

Peace Lutheran Church
1954 County Rd U
Green Bay, WI 54313

Non-Profit Org.
U.S. Postage Paid
Permit No. 220
Green Bay, WI

March 2021

Tidings



We are Here to Share God's Love

CONTACT INFORMATION

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PEACEFUL BEGINNINGS CHRISTIAN CHILDCARE CENTER
Jenny Ullmer, Director 920-865-4280 jenny@peacefulbeginningscc.com



Visit www.peacelc.org to sign up for in-person worship!

Worship Times:
Thursday evenings at 7:00 pm
Sunday Mornings at
8:00 & 9:20 am
Online Worship Sunday at 9:20

Committee Assignments:

Building and Grounds: Mike Masar

Life and Growth: Melanie Nyquist

Parish Education: Jeff Miller

Staffing: Connie Fleigle, Rick Castner

Ministry Support: Michele Feivor & Mark Wernicke

Worship: Debbie Bohm & Linda Will

Parish Health Ministry: Alicyn Kamke

Feel free to contact these Committee Chairs.
Their phone numbers are to the right of this page. They are here to help serve YOU, the members of Peace Lutheran Church.



Office Hours:

Monday - Thursday:
8:00 am - 2:00 pm

Friday: 8:00 am - Noon

Saturday: Closed

Sunday: 8:00 am - Noon

CHURCH
COUNCIL
2021

Rick Castner
920-869-8505

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President
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Debbie Bohm
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920-680-8374

Keeping you connected!

Newsletter & Bulletins

Tidings Newsletter is available in print and online at www.peacelc.org, on the Peace Church App (download it for free at Google Play or the App Store) or follow the *Tidings* link on the weekly e-letter. The deadline for newsletter submissions is **March 22nd** for the April issue. Call (920) 865-7595 or send information to Melissa@peacelc.org. If you wish to opt out of the hardcopy of *Tidings*, please contact the church office to be removed from the mailing.

The church bulletin is used to circulate news regarding Peace Church worship, fellowship and servant activities. Please have **bulletin articles** in by **NOON on Tuesdays**, so we have time to create, proof and print the bulletin. Thank you!

Connect with Peace Lutheran

You can visit www.peacelc.org and our "Peace Lutheran Church – Green Bay" Facebook page to keep connected to church. **The 9:20 am worship is broadcast live on Facebook each Sunday.** Sermon video is posted on our website under the "Sermons" tab. Monthly Newsletters are posted on the website. For confirmation students and families the worship report forms are also available on the website.

Do you have the Peace Church app? Go to the App Store or Google Play to download it to your phone or tablet. You can access the most up-to-date information regarding Peace, including the calendar, newsletter, sermons, service times, and e-mail addresses from this App. **It is Free!**

Prayer Chain

You can be a part of our ministry of prayer. If you are interested in being part of the email prayer chains, contact Pastor Stuart by email pastorstuart@peacelc.org. Use that email address to share prayer requests, too.





February
2021

Pastor's Page

Dear friends,

As we move forward in each week with special messages on Wednesday nights in our “Games People Play” series...the games we’ll be focusing on have a similarity: they are about relationships.

Family Feud - not all families/relationships are perfect

Monopoly - what defines you

Pictionary - healthy relationships remove judgment and criticism

Connect Four - connections with others is a part of who we are

Our relationships are influenced by our parents, our relatives, our past, our education, our friendships, our values and societal norms.

Living through a pandemic can place a huge strain on relationships while also enhancing the importance of them. It is this focus on relationships that have led many to purchase books about the following:

- nurturing relationships (parents with their children/dates for spouses)
- self-care (exercising at home, yoga, etc)
- humorous (boosting spirits)
- conversation starters (fun chats via Face Time with relatives and friends beyond “How are you doing?” and discussing stuff in the news)
- entertainment away from television and movies

Kelly Corrigan is 53 yrs old has been called the “voice of her generation” by *O: The Oprah Magazine* and “the poet laureate of the ordinary” by *HuffPost*. Her first book, *The Middle Place* is a memoir about her father’s battle with cancer and her own triumph over the disease.

In her book *Tell Me More: Stories About The 12 Hardest Things I’m Learning To Say*, Corrigan sets out to provide guidance in answering the million-dollar question: “What are the hardest and most potent-things we say to one another?”

The book is a deeply personal, unfailingly honest and often hilarious examination of the essential phrases that turn the wheel of life.

During a certain week of frustrations at work, impatience with her daughters...one just entering her teen years, laundry piling up and being short-tempered towards her husband if he did one little thing that bothered her, Corrigan remembered a phrase one of her husband’s colleagues always said, “It’s like this.”

“It’s like this” means “This is the way it is, up and down, good and bad, so don’t worry, because it’s like this for everyone and we’ll be ok.” (pg.20)

When I came across that phrase as I was reading the book last fall, it’s a simple phrase full of truth. It helps broaden our perspective beyond our individual world to appreciate what is happening for others and to know that we share similar challenges and similar joys.

Reading has a knack of doing that for us...to pull us out of where we are to provide a new perspective, to help us understand, to help us laugh and to assist us in becoming better at whatever we seek to improve.

In this season of Lent, that’s what I hope our mid-week series do for you as we break our weekly routine to worship on Wednesday nights. You’ll learn a new perspective from God’s word, you’ll recall the laughter from the board games you’ve played over the years and more importantly...join others in the awareness that all of us are together in life as brothers and sisters in Christ.

Throughout this month of March, I hope you find a good book to read. Perhaps it’ll be a classic or something you see on a best seller list. The days are getting longer, a new month begins and a good book is always a treat during these cold days at home!

I will join you in reading as well. Since March is spring training for baseball, I’ll be reading Bob Uecker’s “Catcher in the Wry” since it is one of the funniest books about baseball ever written.

Happy reading and blessings to you,

Pastor Jim





“Games People Play” Series for Lent

Our special message series during Lent continues with four well-known games that focus on how we relate to other people in our lives.

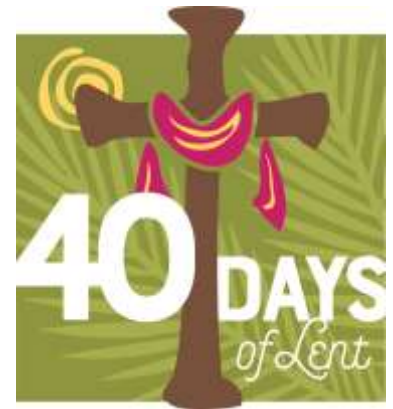
Relationships are fostered when we are intentional in taking time to be with other people... family, relatives and friends. Board games have been a regular resource for bringing people together to engage in a fun activity while passing the time.

It is the God-given gift of relationships...those people God has brought into your life...that give joy to our sadness, peace to our worry and support when we feel alone.

Yet, we can easily disrupt the goodness of relationships and our words/actions can have lasting effects.

Pastor Stuart and Pastor Jim will be focusing on how we can avoid those qualities that can bring division and pain to our relationships while providing guidance from God’s word. Join us on Wednesdays in March at 7:00pm (in-person or online) as we focus on the following games:

- | | |
|---|-------------------------------------|
| March 3 rd : Family Feud - | Relationships: not all are perfect |
| March 10 th : Monopoly - | Words: What defines you |
| March 17 th : Pictionary - | Judging others: seeing how God sees |
| March 24 th : Connect Four - | Community: together is better |



“You must prune to bloom. When you prune what’s not working in your life, you make the space and place for renewal to happen and for new growth to spring forth.”

~ Susan C. Young

Lent, Holy Week & Easter

Worship Dates & Times

Lent (online & in-person):

Wednesdays: 7:00 pm (March 3rd - March 24th)

Holy Week (online & in-person):

Maundy Thursday: April 1st, 7:00 pm

Good Friday: April 2nd, 7:00 pm

Easter Sunday:

Easter: 6:30 am, 8:00 am, 9:30 am (on-line),
11:00 am

Register for Worship!



Registration is now open for in-person worship During Holy Week & Easter Sunday, Visit our website, peacelc.org and click on the “Sign Up” box. Scroll down the list of Sundays to find all of your Holy Week options. If you do not have access to the internet, please call the church office (920 865-7595) and church staff will sign you up for a worship date and time of your choice.



Snow and Inclement Weather

March may come in like a lion and we can only hope it goes out like a lamb! If ice and snow affect travel, in-person worship may be cancelled. Cancellations will be announced on Facebook, via ConstantContacts email and on the homepage of our website, www.peacelc.org. If weather is questionable, please check online or call the church office at 920 865-7595 to be sure the office and church are open before you venture out.

First Communion Preparation Class for 5th & 6th Graders

First Communion Preparation Zoom Class will be held Monday, March 29th 2021 at 6:30 pm on Zoom.

This class is for at least one of the parents and the student.

The invitation is for 5th and 6th graders, (since we missed the class last year) older students who have not yet been prepared, and younger students whose parents believe are ready to join in the sharing of the Lord's Supper. We will be sending out letters with the Zoom instructions and links to the 6th and 5th graders. Please contact us if your young one is in a different grade and would like to be included so that we can send you the link for the Zoom class.

Holy Communion

We'll resume this aspect of worship on the first Sunday of the month. Cups with wine/wafer will be used during our in-person worship while those at home use bread/wine/juice. Holy Communion will be offered beginning on February 7th.

Prayer Shawl Group

Anyone wishing to participate in prayer shawl group is invited to meet together socially distanced in the small chapel at Peace on Thursday, March 4th at 1:30 pm. Knitting and crocheting of prayer shawls will be done together with participants spaced 6 feet apart. Masks are required. Yarn is supplied but bring your own hooks or needles. All are welcome!

Causely March

If you haven't heard of Reach by Causely, here's how it works... Causely makes a donation to a great cause every time people Facebook check-in at Peace Lutheran. To learn more about Causely visit causely.com/our-good.

This May we partner with Vitamin Angels to improve the health of children in need around the world. Every 2 check-ins or reviews of Peace Lutheran on Facebook will provide a vitamin to a child in need.

Vitamin Angels is a non-profit organization dedicated to reaching underserved children and moms around the world with life-saving vitamins and minerals - reducing preventable illness, blindness, and death - to create a healthier world. In 2020, Vitamin Angels reached over 70 million children and moms in 74 countries, including every U.S. state.

If you want to learn more about Vitamin Angels, you can check them out at vitaminangels.org. The hashtag this month is #givevitamins.

Endowment Fund

Are you looking to make a difference and leave a lasting legacy at PLC? Please consider contributing to the Peace Endowment Fund.

The fund provides financial support to a variety of causes in the local community. Each year a percentage of the fund balance is granted following criteria set forth in the bylaws. This year's grants were awarded to:

PLC Youth Fund

St. John's Homeless Shelter

NEW Community Shelter

Pulaski Food Pantry

Sam's House Shawano

The Giving Tree

Golden House

Crossways Camping Ministries

UWGB Mauthe Center for Faith, Spirituality, and Social Justice

Peace Quilters

Eye Heart World Rose Home for Trafficking Victims

Prayer Shawl Ministry



*Committee
Update*

Together we have made and will continue to make a positive difference in someone's life. Your giving is a powerful gift. THANK YOU for your support of the Peace Lutheran Endowment Fund. To learn more about the fund and how to contribute, please contact Bob Schultz (920-328-7100), Mike Hallada (920-264-7425), or the call the church office (920-865-7595).

February Grocery Challenge

I don't know about you but many of us are missing the scrumptious Lenten Meals we have had here at Peace. Maybe next year...right?

Although we will not gather together to share a meal we are hoping you will be able to share food and supplies that will care for others in our community. Please join in The Full Circle Grocery Challenge through Easter Sunday. The food and supply drive will benefit the Howard Giving Tree, Pulaski Food Pantry and the N.E.W. Community Shelter, Green Bay.

Here is a list of MOST NEEDED ITEMS: peanut butter, jelly, pancake mix, syrup, boxed oatmeal, mac & cheese, hamburger helper, sugar, canned soup, paper towels, dish soap, cleaning products, shampoo, conditioner, body wash, lotion, deodorant, liquid soap, vinegar, bleach, liquid laundry soap, bathroom cleaner, garbage bags (30-60 gal.) non-latex gloves (L & XL), winter jackets (men & women sizes 2XL & up) gift cards for meat purchase.

As you are able, drop items off at church on the table in the gathering space Sundays during worship or weekdays between 8 am & 2 pm. Thank you in advance for your contributions.

Virtual Sunday School

Sunday School is virtual this year and can be found at our YouTube page! Search for PLC-GB Sunday School and you will be able to subscribe to the page and watch the FBS (Felt Bible Stories) with Pastor Stuart and Pastor Jim.

The Bible story videos will be posted every week by Friday afternoon and you can watch with your young ones anytime during the weekend!

Thank you for taking the time during these abnormal circumstances to share the Bible and your faith with your young people.

South Parking Lot Project

A generous couple has made a sizeable donation to get us started on a project to pave our South Parking lot. We are blessed by and grateful for this generous gift. Many of you have also contributed to this project. Thank you! The project was put on hold last year due to the Covid situation. We are hoping to get at this project by the end of Summer this year. We have collected nearly \$44,000 to date. We will be re-bidding the project this Spring and will report the final bid to you as soon as we are able. If you'd like to contribute to this project envelopes will be available in the entry areas here at Peace. Or, you may make a contribution by check or electronic giving as well. Simply let us know it's for the parking lot project.

"If we dwell upon the harms that have been wrought on us by humankind, we amputate from our mind the power of dwelling upon God."

~Macarius of Egypt

THANK YOU

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THANK YOU

Thank you to Elaine Wicke for her donation to Peace Church in loving memory of Mary Winnie.

Thank you from Agnes Christensen to Nurse Marsha and the people of peace for the gifts she received at Christmas, the many prayers and support she has received over these many years.

THANKS TO ALL FOR OUR NEW BLINDS

Thanks to the generosity of a couple here at Peace we have new blinds installed in our upper windows to keep our screens clear during worship. We are also grateful to the many helping hands who helped us move and then replace pews so the installation could take place. We are all blessed by this thoughtful gift!

Have you heard that a great time to join the board of a non-profit is during a global pandemic? Me neither. But that's what I did when I joined the Peaceful Beginnings Daycare board in September, 2020. While the experience so far has been anything but boring or simple, I am blown away by the dedication, expertise and perseverance (not to be confused with the Mars Land Rover!) of the board members, the daycare staff and the youth who are served at the center.



We are nearing the 365-day mark of living in a world reacting to Covid-19. When you think of essential workers your mind goes to doctors, nurses, EMTs but did you ever think of daycare workers? Snow days mean school closures but not so for daycare. Quarantine? Home School? Daycare is still essential. Daycare is still open and with all the personal protection measures other businesses have, and then some! Through it all, Peaceful Beginnings Daycare Center has evolved and adapted to remain open and available to families. There were two short closures during the last twelve months which, in my opinion, is nothing short of miraculous.

Now that I am on the board, my knowledge of the center could fill all the pages of this newsletter. While I can't share everything, here are the more "essential" details! The center not only remained open, but improved the playground, replaced entry doors and completely renovated one classroom in the past year. The staff remains upbeat while caring for the center children alongside continuing education. Throughout the day the staff works individually or in groups to expand and enhance their childcare expertise earning new or extra certification and degrees. All of this throughout a pandemic; not just treading water but making waves of positive change!

In August, the center promoted their assistant director to daycare director. Jenny Ullmer has worked alongside new assistant director, Ashley Bradley to continue and augment the level of excellence at Peaceful Beginnings. Below you will learn more about both of them, in their own words. Also, the center can use your financial support now more than ever. Their fundraiser for the month of March is outlined below. Donations can be brought to church where a collection box will be located in the Gathering Space beginning March 1st.

Hello, my name is Jenny Ullmer and I have been the Center Director here at Peaceful Beginnings since August of 2020. I started here in January of 2014. While Covid has presented its challenges, we have taken them in stride. We have a great team of Teachers, who work hard each day to provide quality care to the children. If you have any questions or an interest in enrolling your children please contact me at: jenny@peacefulbeginningscc.com

My name is Ashley Bradley, and I am the Assistant Director of Peaceful Beginnings Christian Childcare Center. I have been the Assistant Director since August of 2020 and have worked for the Center in various roles since 2017. We have a great team of dedicated teachers working hard to provide quality childcare and learning experiences for all the families we serve. I look forward to many more years of getting to serve the community and watching all the children learn and grow.



Would you ever think that your gently worn, used and new shoes could help raise money for center improvements? Well they can and here's how. Our center is participating in a fundraiser where there is nothing to buy or sell, all we need is your support and your gently worn, used and new shoes. We are looking for community members to help support us by collecting gently worn, used and new shoes in the next 4 weeks. Here's how you do it: Start in your family's closets and gather pairs of shoes that you've out-grown, are out of style, or out of season. If you have pairs, great; if not please ask your neighbors and co-workers to do the same. These shoes will help support our program as well as micro-entrepreneurs (small business owners) in developing nations like Haiti, Colombia and Tanzania. Can we count on you? Every pair helps. Bring your shoes to Peace Lutheran Church during office hours or call Peaceful beginnings (920 865 4280) to arrange a drop off.

Next Meeting

Katie's Circle will gather on Tuesday, March 9th, at 1:00 pm in the chapel. Our Bible study can be found in the March 2021 Gather magazine.

“Journey with angels— Comfort Angels” is the third session in this four month series. This session we will discover and remember the angels who bring comfort to God's people and to us.

Don't worry if you are not able to work through the lesson previous to attending; we will all work through the lesson together. Masks are required and we will be socially distanced. No refreshments will be offered so bring your water bottle if you would like.

Copies of the *Gather* magazine can be found in the office. You may subscribe to the magazine at www.gathermagazine.org or Gather, PO Box 336, Congers, NY 10920. The cost for 10 issues is \$19.95. Katie's Circle welcomes everyone to join in fellowship and discussion with other Christian women. Monthly Bible studies are found in *Gather Magazine*.



Book Review

WHEN WE WERE YOUNG by Karen Kingsbury is a story about Noah and Emily Carter. Noah and Emily have more than a million adoring fans following them on Instagram. Everything for Instagram is staged and they have reached a point where they decide to call it quits. Noah has a fitful night of dreams in which he sees his life in the future. He sees how his decision to walk out affects their children. Emily spends the night going through all the things that brought Noah and her together and the love that they shared. After the fitful night, both have a strong desire to come back together and work things out. They see God's hand in what occurred during the evening.

This is a wonderful book. If only we could see what would happen after we make certain decisions. The book ends with a list of “Elizabeth Baxter's 10 Secrets to a Happy Marriage”. Check out the book to find that list.

WHEN WE WERE YOUNG can be found in the fiction section of the library. Check it out and enjoy!



Personal Care Kits

Katie's Circle is still collecting items to assemble personal care kits for Lutheran World Relief. Each kit contains: 1 bath towel, 2 bars of soap, 1 wide toothed comb, 1 adult toothbrush, and 1 metal nail clipper. To continue assembling kits for 2021 we are in need of more nail clippers. If you are already out and happen to see any of the items for the Personal Care Kits and would like to purchase them, we are still accepting donations. The wicker basket used to collect donated items can be found in either the gathering space or chapel. THANK YOU to everyone who has donated to this project in the past and those who plan to donate in the future. Your help is greatly appreciated!

In collaboration with Lutheran World Relief, Personal Care Kits are shared with people who have lost everything from a natural disaster or life-threatening violence. Each kit includes:

- One light- or medium-weight bath-size towel (approx. 52" X 27"), dark color recommended
- Two bath-size bars (4 to 5 oz.) of soap, any brand, in original wrapping
- Adult toothbrush in original packaging
- One sturdy wide tooth comb
- One metal nail clippers

Our current needs include toothbrushes, wide tooth combs, nail files, and towels.

Please place donated items in the LWR basket in the gathering area. Your contributions to this mission project are greatly appreciated!

Church Library

Our church library has many resources. There are several books, dvd's, and music cd's. The library is open on weekdays during church office hours. Materials can be checked out by signing your name and date on the card in the front of the book/dvd/cd and placing it in the card holder on the library desk.

When you return the materials, place them in the white can in the library or on Sundays place them on the counter in the office. All members are welcome to come in and enjoy the library!



March Meeting

Our next meeting will be Saturday, March 6th at 9:00 am by Zoom. For a link to join the meeting, please reach out to Debbie Sanchez via email: dsanchez@netnet.net.

All Women are invited to join Full Circle, an outreach and fellowship group that aims to provide service and aid both locally and abroad.

Sewing for Smiles

Full Circle continues to cut fabric for tote bags and walker bags. Tote and walker bag patterns are available at our website, www.peacelc.org. Look for the "Full Circle" section under the "Fellowship & Service Groups" menu. Walker bags are shared with local assisted living facilities and help users maintain independence by carrying essentials wherever they go. Tote bags

are shared with the Sewing for Smiles ministry is a ministry that was created to improve the lives of impoverished children by providing them with the clothing required to attend school.

Greeting Card Ministry & Shut-in Outreach



Caring card ministry sends greetings to members in our congregation to be lifted in prayer. Thank you Renee Stieg for sending cards to everyone on the prayer chain in February. Over 42 cards were sent by Renee last month.

Full Circle members continue to reach out to our member shut-ins. Please attend a Full Circle meeting *or* reach out to Val Plasky, valerieplas@new.rr.com to join this ministry.

Ladies Tea Tentatively Scheduled

The annual Ladies Tea put on by Full Circle is scheduled for Saturday, April 24th, 2021. The group will continue to provide updates as the event nears. The group is considering many options for what the event will look like this year... a virtual event or possibly rescheduling the event and doing an outside, summer event. If you'd like to help plan or have any exciting ideas, please share them by attending the next Full Circle meeting on March 6th!



"Wherever you go, no matter what the weather, always bring your own sunshine."

~Anthony J. D'Angelo

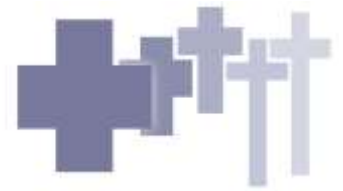
THE MEN AT PEACE

ALL men of Peace who have ideas and skill to share for inter-generational events are invited to join "The Men at Peace." If you would like to get involved with what is happening, please email Harvey Jaeger, hjjiim@gmail.com. The group does not meet at this time.

Men's Bible Study

A great men's ministry meets every week for Bible study on Wednesdays at Julie's Café (2130 Velp Ave.) 7:30 am - 8:20 am. Harvey Jaeger (Peace member) leads the group as discussion focuses on the scripture that will be preached on the following Sunday. Just bring a Bible and come be a part of this easy-going group where laughter and learning are present!

From the Desk of Nurse Marsha



It's March already-wow time is flying by fast! Are you starting to look at your Spring clothes and wondering if they're going to fit? Our health journey is challenging and getting rid of unwanted pounds may require creating **sustainable healthy habits** with **nutrition** and **fitness**. Another thing that may help us lose weight is by listening to our self-talk and how we speak to ourselves about how we're doing as we're on our journey. In fact, **research published in the journal Obesity** found people who used **positive self-talk** were more successful at losing weight, helping them get back on track after minor slips such as eating too much, skipping our workouts or hanging clothes on our exercise equipment instead of using them (ok I made that last one up).

"When you tell yourself you've failed at something, oftentimes it triggers a backslide or a **binge episode**," says **Rachel McBryan, RD**. If you catch yourself talking or thinking negatively, you can reframe it to get back on track quickly. Doing so "supports a better mood and less obsessive thinking about food," says McBryan.

Here are five common thinking challenges that are helpful to reframe when working to lose weight and improve your health:

1

TODAY WAS A 'FAT TUESDAY' EATING DAY!

Defining our eating habits as "**good**" or "**bad**" may set you up for failure. "The 'bad' days make you feel **guilt and shame**, which can lead to **unhealthy relationships** with yourself and food," says **Julia Axelbaum, RD**. "The 'good' days put an unrealistic expectation and pressure on yourself to keep it up and always be perfect."

Instead of thinking of days as good or bad, ask yourself about the habits that went along with either being successful or flying off course. For example, when you log all your food and exercise, you may notice positive trends. Or maybe you ate too much because you felt anxious, bored, tired, sad or distracted.

"We all have triggers that lead to undesirable behaviors, and figuring out what those are is key," says Axelbaum. "Once you identify them, take a moment to think about what you can do differently the next time you are in that situation. How can we encourage ourselves to prevent this from happening the next day? Looking over your meal plan, coming up with solutions and being prepared helps avoid future slipping.

2

THE SCALE ISN'T GOING DOWN, SO WHAT AM I DOING WRONG?

Have you ever felt down after getting on the scale and it doesn't show that you've lost weight? This can lead to stress, **which alters your body's hormones** and can further hinder weight loss. Here's the thing: "**Losing inches and not weight** actually means you have started to lose fat and will eventually lose weight, too," says Anam Umair, RD, PhD. Instead of getting down on yourself when you step on the scale, make a mental list of the positive changes you have made! For instance, "I have more energy to play with my kids +/- or pets" and maybe "I have **more endurance on my walks**." Focusing on the positives and what you're doing right makes weight-loss less stressful and more motivating.

3

I REALLY MESSED UP! NOW I HAVE TO START FROM THE BEGINNING!

"An all-or-nothing mentality has no place in creating a healthier lifestyle," says Axelbaum. Instead of thinking one less-than-perfect decision messes up an entire day, move forward and do the best you can the rest of the day. "**The goal is not perfection; it's progress**," says Axelbaum. "Instead of beating yourself up, pause to notice any feelings of guilt or shame. Remember, you are only human, and this happens to everyone at some point". Instead of dwelling on one slip-up, remind yourself "no one meal, day or even week of eating defines my weight," says Axelbaum.



.....continued on next page

WHY AM I EATING THIS?

“Next time you’re considering indulging in something special, think about if it’s something you really want and love, or if you are just eating because it’s there,” says Axelbaum. “If you do make the conscious choice to eat it, enjoy it to the fullest. Give your full attention to the flavor, texture and smell with each bite. Savor the food slowly and be as present as possible.” Again, remind yourself to look at the bigger picture. You can tell yourself, “I eat healthfully 80% of the time, so I’m going to fully enjoy indulgences the remaining 20%.”

DOES THIS MAKE ME LOOK FAT?

Have you asked your spouse or friend this when shopping or picking out an outfit to wear? “The problem is this kind of language reinforces the bad habit of prioritizing your weight’s appearance and only your weight’s appearance as the focal point of your life,” says John Fawkes, NSCA-certified personal trainer and Precision Nutrition-certified nutritional counselor. Instead, “ask yourself how certain clothes make you feel,” says Fawkes. “Think about the material, colors and fabrics, plus how energized you feel after putting on a certain piece.”

You probably have heard most of these tips before, but this month I wanted to bring them to light once again.

“Later, in one of His talks, Jesus said to the people, ‘I am the Light of the world. So, if you follow me, you won’t be stumbling through the darkness, for living light will flood your path.’” John 8:12
The Living Bible

God’s peace and love,



Contact Nurse Marsha

You can reach Nurse Marsha’s office by calling 920-865-7595, extension 5. She will return your call during office hours. You may also send her questions via email to: nursemarsha@peacecl.org.

“No pain, no palm; no thorns, no throne; no gall, no glory; no cross, no crown.”

~William Penn

Water Walking

Let’s meet at the Pulaski Pool for Early Bird Water Walking from 7:00 - 7:30am on Thursdays now through April 1st. Join Nurse Marsha for fitness and connection.

You may pay per visit or purchase a punch card from the Pulaski Community Pool, 10 visits for \$35.00.



Caring Callers Needed!

The Full Circle group is looking for individuals or families who would like to make a difference in the lives of our parishioners unable to attend worship services. Caring Callers would initiate a phone or greeting card contact with our fellow parishioners approximately once a month, just to let them know we are thinking about them and praying for them. The time commitment is low, but the impact will be big! This would make a great family/ intergenerational activity. All ages are welcome to participate. If you would like to make a small gesture that has a HUGE impact, please contact Valerie Plasky (920-606-3090 or valerieplas@new.rr.com). Val will match you with a parishioner who would love a call or card now and then!



Activity PAGE



FOR THE BIRDS

Display this recycled craft to care for feathered friends.



What you need:

- Peanut butter or vegetable shortening
- Plastic knife
- Empty toilet paper tube
- Bird seed
- A plate
- String

What you do:

1. Spread peanut butter or vegetable shortening on the tube, covering the entire outside surface.
2. Pour bird seed on a plate and roll the tube in the seeds.
3. Thread string through the tube and tie it to make a loop.
4. Hang the bird feeder outside. When seeds are eaten, coat the roll again.



PUZZLE

BIRDS IN THE WORD

The Bible mentions many kinds of birds. How many have you seen?

Directions: Unscramble the bird names, using the Bible references and pictures as clues. Then insert the final unscrambled bird name to complete the passage below.



VDEO

___ _ _ _ (Genesis 8:8)



LWO

___ _ _ (Psalm 102:6)



GEELA

___ _ _ _ (Isaiah 40:31)



TOKRS

___ _ _ _ (Jeremiah 8:7)



APROSWRS

___ _ _ _ _

“Are not five ___ _ _ _ _ sold for two pennies? Yet not one of them is forgotten by God. ... Don’t be afraid; you are worth more than many ___ _ _ _ _.”

LUKE 12:6-7, NIV



March Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 8:00, 9:20 (in-person & Facebook Live) & 10:30 Worship at Peace Lutheran (limited to 80 per service - use sign up or call church) 7:30 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>1 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>2 6:00 PM Peaceful Beginnings Staff Meeting</p>	<p>3 Lenten Worship at 7 pm (in-person & online) 7:30 AM Men's Bible Study @ Julie's Cafe in Green Bay 10:00 AM Morning Bible Study Via Zoom</p>	<p>4 7:00 pm Thursday Evening Worship (limited to 80 - sign up or call the church) 7:00 AM Water Walking - Pulaski Pool 9:00 AM - 12:00 PM Nurse Marsha "IN" 1:30 PM Prayer Shawl Meeting</p>	<p>5</p>	<p>6 9:00 AM Full Circle - Peace Lutheran Church</p>
<p>7 8:00, 9:20 (in-person & Facebook Live) & 10:30 Worship at Peace Lutheran (limited to 80 per service - use sign up or call church) 7:30 AM - 12:00 PM Nurse Marsha "IN" 9:00 AM Men @ Peace Meeting - in the Chapel</p>	<p>8 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>9 1:00 PM Katie's Circle 6:00 PM - 6:00 PM Peaceful Beginnings Board Meeting</p>	<p>10 Lenten Worship at 7 pm (in-person & online) 7:30 AM Men's Bible Study @ Julie's Cafe in Green Bay 10:00 AM Morning Bible Study Via Zoom</p>	<p>11 7:00 pm Thursday Evening Worship (limited to 80 - sign up or call the church) 7:00 AM Water Walking - Pulaski Pool 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>12</p>	<p>13</p>
<p>14 8:00, 9:20 (in-person & Facebook Live) & 10:30 Worship at Peace Lutheran (limited to 80 per service - use sign up or call church) 7:30 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>15</p>	<p>16 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>17 Lenten Worship at 7 pm (in-person & online) 7:30 AM Men's Bible Study @ Julie's Cafe in Green Bay 10:00 AM Morning Bible Study Via Zoom</p>	<p>18 7:00 pm Thursday Evening Worship (limited to 80 - sign up or call the church) 7:00 AM Water Walking - Pulaski Pool 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>19</p>	<p>20</p>
<p>21 8:00, 9:20 (in-person & Facebook Live) & 10:30 Worship at Peace Lutheran (limited to 80 per service - use sign up or call church) 7:30 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>22 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>23</p>	<p>24 Lenten Worship at 7 pm (in-person & online) 7:30 AM Men's Bible Study @ Julie's Cafe in Green Bay 10:00 AM Morning Bible Study Via Zoom</p>	<p>25 7:00 pm Thursday Evening Worship (limited to 80 - sign up or call the church) 7:00 AM Water Walking - Pulaski Pool 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>26</p>	<p>27</p>
<p>28 8:00, 9:20 (in-person & Facebook Live) & 10:30 Worship at Peace Lutheran (limited to 80 per service - use sign up or call church) 7:30 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>29 First Communion Preparation at 6:30 pm for 5th & 6th Graders 9:00 AM - 12:00 PM Nurse Marsha "IN"</p>	<p>30</p>	<p>31 7:30 AM Men's Bible Study @ Julie's Cafe in Green Bay 10:00 AM Morning Bible Study Via Zoom</p>	<p>1 Maundy Thursday Worship at 7:00 pm (in-person & online) 1:30 PM Prayer Shawl Meeting</p>	<p>2 Good Friday Worship 7:00 pm (in-person & online)</p>	<p>3 9:00 AM Full Circle - Peace Lutheran Church</p>



March

Birthdays



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BLAIRE CHRISKE BROOKE GAFFNEY LINDSEY HARTIN REBEKAH KIMMINAU LORI KOCH KEN KOLLATH DANIELLE STEINFELDT JOHN STEINFELDT DAWN WESOLOSKI	2 TYLER BRODHAGEN MITCHELL JAROSINSKI JOY LE COMTE THOMAS RYSKOSKI WALKER WOZNIAK LYNNE ZITTLAW	3 MADELINE BENZ BRADLEY CUTLURIA ANDREA FELMER BROOKS JANDRIN ANN JOHNSON JILL SOLTAU JAMES WINTER	4 MACY AGEN SCOTT AHLWEDE SHIANNIA GRACYALNY LEIF GREAVES MARTIN HANCOCK BENNETT HANDRICH ELLIOT WAGNER LAURIE WATTERS	5 CHRISTI AMBROSIOUS CONNIE DOMBROWSKI ADAM HUBER ADAM JAMIR CALE KLARKOWSKI SKEETER MROCYNSKI LAURA PETERSON STEVEN STIEDE	6 JILL BOHM CONNOR FUGLESTAD TANYA GREELY KATE HOPPE PAYTON HORN GAIL JAMES SCOTT JANDRIN DUANE KOEPSSELL KARISSA SCHINKTGEN BROOKE WESTPHAL
7 JOSIE BAUDE ALEX BODART BLAKE BODART SCOTT HEINTZ SAMANTHA JANQUART SAWYER KUCZER JEFFREY RAETHER LAURA UNGER ALAN WILLIAMS PAYTEN WINKLER	8 KIRA BONIFAS AYLA BREITENFELDT NICOLE DORVINEN RILEY RESULTA GARYN ROUSSEAU	9 KRISTOFER BJORKLUND DANA MARIE (GEZ BRANDT MARK BRODHAGEN GINA DECASTER RYAN FOLKMAN ANDREA LUDLOW ELIZABETH MADIGAN ERIC PRZYBYLSKI ROBERT SCHULTZ	10 LINDEN BAENEN JOCELYN LENZ MICHAEL PFEIFER LIAM RAHN CALVIN SCHEIBE JOAN SCHINKTGEN DIANE STRECKENBACH	11 CLARICE DRUMMOND EMMA HOHMAN NATHAN OTTO CHARLES REEDER MARLORIE SKALA ASHLYN SMITH KENNEDY TEBO EDEN WALLENDER CHARLY WILSON ERIN WOOD	12 LINNEA GREAVES JOSHUA JONES MEGAN KANE KIM KINNER CHARLOTTE SKALA CATHERINE SMITH KENNEDY TEBO EDEN WALLENDER CHARLY WILSON ERIN WOOD	13 GRANT KOSEK ELLA KRUEGER MILES NELSON BEN RUCH
14 ERIC DUDEK BRITTNEY GENAL CADE GOHR DANIELLE HERNING PHIL PARADIES JOHN PITZEN HELEN SEILTZ JULIE WEBER	15 CAMERON BAUDE WILLIAM BRITZ LYNN BURDEAU STELLA BUSCH MACKENZIE CARLSON NATE HARVEY JOSHUA JUNG PARKER KOJIAN MARY PILESKI ALLIE SWAN	16 LINCOLN AMBROSIOUS DUSTIN BACH CAYDEN BUDZ PAT DESTACHE NATHAN FETT MIKE JOHNSON KAREN MOOREN CLARICE PASCH DIANE RAASCH CHRIS ROMMES CALVIN SCHILZ DAVID WEGGE	17 CYNTHIA BREHMER CONRAD FEIVOR SPENCER FEIVOR JAY FRUSCH MADISON KOCHAVER GABRIEL PETERSON SHARON PUTNAM DEAN REINKE DEAN SCHRAANK RILEY TOMLINSON TERRI WALTER ANTHONY YELK	18 REANNE CASTNER JOE DEROY RACHELANNE HANSEN JAMES HUBEN MARK JUNG ISABELLA PRENTICE JEREMIAH SCHILLING	19 HEIDI BRUCKERT DILLON HALBACH ANDREW KABELA JEAN KRANNING JORDAN POLZIN AUTUMN PUYLEART ELISE ROMMES ZACKARY SCHINKTGEN LEANNE TOMASCHESKY	20 MIKE BREZINSKI AIDEN COLLETT ZANDER COLLETT MADYLIN FEUTZ CORY HORN JAMIE HUBBARD TIM LINDGREN KIM MELOTTE GORDON RIEDEL MEGAN SPLAN BONNIE SWAN HANNA WELCH GLORIA ZIMMERMAN
21 HANNAH BOETTCHER KAYLIN DUESING GWYNN FEWELL EMMA HALBACH PORTER HANSTEDT ROB MCNEIL CHRIS PETERS AMY SHAW	22 MELANIE CHRISTIANSEN SARAH ERICKSON DEBRA FERRON RUBY GAY KADEN NIETHING CAMERON OPPERMANN DEBRA PROKOP LISA STREU DELANEY SWANSON BENJAMIN WALTERS DENNIS WINKLER	23 BRAYDON BUDZ LUKAS DORNFELD TODD FRISCH BRAD STIEDE MARY UMLAND	24 MICHAEL HALLADA EMME HILBERT GARRETT KACZROWSKI THOMAS KLENME BRYCE KOBUS JEREMY LEITZKE HEIDI RADISH SUE SURING PAUL UNGER BECKY VANDERVEREN CHARLES VANSICKLE SHERADIN VORPAHL EVAN WIEBEL LAINA WINKLER	25 ZACHARY DOERSCH KACIE FREEBERG TIMOTHY LANING LIAM MACKESY SEAN MACKESY MICHAEL MASAR DANIEL ROGERS COOPER RYSKOSKI COURTNEY STEPHAN STEVE UNGER ETHAN WELCH	26 CASEY ANDERSEN LUDENE BALKE KATHY GOERL TIM GREELY KEITH JENSEN ALEX KINNER EVAN LARDINOIS HANNAH LIPS JOSEPH MOOREN MAXWELL PICKETT NOLAN POCIASK MEGAN SCHULTZ BRANDTLY STRUCK COLTON STRUCK	27 MILES ADCOCK BRYNLEE BREHMER MARCIA DUDEK REBECCA PRATT BRADLEY SANTY CINDY SCHOUTEN STEVE YELK
28 GREGG FERRON DENNIS GERTH SOPHIA JOPPE ZACHARY RUOTSALA KINSLEY TILLEMANN	29 ROSS BARCHACKY NELJA CULLEN STEVEN FEWELL ARIANNA HILBERT JULIA LASECKI JACOB MC LESTER MINDY NIELKE MICHAEL SHORT CONNOR SULLIVAN	30 JEFF KRUEGER TAYLOR SAARI CHRISTINA SCANLAN STACEY WANTA LEROY ZADDACK	31 PAUL CHRISTENSEN ERIN CIESLEWICZ MARY GILLIS BRADYAN HOSTETLER MARSHALL JOHNSON ALLISON LARDINOIS HANNAH MANTAI MACCOY MATUSZAK VEDA NORDGREN			

