

# PRINCE OF PEACE LUTHERAN CHURCH

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

E-mail: [pplcmain@frontier.com](mailto:pplcmain@frontier.com) Web Site: [www.pplc.org](http://www.pplc.org)

God's love was revealed among us:

God sent his only Son into the world so that we might live through him. (I John 4:9)

What does it mean to live our lives through Christ as the Apostle John suggests? The biblical writers, and the great saints of the church throughout history, attest that the secret to living an abundant life in Christ is to allow Christ to live his life through us. Like John, Paul also talks about a kind of life transference whereby we are moved to one side while the Lord plays the major role. He says in Galatians 2:20, "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." Christ lives in us, say both Paul and John. But what does this mean?

How can we access this power and grace that the Word of God says is freely available for us? Much of this, of course, has a certain level of mystery around it. Perhaps this mystery of our union with Christ is necessary to keep us from trying to control God—something that is impossible. And yet, is there something practical we can do to experience the power and grace of Christ living in us?

Dallas Willard says in his book, *The Great Omission*, "The love of God, and only the love of God, secures the vision of God, keeps God constantly before our mind." Thomas Watson tells us that "the first fruits of love is the musing of the mind upon God. He who is in love, his thoughts are ever upon the object. He who loves God is ravished and transported with the contemplation of God....God is the treasure, and where the treasure is, there is the heart." King David gives us the secret of his life: "I keep the Lord always before me; because he is at my right hand, I shall not be moved." (Psalm 16:8)

(Continued on Page 4)



## 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

Sunday at 9:30am

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

## Church Office Hours:

Monday—Thursday:  
8:30am—4:00pm

Friday: 8:30am—3:00pm

August 2017						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



## MEN'S FELLOWSHIP

August 19th

8:00 - 9:30 AM

Join us in the Fellowship Hall for coffee, doughnuts, and a devotion time. This will be followed by a mission-oriented business meeting, a Bible study, and a discussion. We will close in prayer at approximately 9:30 AM.

Dan Chadrow, President

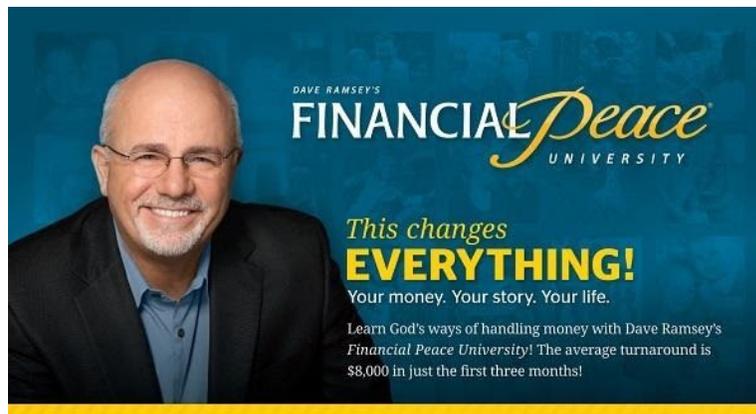
Tom Bannister, Recorder

# Thank You!

A HUGE thank you to everyone who helped with Relay for Life this year. Our goal this year was \$5,000 and we crushed it... \$8,722!! We had such an amazing team with many new faces that we are hoping come back next year. Several fundraisers that were amazing successes! I can't stress enough how overwhelmed I was on the day of Relay and the support that was still coming in. Because of YOU, our team did so well! Thank you. Next year...\$10,000!

God's blessings on all of you,

Melanie and Jamey



When: September 14th (Every Thursday for nine (9) weeks)

Time: 6:30—8:45pm(ish)

Where: Prince of Peace Lutheran Church

Register: <https://www.daveramsey.com/fpu/classes/1043964>

Free child care will be provided!

REAL RESULTS FROM PEOPLE JUST LIKE YOU



#### 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.

## ***TOUCH A LIFE...BE A HOSPICE VOLUNTEER***

Volunteers provide essential services and compassionate support to our patients and their caregivers. A few examples include: • Provide companionship • Help patients with projects, such as writing letters, quilting, and crafts • Provide respite care to relieve family • Assist with errands such as grocery shopping • Specialized offerings for Veterans .

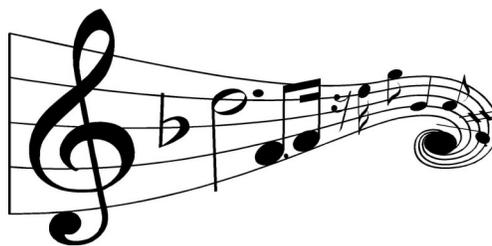
Contact the Volunteer Department at 425-261-4804 for more information. Training starts on August 1st.

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### MUSIC AT PRINCE OF PEACE

Regular rehearsals will resume in September. If you would like to perform some special music during the summer months, please contact:

Rob Gillespie  
425-501-1505  
robgillespie@comcast.net



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Submit newsletter articles to Sue Rowell at [sushirowell@gmail.com](mailto: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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Willard suggests in this and in many of his writings that keeping God and his Word constantly before our minds throughout the day, week, month, etc. is fundamental to experiencing Christ's life living in us. This something we can participate in. We can do those things as an act of our will and desire to think about God and his love that is revealed in Christ. And there are many spiritual disciplines that we can commit ourselves to. These disciplines (such as regular times of prayer, Bible study and memorization, Christian fellowship, and worship to name a few) form habits that allow our minds to continually dwell on the Lord. And as we dwell on the Lord and his love, we experience in increasing measure his life being lived through us.

We are living the best part of summer in Washington and our summers are beyond compare. There are so many fun things to be done. Perhaps one of the fun things that we can practice this summer is endeavoring to dwell on the Christ and his love for us and finding ways to "keep the Lord always before us" as did King David.

Joy and Peace to you,  
Pastor Gib Botten

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Join your neighbors to celebrate the 34th National Night Out (NNO).

National Night Out is a community partnership with law enforcement to raise awareness about crime in our neighborhoods. The Everett Police Department wants you to participate along with over 16,000 other communities!



We encourage you to get together with friends and meet neighbors you don't know - because neighbors are most likely to call 911 when crime is happening.

National Night Out is a community-building event that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live.

For a list of all gatherings & locations, visit: <https://everettwa.gov/511/National-Night-Out>

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## PRINCE OF PEACE WEBSITE

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

Web Page Manager: Steve Peterson  
[steveandvictoria@comcast.net](mailto:steveandvictoria@comcast.net)

## PARISH NURSING NOTES

by Linda Whitesell, RN/NP

### “Peanut Butter—A Great Snack and Nutritious Food For You”

Peanut butter is made from ground, dry roasted peanuts and usually other additives (salt, sugar, oil) to emulsify and stabilize it. It really is a pretty health food providing 180-210 calories per serving, two grams of fiber, and eight grams of protein. It is good for diet- and you feel full for a time. Studies show that it can help reduce the risk of Type II Diabetes. Peanut butter is loaded with Vitamin E, magnesium, and Vitamin B6. Peanuts are a heart-healthy monounsaturated fat because of the healthy fats they contain. Eating low fat peanut butter is not always better. It contains more calories because of the extra sugar that it contains.



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Americans consume \$800 million worth of peanut butter every year and have fond memories of the PB&J sandwiches we enjoyed in our lunch bags at school. Some of us may still enjoy this easy and nutritious food as adults.

### HEART HEALTHY PEANUT BUTTER DRESSING

#### Ingredients:

1/3 cup creamy peanut butter	1 tsp curry powder
1/2 tsp salt, garlic powder, ground ginger	1/3 cup water
2 Tbsp lemon juice	2 Tbsp olive oil

#### Directions:

Combine peanut butter, curry powder, salt, garlic powder, and ginger. Whisk in 1/3 cup water. Add the lemon juice and olive oil. Add to shredded cabbage. Optional: add chopped cilantro, sliced carrots, snap peas, etc. Top with sliced almonds or sesame seeds.

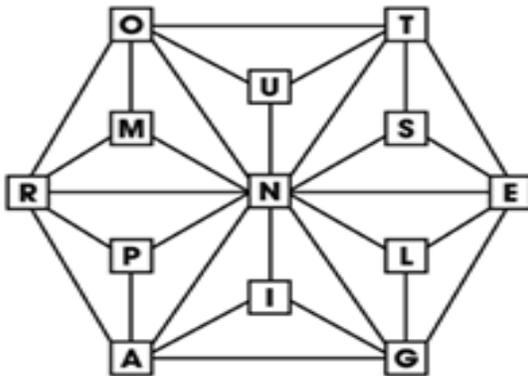
Enjoy!



# The Page Of Fun!

## Puzzle!

Try to spell as many words as possible. Start anywhere and move along the connecting lines. Don't skip letters; for example, you can't form *must* because to get from *m* to *u* you'd need to skip either *o* or *n*. You may return to use the same letter twice, as when you form *noun*, but you can't use the same letter twice in a row.



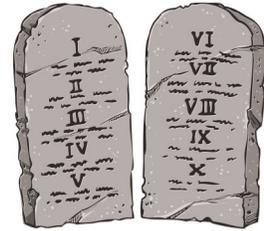
4-letter words: \_\_\_\_\_

5-letter words: \_\_\_\_\_

Words with 6 or more letters: \_\_\_\_\_

Answers include: 4-letter words: gain, pain, lens, mote, page, nuts, stone, stout, motor, mount, longer words: morning, routes, giants, nouns, pronoun, tag, tag.

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments." answered the lady.



You are invited to participate in Bethany Night at Everett Memorial Stadium, as the AquaSox take on the Tri Cities Dust Devils on Thursday, August 17th, at 7:05 p.m! Bring your family, friends, and business associates out for a great time. Last year was a big hit, having Bethany residents rolled out on the 3rd base line right before game-time.... and having one of their employees throw out the ceremonial first pitch - they'll do it again this year!

Tickets are only \$11. To get your tickets, call Julie Reymore at 425-551-6340 or email her at: [julier@bethanynw.org](mailto:julier@bethanynw.org). You can pay by credit card, check, or cash.

