

# PRINCE OF PEACE LUTHERAN CHURCH

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Everett, Washington 98208  
425-337-6663

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*I lift up my eyes to the hills—  
from where will my help  
come? My help comes from  
the Lord, who made heaven  
and earth.* (Psalm 121:1-2)

Psalm 121 comes from a series in the Bible called the “Psalms of Ascents”. They were the songs of the road for Jewish pilgrims traveling to Jerusalem to worship the Lord. These psalms helped prepare the people as they transitioned from where they were to where they wanted to be—in the holy presence of the Lord Almighty.

At this point in the history of Israel, idolatry was a problem and idols were often worshipped on the hills and high places of the country. Palestine was overrun with popular pagan worship. If you were a farmer or rancher experiencing problems with your crops or herds, you could turn to the fertility gods, Baal and Asherah. You could go to the hills where there were spells, enchantments, and sacrifices that could be made—and sacred prostitutes were also provid-

ed. Do you fear the sun or moon god? You could go to the sun priest to pay for protection, or to the moon priestess to buy an amulet. Where can you find help? Lift your eyes to the hills! You’ll find whatever you need up there.

But in the end, looking to the hills always ends in disappointment. Placing our hope in people (or even ourselves) always ends in frustration and anxiety. But sometimes people have to make the failed climb up many hills to get the message. The prophet Jeremiah said, “Surely the idolatrous commotion on the hills and mountains is a deception...” But many are still climbing nevertheless.

No, our help doesn’t come from the hills, or whatever we believe will save us, in the midst of whatever trouble we find ourselves. We can’t even depend on our own strength or abilities to manage our lives. Psalm 121 says that we must reject the false hopes of

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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

Sunday at 8:30am & 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

## Special Dates

Nov. 1	All Saints’ Day
Nov. 5	Daylight Saving Time Ends
Nov. 11	Veterans Day
Nov. 23	Thanksgiving Day
Nov. 26	Christ the King Sunday

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## EMPLOYMENT OPPORTUNITY

Prince of Peace is hiring a part-time Office Administrator. Work hours will be Monday – Thursday, 12:30 PM – 3:00 PM. If you, or someone you know, is interested, please contact Pastor Gib at 402-317-0972 or [pastorgib.botten@gmail.com](mailto:pastorgib.botten@gmail.com).



The Women's Ministry business meeting will be held on November 8th at 9:30 am.

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### AmazonSmile

#### What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), Amazon will donate a portion of the purchase price to your favorite charitable organization.

#### How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to [smile.amazon.com](http://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](http://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

#### Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish

List, wedding or baby registry, and other account settings are also the same.

#### How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

#### AmazonSmile Donations to Charitable Organizations

Each quarter the AmazonSmile Foundation makes donations to registered charitable organizations by electronic funds transfer. Donations are generally transferred approximately 45 days after the end of each calendar quarter.

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**The annual congregational budget meeting is scheduled on November 12th.**



**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](mailto: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.

“No one has ever become poor from giving.”  
—Anne Frank

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“Coming together is a beginning; keeping together is progress; working together is success.”  
—Henry Ford

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“An optimist is a person who starts a new diet on Thanksgiving Day.”  
—Irv Kupcinet

**HOLIDAY FOOD BASKETS**

Thanksgiving and Christmas will soon be here. We are sponsoring 30 families for holiday food baskets. Would you please bring:

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|-------------------------|-------------------------------|
| 5 lb. bags of Flour     | Spaghetti Sauce               |
| 4 lb. bags of Sugar     | Dry Breakfast Cereal          |
| Canned Green Beans      | Peanut Butter                 |
| Canned Corn             | Macaroni & Cheese             |
| Soup, canned or dry mix | Instant or Quick-cook Oatmeal |

**Spaghetti**

The products need to be in unopened boxes, jars or cans because we cannot repackage bulk items.

We will purchase perishable items such as hams, bread, dairy, and fresh fruits & vegetables. If you can make a monetary donation for these items, please make your check payable to Prince of Peace and note “holiday baskets” on it.

As we interview our families, we may identify other needs—we will keep you posted. There will be information about Christmas presents for our families after Thanksgiving.

The Thanksgiving basket delivery date is Saturday, November 18. If you would like to help deliver baskets, please sign up on the chart on the kiosk.

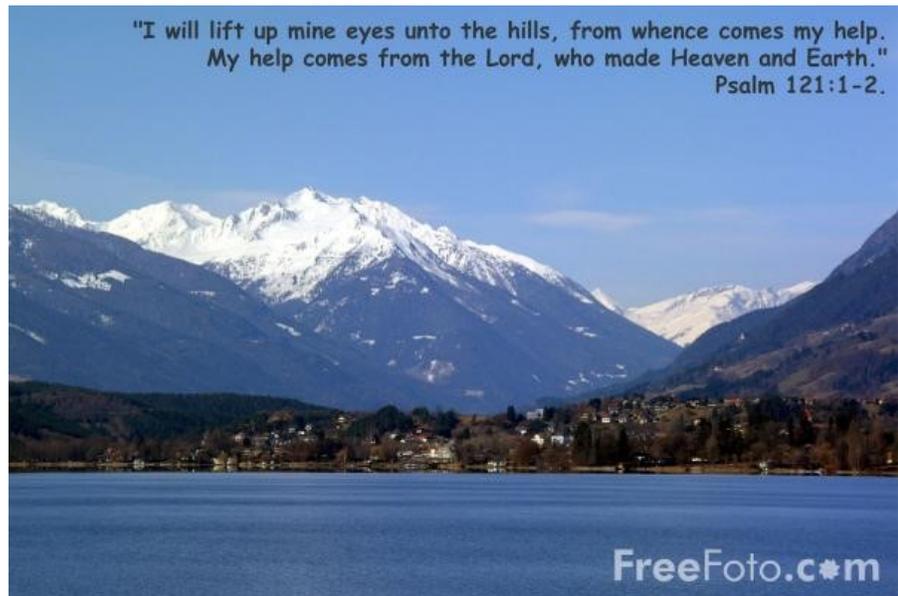
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every other distraction and turn to the only true source of hope and strength that we have: The LORD who made heaven and earth. And because of God's work of salvation through Christ, the Son of God, on the cross for us, God's presence dwells in us and with us wherever we are. We don't have to walk to Jerusalem to find it. The Lord now walks with us on the road.

I was recently talking to a friend who said he was learning to turn to the Lord when problems arise out of nowhere rather than worrying about things he cannot control. The fruit of this has been an increase of peace in his life. I'm still learning that myself. I have somehow convinced myself that if I worry about something long enough, things will get better. It hasn't worked yet. It's a form of "looking to the hills" and it's a deception.

During this month of November, when giving thanks is on our minds, let me offer something we can give thanks for at all times and through all circumstances: My help comes from the Lord who made heaven and earth.

The Prince of Peace be with you,  
Pastor Gib Botten



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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

## PARISH NURSING NOTES

by Linda Whitesell, RN/NP

### “The Power of Gratitude”

Thanksgiving month is here and with it comes thoughts of gratitude for our many blessings. The following is an adaptation of an article by Stephen Post, PhD, a professor of bioethics at Case University School of Medicine. This is what he has discovered about gratitude:

Gratitude defends your body against invading germs. By focusing for 15 minutes a day on things you are grateful for, it will significantly improve your immune system.

Gratitude sharpens the mind and that results in less clinical depression.

Gratitude calms the mind and produces a healthier heart rate and blood pressure.

Gratitude strengthens a caregiver’s ability to be healthier and more capable.

Gratitude heals as those who receive donated organs and have the most grateful attitude heal faster.

Gratitude gives back. When we practice being grateful, we grow in trust with God and benefit physically, emotionally, and spiritually.

To enhance your feelings of gratitude:

--Begin a gratitude journal. Write down five things for which you are grateful.

--Find at least one thing to be grateful for each day.

--Thank God in all circumstances.

-----Have a blessed Thanksgiving-----

### **Prime Timers Potluck**

Thursday, November 9th

Noon in the Fellowship Hall

Come enjoy some good food  
and fellowship.



### **Mill Creek Veterans Day Events November 11, 2017**

Ceremony at Veterans Monument

Time: 9:00 a.m.

Location: Veterans Monument at Library  
Park - 15429 Bothell-Everett Hwy Mill Creek

Join the Mill Creek community to honor those who have served in the United States Armed Forces. The Veterans Monument includes a courtyard of pavers surrounding a flagpole centerpiece with six basalt columns engraved with the names of men and women who served in the armed forces of this country. Native plantings in reds, whites, and blues to enhance the natural beauty of the site and monument.