<table>
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<th>SUNDAY</th>
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| Wear Red for Women’s Heart Health  
(February 4th)  
Worship with Children’s Sermon  
9:15 am Sunday Class  
10:30 am Communion Worship | 10:30 am Praise Team  
11:45 am Women’s Bible Study | 10:30 am Praise Team  
11:45 am Women’s Bible Study | 9:15 am School Board  
1:30 PM Avamere Bible Study  
7:00 PM Bell Practice  
8:00 PM Choir Practice | 10:00 am Quilting For Kids | 10:00 am Quilting For Kids | 10:00 am Quilting For Kids |
| Scout Sunday, Feb. 6th  
Scout presentation at 2nd service | 2:00 pm Confirmation Class  
7:00 PM Bible Study Schmitt’s | 10:30 am Praise Team  
11:45 am Women’s Bible Study | 9:15 am School Board  
1:30 PM Avamere Bible Study  
7:00 PM Bell Practice  
8:00 PM Choir Practice | 12:00 pm “Sweetheart” lunch  
Amazing Grays | 12:00 pm “Sweetheart” lunch  
Amazing Grays | 12:00 pm “Sweetheart” lunch  
Amazing Grays |
| 6      | 7      | 8       | 9         | 10       | 11     | 12       |
| 8:00 am Worship with Children’s Sermon  
9:15 am Sunday Class  
10:30 am Communion Worship | 7:00 pm Bible Study Schmitt’s | 10:30 am Praise Team  
11:45 am Women’s Bible Study | 9:15 am School Board  
1:30 PM Avamere Bible Study  
7:00 PM Bell Practice  
8:00 PM Choir Practice | 10:00 am Quilting For Kids | FOOD BASKETS DELIVERED BY HUMAN CARE  
Send in Your Points for Walk to Jerusalem | FOOD BASKETS DELIVERED BY HUMAN CARE  
Send in Your Points for Walk to Jerusalem |
| 13     | 14     | 15      | 16        | 17       | 18     | 19       |
| 8:00 am Communion Worship  
9:15 am Sunday Class  
10:30 am Worship with Children’s Sermon | 1:00 pm Knot Tiers  
7:00 PM Bible Study Schmitt’s | 10:30 am Praise Team  
11:45 am Women’s Bible Study  
7:00 PM Church Council Room 125 | 1:30 PM Avamere Bible Study  
7:00 PM Bell Practice  
8:00 PM Choir Practice | NEWSLETTER DEADLINE | 10:00 am Quilting For Kids | 10:00 am Quilting For Kids |
| 20     | 21     | 22      | 23        | 24       | 25     | 26       |
| 8:00 am Worship with Children’s Sermon  
9:15 am Sunday Class  
10:30 am Communion Worship | 6:00 pm Confirmation Class | 10:30 am Praise Team | 1:30 PM Avamere Bible Study  
7:00 PM Bell Practice  
8:00 PM Choir Practice | 6:30pm MOVIE NIGHT |
| 27     | 28     |         |           |          |        |          |
| 9:15 am Sunday Classes  
One Service Only 10:00 am | 7:00 PM Bible Study Schmitt’s | Luther League Volleyball  
CLC, Sundays, 2:00 | |
| MISSION FAIR | | | | | | |
Dear Friends in Christ at Prince of Peace:

It is my great joy to take this opportunity to introduce myself to you through this February newsletter page. My name is Jeff Kranich and I am the new Family Life Educator here at Prince of Peace! I have only been here for a few weeks, so I am still getting to know the schedules and rhythms of this place, and am slowly becoming acquainted with names and faces as I attend meetings, participate in activities, and wander through various gatherings at Church and School.

I am actually a native of the Northwest, born and raised right here in Portland, Oregon (on the east side). I attended both Concordia Lutheran High School and College (now University) graduating in 1980 with a degree in Education, a minor in Theology, and an emphasis in Youth Ministry. I served a congregation in Ontario, Canada from 1980-1982 when I accepted a Call to serve here at Prince of Peace from 1982-1990. I then accepted a Call to Seattle, Washington where I served from 1991-2010, and have now returned home to Portland and Prince of Peace for the next part of the journey that God has planned for us together! My wife, Becky, and I are proud parents of four grown children, three of whom had the joy of experiencing pre-school here at Prince of Peace with Jody Thurston!!

I am familiar with some parts of the Prince of Peace Campus, but some parts are new (like the CLC). I am deeply connected with many of the long-time members of this Church, but also recognize that a new generation has come and grown into leadership since I was here last, and there are many new families to get to know and love in Jesus’ name. And that is what I hope will be at the heart of my ministry with and among you in the years ahead!

Prince of Peace is a strong congregation with a gifted and compassionate Shepherd in Pastor Dan. Under his guidance there are many vibrant ministries in place staffed by gifted and committed volunteers. We have an exceptional School community led by a team of talented, creative Teaching professionals, and supported by an equally gifted and nurturing Director in Darlene Thauland. For many churches this would be enough, but you saw more opportunities to “Know Christ and to Make Him Known”. And so you followed God’s leading to call a Family Life Educator who could work alongside the committed ministry staff already in place, to help further organize the many gifts within this congregation and expand our ability to reach out and embrace the families in our school, and the families in our community, with the love of Christ.

(Cont. page 2)
In the weeks ahead I will continue to meet and pray with the leaders and workers in this congregation, listening carefully to their hopes and dreams, and God’s hopes and dreams for this place. Together, we will work to expand and enhance current ministries to include more individuals and families, and re-engage some who may have drifted away from our community. As God leads, we will also work to develop new plans and strategies to create open doors of invitation for those who have not yet experienced what He, through us, has to offer them. As a part of that strategy I hope to work with you to create mission and service opportunities for people of all ages in our Church, School and Community where we can put the love of Christ into action. Through these activities those watching will not only hear us talk about the love of Jesus, but will see that love demonstrated through tangible expressions of compassionate service, and those involved will know first hand the joy and satisfaction of being an answer to someone’s prayer in Jesus’ name!

In case you can’t tell, I am really excited to be here - and particularly excited to be here with you! God has immense things planned for this congregation. I look forward to seeking after His will for this place, and to working alongside you to see that will become both reality and blessing for all of us here at Prince of Peace! Jeremiah 29:11 (look it up!)

Peace in Christ,
Jeff Kranich
Family Life Educator

Photo Directory

Please send photos to me for the collage pages for our photo directory.

- e-mail them to tkecook@frontier.com OR drop prints off at the office. Please include your name on the back if you want them returned.

If you have not scheduled a sitting time, please do so ASAP!

Kristina Cook 503-533-0572
Guest Presenter: Jon Rains from Rains Marketing

Devotions: Pastor Dan shared part of Paul's letter to the Romans. We talked about how we are to rejoice with those who are rejoicing and mourn with those who are mourning. We saw the need to learn more about what is going on in the lives of our Prince of Peace families. We also talked about the loss of the dream of expanding the school and how there is a need for our congregation to redefine our vision.

Rituals and Traditions: Council members recited our mission statement which reminded us that we are all ministers of Prince of Peace and that we seek To Know Him and Make Him Known.

Caring Conversations: In response to our devotion, we took time to share our thoughts about the future of Prince of Peace. Later in the meeting, we shared updates from our star point areas. Jill shared information about upcoming fellowship possibilities (white elephant gift exchange, potpourri groups, etc.). Jan and the worship committee are preparing for Lent. Pastor will be mentoring Wes Fenning in the area of lay ministry. Karina shared that we have many people (over 60) signed up for the "Walk to Jerusalem." Jody reported that the school board is meeting tomorrow and has a full agenda. She also mentioned that the Sunday school leaders have planned out the remainder of the school year.

Service:

PoP Web Services- Jon Rains from Rains Marketing gave a presentation on options for expanding our church website and technological outreach/resources. One key idea would be to make the church and school websites more unified. We may want to consider connecting to people in new ways (Facebook, text messaging, etc.). The initial cost would be around $5,000 and ongoing monthly maintenance would be approximately $500.

Mission Fair- This event is scheduled for February 27th. It will be a single service Sunday with Sunday school and adult education still being offered. Jeff will have a table at the Mission Fair to talk about past student mission trips and opportunities for the future.

Nursery Staff- Nursery attendance is quite low and we discussed whether we should offer a regular nursery attendant or create a "cry room" for interested families. The plan is to move to a cry room model this February.

2011 Budget- George presented our final 2010 operating results compared with our 2010 budget as well as 2009 expenses. The 2011 budget will be presented to the congregation this Sunday. The proposed budget will include a one-year deficit, however we have over $150,000 in operating reserves.

Debbie Hereford, Recording Secretary

WORSHIP SCHEDULE for
LENT & EASTER

- Ash Wednesday: March 9, 7:00 PM
- Lent services every Wednesday between March 9 and April 20, 7:00 PM
- Palm Sunday: April 17, 8:00 AM and 10:30 PM
- Maundy Thursday: April 21, 7:00 PM
- Good Friday: April 22, 7:00 PM
- Easter Sunday: April 24, sunrise service 7:00 AM, family service 9:15 AM, late service 10:30 PM
SLEEP

Sleep is important in maintaining a healthy balance to our body, mind, and spirit. The adult body needs 8 hours of sleep daily. As we age, we need about 10 hours daily. A survey in 2006 found that many people slept less than 6 hours a night, and the majority (75%) had sleep difficulties at least a few nights per week. While short term sleep loss is nothing to worry about, chronic sleep loss can be concerning as it contributes to many health issues.

Six reasons to get enough sleep:

1. **Learning & Memory** - Sleep helps the brain commit new information to memory.
2. **Metabolism & Weight** - Chronic sleep deprivation may cause weight gain, affecting the way the body processes carbohydrates, and by altering the levels of hormones that affect our appetite.
3. **Safety** - Sleep deprivation contributes to a greater tendency to fall asleep during the daytime - this can cause falls, mistakes in judgment, or work errors and driving accidents.
4. **Mood** - may result in irritability, impatience, inability to concentrate and moodiness. Lack of sleep makes you too tired to do the things you like to do.
5. **Cardiovascular Health** - Sleep deprivation is linked to high blood pressure, increased stress hormone levels, and irregular heart beat.
6. **Decrease sleep** - alters immune function, making us more susceptible to infections, and more difficult to rid our body of infections once we have them. Sleep may also help fight cancer.

So, what can you do to get more sleep? Here are several steps to take that are known to help with sleep.

**Sleep Hygiene Rules for Insomnia Prevention**

This is a common set of rules for insomnia prevention known as the Sleep Hygiene Rules. It is a set of tips to help people fall asleep and stay asleep. It may take a week or two to get the hang of everything listed, but you should see results as you get into a better routine. It is important to have the discipline to follow these rules.

1. **Most important:** Get up at the same time every single day, including the weekends.
2. Try to go to bed at a reasonable hour, so that you are not tired the next day. Remember to follow rule number one.
3. Allow at least 1 hour to unwind before bedtime. You may try relaxation or meditation techniques to help you unwind.
4. Use the bedroom only for sex and sleep. This enhances your brain's association of the bedroom to be a place for sleep.
5. Avoid caffeine after dinner. Some people are so sensitive they need to avoid caffeine after lunch.
6. Avoid large meals just before bed. Eating just before lying down often results in heartburn.
7. Exercise daily, but avoid exercise 2-4 hours prior to bedtime.
8. Keep the bedroom cool, dark, and quiet to facilitate your body's ability to wind down. No TV!
9. Avoid napping during the day. This can confuse your biological clock.

**Extra Tips for special problems:**

1. If possible, sunlight upon awaking is helpful to set the biological clock.
2. If you work the night shift, you may have to plan on waking up while the sun is still up. Then sleep with your windows covered with heavy curtains. You should turn your answering machine on so that you do not get disturbed.

It isn’t too late to sign up for our “Walk to Jerusalem”!
**Announcements**

**Prince of Peace Annual Mission Fair**

Sunday, February 27, 2011

One Service Only!
10:00 a.m. - CLC Gym

* Festival Worship (the school children will be singing)
* Visit booths from various local and global mission agencies
* View displays of student work about different cultures
* Sample pastries from around the world

*Jesus said* “Go therefore and make disciples of all nations…” Matthew 28:19

**Food Pantry Needs**

- Cereal-Oatmeal
- Toilet paper
- White rice
- Mac and cheese
- Toiletries (such as toothpaste and toothbrushes)

**Wear Red for Women’s Heart Health**

Friday, February 4th

Sunday, February 6th

**Save the Date!**

April 8, 9, 10

Canon Beach

**Quilting for Kids**

Feb. 3, 10:00

Mar. 3, 10:00

Contact Mary Raetz
503-629-2025

**Knot Tiers**

Feb. 14, 1:00

Mar. 14, 1:00

Contact Anne Seim
503-646-7700

**Adult Sunday Classes**

12 Weeks

Walk to Jerusalem Devotions

**Quilting News**

**Food Pantry Needs**

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- White rice
- Mac and cheese
- Toiletries (such as toothpaste and toothbrushes)

**Sweetheart” Lunch**

Come with or without a sweetheart!
February 10th
Time & Place TBD
Bring a valentine to share.
Please check the bulletin board for details

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Loving Service

John 15:11-12 [Jesus said] “These things I have spoken to you, that My joy may remain in you and that your joy may be full. This is My commandment, that you love one another as I have loved you.”

During the month of February the school children will have the opportunity to put their love for Jesus into loving service for others. The children will enjoy making tokens of love to share with their families. They will exchange greetings of friendship with each other at annual Valentine parties, and express appreciation for all those who help make Prince of Peace a great place to learn and grow.

Our Chapel offering for winter quarter is going to missionaries Ivan and Jennifer Rasch who serve in Jos, Nigeria. Ivan coordinates the short term mission efforts in five West African countries, and Jennifer teaches music at a kindergarten through 12th grade school. We pray God’s blessing on their ministry. Dec-Feb offerings will be sent to the Rasch family. Even these little ones can learn the joy of lovingly serving others as they follow Jesus.

Serving With Love,
Darlene Thauland

Hearts

What would Valentine’s Day be without hearts? How many different words can you think of with the word heart? There are: brokenhearted, fainthearted, hardhearted, heartache, kindhearted, tenderhearted, stouthearted, wholehearted, bighearted and more. The Bible contains more than 650 references to the heart.

What do some of the heart passages say? Here are some good ones to look up. Have a heart-to-heart talk about them with your family. Make them your Valentine-a-day for the month of the heart:

1. Psalm 28:7
2. Acts 15:8-9
3. Psalm 31:24
4. Psalm 112:5-8
5. Matthew 9:2
6. Acts 8:22
7. 2 Corinthians 3:3
8. James 4:8
9. Psalm 86:11
10. Psalm 40:8
11. Romans 10:9
12. Psalm 51:10
13. Galatians 4:6
14. John 14:27
15. Psalm 62:8
16. Hebrews 8:10
17. Ephesians 5:19
18. 1 John 14:27
19. Romans 8:27
20. Psalm 73:26
21. 2 Corinthians 4:6
22. Ephesians 1:18
23. Hebrews 10:22
24. 1 Thessalonians 3:13
25. Psalm 33:11
26. 2 Corinthians 9:7
27. Colossians 3:15
28. Matthew 5:8

February Chapel

Tues Feb 1: 9:15am - K and AM 3’s 1:00pm - 1st and 2nd grades and PM 3’s
Wed Feb 2: 9:15am - AM Pre-K and AM 4’s 1:15pm - PM Pre-K and PM 4’s
Tues Feb 15: 9:15am - Kindergarten, 1st and 2nd grades
Wed Feb 16: 9:15am - AM Pre-K and AM 4’s 1:15pm - PM Pre-K and PM 4’s

Come learn about our Jesus. Sing and pray with the children. You will be blessed by the experience!

School Enrollment

Registration for 2011-12 continues. Tell everyone you know that a Christ-centered, academically excellent education can be found at Prince of Peace School. Classes for 2011-12 include 3 and 4 year old preschool, pre-Kindergarten, Kindergarten, 1st grade and 2nd grade. Check out our website or call the school office for more details.
Movie Night

Family Friendly Movie
Friday, February 25, 6:30pm
CLC gym
Fun for the whole family!

Kids’ Praise
January 23, 10:30am service
Children from 4’s and pre-k classes will lend their sweet praises to our worship.

February Toddlin’ Time
Feb 9 and Feb 23
9:00-10:00am
CLC Room 125
Fun for toddlers

Coffee and conversation for moms
All Welcome!

A NIGHT IN THE ORIENT - The Forest Hills Lutheran School Dinner and Auction
promises to be an enjoyable evening. The festivities will be held Saturday, April 30th at 4:00 at Trinity Lutheran Church in Hillsboro. Be one of the 250 guests to enjoy a night of fellowship as well as appetizers, dinner, dessert, and a silent and oral auction while supporting the ministry of Forest Hills Lutheran School. NEW THIS YEAR - Tickets may be purchased online at www.fhls.org. Tickets are $30 per person. Corporate tables for 8 may be purchased for $275. The first 10 tables purchased will receive 5 raffle tickets for each guest at the table. To donate items, services, or cash call the school or download a donation form at www.fhls.org.
# Devotional Guide

Scripture helps to prepare yourself for Sunday Worship

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<tr>
<th>Date</th>
<th>Sunday of Epiphany</th>
<th>Scripture References</th>
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<tr>
<td>Feb 6</td>
<td>5th</td>
<td>Isa 58:1-91 (9b-12)</td>
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<td>Ps 112:1-9 (10)</td>
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<td>1 Cor 2:1-12 (13-16)</td>
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<td>Matt 5:13-20</td>
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<td>Feb 20</td>
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<td>Ps 119:33-40</td>
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<td>Matt 5:38-48</td>
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<td>Feb 27</td>
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<td>Isa 49:8-16a</td>
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<td>Ps 131</td>
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<td>1 Cor 4:1-5</td>
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<td>Matt 6:24-34</td>
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These translucent hanging hearts are easy to make from waxed paper and crayons. In return, sunbeams will color your room with cheer. Begin with a 12-by-16-inch sheet of waxed paper. Fold it in half along its length; unfold. Deposit wax-crayon shavings (made with a handheld pencil sharpener) evenly but not thickly across one half of the paper. Fold the clean half of the paper over the shavings. Crimp the three open edges with a 1/2-inch fold to hold the shavings. Protect your ironing surface with craft paper. Place the waxed paper on the craft paper, and cover it with another sheet of craft paper. Iron lightly on medium heat, checking after every few passes. Stop when all the shavings have melted; let cool. Next, trace and cut out hearts of various sizes. String each heart with a silk thread for hanging.

Read more at Marthastewart.com:
Crayon Hearts - Martha Stewart Crafts

Raspberry Tarts from FamilyFun.com

Ingredients

- 3 cups all-purpose flour
- 5 egg yolks
- 1 cup butter, softened
- 1/2 cup plus 2 tbsp. sugar
- 1/2 tsp. vanilla extract
- 2 egg whites, lightly beaten
- 1/3 cup ground walnuts
- 1 1/2 cup seedless raspberry jam

Instructions

1. In a large bowl, mix the flour, egg yolks, butter, 1/2 cup sugar and vanilla extract, then knead until it forms a soft dough. Chill for 30 minutes.

2. On a floured surface, roll the dough to 1/8 inch thick. Cut a heart for the bottom of the cookie sandwich, and a heart with a smaller heart cut in it for the top. Brush the tops with the egg whites. Mix the walnuts with the 2 tablespoons of sugar and sprinkle on the cookie tops. Place on an ungreased cookie sheet and bake in a preheated 350-degree oven for 10 minutes. Cool.

3. Spread the bottom hearts with a layer of jam and put the tops on. Makes about 26.

From FamilyFun.com

Remember to log your points for Walk to Jerusalem when you do these projects!
no-bake cookie balls

These quick bites, from Carmeletta Dailey of Winfield, Texas, are great when you're short on time—and you don't even have to turn on the oven! Make them a day or two ahead to let the flavors blend.

PREP: 20 MIN. · STANDING: 5 DOZEN

1 cup (6 ounces) semi-sweet chocolate chips
3 cups confectioners' sugar
1-3/4 cups crushed vanilla wafers (about 55 wafers)
1 cup chopped walnuts, toasted
1/3 cup orange juice
3 tablespoons light corn syrup

Additional confectioners' sugar

In a large microwave-safe bowl, melt chocolate chips; stir until smooth. Stir in the confectioners' sugar, vanilla wafers, walnuts, orange juice and corn syrup.

Roll into 1-in. balls; roll in additional confectioners' sugar. Store in an airtight container.