

PRINCE OF PEACE LUTHERAN CHURCH

9320 Meadow Way
Everett, Washington 98208
425-337-6663

E-mail: pplcmain@frontier.com Web Site: www.pplc.org

Jesus said, “Feed my sheep” (John 21:7). These words of Jesus were given to Peter during the famous “Second chance” conversation they had together on the shores of the Sea of Galilee. It was after the Resurrection and some of the disciples had gone back to fishing. Jesus had previously appeared to the disciples as a group, but never alone to Peter. And Peter needed this time together. He had denied Jesus in the court yard while Jesus was being interrogated after his arrest. Jesus had predicted that he would in fact deny him three times in spite of Peter’s protestations. And out of fear Peter did deny him—the cock crowed—and the rest is church history.

At the end of John’s gospel, Peter and some of his disciple fishing partners had gone out to fish, but without luck. Jesus called out from the shore to throw the net on the right side of the boat. They did and were unable to haul in all the fish. This had happened before—when the disciples were first called to follow Jesus—to demonstrate his power to bring in the kingdom of God. Now it was happening again—to reveal the truth of his resurrection. John tells Peter, “It is the Lord.” And so it was.

In the conversation, Jesus reinstated Peter to his initial calling by asking him one question, three times: “Do you love me?” And Peter responds, “Yes, Lord you know that I love you.” The three times corresponded to the three times that Peter denied the Lord. Painful as this was for Peter to hear, it was his second chance. It is the good news.

I picked this verse to write about because it was one of the verses from the Daily Texts on the Monday after Easter. And I thought about it for days. I was tired from a very exhausting four months full of funerals, Lenten services and Holy Week. I thought about the words, “Feed my sheep” and I

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STAFF:

Pastor: Gib Botten
Music Director: Rob Gillespie
Director of Children’s Ministries:
Lauryn Smith

Organist: Carole Hansen

Office Administrator:
Berlin Vance

Preschool Director:
Michelle Nilsen

Preschool Secretary:
Melanie Zamora

Custodian: Pam Vien

Worship Schedule

Traditional 8:30am
Contemporary 10:30am

Communion on the 1st and 3rd
Sunday of the month

Church Office Hours:

Monday—Thursday:
8:30am—4:00pm

Friday: 8:30am—3:00pm

Important Dates:

May 4 National Day of Prayer
May 14 Mother’s Day
May 20 Armed Forces Day
May 25 Ascension
May 29 Memorial Day



BULLETIN ANNOUNCEMENTS

All items to be included in the announcement insert of the Sunday bulletin must be submitted to the office by noon on the Wednesday preceding the worship service.

PRAYERS

Please call the church office to request prayers or to be added to the prayer chain. You may also email Char:
charkaiser@comcast.net.

PRAYER CHAIN GUIDELINES

Names in the bulletin remain for one month unless renewed by either calling the church or Char Kaiser at 425-338-2874.

INTRODUCING GIVE+ CHURCH

You can now make a contribution through a mobile app! If you have an iPhone, you can download Give+ Church for free from the App Store. Simply search for “give plus church” to quickly find and start using the app. It’s easy to make one-time or recurring donations to multiple funds with your credit or debit card. You can also choose whether to donate as a guest or set up an account that allows you to securely and conveniently manage, schedule and review donations using Touch ID, PIN or password. We hope you enjoy this new way to contribute to our ministry, and thank you for your support. An Android app will be available soon.

Give+ Church is part of Vanco Payment Solutions who processes our website’s on-line giving and our Simply Giving program.

Judy McGregor, Financial Secretary

MUSIC AT PRINCE OF PEACE

Handbell Choir meets Tuesday evenings at 6:00pm. All are welcome to join, even if you don’t read music. Please call the church office to confirm that practice is taking place that evening.

Choir rehearsals take place Wednesday evenings at 6:30pm. The choir is seeking additional musicians for special music, specifically a violin and flute player.

Praise Band is seeking a bass player. Please call the Music Director if you’re interested.

Music Director:

Rob Gillespie
425-501-1505

Submit newsletter articles to Sue Rowell at sushirowell@gmail.com by the **17th of each month**. Another option is to place information in the ‘Newsletter’ mailbox in the narthex or the church office.

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thought, "Lord, I'm tired and drained. Who is going to feed me?" The fact is that we are not going to be very helpful to anyone as witnesses to Christ's light in our lives if we are not well-rested and well fed.

There is a time for work and there is a time for rest. There is a time for growth and productivity and there is a time to be pruned back. There is a time to feed others, but we also must be fed. Disciples of Jesus are called to be shepherds, charged to care for the growth of others, but at the same time, sheep who must be teachable enough to be fed. So I'm looking at finding some rest in the coming month. I'm also asking the Lord to feed me during this time. Let us all remember this vital pattern in the life of a disciple of Jesus.



In service to the Prince of Peace,
Pastor Gib Botten

Coming in June

3 week class on:

"Your Healthy Brain"

June 8, 15, 22 1-3 pm at the church

Learn the latest on brain research and how to keep your brain functioning at its best.

See next month's newsletter, and the poster in the narthex, for more information.



Relay for Life wish list:

- Water for the walkers
- Chips/treats/snacks for the walkers
- Gift baskets for the silent auction
- Monetary donations

Please bring your donations to PPLC before Thursday, June 22nd. (I'm in the office Monday-Thursday 8:30-4:00). Any monetary donations can be made at relayforlifeofeverett.org "Prince of Peace Walkers."

Thank you for all your support.

Melanie D. Zamora
425-583-5080

PRINCE OF PEACE WEBSITE

If you missed a Sunday service, or would like to listen again to the most recent message, visit our website at www.pplc.org. On the home page click 'Listen to last week's message.'

Web Page Manager: Steve Peterson
steveandvictoria@comcast.net

PARISH NURSING NOTES

by Linda Whitesell, RN/NP

“Is Laughing Really Good For Your Health?”

Yes! Laughter, happiness and a sense of humor actually help keep you healthy. Laughter releases feel good hormones called beta-endorphins. They trigger the release of nitric oxide, which dilates blood vessels and increases blood flow throughout the body. It also reduces inflammation and prevents cholesterol plaque from forming.

Laughter can also reduce stress hormones (cortisol and epinephrine) and it boosts the number of antibody producing cells, which fight disease.

By making humor part of your life, it can have a big, positive impact on your overall health.

You might want to read an interesting book, “Anatomy of An Illness” by Norman Cousins who used funny movies to overcome a serious autoimmune disorder. He went on to become a medical school professor, teaching medical students about the power of being positive and the use of humor to heal.

An interesting side note: babies and children smile and laugh about 400 times a day; adults around 60. So don't forget to have some fun in your life, especially during this “merry month of May” when the world is teeming with new life and beauty. Victor Hugo said, “Laughter is the sun that drives winter from the human face.” How true!



PRIMETIMERS

The over 50 group

FRIDAY, MAY 12*

12 NOON POTLUCK IN THE FELLOWSHIP HALL

GUEST SPEAKER: Frank Fargo with “Shower to the People”

A mobile RV which provides showers to homeless people at 2 local churches.

He will be bringing his RV for use to look at and would welcome any donations of toiletries.

If you can't be at the meeting, there is a box in the narthex at the Parish Nurse table for your donation.

*Note date change due to speaker availability