



1Thessalonians 5:13-15

Rise and Shine

13 and that you esteem them very highly in love because of their work. Live in peace with one another. 14 We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone. 15 See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people.

Plymouth Lutheran Church

Pastor Ryan Kandoll

March 2025

11015 County Road 15, Plymouth, MN 55441 Telephones: 763-544-7248 & 763-544-9170

From the Pastor's Office

The small Catechism written by Dr. Martin Luther is a great teaching tool in it. We

learn about the six chief parts of the Christian faith all of which is backed up by scripture in fact for the most part it either quotes scripture directly or paraphrases what scripture says.

Is written in a simple way so that families could use it in their devotional time to teach their children the basics of the Christian faith. Personally, we have seen in our own house how we have been blessed to have the simple resource to help teach our children to the 10 Commandments, The Apostles Creed and The Lord's Prayer. As parents, we use what we have learned about confession and absolution, baptism, and the Lord's supper to teach her children as they were able to grow in their understanding.

In this newsletter, I will be quoting from the small catechism as well as the question and answers from the Concordia Publishing House 2017 edition to answer two questions.

1. How do we partake of the Lord's supper in a worthy manner?
2. How does someone take it in an unworthy manner?

1. How do we partake of the Lord's supper in a worthy manner?

Here's what Luther small catechism has to say:

"Who receives this sacrament worthily?"

Fasting and bodily preparation are certainly fine outward training. But that person is truly worthy and well prepared who has faith in these words: "Given and shed for you for the forgiveness of sins."

But anyone who does not believe these words or doubts them is unworthy and unprepared, for the words "for you" require all hearts to believe."

The practice of fasting is tied to bodily preparation. Some Christians choose to fast before partaking of communion, often waiting to have breakfast until receiving the sacrament at the communion rail on Sunday morning.

This is a fine practice, as is getting enough sleep on Saturday night and dressing appropriately for church. All of these are helpful and even beneficial things to do, but the main thing is to have faith in what the Word of God says about the sacrament.

Having faith is how we prepare to receive the sacrament and how we receive it in a worthy manner.

(Continued to Page 3)

Church website: www.plymouthapostolic.org Church email: secretary@plymouthapostolic.org

Prayer Chain: plcprayerchain2021@gmail.com If you would like to receive this by email, please send a message to secretary@plymouthapostolic.org

March at PLC



Sundays:

- 2,9,16,23,30** **9:15am** Sunday School for Everyone
10:30am Worship service with Communion
11:30am Coffee Fellowship
12:00pm New Members Class

Tuesdays:

- 11** **6:00pm** Mission Committee meeting
6:30pm Board of Trustees meeting

Wednesdays:

- 5** **9:00am** Men's breakfast @ Perkins Hwy 55 & 494
6:00pm Lent Service
12, 19, 26 **9:30am** Men's Bible Study @ the Church
6:00pm Lent Service

Saturdays:

- 15** **9:00am** Church Work Day



It's time once again for the March Food Share Campaign.

As in the past years, we will once again collect non-perishable food and money. Please put your food in the narthex. For money donation make a contribution to the

church and in the memo line earmark it for the Food Share.

The campaign will run from March 1-April 6.

The food and money will go to Interfaith Outreach.

Any questions contact Roy Saari

Celebrate Our Congregation

March Birthdays:

Bill	Krumholz	3/13
Beckett	Ellis	3/16
Ann	Pelto	3/17
Myrna	Maikkula	3/18
Isabella	Serazzi	3/18
Stacey	Wempen	3/19
Lyman	Burns	3/27
Anders	Hendrickson	3/28
Lulu	Puumala	3/30

March Anniversaries:

Alaura & Josh	3/5
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Save The Date

Wednesday Evening Lent Services @ 6pm

3/5 James 1:22-2:26,
"Faith & Works"

3/12 James 3,
"A Fiery Tongue or a Wise Tongue?"

3/19 James 4:1-10,
"Humble Yourselves"

3/26 James 4:11—5:6,
"Judging, Boasting, & Wealth"

4/2 James 1:1-21,
"Trials & Temptations"

4/9 James 5:7-20,
"Patience & Prayer"

April 17 – Maundy Thursday

April 18 – Good Friday

April 20 - Easter Sunday

(Continued from page 1)

2. How Does Someone Take It in an Unworthy Manner?

If there is a question about worthiness to take the Lord's holy supper, then obviously there must be a way to receive it in an unworthy manner.

Here is the explanation from the *Concordia Publishing House* 2017 edition of *The Small Catechism*:

374. Who should not be given the Sacrament?

The Sacrament should not be given to the following:

A. Those who are not Christian or who are not baptized.

Note: The Lord's Supper is for Jesus' disciples who are baptized and instructed in the Christian faith (**Matthew 26:17; 28:19--20**).

B. Those Christians who are unable to examine themselves, such as infants and very young children, people who have not received proper instruction in the Christian faith, or the unconscious.

1134 **1 Corinthians 11:28** Let a person examine himself, then, and so eat of the bread and drink of the cup.

Note: Luther cautioned about who should receive the Lord's Supper (LC V 1--2): "Just as we have heard about Holy Baptism, so we must also speak about the other Sacrament, in these same three points: What is it? What are its benefits? and Who is to receive it? And all these points are established through the words by which Christ has instituted this Sacrament. Everyone who desires to be a Christian and go to this Sacrament should know them. For it is not our intention to let people come to the Sacrament and administer it to them if they do not know what they seek or why they come."

C. Those Christians of a different confession of faith, since the Lord's Supper is a testimony to our unity in faith and doctrine.

1135 **Acts 2:42** And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

1136 **1 Corinthians 11:26** For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes.

1137 **1 Corinthians 10:17** Because there is one bread, we who are many are one body, for we all partake of the one bread.

1138 **Romans 16:17** I appeal to you, brothers, to watch out for those who cause divisions and create obstacles contrary to the doctrine that you have been taught; avoid them.

1139 **Ephesians 4:1--4** Walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit---just as you were called to the one hope that belongs to your call.

Note: The practice of closed Communion seeks to guard those who eat and drink in the Lord's Supper from sinning against Christ's body and blood or receiving it to their harm. At the same time, this practice professes that those who partake of Christ's body and blood together are united in the same teaching and confession. We in no way mean to imply, however, that others who truly believe in Jesus as Savior from sin, yet who are not members of an orthodox Lutheran church, are not Christian.

Note from Pastor Ryan Kandoll: At Plymouth Lutheran we are a little more open about who we invite to commune with us. A person does not need to be a Lutheran check out the announcement in our bulletin.

D. Those who are openly ungodly and unrepentant, living contrary to God's Word.

1140 **1 Corinthians 5:11, 13** But now I am writing to you not to associate with anyone who bears the name of brother if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler---not even to eat with such a one. . . . God judges those outside. "Purge the evil person from among you."

1141 **1 Corinthians 10:20--21** No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be participants with demons. You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons.

E. Those who are unforgiving, refusing to be reconciled with their neighbors.

1142 **Matthew 6:15** But if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Note: When we receive the Sacrament, we receive a sure sign of fellowship with Christ and all His saints. "Because there is one bread, we who are many are one body, for we all partake of the one bread" (**1 Corinthians 10:17**). All the spiritual possessions of Christ and His saints become the common property of those who receive the Sacrament. Likewise, all the sufferings and sins become common property as well, so that Christians are called to show one another love, which "covers a multitude of sins" (**1 Peter 4:8**). See Luther's treatise "The Blessed Sacrament of the Holy and True Body of Christ and the Brotherhoods" (LW 35:49--51).

In all these instances, pastors are "stewards of the mysteries of God" (**1 Corinthians 4:1**), which includes a sacred responsibility for admission to the Lord's Supper. The individual communicant is to examine himself or herself, but this does not relieve the pastor of faithful and loving oversight at the Lord's altar, which includes the examination of those who would

commune. The congregation also has a responsibility for upholding faithful Communion practices. "No one is admitted to the Sacrament without first being examined. The people are also advised about the dignity and use of the Sacrament, about how it brings great consolation to anxious consciences, so that they too may learn to believe God and to expect and ask from Him all that is good" (AC XXIV 6--7).

Psalm 116, Hymn (LSB 618)

Prayer: Lord Jesus, I have no worthiness of my own to merit the eating and drinking of Your holy body and precious blood. Trusting not in my righteousness but only in Your promise of the forgiveness of sins, I come to Your altar imploring You for mercy that, delivered from Your wrath and condemnation, I might live for You alone, always giving thanks for Your undeserved benefits, and finally be brought to praise You forever at the heavenly banquet. Amen.

God's Peace,
Pr. Ryan Kandoll

WHAT'S HAPPENING AT



Interfaith Outreach™
Igniting the power of community



Looking ahead to Food Share Month in March

Join us in the fight to prevent hunger: 2025 campaign starts now

When we compared our food shelf's year-over-year Q1-Q3 data (April-December 2023 vs. April-December 2024), we saw increases as high as 13% in a few key areas: number of households served, number of households with children served, and pounds of food/goods distributed.

While we can help prevent hunger for the families and individuals who have come to us in need of support, we can only be here, ready to respond, for the hundreds of households who have not yet found their way to Interfaith - but eventually will.

The need is growing, and so is our commitment.

As a result, we are getting a head start on [Prevent Hunger](#), our annual drive to end food insecurity in our community, which will run through April 30.

We invite you to join us in responding to this need; here are a few ways to do so:

- **Make a donation:** Financial donations to [Prevent Hunger](#) help us purchase food from our partners at the best prices possible. This is especially critical when it comes to getting ind-demand meat and fresh produce for our clients. Bonus: If you donate on or before March 31, you'll help us work toward our FY25 goal – we're 87% of the way there!
- **Hold a food drive:** Each month, Interfaith's food shelf distributes an average of 69,000 pounds of food and goods. Most food drive collections weigh at least 1,000 pounds, which helps our team plan inventory for the weeks and months ahead. For more information on how to plan your food drive, [click here](#).

"We will always need to use funds to purchase food, but we want to reserve them for items that aren't ideal for donating, like frozen meat and fresh produce. That's where larger-scale donations of the basics, the non-perishables, really come into play," says food shelf manager Andy Swerine.

Your **individual food donations** are always needed and appreciated as well. Be sure to check out our current list of [most-needed items](#) to make the most impact.

Thank you – your support makes the difference!

Food Shelf Donation List

THANK YOU FOR YOUR GENEROUS DONATIONS TO THE INTERFAITH OUTREACH FOOD SHELF

MOST NEEDED ITEMS:

Canned tomato products*
Cooking oil*
Fresh produce (vegetables, fruits, herbs)
Juice boxes, sparkling water, and squeeze pouches
Healthy snacks (granola bars, trail mix, dried fruit, etc.)
Baby food and formula
Baby wipes
Paper towels
Pull Up diapers
Toilet paper Toiletries (shampoo, toothpaste, bar soap, deodorant)

*Indicates culturally-specific foods

OTHER NEEDED ITEMS:

Baking mixes (muffins, cake, etc.)
Canned chicken or fish*
Canned fruits and vegetables
Cereal
Coffee or tea
Dish soap
Herbs and spices*
Jam/jelly
Laundry detergent
Meal-in-a-box or can
Pasta sauces*
Peanut butter*
Rice and pasta*
Feminine hygiene products

HOLIDAY FOOD NEEDS:

Help our neighbors celebrate special traditions! Please drop off items two weeks before the holiday.

Passover, March: Matzo bread

Easter, April: Ham, potatoes, Easter candies

Eid al-Fitr, May: Dates

Rosh Hashanah, September: Apples, Honey

Thanksgiving, November: Turkey, stuffing, gravy, collard greens, mustard greens, turnip greens, russet potatoes, sweet potatoes, cranberries

Chanukah, December: Chocolate coins, applesauce, sour cream, potatoes

Christmas, December: Turkey, ham, gravy, potatoes, baking ingredients

Donation Door Hours: Mondays, Wednesdays, Fridays from 10:00 a.m. to 5:00 p.m.

Drop off location: 1605 County Road 101 N, Plymouth, MN 55447

Please call 763-489-7545 to schedule a large delivery or email Andy at aswerine@iocp.org with questions. Thank you!



Interfaith Outreach & Community Partners
1605 County Road 101 N, Plymouth, MN 55447
763-489-7500 www.iocp.org

Feed My Starving Children Event – February 22nd, 2025

