



*I recently received the following email from Frank Jennings. It has some thoughts of his on worship. Also look at the article he wrote and attached regarding **Change** in our lives. I recommend it to you. Pastor Tollefson*

**GREETINGS:**

While traveling last week, and all of the wonderful experiences of being special guests at the 70th Anniversary celebrations at Pearl Harbor, I couldn't get out of my mind the text of the Second Sunday in Advent, and Conrad, your message on change and accepting change. It always saddens me when people stay away from worship, or even leave because they refuse to accept new styles of worship. A week of reflection, and this morning's incredible worship experience that included all kinds of "new ways of worship and new styles of worship" has prompted me to put together some thoughts on **CHANGE** - or finding *new* ways to do *old* things. Some stayed away, I expect, because they knew it would be different - so sad. (Pastor John and Gloria - at PofP this morning, we had a combined and blended worship with the Ethiopian, Ugandan, and Guatemalan congregations that share our church facility) WOW - what a wonderful experience!

**CONGREGATION MEETING  
JANUARY 29TH—9:00 am**  
Budget Approval &  
Lenten Offering Recipients

Lenten Offerings and Outreach Ministries recommendations are being accepted for the year 2012. They are to be voted on at the annual meeting, January 29th. If you would like to nominate a ministry, please provide a brief description for your recommended ministry and place it in the President's box in the church office or email to [pop-church1@juno.com](mailto:pop-church1@juno.com) as soon as possible or by January 15th.

**The purpose of my email greeting and email is to say thank you to all of you; all of you as worship planners and worship leaders. Thank you for your willingness to blend old styles and new styles, and your openness to announce the changes, and make people comfortable with change. We are never too old to learn; just a little slower!**

I've spent a lifetime of finding *new* ways to do *old* things - the subject of my reflection which is attached. **ENJOY!** Perhaps my "soap box essay" is from latent guilt of never becoming a Presbyterian Minister as my Scottish grandmother expected me to be, or more latent guilt of never becoming a politician like my great grandfather - I doubt either! It simply represents my frustration and sadness that so many use **change** as a reason to disengage or even leave the church.

Sandy and I are so blessed, in both Des Moines (PofP) and Sun City West (LofL), to experience worship as the highlight of each week. As worship planners and leaders, **THANK YOU!** You are the best!

Regards, Frank.....

**FINDING NEW WAYS TO DO OLD THINGS**

Throughout my adult life, particularly during my 40 year business career, but continuing on now through my decade and a half of retired years, I have always been challenged by finding *new* ways to do *old* things. I believe in the value of old things, but have always felt that many things can be accomplished, and even enhanced, by finding new ways to accomplish the same ends. It has been a daily challenge for me. In contrast, a frustration or disappointment for me, has been the reluctance, and many time even refusal, of some to accept

*(Continued on page 2) New Ways*

(Continued from page 1) *New Ways*

changes or new ways to doing things.

During my short time in the truck building business, we decided to shut down the entire company for three days, and take everyone, assembly line workers, engineers, marketing and sales staffs, janitors, office workers, and executives, to an off site location, some 500 to 600 hundred of us. We divided into about 100 teams of 5 or 6 persons, all of us given the task of finding new ways to build a truck. We were challenged to find ways to reduce weight of the truck, reduce cost, and to reduce assembly line time. But in the end, still build a “quality truck”. After three days, we returned to the factory, excited, committed and without reluctance, to use these new ways to do an old thing. The end result was an even better truck, that weighed perhaps 3,000 pounds less (very important), cost less, and was built with less assembly line time.

During my mother’s life, she starting cooking with a wood burning stove, then moved to a gas burning or electric range, and still within her life time she cooked with a microwave oven. Always without reluctance to accept change. She found new ways to do old things.

Again, during my mother’s life, she started washing clothes on a scrub board, then to a Maytag washer with a ringer and an outdoor clothesline. Finally to an automatic washer and dryer. Always without reluctance to accept change. She found new ways to do an old thing.

My parent’s had a battery powered tube style radio, then a transistor radio, black and white TV, and still within their life time, a colored TV. Had they lived longer, I’m sure that they would have had a 55 inch, plasma, HD, flat screen TV. Again, without reluctance to accept change. Accepting new ways to do old things.

The first car that I can remember my parents having was without turn signals, no seatbelts, no air conditioning, no radio, no air bags. If they were living today, without reluctance, I’m sure they would be driving a luxury sedan, with all of

the latest accessories. A new way to do an old thing – but, it was still a car!

The illustrations could go on and on, but reflecting on the experiences of my parent’s and their acceptance of change, and in finding new ways to do old things, it has always motivated me to likewise be accepting of change, and to constantly look for new ways to do old things. That motto, that challenge, served me well throughout my business career, and continues to serve me well in my retired life.

**But WHY, why when it comes to religion, are so many people reluctant to accept change, or in many cases even refuse to accept change. Some are even willing to leave a fellowship, a congregation, or a friendship, rather than to accept changes in worship style, worship music, or even the presence of other than traditional music instruments. If beliefs are compromised, if biblical interpretation is abused or altered, or if our creed is changed or ignored, that is a different issue. But, assuming that our basic belief, our interpretation and proclamation of scripture, our Christ centered mission remains the center of our worship style and experience, then why are so many reluctant to find new ways to express ourselves in worship and worship style? That “old time religion, it was good for our fathers, it good for our mothers, and it’s good enough for me”! That is still true, but I’m glad that we’ve found new ways to practice an old thing. Now, men and women can even sit together in the same pew!!**

Finding new ways to do old things. Even now in my aging senior yeas, I find new ways to do old things. If for no other reason than out of necessity, I find a new way to put my socks on each morning. But, in the end, it is still an old thing, it is still “putting on my socks”!

Frank Jennings

# Women of Prince of Peace

## WE GATHERED

Faith Circle invited Prince of Peace women to join them on December 15 to enjoy continental breakfast, fellowship and the continuing study in the Gospel of Mark. We were reminded that Jesus cares about his disciples and their need to rest and be renewed (are you feeling that way now?); that Jesus as our shepherd cares about our need to be taught and fed; that Jesus had power over not only the wind and water, but also power to heal; that Jesus' ministry extends to Gentiles as well as Jews. It was fun to discuss the "pluckiness" of the Syro-phonician woman. She would not let Jesus go! See Mark 7:24-30.

In January we will study Mark chapters 8 and 9. Jesus' messianic identity is revealed more and more. Not only that, he begins to reveal that he will suffer and die. That would have been tough to hear when the expectations were "someplace else." It is tough to hear NOW!

## Circle Dates in January

Circles meet the third full week of the month. In January,

- PEACE circle will meet at 10:00 on Monday, January 16 at church;
- JOY circle will meet at 7:00 on January 17 at the church;
- GRACE circle will meet at 9:30 am on Wednesday November 16th at the church; and
- FAITH circle will meet at Barbara Betlach's home on Thursday, January 19 at 10:00.

## THANK OFFERING

The church-wide organization receives nearly all of its regular annual income from two sources: regular offerings that come from congregational units through their synodical organizations and Thank offerings. Thank offerings show gratitude for God's blessings. When significant or ordinary moments happen, we can say thank you to God. Thank Offerings help Women of the ELCA to provide new resources and events. Boxes will be collected in the spring.

## January Love Project

### Think warm!

We will be gathering hats, gloves, and white crew socks for the Peace Shelter. Items may be placed in the box in the Fellowship Hall. Let's help keep people warm in these winter days. Thank you for your help!

## SAVE the DATE

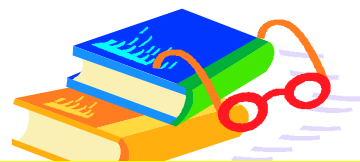
**August 18, 2012**

Dr. Audrey West will be at Christ Lutheran Church in Lakewood to give an overview of next year's study "Gathered by God." Session topics will cover gather to learn, gather for fellowship, gather for support, gather to be empowered, gather to be sent. Dr. West is also the author of our 2004 study entitled "Everyday Surprises: The Parables of Jesus." The cost will be \$15 and will include lunch. We will have a chance to register as the time gets closer.

## This summer in Gather

During the summer, a different author writes the Bible Studies. This year is no exception. We will meet Biblical travelers and explore the

journeys of faith of Jacob, Moses, and Jesus' companions. This study is written by Pastor Julie Kanarr from Port Townsend!!



## **LADIES BOOK CLUB 2012**

**Monday—January 9 at Noon.**

Ladies Book Club will meet in the Fireside Room .Please join us in the new year!

<b>Jan</b>	Cutting for Stone <i>Abraham Verghese</i>
<b>Feb</b>	The Book Thief <i>Markus Zusak</i>
<b>Mar</b>	The Boy Who Harnessed the Wind <i>William Kamukama</i>
<b>Apr</b>	Saving CeeCee Honeycutt <i>Beth Hoffman</i>
<b>May</b>	Chasing Fireflies <i>Charles Martin</i>
<b>June &amp; July</b>	The Immortal Life of Henrietta Lacks <i>Rebecca Skloot</i>
<b>Aug</b>	In The Garden of Beasts <i>Eric Larson</i>
<b>Sept</b>	Mighty be Our Powers <i>Leymah Gbowee</i>
<b>Oct</b>	Someone Knows my Name <i>Lawrence Hill</i>
<b>Nov</b>	Snowflower & The Secret Fan <i>Lisa Lee</i>
<b>Dec</b>	A Dog Named Christmas <i>Greg Kincaid</i>

## REMEMBRANCE

A memorial service was held at Prince of Peace on Saturday, December 17 for **Gladys Remmereid..** Gladys had been a member of Prince of Peace since 1962 and was a member of FAITH Circle. She will be remembered by her three daughters, Janet Laverne, Kaye Lysen and Ruth Remmeried and their families... Pastor David Angersbach officiated.



### Health Concerns:

Elva LaPlante	Frank Lentz	Jeannie Damborg
Sophie Walls	Mary Jackson	Gladys Rieke
Margaret Thor	Meeri Clark	Lillian Stevens
Glenda Schultz	June Schneider	Brady Switzer
Tom Sherman,	Dave DeFeyer	Ken Schultz
Sharon Allen	Doris Schumacher	Andrew Allen
Kathy Gonzales	Timmian Smith	Anna Freyberg
Debbie Fitzgerald	Carolyn Sherman	

## THANK YOU

Thank you to all the great cooks and also to those who delivered the terrific Thanksgiving dinner. It was so great!

*June Brady*

### Those struggling with personal concerns decisions:

Paul Colella	The Rio Family
Bret & Gina	Ken Schultz

### Other Prayer Concerns :

The work of the Vision Committee

Prayers for the men and women in our armed services in this country and overseas: Jacob Hellstrom, Gabriel Kellogg, Max Randall, Steve Larson, Tim Howard, Tim Schneider, Christian Schneider, Shawn Henry, and Amanda Wilzcek

### Nurses Corner

*Our Prince of Peace parish nurses provide blood pressure check monthly and also participate in our Rite of Healing the third Sunday of each month.*

## SHARING

1. Sharing involves reciprocal giving which contributes to greater physical health and personal happiness.
2. Sharing can cause the re-release of oxytocin, a hormone that increases feelings of well-being.
3. Sharing builds trust, which is highly correlated with happiness.
4. Sharing increases positive social interaction with others, which can prolong your life.
5. Sharing invokes gratitude is highly correlated with happiness.
6. Sharing can decrease the disparity between “the haves” and “the have nots,” which increases well being.
7. Sharing involves cooperation, and cooperation is essential to human flourishing.

So, if you want to have better connections with others and contribute toward a better society, start sharing. You might find yourself benefiting from a big dose of happiness in the process.

Prince of Peace Council Meeting Minutes  
November 8, 2011

Council Members present at meeting: Pastor Conrad Tollefson, President Mary Beth Short, Treasurer Claudia Sawin, Gail Kelly, Scott Randall, Kathy Hand, and Barbara Betlach.

Guest: John Kelly

President Mary Beth Short opened the Council meeting at 6:33 pm.

Devotions and Communion – Pastor Tollefson discussed a parable in Mark Chapter 4 that teaches us to better understand who Jesus is.

Minutes- Minutes were approved as amended.

Spending Guide Overview- John Kelly gave us an overview of the upcoming Spending Guideline. The church is doing much better than this time last year. We have no debt; we have paid back funds; and we have built reserves and have caught up on our payments to the Northwest Synod.

Worship Service- discussion regarding continuing with one service, which does not appear to have affected attendance and is easier to manage for music, worship partners, filling in the church, etc. It was moved and seconded that until such time as it is desirable to return to two services we will continue with the current worship schedule of one service.

Reports-

Pastor report- Pastor Tollefson stated that he is postponing his trip to Uganda while he does some follow up on a re-occurring injury. He also reported that he would be on vacation from December 13-15, 2011. Pastor Tollefson also reported that on November 20<sup>th</sup>, eight new people would be joining our church as members and on November 27<sup>th</sup>, POP would be baptizing members of four families. Last, he updated us on the dental van, which averages 7 patients per visit and has performed 24 procedures equaling \$12,000 in services. Treasurer report - Claudia Sawin gave an overview of treasurer reports. She also reported that an error has occurred with the car insurance, which resulted in it being placed in property insurance but it has been corrected.

WELCA report- Gail Kelly reported that October's Love project went very well in raising support for supplies and snacks for tutoring. She also stated that the

September project resulted in 200 socks being purchased. The November project will be supporting the food bank. They will also be passing out little collection boxes where people can place spare change when they are thankful for something. People will save through the winter and they will be collected in the Spring and then sent to Lutheran World Relief. Youth and Family report – There was a successful Under the Bridge project and the High School Lutherwood retreat is set for December 3<sup>rd</sup> and 4<sup>th</sup>, which has about fifteen people signed up for it.

Other Business-

There has been a request by a member to use our parking lot as a pick up site for youth and adult ski school. Finance Committee will look at whether there are any liability issues but otherwise we will move forward in supporting our member's request.

Facilities updates- A number of projects are in the planning including updating our bathrooms and doing some crown molding particularly to hide our technology wires. Principe de Paz has stated they will do the painting.

Music Update- Conrad to double check if Katie has everything she needs for her music program.

Dishwasher could use updating as could the POP sign in the front. Discussion whether Memorial fund would be appropriate as it has \$16,000. Mary Beth mentioned that the constitution and bylaws sets out a committee to determine recommendations. Let her know if any council members are interested or know of someone who would be.

Care Committee- Conrad stated that committee would be honoring founding members of church.

Closing- Mary Beth concluded the meeting at 8:07 pm.

# Wednesdays at POP

Begins again January 4th

- 5:00 pm KidREACH Tutoring
- 6:00 pm Family Dinner
- 6:00 pm Confirmation
- (Middle School Youth)
- 6:00 pm High School Youth
- 6:30 pm Kid's Club
- 6:30 pm Ladies Core Exercise

## KIDS' CLUB

6:30—7:30 pm  
 Wednesday nights  
 K —6th grade

Bring your friends and join us for awesome activities, lots fun and games!

Don't miss out! See you there!

Questions? Call: 206.243.0987



### Playland

(Preschoolers—Ages 0-4)

Kids and Parents • Drop In

Fun • Socialize

**Every FRIDAY**

10 am to Noon

Prince of Peace-Fellowship Hall

# Free

# KidREACH Tutoring Program

For those who haven't heard about this Program, this is a program on Wednesday nights from 5-6p.m. 1st to 6th graders who receive help from some awesome people. If you ever thought this is something you would like to do, it's never to late. Call or email to sign up to be part of the team.

I would like to mention out loud a *BIG Grateful* Thank you for the volunteers and others who have helped in other ways, for your time and making a difference in the lives of children .



Venessa Wheatley, Tutoring Director  
 poptutoring@hotmail.com or 206-243-0987 , Ext \*813

## **Are You a Voting Member of Prince of Peace?**

Under Prince of Peace's constitution, a voting member is "a *confirmed member who has communed and made a contribution of record during the current or preceding year*".

Confirmed members are "baptized persons" who:

- ◆ Have been confirmed in this congregation *or*
- ◆ Have been received into this congregation by adult baptism or transfer *or*
- ◆ Have been received into this congregation by "affirmation of faith."

Legally, as a corporation, the congregation must abide by this definition.

Even if you are listed in the church directory or have been coming to worship, communing and contributing for years, you are not a voting member unless you have been confirmed in this congregation or received into this congregation in one of the above ways.

But, not to worry. If you would like to become a voting member, please mention your interest to the pastors or call the church office.

# COUPLES' ETC

## SAVE THE DATE!!

Saturday January 21 6PM at the McKays  
24425 Marine View Dr. So. Des Moines

Potluck - Corned Beef and Cabbage provided  
Bring things to go along, or alternatives you prefer

January is a great time to evaluate and reflect, as well as a good time to plan for the new year...Sort of a time to think about where we have been; and where, with God's help, we are going! We got a wonderful gift this Christmas that says, "We cannot direct the wind, but we can adjust the sails!" We know that God will do both, and invite Him to use our hands and hearts to help with adjusting the sails at POP in 2012. You all help to keep hearts light and life full of fun through our gatherings. So let's eat good food, plan 2012 events together, and finish the evening with a game (time permitting/ and maybe Reinkes willing).

POP Cafe

*COFFEE HAPPY HOUR!*

THURSDAY—JANUARY 12

10:00 am

Come for coffee, tea, treats and conversation!  
On your way shopping? Stop by! No plans for the day? Stop by! Just come and enjoy this fellowship time. Invite a friend or neighbor too.



## LADIES CORE EXERCISE

WEDNESDAY Evenings  
6:30 PM—Fireside Room

Please join us!



## CHURCH

### MAINTENANCE!

9:00 AM —Wednesday JANUARY 4TH

A new year and still lots of "to dos" at church to keep the facility ship shape for everyone. CAN YOU HELP? No experience necessary. Join us for a couple of hours and we promise the world's best coffee and treats at 11:00 am.

# JANUARY 2011

FH – Fellowship Hall

FS – Fireside Room

S - Sanctuary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Blood Pressure/Food Bag</b> 10:00 AM Worship with Comm/ 11:15AM HS Youth 6:00 PM Principe de Paz 9:00 PM Peace Shelter	<b>2</b> <b>OFFICE CLOSED</b> 4:30 PM Community Youth Orchestra 6:30 PM AFSP Meeting	<b>3</b> 8:00 AM Bible Study at DJ 6:30 PM Last Call - AA	<b>4</b> 9:00 AM Church Maintenance 5:00 PM Tutoring 6:00 PM MAPP Dinner 6:30 PM HS /MS Youth 6:30 PM Kid's Club 6:30 PM Ladies Exercise 7:45 PM Principe de Paz	<b>5</b> 9:00 AM Quilters 6:15 PM Al Anon	<b>6</b> 10:00 AM Kid's Playland 7:00 PM AA Orphans 7:30 PM Principe de Paz S	<b>7</b> 4:00 PM Ethiopian Christian Fellowship FH 6:00 PM Principe de Paz FS
<b>8</b> 9:00 AM Education Hour 10:00 AM Worship with Comm/ 11:15AM HS Youth 6:00 PM Principe de Paz 9:00 PM Peace Shelter	<b>9</b> 12:00 noon Ladies Book Club 4:30 PM Community Youth Orchestra 6:30 PM AFSP Meeting	<b>10</b> 8:00 AM Bible Study at DJ 5:30 PM Endowment Committee 6:30 PM Church Council 6:30 PM Last Call - AA	<b>11</b> 10:00 AM WELCA Board 5:00 PM Tutoring 6:00 PM MAPP Dinner 6:30 PM HS /MS Youth 6:30 PM Kid's Club 6:30 PM Ladies Exercise 7:45 PM Principe de Paz	<b>12</b> 9:00 AM Quilters 10:00 AM POP Café 1:00 PM Willing Hands 6:15 PM Al Anon	<b>13</b> 10:00 AM Kid's Playland 7:00 PM AA Orphans S 7:30 PM Principe de Paz S	<b>14</b> 4:00 PM Ethiopian Christian Fellowship FH 6:00 PM Principe de Paz FS
<b>15</b> 9:00 AM Education Hour 10:00 AM Worship with Comm Rite of Healing 11:15 AM HS Youth 3:00 PM Girl Scouts 6:00 PM Principe de Paz 9:00 PM Peace Shelter	<b>16</b> 10:00 AM PEACE Circle 4:30 PM Community Youth Orchestra Study	<b>17</b> 8:00 AM Bible Study at DJ <b>No Delta Kappa Gamma</b> 6:30 PM Last Call – AA 7:00 PM JOY Circle	<b>18</b> 8:00 AM Dental Van 9:30 AM GRACE Circle 5:00 PM Tutoring 6:00 PM MAPP Dinner 6:30 PM HS /MS Youth 6:30 PM Kid's Club 6:30 PM Ladies Exercise 7:45 PM Principe de Paz Paz	<b>19</b> 9:00 AM Quilters 10:00 AM FAITH Circle 6:15 PM Al Anon	<b>20</b> 10:00 AM Kid's Playland 7:00 PM AA Orphans 7:30 PM Principe de Paz S	<b>21</b> 4:00 PM Ethiopian Christian Fellowship FH 6:00 PM Couples', Etc at McKays 6:00 PM Principe de Paz FS
<b>22</b> 9:00 AM Education Hour 10:00 AM Worship with Comm/ 11:15 AM HS Youth 3:00 PM Girl Scouts 6:00 PM Principe de Paz 9:00 PM Peace Shelter	<b>23</b> 4:30 PM Community Youth Orchestra Study	<b>24</b> 8:00 AM Bible Study at DJ 10:00 AM Retired Teacher 6:30 PM Last Call – AA	<b>25</b> 5:00 PM Tutoring 6:00 PM MAPP Dinner 6:30 PM HS /MS Youth 6:30 PM Kid's Club 6:30 PM Ladies Exercise 7:45 PM Principe de Paz	<b>26</b> 9:00 AM Quilters 6:15 PM Al Anon	<b>27</b> 10:00 AM Kid's Playland 7:00 PM AA Orphans 7:30 PM Principe de Paz S	<b>28</b> 4:00 PM Ethiopian Christian Fellowship FH 6:00 PM Principe de Paz FS
<b>29</b> 9:00 AM CONGREGATION MEETING 10:00 AM Worship with Comm/ 11:15 AM HS Youth 6:00 PM Principe de Paz 9:00 PM Peace Shelter	<b>30</b> 4:30 PM Community Youth Orchestra Study	<b>31</b> 8:00 AM Bible Study at DJ 6:30 PM Last Call - AA				

Date	Flowers	Kitchen	
Jan 1 Jan 8 Jan 15 Jan 22 Jan 29	Lorin and Merry Long OPEN OPEN Ruth Barker OPEN		<h1>2012</h1>

# JANUARY Worship Services

## January 1st—1st Sunday after Christmas

10:00 am  
Worship with Communion  
No Education Hour

## January 8

10:00 am  
Worship with Communion  
9:00 am Education Hour

## January 15

10:00 am  
Worship with Communion/Rite of Healing  
9:00 am Education Hour

## January 22

10:00 am  
Worship with Communion  
9:00 am Education Hour

## January 29

10:00 am  
Joint Worship with Communion  
9:00 am Education Hour  
9:00 am CONGREGATION MEETING

## CONGREGATION MEETING

**JANUARY 29TH—9:00 am**

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Lenten Offering Recipients

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Prince of Peace Lutheran Church  
19030 8th Ave. S  
SeaTac, WA 98148-1972



Our Mission Statement:

To call all people into the eternal love of Jesus Christ and the community that bears His name.

### PASTORAL STAFF

Conrad Tollefson

### OFFICE HOURS

Mon.-Thurs. 9:00 a.m.-4:00 p.m.  
Friday 9:00 a.m.- noon  
Office Phone (206) 243-0987  
Fax Line (206) 241-0369  
E-mail  
[popchurch1@juno.com](mailto:popchurch1@juno.com)  
Website:  
[princeofpeaceseatat.com](http://princeofpeaceseatat.com)

### LAY STAFF

Parish Nurse Ministry  
Denise Reinke  
Director of Music Ministries  
Katie Skovholt  
Organist  
Marlys Hunziker  
Tutoring Director  
Venessa Wheatley  
Office Coordinator/Editor  
Nan Larson  
Custodians  
Jim Wray  
Venessa Wheatley