

Prince of Peace Lutheran Church and School

PARISH PRINTS



March 2010

FROM THE PASTOR:

Journey With Jesus

We journey together this season of Lent;
A time to reflect, a time to forgive, a time to repent.
A time to remember, a time to recall
Christ's giving through suff'ring his death and resurrection for all.

The simple hymn leads us on our Lenten journey this year. Each week we light another candle to brighten the way. And how marvelous it is to see it as a journey - for we are always in the go - and our Savior is always with us. We see ourselves as the body of Christ - the people of God sent to this world to declare his love and care for all.

Our Lord reveals Himself to us, as we discover the "natural" about him - yet it becomes so special as we grow. His feet, his hands, his ears, his eyes, his mouth, his heart, and his blood, all contain chapters of his-story to help us remember, reflect, recall and repent. The purpose? To appreciate all the more how great is the love of God for us; how wonderful his suffering and death and resurrection, how intimately involved in our lives he truly is!

As we gather and grow, we are moved to share - to pass on the faith to those near and dear, as well as those outside the family who need to experience God's love through us.

The Church is a rather 'peculiar' place as St. Peter reminds us - "you are a royal priesthood, a peculiar people ..." (1 Peter 2:9 KJV) ... set apart "to declare the wonderful deeds of Him who called us out of darkness into his marvelous light."

But our declaring doesn't come just with words - in comes also with action as we are Jesus' feet, hands, eyes, ears, and heart to the folks around us.

As we remember, we also rejoice ... that God has chosen us to be his people at this time and in this place! There is no higher calling.

May God bless us in the journey as we look forward to our arrival home - home with him in his kingdom forever.

Just like the first disciples, invited to deny self, take up the cross and follow him, we better understand this denial, cross-taking, and following - through the faith granted us by the power of his Spirit in our lives. Our heavenly Father has let us in on the secret - we don't do this of ourselves, we are able to do this only through his grace.

May our Lenten journey this year be an adventure as we are challenged to share his life with all.

God bless you on the journey.

Pastor Dan

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SPIKE, SLICE & SERVE 5 – 6:30 Sunday, March 7th</p> 	<p>1</p> <p>10:00 am Quilting For Kids</p> <p>7:00 PM Bible Study Schmitt's</p>	<p>2</p> <p>11:45 am Women's Bible Study</p>	<p>3</p> <p>1:30 PM Avamere Bible Study</p> <p>7:00 PM Bell Choir Practice</p> <p>8:00 PM Voice Choir Practice</p>	<p>4</p> <p>2:15 PM Praise Team Practice</p> 	<p>5</p> <p>FOOD BASKETS DELIVERED BY HUMAN CARE</p>	<p>6</p>
<p>7</p> <p>8 am Communion Worship</p> <p>9:15 am Sunday Classes for kids</p> <p>10:30 am Worship with Children's Sermon</p> <p>3:00 PM Confirmation RM 125</p>	<p>8</p> <p>1:00 PM Knot Tiers</p> <p>7:00 PM Bible Study Schmitt's</p> <p>7:00 PM School Board</p>	<p>9</p> <p>11:45 am Women's Bible Study</p>	<p>10</p> <p>1:30 PM Avamere Bible Study</p> <p>6:45 PM Bell Choir Practice</p> <p>7:00 Lenten Service</p> <p>8:00 PM Voice Choir Practice</p>	<p>11</p> <p>11:00 am RM 125 Amazing Grays</p> <p>2:15 PM Praise Team Practice</p>	<p>12</p> <p>FOOD BASKETS DELIVERED BY HUMAN CARE</p> <p>Movie Night 6:30 CLC</p> 	<p>13</p>
<p>14</p> <p>8:00 am Worship</p> <p>9:15 am Sunday School</p> <p>10:30 am Communion Worship</p>	<p>15</p> <p>7:00 PM Bible Study Schmitt's</p>	<p>16</p> <p>11:45 am Women's Bible Study</p> <p>7:00 PM Council Rm 125</p>	<p>17</p> <p>1:30 PM Avamere Bible Study</p> <p>6:45 PM Bell Choir Practice</p> <p>7:00 Lenten Service</p> <p>8:00 PM Voice Choir Practice</p>	<p>18</p> <p>2:15 PM Praise Team Practice</p> <p>7:00 PM Health Ministry</p>	<p>19</p> <p>FOOD BASKETS DELIVERED BY HUMAN CARE</p>	<p>20</p>
<p>21</p> <p>8:00 am Communion Worship</p> <p>9:15 am Sunday Class</p> <p>10:30 am Worship with Children's Sermon</p> <p>3:00 PM Confirmation RM 125</p>	<p>22 Spring Break</p> <p>7:00 PM Bible Study Schmitt's</p> 	<p>23 Spring Break</p> <p>11:45 am Women's Bible Study</p>	<p>24 Spring Break</p> <p>1:30 PM Avamere Bible Study</p> <p>6:45 PM Bell Choir Practice</p> <p>7:00 Lenten Service</p> <p>8:00 PM Voice Choir Practice</p>	<p>25 Spring Break</p> <p>2:15 PM Praise Team Practice</p>	<p>26 Spring Break</p> <p>FOOD BASKETS DELIVERED BY HUMAN CARE</p>	<p>27</p>
<p>28</p> <p>8:00 am Worship</p> <p>9:15 am Sunday School</p> <p>10:30 am Communion Worship</p>	 <p>Happy St. Patrick's Day March 17th</p>					

**Prince of Peace Lutheran
Church and School**

503-645-1211

www.princeofpeaceclc.org

Pastor Dan Wehrspann

Church Council

Kristina Cook

President

Ron Morris

Vice President

Andy Westlund

Discipleship

Anne Seim

Ministry

Deborah Hurley &

Vanessa Warren

Fellowship

Larry Arnold

Evangelism

Lillian Kalousdian &

Jan Kier

Worship

Pat Timmerman

Recording Secretary

Darlene Thauland

School Director

Anne Morris

School Board President

George Thurston

Administration

Valorie Westlund

Financial Secretary

Bill Mayer

Treasurer

Church Elders

Ray Legault

Brian Thauland

Newsletter Editor

Mary Raetz

newsletter@princeofpeaceclc.org

Council Highlights

Space Utilization: We will make the library area dedicated to the Parish Nurses

Staff Selection Team: Jeff Oltmann, Ben & Alice Kaster will be on the team. Ron Morris is the group's liaison to council.

Worship Team: NEED HELP! Volunteers are needed, contact a Jan Kier or a board member if you can help.

Kid's Club: The program will run for 6 weeks (mid April - May) to reach out to school families on Saturday mornings from 9am - noon. We need volunteers. There will be family worship, craft time, blessing and lunch. There is a sign up sheet on the bulletin board.

Risk Management Policy: Pastor will take the lead; composing a risk management policy for PoP church and school.

PoP 50th Anniversary: More to come next month.

Sponsorship Sign - "We're Behind You! PoP" is the sign on the fence the Sunset High School field. It cost \$300 for a year and was agreed on to renew the sponsorship.

Modulars: We have the opportunity to get modulars from Concordia University. The modulars would cost us nothing. We are currently contacting Modern Building Systems about the price to move and set up the modulars and their availability this spring to take on this job. When all the facts are gathered, the information will be given to the congregation.

In Dec. 2008, the congregation voted to have an elementary school and in that proposal it stated that the school would be moving to a second location in 2011. With the modular proposal we would be able to keep the entire school on this campus. Phase 2 of the original building proposal (the CLC was phase 1) included connecting the CLC and a new sanctuary. At the council meeting there was discussion about the possibility of revising phase 2 portion to include school classrooms.

Lent and Easter Services

Lent services every Wednesday at 7:00 PM

Palm Sunday:

March 28, 8:00 AM and 10:30 PM

Maundy Thursday

April 1, 7:00 PM

Good Friday

April 2, 7:00 PM

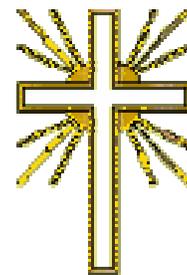
Easter Sunday

April 4

Sunrise Service 7:00 AM

Family Service 9:15 AM

Late service 10:30 AM



Serving Our Community

Service Opportunity: POP Stewardship

What do you think of when you see the word, “stewardship”? Using your talents to serve others? Giving a portion of your money to the church? Taking care of God’s creation? Of course, stewardship is all of these things, and more. The [Holman Illustrated Bible Dictionary](#) defines stewardship as follows:

STEWARDSHIP: *Responsibility to manage all the resources of life for the glory of God, acknowledging God as provider.*

In a recent Council meeting we discussed stewardship at Prince of Peace. We decided that our vision is to promote an ongoing awareness of stewardship rather than having a once-per-year stewardship event. We are looking for an individual or a small team to help us realize this vision at Prince of Peace.

This is not necessarily a committee position, or a call to attend regular meetings. It is an opportunity for someone passionate about stewardship to apply their creativity and inspiration to meeting an important need in our congregation.

God has entrusted us with our souls, our bodies, our talents, and all our worldly goods. May it be for each of us as it was for the faithful servants in Jesus’ parable—that our Lord will one day say to us, **“Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!”**

If fostering a vibrant spirit of stewardship at Prince of Peace is a calling that appeals to you, please contact Pastor Dan or any member of the P.O.P. Council.

Andy Westlund, Director of Discipleship

Blessing Boxes

Blessing Boxes are being collected on March 14th and 21st. Proceeds will be sent to Lutheran World Relief for their program of helping with the Haiti Earthquake project. They have been on the ground and working since the earthquake. The need is great and giving to the Lutheran World Relief fund assures that the funds will be used for the assistance of those in Haiti. This will be an ongoing need so if you feel the need to donate more than the coins in your blessing box it will be appreciated. Matching funds are available through Thrivent if you donate and get a matching fund form on-line. If you want to do a personal donation and do not have access to a computer, Susan in our church office will print the form off for you. To qualify for the matching funds you need to be a Thrivent member and donate by March 31st. They will match up to \$250 at a match of \$1 for every \$2 donated.



Adult Education Classes



Concordia Professor Pastor Phil Brandt’s **“Themes in Acts”** class continues through March 14 in CLC 125. The Acts of the Apostles will shape and inform your own journey of discipleship and witness. The studies are each self-contained, so you may attend the weeks your schedule permits.

Starting on March 21st: **“Prayers of Jesus”**. Prayer was the backbone of Jesus’ life and ministry. From his baptism to his crucifixion, the Gospels portray Jesus as a man of prayer who knew and deeply valued intimate communion with his heavenly Father. What can we learn from the prayers he prayed? In six engaging, interactive sessions, this Deeper Connections DVD-based class will explore the prayers of Jesus to help you gain new insights into prayer, the character of God, and how to deepen your relationship with him. Jeff Oltmann will be our leader. Please join us!

What's Happening

VBS needs your help!



Come help our children sail the High Seas!

VBS Week, June 21-25

To volunteer, call Kim Goudy
503-291-9142



IT'S BAAACK: SPIKE, SLICE AND SERVE

POP is planning another teen volleyball event on Sunday, March 7 from 5:00 pm to 6:30 pm. The youth group from Bethlehem Lutheran will be joining us again. Please join us and bring a friend or two. Please RSVP to Susan in the POP office by March 1. If you're a new participant, you will need to fill out med/release forms and give the forms to Jan Kier by March 7. Looking forward to seeing as many of our teens as possible at this fun event.

WELCOME ABOARD



Come sail away at the Forest Hills Lutheran School Dinner Auction. The auction, which supports the ministry at the school, is Saturday, April 17th, at 4:00 p.m. at Trinity Lutheran Church. Tickets are on sale at the school office. Ticket price is \$30 per sail or \$240 for a table of eight. Corporate tables are available for \$275, which include advertising. All those on the cruise will be treated to dinner, dessert and a complimentary beverage as well as a night full of fun and fellowship. Donations of all types are needed to make this a successful event. The goal is to raise \$35,000. Donations can be made online at www.fhls.org. To contact the auction co-chairs, Amy Eakin and Carol Nolan, email auction@fhls.org.



Amazing Greys:

We are meeting at 11:00, on March 11th, in room 125 in the CLC. A wonderful feel good DVD will be shown. "Young at Heart" is a documentary that will bring a smile to your heart and face. It is a celebration of the a chorus of senior citizens from Massachusetts who celebrated 25 years of worldwide performances of fun music. We will be having lunch with the movie. Cost is \$5.00 to cover the cost of the lunch

"So, Who Do You Think You Are?"

Women's Retreat

April 23-25 at the Cannon Beach Christian Conference Center

Phyllis Bockelmann is returning to lead the women of our congregation in a spirit filled weekend of fun, fellowship and faith.

Details coming soon. Contact Anne Morris with questions.



FHLS 7TH AND 8TH GRADE BOYS BASKETBALL WIN BIG

The 7th and 8th grade boys' basketball team, coached by Rick Flemmer, placed 1st in the West Metro Christian League. They will move on to the league playoffs. The team consisting of, Carter Buuck, Everett Fellger, Daniel Kachmarek, Jacob Kachmarek, Robert Pierce, Austin Waibel, Joash Farlow, Trent Hughes, Kyle Sahnaw, Russell Walker, Cole Waibel, and Will Williams. The team won the A-AA division at the L.E.S.T. tournament held at Concordia in February.

Bulletin Board

Amazing Grays

March 11th, 11:00 in room 125
"Young at Heart" DVD and lunch.
\$5.00 to cover lunch



FOOD PANTRY NEEDS

Crackers, Flour, Rice, Green Beans
Corn, Shampoo, Toothpaste

Save the Date!

Women's Retreat
April 23-25

Cannon Beach Christian Conference Center
"So, Who Do You Think You Are?"
Facilitated by Phyllis Bockelmann
It promises to be a Spirit-filled weekend of fun,
fellowship, and faith!



Details coming soon.

Contact Anne Morris with questions.

Movie Night

Family Fun
Friday, March 12
6:30 p.m.
CLC gym
Sing-along.....Movie....Snacks



Prayer Shawl Ministry

Come Knit or Crochet with Quilters on
Monday March 1st & April 5th
10:00 - 7:00
(come and go as your time allows)



Please call Mary Raetz
If you are interested.

Mary 503-629-2025
mary@raetzfamily.com

Quilting News



Quilting for Kids
March 1, 10:00 - 7:00
April 5, 10:00 - 7:00
Contact Mary Raetz
503-629-2025

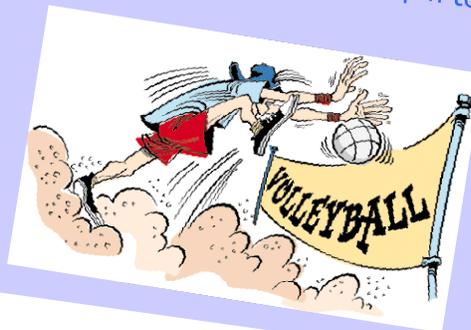
Knot Tiers
March 8, 1:00
April 12, 1:00

Contact Anne Seim
503-646-7700

All are welcome, no experience necessary.
Please call to let someone know that you are
coming.

SPIKE, SLICE AND SERVE

Sunday, March 7 from 5:00 pm to 6:30 pm.





Parish Nurses

“Improve Nutrition from the Ground Up”

Is this year’s theme for National Nutrition Month, March 2010

During National Nutrition Month®, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: *build your nutritional health from the ground up*.

Here are some basic tips to help you get started:

Focus on fruits and veggies: fresh, frozen, 100% juices, canned fruits and vegetables, dried fruit can promote healthy changes. The brighter the “natural” color (red, green, orange, yellow, blue, purple) the more nutrient dense they will be. In order to add more fruits and veggies to your diet consider these simple and tasty ideas:

Add blueberries to pancakes, muffin batter, or yogurt

Add raisins to oatmeal or cold cereal

Top waffles with warm applesauce and sprinkle with cinnamon

Top a baked potato with salsa

Add broccoli, spinach, diced peppers to pasta dishes

Dip strawberries in dark chocolate

Snack healthfully to fill the gaps in your diet: Healthy eating is not about deprivation. Think of snacks as extra nutritional insurance. Very few people get all of the whole-grain, vegetable, fruit, and dairy products that they should from their meals. Snacks are a way to make up for these deficits. Snacks that contain protein and/or fiber will keep you full for a longer period. If you are craving a cookie, eat the cookie along with a nutrient dense snack such as piece of fruit or string cheese so you are less likely to eat three more cookies. Just do not make cookies and everyday occurrence. Moderation is key. Some examples for healthy snacking include:

String cheese and whole-grain crackers

Low-fat corn chips with salsa

Nonfat yogurt mixed with fresh fruit and granola

Veggies with low fat ranch dip

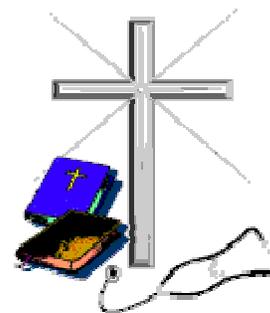
Whole-wheat pita filled with hummus

Tuna on whole grain crackers

1% milk and 2-3 gingersnaps

Low-fat popcorn with grated Parmesan cheese sprinkled on top

Handful of nuts mixed with a few chocolate chips



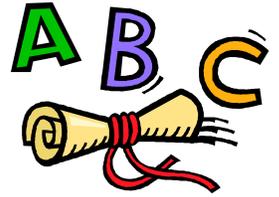
For more tips on building your healthful diet from the ground up, during National Nutrition Month and all year long, visit www.eatright.org and click on “For the Public”.

The American Dietetic Association is the world’s largest organization of food and nutrition professionals. ADA is committed to improving the nation’s health and advancing the profession of dietetics through research, education, and advocacy. Visit the American Dietetic Association at www.eatright.org.

Adapted from Press Release 2/1/2010 National Nutrition Month® www.eatright.org and snacking healthfully and 30 ways to sneak more fruits and vegetables into your diet www.rd411.com.



School News



Prince of Peace School Where Service Abounds!

Service: “help, use, benefit; contribution to the welfare of others; disposal for use... (definitions from Merriam Webster’s Collegiate Dictionary, 2003)

[Jesus said], “...but whoever desires to become great among you, let him be your **servant.**”

(Matthew 23:11)

- ❖ Picking up someone’s coat for him...service
- ❖ Putting a band-aid on a boo-boo...service
- ❖ Sharing a toy even when you don’t want to...service
- ❖ Picking up the trash in the parking lot on the way to chapel...service
- ❖ Singing and praying during chapel...service
- ❖ Parents helping with prep work...service
- ❖ Picking up the towels off the bathroom floor...service
- ❖ Pulling a few weeds on your way...service
- ❖ Wiping runny noses...service
- ❖ Reading the class favorite story again and again...service
- ❖ A Pastor who is readily available...service
- ❖ Office staff that can multi-task and smile...service
- ❖ Teachers showing up every day ready with something new...service
- ❖ Liberal doses of laughs, hugs, and “Jesus loves you”...The best service of all!

“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.” Colossians 3:17

Serving with Joy,
Darlene Thauland



St. Patrick

As legend has it... St Patrick taught the children of Ireland about the Holy Trinity by using a humble clover. He told them about the Father, who created, loves and protects them. He told them about Jesus Christ, God’s Son, who died and rose again to free people from their sins, and He told them about the Holy Spirit, the one who gives faith, hope and joy to each believer. When you see clovers this spring, remember this God, Three in One, who loves, saves and desires you to be His child forever.

School Announcements

National Lutheran Schools Week 2010



Securing Each Child's Future—For a Life of Service
"There are varieties of service, but the same Lord." 1 Cor. 12:5

"Securing each child's future for eternity"

In the Lutheran Church Missouri Synod there are:

- 2 seminaries
- 10 colleges
- 103 high schools
- 976 elementary schools
- 1406 early childhood centers

Prince of Peace is proud to be part of such a long-standing heritage of providing quality, Christ-centered education. Continuing to build our elementary school, adding 2nd grade in 2010 offers even more opportunity to promote the saving grace of Jesus to children and their families.



Classes continue to fill for the 2010-11 School Year

Classes for 3 and 4 year old preschool, pre-kindergarten, kindergarten, first and second grades will be offered. If you know a child who would benefit from a Christ-centered, academically excellent education, point them to Prince of Peace School! Check out our website: www.princeofpeaceclc.org for details.

Expanding our School

We praise the Lord for providing the opportunity for us to acquire some modular buildings from Concordia University. We pray the Lord's continued blessing as we continue the process of getting these installed and ready to go by August for the new school year.



Movie Night

Family Fun
Friday, March 12
6:30 p.m.
CLC gym



Sing-along....Movie....Snacks

Spring Break

March 21-28
Enjoy the family time!
School resumes Mon
March 29



Ash Wednesday with Pastor Dan



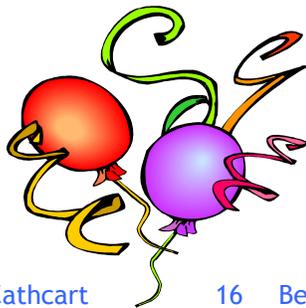


Devotional Guide

Scripture helps to prepare yourself for Sunday Worship

March 7	3 rd Sunday of Lent	Isa 55:1-9 Ps 63:1-8 1 Cor 10:1-13 Luke 13:1-9
March 14	4 th Sunday of Lent	Josh 5:9-12 PS 32 2 Cor 5:16-21 Luke 15:1, 11b-32
March 21	5 th Sunday of Lent	Isa 43:16-21 Ps 126 Phil 3:4b-14 John 12:1-8
March 28	Passion/Palm Sunday	Isa 50:4-9a Ps 31:9-16 Phil 2:5-11 Luke 22:14-23:56

Happy Birthday March



- | | |
|---------------------|------------------------|
| 1 Bert Cathcart | 16 Bev Cathcart |
| Ron Romadka | Connor Warren |
| Lisa Mannan | 20 Edith Dorn |
| 4 Min Kong | 22 Kimberly Arnold |
| 6 Jake Schmitt | 23 Paul Goudy |
| 7 Rod Peloquin | Jill Koning |
| 8 Suzanne Kaster | 24 Brian Westlund |
| Katie Lydon | Carolyn Sellke |
| 10 Ray Granning | 25 Lorraine Behner |
| Gregg Zeutzius | Emily Arnold |
| 13 Bernadine Kangas | 28 Brooke (Hazel) Reid |
| 15 Edith Gross | 30 Larry Wade |

Babies!



Congratulations to the Cook family

Colton Barrett Cook
2/15/10 7:19pm
7 lb 12 oz
19 3/4 in long

Congratulations Dick & Betty Suryan, Grandparents!
Nancy & Daniel Mackay, Parents!



Lucy Elizabeth Mackay
Sunday, February 21st

Happy Anniversary March



13, 1999 Jill & John Koning
14, 1970 Bill & Margo Mayer

Kid's Page



St. Patrick's Day Cookie Pops

Source: www.kinderart.com

Ingredients:

20 vanilla wafer cookies
1/2 cup peanut butter
1- 12-ounce bag white chocolate chips
green and yellow gumdrops
green Dots
green and yellow Nerd candies
Cake decorating writer gel in green, yellow, red, orange, and black
1 tube of green cake decorator frosting with tip
green and yellow decorator sugar
green food coloring
ice cream or lollipop sticks
wax paper or paper plates

Directions:



Spread peanut butter onto the flat side of the cookies. Place an ice cream stick into the peanut butter on half the cookies. Top with another cookie so the stick is sandwiched between the two cookies. Melt chocolate chips in the microwave, one minute, then in 20 second increments, stirring until smooth. Before melting, separate the white chips into two bowls. After melting, add a few drops of green food coloring to one of the bowls of white chips to make green chocolate. Dip cookie pops in the melted chips, covering completely. Sprinkle with green and yellow sugar and lay or stand on waxed paper or paper plates. Place in refrigerator to chill.

Wax Relief Shamrock

What You Need:

Green Construction Paper
Green crayons
White tempera paint
Paintbrushes
Water and water containers



What You Do:

Draw a shamrock on the green construction paper using green crayon --- this can get a bit tricky because its sometimes hard to see what it is you are drawing. Press hard with the crayon so its nice and thick. When the picture is drawn, brush some white tempera paint (not too thick) over the paper. Like magic, lines will appear from out of nowhere! Sign and display your work.

Source: www.kinderart.com

An Irish Prayer

You've blessed me with friends
and laughter and fun
With rain that's as soft
as the light from the sun-
You've blessed me with the stars
to brighten each night
You've give me help
to know wrong from right
You've given me so much
please, Lord give me too
A heart that is always
Grateful to you.

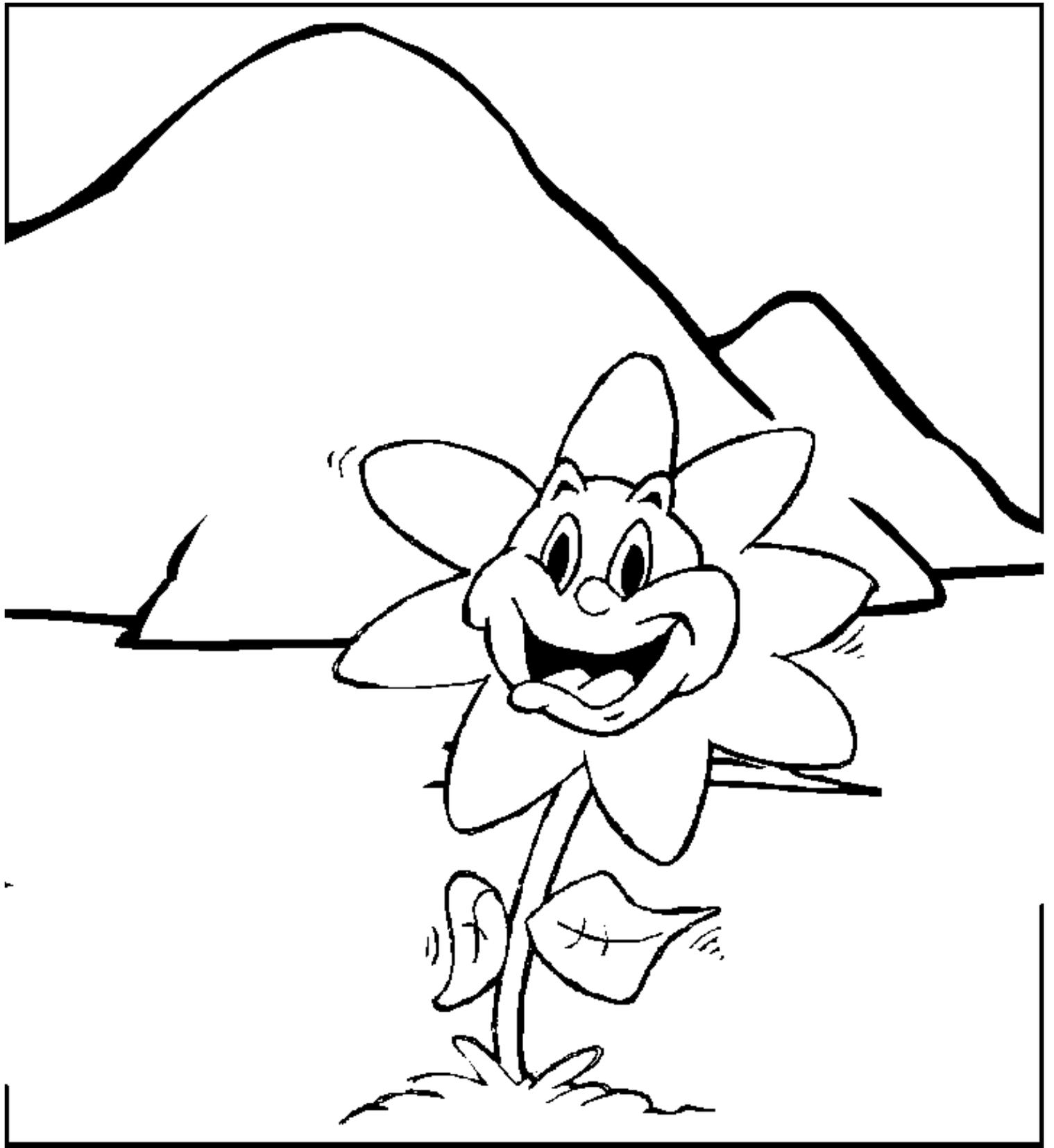
Source: ireland-information.com

Cultural Pass to Adventure

Pick up a pass at the library for free admission for your family outing!

Daily cultural passes for the following institutions are available at Cedar Mill & Bethany libraries for a 1-day checkout:

Portland Children's Museum
The Japanese Garden
The Chinese Classical Garden
The Portland Art Museum
Rice Northwest Museum of Rocks and Minerals
A.C. Gilbert's Discovery Village
Pittock Mansion
Washington County Museum



**On the third day, God made dry
land and plants.**