March 12: Red Cross First Aid Training

March 13th: Spring Ahead!
# March 2011 Calendar

## Sunday, March 13th, 2:00 am
Don’t forget to change your clocks on Saturday Night!

**Kids’ Praise**
March 13th, 10:30am service
Mrs. Weide, Mrs. Lewis and Mrs. Renn
AM 4’s Classes

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>10:00 am</td>
<td>Praise Team</td>
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</tbody>
</table>
| 2     | 1:30 PM  | Avamere Bible Study
         |           | 7:00 PM Bell Practice
         |           | 8:00 PM Choir Practice|
| 3     | 10:00 am | Quilting For Kids|
| 4     | 5:45 PM  | Bell Practice
         | 6:00 Soup Supper
         | 6:45 Hymn Sing
         | 7:00 Worship
         | 7:45 PM Choir Practice|
| 5     |          | Send in Your Points for Walk to Jerusalem|
| 6     | 8:00 am  | Worship with Children’s Sermon
         | 9:15 am  | Sunday Class
         | 10:30 am | Communion Worship|
| 7     | 7:00 PM  | Bible Study Stem’s
         | 6:00    | Confirmation Class|
| 8     | 10:00 am | Praise Team|
| 9     | ASH WEDNESDAY | 9:15 am School Board
         | 5:45 PM  | Bell Practice
         | 6:00 Soup Supper
         | 6:45 Hymn Sing
         | 7:00 Worship
         | 7:45 PM Choir Practice|
| 10    | PHOTO MAKE UP DAY | Send in Your Points for Walk to Jerusalem|
| 11    | FOOD BASKETS DELIVERED BY HUMAN CARE |
| 12    | RED CROSS FIRST AID TRAINING |
| 13    | 8:00 am  | Communion Worship
         | 9:15 am  | Sunday Class
         | 10:30 am | Worship with Children’s Sermon|
| 14    | 1:00     | Knot Tiers
         | 6:00 PM  | Confirmation Class
         | 7:00 PM  | Bible Study Stem’s|
| 15    | 10:00 am | Praise Team|
| 16    | 1:30 PM  | Avamere Bible Study
         | 5:45 PM  | Bell Practice
         | 6:45 Hymn Sing
         | 7:00 Worship
         | 7:45 PM Choir Practice|
| 17    | NEWSLETTER DEADLINE  | Send in Your Points for Walk to Jerusalem|
| 18    | 7:00 PM  | Church Council Room 125|
| 19    |          | March 21 - 25|
| 20    | 8:00 am  | Worship with Children’s Sermon
         | 9:15 am  | Sunday Class
         | 10:30 am | Communion Worship|
| 21    | 6:00 PM  | Confirmation Class
         | 7:00 PM  | Bible Study Stem’s|
| 22    | 10:00 am | Praise Team|
| 23    | 1:30 PM  | Avamere Bible Study
         | 5:45 PM  | Bell Practice
         | 6:45 Hymn Sing
         | 7:00 Worship
         | 7:45 PM Choir Practice|
| 24    |          | Send in Your Points for Walk to Jerusalem|
| 25    |          | FOOD BASKETS DELIVERED BY HUMAN CARE|
| 26    |          | Prince of Peace Lutheran Church & School|

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**Important Notice**

Don’t forget to change your clocks on Saturday Night!
Dear Fellow Congregation Members,

On Saturday, February 12, the council participated in a planning retreat to help establish vision and goals for the next few years. After considerable discussion, the Council agreed to present to the congregation our focus areas for the next three years. They are (not listed in priority order):

- We affirm the Vibrant Faith Ministry principles and framework as we intentionally plan and organize activities and events at Prince of Peace.

- We will emphasize the importance of children and youth in everything we do. Passing on our legacy of faith is what we are to be about.

- We seek to build strong relationships within the congregation reflecting our sense of family at Prince of Peace. We know that strong relationships lead to connections which lead to engagement.

- We wish to be known as “the church that cares” through specific outreach and service activities relevant to the external community. We know our strongest connection to the community is through our school but recognize there are many additional ways we can show Christ’s love in our area.

- It is time to re-visit our facility master plan for a new needs assessment. We plan on beginning the process that will address our space needs for worship, the school and service ministries.

The Council members are now engaged in developing more specific ideas in all of our star-point areas - Discipleship, Evangelism, Fellowship, Ministry and Worship. We will be asking all involved in the congregation and school for their ideas for these focus areas.

Please note that the Council wants to be clear that we will not de-emphasize existing programs and activities that make Prince of Peace the warm, welcoming and caring place that we all were attracted to in our choice of a church home.

It is a privilege and honor to serve this congregation and we have all been blessed to be a part of a family filled with such great warmth and compassion for others.

Peace be with you,

Kristina Cook, Council President

George Thurston, Administrative Services

"For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope" - Jeremiah 29:11
Council Highlights

- **PoP Web Services**: Council discussed the possibilities for updating the church and school website. We agreed that we would like to devote some of our financial resources to this important area. Jeff will check with the District Office and selected congregation members about our options. The church and school would share the costs associated with the possible expansion.

- **RSVP Space**: This space will be available by the end of March. Many possibilities exist, and we will discuss this further at our March meeting.

- **Ministry Team/Mission Fair**: Sally presented information about the ministry team’s quarterly plan as well as the upcoming Mission Fair. Upcoming events include: Red Cross trainings, bike day, and food collection at local grocery stores. The team also designed a survey that will be available at the Mission Fair and will help connect interested people with appropriate service opportunities. Darlene shared other Mission Fair highlights which include special music, an international reception, and ten different mission tables.

- **Abuse Prevention Training**: Training will be provided and the final abuse prevention policy will be available in the church office.

- **March Council Meeting**: We changed the date to Thursday, March 17th due to some scheduling conflicts.

- **Continuation of Goal Setting from Saturday 2/12 Planning Retreat**: Our four goal areas are guided by the principles of Vibrant Faith framework. The goals include: enhancing facilities, placing an emphasis on the importance of children, building and nurturing relationships, and providing service to our community. Tonight we focused our discussion on how to address the area of strengthening relationships.

Worship Schedule for Lent & Easter

**Ash Wednesday**:  
March 9, 7:00 PM  
**Lent services**:  
every Wednesday between  
March 9 and April 20, 6:45 PM  
**Palm Sunday**:  
April 17, 8:00 AM and 10:30 AM  
**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 AM
Dear Congregation,

I am very excited about the groups that were represented at our Mission Fair. Our church has so many ways to continue our service to those in need within our church and community. Here again is the quarterly plan, service ideas and survey.

Quarterly Plan:

| Quarter #1 | Red Cross first aid training - March 12- 9AM-3PM-school/church/community |
| Quarter #2 | tricycle/bike day -Teach children /adults -bike care/safety |
| Quarter #3 | kid care - Red Cross babysitting class |
| Quarter #4 | our food pantry |

A FEW IDEAS

* Tutoring at local schools/supporting local school staff
* Fixing up school grounds/POP and others
* Creating hygiene kits, quilts, or clothing for areas in need
* Habitats for Humanity - help a family build a home
* Prepare or serve meals to the homeless
* Help staff emergency shelters at local churches
* Help with the POP food pantry
* Collect clothes, shoes, house wares, linens etc. for those in need
* Welcome a refugee family (Lutheran Community Services)
* Wetland restoration
* Be involved in our own church ROSE ministry
* Collect new socks, gloves, and scarves for Downtown Chapel

SURVEY

* Would you like to join us in service events?

* Would you like more information about one of the organizations represented today at our mission fair?

* Would you be interested in being involved in their mission to serve people in our area?

* What type of service interests you the most?

If you would like more information about service opportunities, please give us your contact information:

Name:

Phone no.:

Email address:

Sally Bailey, Ministry
123sallybailey@gmail.com
Refiner’s Fire

A group of girls was reading the book of Malachi in their bible study. As they studied the third chapter, they came across verse 3, which tells us that God will be like a refiner and purifier of silver. This puzzled them, and they wondered what it revealed about the character and nature of God. One of the girls offered to do some research on the refining of silver and said she’d report her findings to the group at their next meeting.

That week, she made an appointment with a silversmith. She wanted to watch him work. She didn’t mention the reason for her interest beyond her curiosity about the process of refining silver. As she watched, the silversmith held a piece of silver over the fire and let it heat up. He explained that silver needs to be held in the middle of the fire where the flames are hottest so all the impurities can be burned away.

The girl thought about God holding us in such a hot spot. Then she thought again about the verse defining God as a refiner and purifier of silver. She asked the silversmith if he had to sit there in front of the fire the whole time the silver was being refined.

The man answered that he did. Not only do I sit here holding the silver, he explained, but I have to keep my eyes on the silver the entire time it’s in the fire. If the silver is left even a moment too long in the flames, it will be destroyed.

The girl was silent for a moment, then turned to the silversmith. How do you know when the silver is fully refined?

He smiled and answered, That’s easy. I know it’s completely refined when I can see my image in it.

The girl was eager to report back to her bible study the next week. God will never give us more than we can handle, she reminded her friends. He will stay with us the entire time we’re experiencing the fire. He is faithful. And when he can see his image in our lives, we have been refined.

Being refined is a process, isn’t it? God will spend our entire lifetimes refining us. He’ll keep molding and reshaping and redefining us until his image is crystal clear in our lives. That takes time. Instead of being discouraged when you’re feeling the heat, be grateful and recognize the fact that God is working his image into your lifestyle.

Submitted by Jeff Kranich

Red Cross First Aid Training Comes to PoP!

Have you ever wondered what you would do if your child started choking at the dinner table, or a friend or relative was suddenly injured and needed immediate assistance? We have a chance for you to learn the skills to handle these and other life-threatening situations with confidence.

On Saturday, March 12, the Red Cross will be presenting a First Aid / CPR Certification class here at Prince of Peace in the CLC from 9:00am-3:00pm. We are making this class available to members of our Church and School Community for just $25 / person! For those in our local community the cost will be $46 / person. So take advantage of this great opportunity to become certified or renew your certification in life-saving skills that could be vital to your family and friends! Certification is good for two years from time of training.

Call the Church & School Office to sign up. The class requires a minimum of 8 participants, and space is limited, so be sure to sign up right away to secure your spot for this important training!

Questions? Contact Sally Baliley at 123sallybailey@gmail.com or Jeff Kranich at jeff@princeofpeacelc.org for more information.
Parish Nurses

Prince of Peace’s Walk to Jerusalem is Underway!

It is a pleasure to be back at the helm of Discipleship after a few years off! I look forward to the exciting challenge of bringing quality classes and events that coordinate with other star points and focus on our mission “To know Him and to make Him known”.

Discipleship is strongly represented at POP...look at our Sunday School, Adult classes and, of course, the school itself, as it provides a Christian based education to hundreds of young children (and their families). Our focus for the next 9 weeks and the last 3 weeks, for all ages, is our virtual walk to Jerusalem. Over 90 members and friends and family of members “have stepped out in faith” to intentionally take actions that build mind, body and spirit. Folks are walking, exercising, drinking more water and eating more fruits and vegetables reading their Bibles, having caring conversations, serving within the Church and in their families and our community and much more.

Twenty or so members have been coming to the class Karina, I and the Parish Nurse team members have developed to go along with what we are doing throughout or weeks of walking. I have learned and relearned so much preparing for the first few classes that connect this walk to our purpose in Worship, Fellowship, Ministry and Evangelism. In this class we review our real activities and ways we grew closer to him while walking or working on other health habits. We also study a scripture for the week and discuss ways we can stay on track with healthy habits and being intentional in all we do as children of God.

Please consider dropping in on the class each week through Palm Sunday (April 17th) at 9:15 in the adult room in the CLC. We plan to meet prior to the one service on Mission Fair Sunday (February, 27th ), but we will be getting out of class to visit the fair and connect our work to build mind, body and spirit with the opportunity to find and use our gifts to serve others.

One ongoing theme in the class and in the Walk as a whole is that we are not racing or running with Jesus....we are walking! We don’t need to be in a rush, in fact that defeats the many good things that come on a “walk”. Whether it is reading the Bible or having a caring conversation with a friend or spouse or eating healthy foods in a healthy way.

One last reminder: we are all going together to Jerusalem, like we all are going to be with God for eternity because of His sending Jesus to save us and Jesus’ sacrifice to take away the sins that separate us from God. When you walk, eat right, come to class and serve in and outside the Church, just as in real life, you are helping your brothers and sisters get to our Goal!!

Your brother in Christ,

Chris Camplair

How about a bike ride to add to your activities for the Walk to Jerusalem!

Bike Ride

Hello Bike Enthusiasts! A seven mile ride along Linear Trail with a picnic at the end is being planned for May 21.

Please let Wes know if you are interested in helping to plan the ride and/or participate.

Wes Fenning: 503-297-4005
During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color."

A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan. Healthy eating includes more than counting calories alone. Food variety supplies different nutrients, so to maximize the nutritional value of your meal, include healthful choices in a variety of colors.

Richly colored produce signifies powerful antioxidant capacity to do away with the free radicals in our bodies. Antioxidants reduce risk of chronic disease, cancer, osteoporosis, and promote brain health by reducing short term memory loss and Alzheimer’s.

Green:
Fruits: avocado, apples, grapes, honeydew, kiwi and lime
Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and Deep Yellow:
Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

Purple and Blue:
Fruits: blackberries, blueberries, plums, raisins
Vegetables: eggplant, purple cabbage, purple-fleshed potato

Red:
Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, Tan and Brown:
Fruits: banana, brown pear, dates and white peaches
Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Choose a variety of colors when shopping for seasonal fruits and veggies. Take advantage of the frozen and dried varieties during the off season of your favorite fruits and vegetables.

For more information on how to "Eat Right with Color," visit ADA’s web site, www.eatright.org/nnm/, for a variety of helpful tips, fun games, promotional tools and nutrition education resources. This article was adapted from Media Press Release 2/1/11 by MacMunn and O’Malley with conversation with ADA spokesperson, Karen Ansel.

Submitted by Malissa Warren
Announcements

Bike Ride
Hello Bike Enthusiasts! A seven mile ride along Linear Trail with a picnic at the end is being planned for May 21. Please let Wes know if you are interested in helping to plan the ride and/or participate.

Wes Fenning: 503-297-4005

Food Pantry Needs
Tuna
Mac & Cheese
Chili
Crackers
Flour
Sugar

Spring Ahead!
Sunday, March 13, 2:00 am
Don't forget to set your clock Saturday Night!

Happy St. Patrick’s Day

Quilting for Kids
Mar. 3, 10:00
Apr. 7, 10:00
Contact Mary Raetz
503-629-2025

Knot Tiers
Mar. 14, 1:00
Apr. 11, 1:00
Contact Anne Seim
503-646-7700

Save the Date!
April 8,9,10
Canon Beach

A NIGHT IN THE ORIENT
2011 Forest Hills Lutheran School Auction
April 30th

Quilting News

There’s a schedule change due to Photo Directory Photos. Please check your weekly announcements and the bulletin board for information.
**School News**

**Prince of Peace School Where Service Abounds!**

Service: “help, use, benefit; contribution to the welfare of others; ready 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 throughout the day...service
- Parents helping with prep work...service
- Picking up the towels off the bathroom floor...service
- Pulling a few weeds on your way...service
- Faithfully attending school board meetings...service
- Wiping runny noses...service
- Reading the class favorite story again and again...service
- A Pastor and Family Life Educator who are 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

**March Chapel**

- **Tues March 8:** 9:15am - K and AM 3’s
  1:00pm - 1st and 2nd grades and PM 3’s
- **Wed March 9:** 9:15am - AM4’s Pre-K and M/W 3’s
  1:15pm - PM Pre-K and PM 4’s

Pastor will introduce Lent to the children and each child (and teacher) will receive a cross of ashes on their foreheads.

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**Chapel Offerings**

300 pairs of socks were collected in February to be distributed at the Downtown Chapel in Portland. We pray that those who receive these socks will gain some warmth and, most importantly, experience the warmth of Jesus’ love.

Our spring Chapel offerings will go to African SMILE. Teacher Diana Renn, has been to Tanzania twice for some hands-on work in the Singhida Region and the Nkungi Village. Diana has had the opportunity to bring relief supplies to lepers there and to teach in their secondary school. We pray that the Lord would use our chapel offerings from Mar-May will help the African SMILE mission. We are specifically trying to raise some funds to purchase toilets for the school in Finetown.
**March Toddlin’ Time**

Wed., March 16  
9:00-10:00am  
CLC Room 125  
Fun for toddlers

We will have a visit from a speech pathologist to answer questions about toddlers and language.  
Coffee and conversation for moms!  
All Welcome!

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**Kids’ Praise**

March 13th, 10:30am service  
Mrs. Weide, Mrs. Lewis and Mrs. Renn  
AM 4’s Classes

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**March is Pancake Month** at Prince of Peace.  
4 year olds through 2nd grades will have a special day to come and have Pancake Breakfast with their families and with YOU at school. Pancakes lovingly served in the gym by our teachers.

**March 2nd, 8:15-8:45am**  
4 year old classes and pre-kindergarten:

**March 8th, 8:00-8:40am**  
kindergarten classes

**March 15th, 8:00-8:40am**  
1st and 2nd grade classes

On the menu: Pancakes, breakfast sausage, fruit, juice, milk and coffee

Stop by for FREE Pancake Breakfast….Enjoy the children….Visit with parents.

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**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.

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**Lutheran Church—Missouri Synod 2011-2012 Scholarships**

Once again the Oregon District of the Lutheran Laymen’s League is happy to announce they will be presenting $1,000 scholarships to qualifying candidates who are planning on a full-time ministry in LCMS churches or schools. They must enroll in a LCMS university or seminary.

Application packets are available in the Narthex. The deadline is April 25, 2011.
**March 6**  
Transfiguration of Our Lord  
Exod 24:12-18  
Ps 2 or Ps 99  
2 Peter 1:16-21  
Matt 17:1-9

**March 9**  
Ash Wednesday  
Joel 2:1-2, 12-17 or Isa 58:1-12  
Ps 51:1-17  
2 Cor 5:20b-6:10  
Matt 6:1-6, 16-21

**March 13**  
First Sunday of Lent  
Gen 2:15-17; 3:1-7  
Ps 32  
Rom 5:12-19  
Matt 4:1-11

**March 20**  
Second Sunday of Lent  
Gen 12:1-4a  
Ps 121  
Rom 4:1-5, 13-17  
John 3:1-17

**March 27**  
Third Sunday of Lent  
Exod 17:1-7  
Ps 95  
Rom 5:1-11  
John 4:5-42

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**Birthdays**

1. Bert Cathcart  
Ron Romadka  
2. Deanne Hoard  
Min Kong  
3. Jake Schmitt  
4. Rod Peloquin  
5. Suzanne Kaster  
Katie Lydon  
6. Ray Granning  
Gregg Zeutzius  
7. Melissa Van Altvorst  
8. Edith Gross  
9. Bev Cathcart  
Connor Warren  
10.  
11.  
12.  
13.  
14.  
15.  
16.  
17.  
18.  
19.  
20. Edith Dorn  
21. Kimberly Arnold  
22. Paul Goudy  
23. Jill Koning  
24. Brian Westlund  
25. Carolyn Sellke  
26. Lorraine Behner  
27. Bill Warren  
28. Emily Arnold  
29. Brooke (Hazel) Reid  
30. Larry Wade

**Anniversaries**

13, 1999 Jill & John Koning  
14, 1970 Bill & Margo Mayer
Materials Needed:
- Large Piece of Plain Paper
- Paint
- Glitter Markers (optional)

Instructions:
We all put our hands in paint (mommy, daddy, and 3 kids) and did a rainbow effect with our prints. We let it dry between each set - if the paint is too thick it will take too long to dry. We also decorated it with glitter pens.

The moral of the project is that we are each a very important part of our family, each very special because together we make one big beautiful family just like a rainbow just has colors, but all together makes a big beautiful rainbow! The kids loved it and felt very special!!

Family Rainbow Hands Craft

How to Make a Hand Print Rainbow Craft
By Sherri Osborn About.com Guide

Write what you know about St. Patrick’s Day
Hint: You’ll find out about St. Patrick’s Day somewhere in this newsletter!
lucky lime salad

St. Patrick's Day will be even more special when you make this fun recipe, using lime gelatin and crushed pineapple. You can cut out the bright green shamrocks that top each salad square with a cookie cutter.

PREP/TOTAL TIME: 20 MIN + CHILLING YIELD: 9 SERVINGS

1 package (3 ounces) lime gelatin
1 cup boiling water
1/2 cup cold water
1 package (3 ounces) cream cheese, softened
1/4 teaspoon lemon juice
2 cups whipped topping
1 can (8 ounces) crushed pineapple, drained

SHAMROCKS:
1 package (6 ounces) lime gelatin
2-1/2 cups boiling water

In a small bowl, dissolve gelatin in boiling water; stir in cold water. Chill until slightly thickened. Meanwhile, in a small bowl, beat the cream cheese, lemon juice and whipped topping until smooth; stir into gelatin. Fold in pineapple. Pour into a greased 9-in. square dish. Refrigerate until set, about 3 hours.

For shamrocks, dissolve gelatin in boiling water. Pour into a greased 11-in. x 7-in. pan. Refrigerate until set, about 3 hours.

Using a 2-in. shamrock-shaped cookie cutter, cut plain gelatin into nine shamrocks. Cut gelatin mixture into nine squares; top each with a gelatin shamrock.

taste of home Watch for new coloring book pages to add to your Kids in the Kitchen cookbook each month on tasteofhome.com/kids.