



## 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 2024**

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

### ***From the Pastor's Office***

I received some questions about communion from a member of the

congregation. The March newsletter is a great place to answer them, especially since we are taking communion every Sunday during Lent (which is part of us, starting to take communion on every church holiday).

Here are the questions:

- How does the Lord's Supper benefit the body of believers together?
- Is the practice of weekly communion directly commanded in Scripture?
- How often should we have communion?

I appreciate the questions and the interest in the communion service. It has been fun studying the Bible passages that deal with these questions. I'm excited to present my answers to the congregation. This is by no means exhaustive. There is definitely a lot more to learn about the Lord's supper than I'll present here, but I'll do my best to answer the questions in a concise way.

### **How does the Lord's Supper benefit the body of believers together?**

Most of us know about Jesus's institution of communion during his last Passover celebration with his disciples, often referred to as the last supper. Many of us have grown up hearing it once a month or more, usually with Paul's summary of the events in 1 Corinthians is recited as part of our communion service: "the

Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, 24 and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." 25 In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes again." 1 Corinthians 11:23-26 (ESV)

We have read about the event surrounding the last supper in Matthew, Mark, and Luke. All three gospels also say communion is the "new covenant". The King James says, "testament" and that's what we say in our service. The word testament is the King James way of saying covenant. Both words can be used interchangeably in this context.

Think about the Old Testament and people's most common reaction when they're learning about it. There's usually some mention about the Old Testament sacrifice, and the difficulty of the Old Testament law. The Old Testament is bloody. All those sacrifices, lots and lots of sacrifices. The priests must've been working all day long, to accomplish all those sacrifices, especially during the time of passover. The common sentiment is that isn't it a blessing that we don't have to do all those sacrifices anymore. But it would be a big misconception to think that we don't celebrate any sacrifices. We still celebrate one very important sacrifice.

**(Continued on page 3)**

**Church website: [www.plymouthapostolic.org](http://www.plymouthapostolic.org)**

**Church email: [secretary@plymouthapostolic.org](mailto:secretary@plymouthapostolic.org)**

**Prayer Chain: [plcprayerchain2021@gmail.com](mailto:plcprayerchain2021@gmail.com)**

**If you would like to receive this by email, please send a message to [secretary@plymouthapostolic.org](mailto:secretary@plymouthapostolic.org)**

## March at PLC

### MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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						

#### Sundays:

- 3, 10, 17, 24** 9:15am Sunday School & Adult Bible Study  
 10:30am Worship service with Communion  
 11:30am Coffee Fellowship  
**17** 11:45am VBS Meeting  
**31** EASTER SUNDAY  
 10:30am Worship Service  
 Easter Brunch to Follow the Service

#### Tuesdays:

- 12** 6:00pm Mission Committee meeting  
 6:30pm Board of Trustees meeting

#### Wednesdays:

- 6** 9:00am Men's & Ladies Breakfast @ Perkins HWY 55 & 494  
 6:00pm Lent Service  
**13, 20** 6:00pm Lent Service

#### Thursdays:

- 28** 6:00pm Maundy Thursday Service

#### Fridays:

- 29** 6:00pm Good Friday Tenebrae Service



**VBS 2024**  
 July 29<sup>th</sup> – Aug 2<sup>nd</sup>  
 9am – 11:30am  
More details to follow

## Celebrate Our Congregation

### March Birthdays:

Floyd	Niskanen	3/2
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:

Josh & Alaura 3/5

## Save The Date

### Lent Services

Wednesday evenings at 6:00pm  
 Starting Feb 14<sup>th</sup> (Ash Wednesday) – March 20<sup>th</sup>, 2023  
 Maundy Thursday, March 28<sup>th</sup> @ 6:00pm  
 Good Friday, March 29<sup>th</sup> @ 6:00pm

### Men's & Ladies morning Bible Study will resume on Wednesday, April 10<sup>th</sup>



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 2024 March Campaign will run February 26<sup>th</sup> – April 6<sup>th</sup>.** The food and money will go to **Interfaith Outreach**. Any questions contact Roy Saari

## **(Continued from page 1)**

All of those Old Testament sacrifices were to point forward to the sacrifice that Christ would make. All of this is necessary, because “without the shedding of blood there is no forgiveness of sins.” Hebrew 9:22. But, “it is impossible for the blood of bulls and goats to take away sins.” Hebrews 10:4 (ESV)

We celebrate our Lord Jesus Christ's perfect sacrifice. Every time we partake of communion we proclaim his death. And then we are told to go and proclaim it to others until he comes again.

Doing this in remembrance of him refreshes us in our faith. Just like the departing benediction from the altar “May the body and blood of our Lord Jesus Christ strengthen and preserve your bodies and souls into life everlasting. Praise the Lord for this gracious gift, which you have received and proclaim his death until He comes again”

In our baptism, we are joined with Christ and his body, the church. In communion we are refreshed in His covenant. It also unites us together with Christ, the saints we are gathering with at the communion rail, and even the ones who've gone on before.

1 Corinthians 10:16–17 (ESV): 16 The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? 17 Because there is one bread, we who are many are one body, for we all partake of the one bread.

### **Is the practice of weekly communion directly commanded in Scripture?**

The practice of having communion regularly is directly commanded by our Lord Jesus in the gospels, Matthew, Mark, and Luke. And we recite that every time we have communion during the words of the institution, “do this, as often ye drink of it, in remembrance of me.” There is no direct command for weekly communion in the Bible. However, weekly

communion is inferred as an expectation and there is very good evidence in the Bible that shows that the early church took communion every week when they gathered on Sunday and that it is what the apostles taught them to do when the first churches were being set up.

How do we know they met on Sunday?

The Sabbath or the seventh day is Saturday. That is when the Jews worship which was commanded by God in Exodus “remember the sabbath and keep it holy”. Christians worship on Sunday, which is the first day of the week. This is because Jesus rose again from the dead on Sunday. Christians still celebrate the event, with a worship service on Sunday.

- In Acts 1 and 2 the disciples were gathered together in the day of Pentecost which was on the first day of the week (see Leviticus 23:15-16).
- In Revelation 1:10 John says, “I was in the Spirit on the Lord’s day,” as if all of his readers would know what day he was talking about.
- when taking up a collection for the saints, Paul tells the Corinthians “when you gather on the first day of the week” (1 Corinthians 16:1-2)

How do we know they took communion at their weekly gatherings?

Acts 2:40–43 (ESV): And with many other words he bore witness and continued to exhort them, saying, “Save yourselves from this crooked generation.” 41 So those who received his word were baptized, and there were added that day about three thousand souls.

The Fellowship of the Believers 42 And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers. 43 And awe came upon every soul, and many wonders and signs were being done through the apostles.

What is meant by “the breaking of bread”? It is short for Lord’s Supper. Just like if we say there’s going to be coffee after church you assume that there will be more than just a pot of coffee out there, you’d expect to see some snacks, treats and other things to go along with

it. If someone were to ask a non-coffee drinker if they are going to stay for coffee, they don't usually reply, "no I don't drink coffee," because they know there will be other beverages. In the same way the Bible refers to Communion as the breaking of bread. 1 Corinthians 10:16 (ESV): The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ?"

The Lord's Supper (or the breaking of bread) was such an important part of their worship service in those early days that Paul seems to talk about it as if it was the main purpose of gathering together. Luke (the writer of Acts) does the same thing in Acts 20:7 (ESV) "On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day, and he prolonged his speech until midnight."

1 Corinthians 11:17–21 (ESV): 17 But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. 18 For, in the first place, when you come together as a church, I hear that there are divisions among you. And I believe it in part, 19 for there must be factions among you in order that those who are genuine among you may be recognized. 20 When you come together, it is not the Lord's supper that you eat. 21 For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk."

The Bible does not explicitly say to have communion once a week on Sunday. Instead, it constantly talks about it as if it went without saying; as if it is an expectation that is what Christians do. Over and over again the Bible says that Christians gathered on the first day of the week for the purpose of sharing Lord's Supper. Even secular sources report the Lord Supper as being such a major part of the gathering that early Christians were accused of cannibalism by people who either completely misunderstood the memorial meal that we share or out of mockery of it.

The idea of gathering together weekly around the Word of God, but only breaking bread (having the Lord's Supper) monthly is something that would've seemed completely alien to the apostles and the early church.

### **How often should we have communion?**

According to the Bible we should have it every week on Sunday like the early church did. Like the apostles taught our brothers and sisters in the faith to do in the early days of our gatherings way back in when the Christian church.

Which raises another question: why haven't we in the Apostolic Lutheran Church of America done this?

I think the reality is most of us didn't know any better until reading or listening to something like this. My study of the history of our movement is somewhat limited, so forgive me if I make a mistake, but here's my take on the matter.

When our group started off it was made up of mostly new converts to the faith or recent, repentant sinners who previously had little use for Bible study. They also lived in remote areas of the Laplands. It was difficult to get to church on a weekly basis not only that but a lot of those churches were not actually preaching the word of God so instead, we would gather for prayer and study of the Bible together in houses. It was not an appropriate place to take communion. Occasionally a minister would come along and offer communion, baptism, confirmation, and other services of the church, or they would have to travel for it. They enjoyed such a great time of fellowship around the word of God and especially confession and absolution. Confession and absolution was all they could offer one another at those gatherings so it became the centerpoint of worship.

Confession and absolution can be done more regularly than once a week and out in the marketplace. It is an excellent gift which our

Lord has given us in the priesthood of believers, and he has given unto us the keys of the kingdom of heaven. Neither confession and absolution, nor the Lord's supper can take the place of the other. Both are vital to encourage us and refresh us in our faith.

I see no Biblical reason to prevent having communion every week on Sunday. Some have argued that it might seem less special if done more than once a month. Others have said if it is done weekly people will begin to think of it as a dead work or simply checking a religious box rather than a spiritual act of worship. What if we were to apply the same logic to reading the Bible or prayer and started doing those things less often as well? I'm sure

no one would be in favor of that. We should all meditate on the word of God and pray daily and we should all try our best to gather around the Lord's supper in the communion of saints weekly.

Let's assume that the apostles who were present at the original breaking of bread with our Lord Jesus Himself knew what's best and then pray and trust that God will guard our hearts and minds to not take it lightly.

We can enjoy the wonderful gifts that God has for us in the Lord's supper every week and the blessings that come from doing what the Bible teaches us to do.

### **A Lenten prayer for our congregation:**

Here is a prayer that I wrote for our congregation during Lent. You are welcome to include this in your own devotional time if you'd like:

Our Lord God almighty, maker of all things seen and unseen. Thank you for this time of reflection in the Church year. Guide us as a congregation step by step to grow closer to you and grow in our knowledge of the truth. Your Word is truth, we cannot know it without you revealing it to us.

Quiet our anxieties, and protect us from our adversaries whether known or unknown to us, both seen and unseen.

Heal us from materialism and other harmful mindsets that we pick up from our culture. Teach us to do your will so that we will be strengthened by you in our love for you and our charity toward others.

You have made us the light of the world; teach us not to complain about or fear the darkness in the world, but rather let your light shine through us so that others may know you and come to repentance. For you are our strength, our shield and our redeemer and your kingdom will have no end.  
Amen



## Easter Sunday, March 31

Celebrate Our Risen Savior Worship Service:  
10:30 am

Following the Worship, a Family Brunch to be served in the Dining Hall. Everyone is welcome; invite your family and friends to worship and share a meal together.

(Volunteers are invited to help set up on Saturday morning at 9:30am. Stacey and Sharon have planned the menu.)

Hallelujah! He is risen. Hallelujah! He is Risen. Hallelujah! He is risen indeed.

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### Vacation Bible School Meeting

If you are willing to help with the 2024 Vacation Bible School please attend March 17<sup>th</sup> @ 11:45am

**The Great Jungle Journey VBS 2024**

**“An epic cruise from Genesis to Revelation” by Answers VBS**

### **Give kids answers to their questions**

Each day, our children face many big questions: Did the mighty creator shape everything? Why does adversity exist? Did Noah's Ark truly sail? What's the significance of salvation for me? Can the scriptures be relied upon?

At this VBS, your kids will delve into these questions through a thrilling escapade from Genesis to Revelation. Amidst sloths, butterflies, river dolphins, and dart frogs, your children will voyage on an exciting jungle expedition, making stops at seven significant landmarks. These spots represent the 7 C's of History: Creation, Corruption, Catastrophe, Confusion, Christ, Cross, and Consummation. Children will uncover how these pivotal moments shape our world, bridging the Bible to their daily experiences. Get ready to dive into a world of excitement on The Great Jungle Journey!

### **VBS 2024**

July 29<sup>th</sup> – Aug 2<sup>nd</sup>

9am – 11:30am

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# Food Shelf Donation List

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

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### 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





# SCAM ALERT

Watch out! Scammers target everyone.



## Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

## How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [ssa.gov/scam](https://ssa.gov/scam) for more information. Please also share with your friends and family.