Hannah Carpenter, Ella Brown

10:30 Ushers (Lead Usher in bold)

- 5 Bob Montgomery, Laurie Berner, Swanoskis
- 12 **Bob Montgomery,** Mina Hubert, Corrie Ehrbright, Marsha Hystead
- 19 Bob Montgomery, Nettie Bothwell, Naomi Christensen
- 26 **Bob Montgomery,** Cindy Macaulay, Katie Robinson, Zoe Simpson

8:30 Ushers

- 5 Zoe Simpson, Jon Barry
- 12 Susan Kehtel, Linda Lundberg
- 19 Marge Anderson & Jerry Cleveland
- 26 Bob & Kay Stevens

/ <u>Coffee Hour Committees</u> 🔾

October Coffee Hour

Coordinators: Jerry Cleveland & Marge Anderson, 724-4391 Sharon Crosby, 624-5582

October 5

- Communion Set-up: Leslie & Mark White, Dave & Bev Cave
- Communion Clean-up: Marge and Sharon
- Set-up: Jim & Vivian Gangl Serve/Clean-up: Sarah Jessico, Vicki Westrick, Shari Marshik,
 - Sara Carlson

October 12

Set-up: Nisswandt/Larsen Serve/Clean-up: Justin & Jessica Olson, Stacia Donovan, Chris & Joy Dunham

October 19

Set-up: Amy & Tavis Westbrook Serve/Clean-up: Jim & Jill Pospisil, Robin & Lee Davidson

October 26—UNICEF

Please bring 3 dozen treats on your day to help.

<u>Coming up November</u> Coordinators: Loni Cran-Hovis, 590-9255 Barb Hanka, 724-6352

Dave Winchester & Beth Bartlett, 525-0139

Aryn & Darin Bergsven, 728-1612

Laurie Berner, 525-3670

Judith & Bruce Derauf, 724-6729

Dick & Jan Eschbach, 721-3879

Caroline Harris, 728-5469

Mike & Jen Hudyma, 624-1512

Marge Johnson, 726-0154

Jo & Mark Johnson, 525-3779

Gayle & Jack Kelly, 340-0483

Cindy Martins, 728-2733

Aaron Molina, 341-6114

Beth & Warren Post, 590-6442

Karen & Gary Sheldon, 952-567-1079

Peggy Skylondz, 395-9271

Jim Soderberg, 724-0716

John & Jean Thoennes, 724-0097

Mary Wergeland, 724-4923 & Joan Severson, 728-4104 (serve/donate only) Peace United Church of Christ 1111 North 11th Avenue East Duluth, MN 55805

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Welcome to worship at Peace Church—Sunday Services are at 8:30 and 10:30 am

PEACE CHURCH STAFF

Lead Pastor: Rev. Kathy Nelson Music Director: Jim Pospisil Faith Formation Minister: Jackie Falk Youth and Children's Ministries: Mark Hakes Visitation: Cheryl Walsh



Bookkeeper: Toni Kasell Office Coordinator: Janell Kohls Office Assistant: Nancy Nelson Custodian: Dan Shepard Pianist: Wendy Durrwachter

PEACE CHURCH OFFICE HOURS: MONDAY-FRIDAY-9-3, PHONE: 218-724-3637

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PEACE BELL is a monthly publication of Peace United Church of Christ, Duluth, Minnesota

Praising God; Living the Way of Jesus; and Building the Beloved Community of God

Our vision is to be an accessible, open and affirming community growing in Christian faith, committed to peace and justice, and reaching out in healing love to all of creation, including all people, respecting and valuing the diversity of people's sexual orientation, race, culture, gender, age, opinions, and physical and mental abilities. Visitors are always welcome!